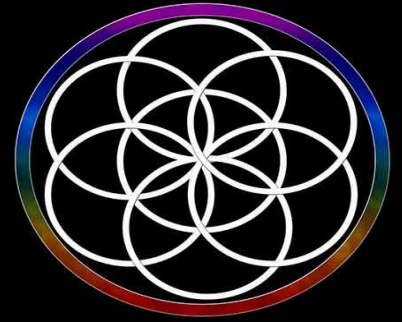


# Our Psychic Art

We seek our own enlightenment for the sake of all beings

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

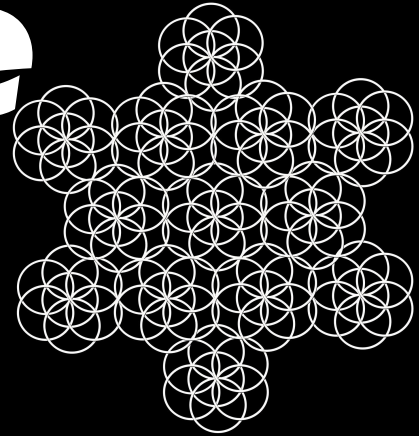
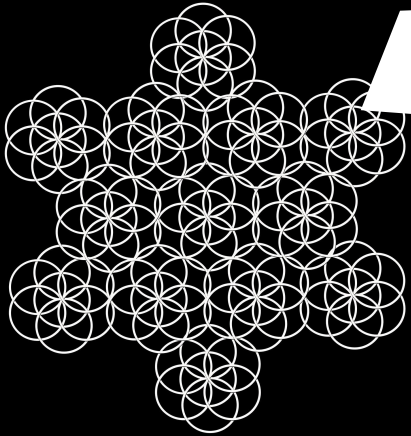


## online PSYCHIC

## ART COURSE

By Frankey Craig

## Lesson 3



# 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.

Why not try a Nature Meditation today

“Devas are ‘The Shining Ones’, as experienced by Vedic scholars four millennia ago. Whether you choose to see them as gods, angels, or multi-dimensional energies, they are the blueprints for every facet of existence, and both create and underpin everything in the universe.

The Devas of Creation are based on the premise that Divinity is pure Consciousness, and everything in existence is an integral part of that vast Mind. Thus every atom in the universe, even the rocks and planets, are conscious and a holographic reflection of divinity, just as we are.

We are used to thinking of humanity as a reflection of divinity, but perhaps less aware that each part of our bodies would be an integral part of that consciousness, and thus would have – or be – a deva. So there is, for example, a deva of humanity, of our hearts, our blood, our hair. More than that, the deva of mineral life, for example, would have the same consciousness, have the same essence, as we do.

Each deva is part of a holographic whole which contains the same information – that is, the same consciousness – as the Source. The only thing that changes is the scale.

Today, after a long period of separation, science is again converging with mysticism and philosophy; since the advent of quantum physics, scientists have been bemused to find that their mathematical models began to parallel the writings of mystics and students of the mind. Teachers from all walks of life have taught that we are part of divinity, reflecting its form; that we are beings of light; that we can step outside space and time and attain an feeling of union with something far greater than ourselves. That mind can influence divinity – for example through prayer and conscious intent; indeed, our minds create our world.

Now scientists are beginning to see that these ideas are true – in the quantum level of existence, we are indeed beings of light; that everything in the universe is interconnected by a vast field of energy which is continually exchanging information with itself – that is, it is Consciousness itself.

The implications of these discoveries are already beginning to affect the way we see the world. The most important effect for us personally will be for us to realise that our thoughts affect our experience – so we are, in a very real sense, the co-creator of our lives. For the world as a whole, however, the incorporation of these ideas will affect every aspect of existence. The Devas of Creation are part of this sea-change of thought.

Have you ever walked though a park or through the woods and felt a sudden sense of peace, minimizing all your problems after a discouraging day? You probably had contact with an “Elemental”. Elementals are “Nature’s Angels” and they are referred to by various names including Fairies, Elves, Devas, Brownies, Leprechauns, Gnomes, Sprites, Pixies as well as many others. These nature spirits are governed by the Archangels.

Like Angels, Elementals do not have a definite form or appearance. It’s easy to determine if a picture is that of an Angel or a winged elemental. The winged Elementals have wings that look like a butterfly’s and Angels have feathered bird-like wings.

If they choose to show themselves to you, they may choose a form that you will recognize and be comfortable with or will associate with the element they represent. A fire elemental may appear as a spark, a face in a candle flame or bonfire, or simply a sudden warm spot. A water elemental may be a cold spot. An air elemental could be a sudden breeze or tiny whirlwind in the dust. A smell, taste, or an unexplained pebble in your shoe could be evidence of the earth elementals at play.

There is a hierarchy throughout the angelic dimensions and just as the archangels oversee the angels, so it is that the angels govern the Elemental realms, and the Elementals guide the faerie realms.

There are four major divisions in the Elemental kingdom: Earth Elementals (Gnomes) Air Elementals (Sylphs) Water Elementals (Undines) Fire Elementals (Salamanders)

All Elementals work at a more primal level than the fairy realms in that they have not needed to develop a personality as the sprites and elves have. The Elementals are purer consciousness, and when they are working with us, we feel them as a more subtle and defined inner energy. We seek them from within, as opposed to playing with the faeries from outside of our Beings. Elementals are found in all of nature as well as in a reflection of ourselves, and rather than being a concept, they actually contribute to all that our five senses can perceive.

The four Elemental realms are here to sustain all life on this earth and they all four exist in every aspect of nature. The expression “being in one’s element” speaks to our relationship to them and by tuning into their energy we can better hone our connection with them.

The Elementals are essential to our lives and should be treated with respect and understanding. The more we can align to our personal Elementals, the sooner we will be able to evolve into the omniscient Beings we know we can be!

So what can we do in our own back yards to strengthen the connection to the faeries, gnomes, elves and undines? These nature spirits are more easily accessed by tuning in during the “between-times”, i.e. dusk, dawn, noon and midnight. These are times when the veils are their thinnest and faeries, sprites etc come out to play. If you sit silently, maybe up against a tree or in a place where a river divides, or anywhere that represents a “between” place (where something cross-sections another), and you open your senses, inviting the nature devas to come out, then soften your gaze, maybe you might see an unusual flash of light in the corner of your eye, or feel a breath of air on your cheek, or see the leaves rustle even if there is no wind. These can all be signs that a sprite or faerie is available for communion. The nature spirits want to work with us and if we choose to co-create a garden with them, then they will continue to help tend it, assuring healthy and happy plants and shrubs.

If you are new to communing with spirit, then first and foremost it is necessary to suspend disbelief. If you have no faith or trust that they are there, then they won’t be. Nature spirits don’t need to prove themselves to us. So, trust that they are in attendance and tune in. Go deep to a quiet space inside of yourself and invite whichever deva you wish to work with to come forward. For instance, you might want to call in a gnome to help you revitalize the energy of your land or strengthen the integrity of your trees and shrubs. Gnomes take their work very seriously and great respect is due to them.

Once your interaction with a gnome is finished, it is polite to offer a gift. You can offer essential oils as a way of anointing the land and thanking the gnome for helping you. Spritzing the essences around the spot you connected to the gnome or dripping some drops of oil when the gnome is departing is also acceptable. Gnomes particularly like frankincense, hyssop, patchouli, petitgrain, valerian and ravenclaw. They are also partial to the woods like sandalwood, spruce, cypress, juniper and cedarwood.

If you call in a faerie, you'll find joy bubbling up inside of you. Faeries and elves love laughter and will try to tickle you energetically. Faeries encourage a deeper relationship to the Earth and elves remind us to connect to all life on the Earth. Together they support our creativity and join with us to realize that creativity outwardly. They will help plan a garden, tell you where to plant and which plants enjoy each other's company. Faeries and elves enjoy the floral essential oils, and spritzing yourself with these natural scents before you tune in will encourage greater communication. Some of their favorites are angelica, geranium, lavender, melissa, rose, rosemary, chamomile and most of the culinary herbs.

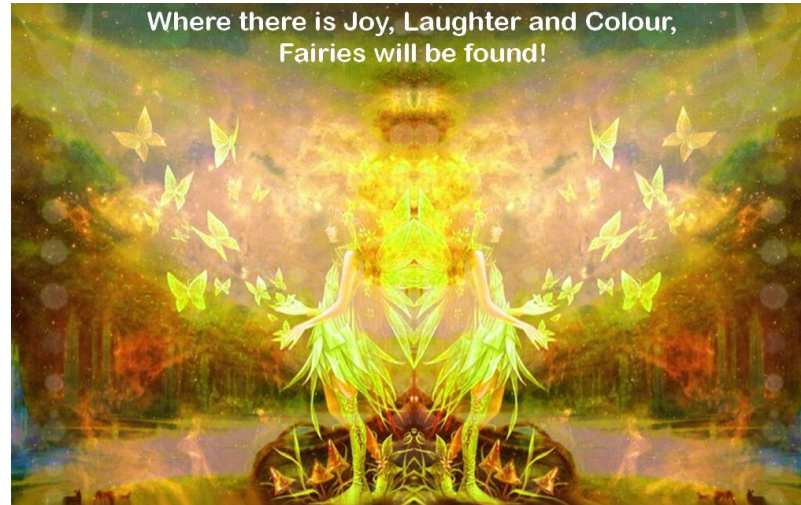
The water sprites or Undines not only assist us with any water projects in the garden, but they also help us with understanding emotions. They are gentle and sweet and fluid, encouraging us to open our hearts and feel the energies all around.

When we connect to any water with love in our hearts, all the waters around the world harmonize to that frequency and the undines smile. Spritzing with essential oils on the land around a pond or along a riverside delights undines. Some essentials they are fond of are the mints, lemon verbena, lovage, thyme, sage, melissa, bay, cypress and helichrysum.

Of course all these nature devas are happy with any offerings you wish to honor them with when co-creating with them. I just happen to love gifting the devic realms with essential oils because of their purity and strength of energy.

Try putting some lovely essential oil in an oil burner before starting this lesson and call upon the elemental spirits''.

More Deva information at <https://www.devasofcreation.com/the-devas/>





# Lesson 3 Elemental Energies

**What you will need:** Art materials of your choice

- Step 1** Now that you are relaxed after your nature 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 nature spirits and elemental energies.
- Step 2** Produce artwork outside (using whatever art materials you like) with the nature spirits and elemental energies. Work with Rainbow Colours and allow your inner child to play. 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 and what you think this elementals gift to you is. Keep a log of each lesson as it will be wonderful to look back on the insights and messages.



# ELEMENTAL ENERGY EXAMPLES

