**Clairvoyance - Lessons**

# LESSONS ON CLAIRVOYANCE

There is no definitive time frame for these exercises.

The time spent on each lesson will vary from experience to experience.

Former lessons can be repeated at any time.

Please only attempt one lesson per day.

There is no right or wrong.

SAVING YOUR WORK

Create a journal in a notebook or save on your computer!

Always insert a disc first before typing your notes!!

SYMBOL REFERENCES FOR LESSONS

Archetypes

Dream Dictionary

Word Symbols

Day 1 - Opening the third eye - Seeing COLORS

Colors are very important as they are frequencies whose meanings you should learn. Colors have tones and over tones - for example - blue as a variety of color frequencies from deepest blue to light blue - each color having a different frequency. You will soon learn to understand what the color frequencies represent.

Preparation:

Get some magic makers or crayons - if they are available - some paper to write on - or a journal for each experience you have. If you use a computer journal - be sure to insert a disc before you begin - then save the disc immediately.

In your journal write - date - time - what you saw - anything else that seems important to you at the time.

Find a quiet place free of distractions. . .

Get comfortable . . .

Close your eyes . . .

Relax your mind and body . . .

Focus on your breathing. . .

Inhale slowly and deeply through your nose . . .

Retain the breath as long as is comfortable . . .

Exhale through the mouth slowly and completely. . .

Repeat for two more breaths . . . or as is comfortable.

For those who don't know this . . . when awake we experience in the 'Beta' state. . .

Relaxed breathing takes you into the 'Alpha' state . . .

Focus your mind to look forward as if viewing a screen . . .

Your third eye - will begin to open . . .

You are going to look for a color - any color.

You may initially see 'black' - but be patient -

You will eventually see a color.

Keep watching the screen . . .

A color will manifest . . .

Once you have experienced the color - stop for today . . .

Archive the color you saw.

Now let's try to find out why you were shown this color . . .

We are going to look at several things about that color -

How does it relate to your chakras - Did you activate the chakra connected to that color? Does the related area of your body need healing?

The meaning of the color, why you think you were shown that color today?

If you have been shown a color that is not part of the current spectrum for the human eye - then you have already moved into higher frequencies. Describe the color in your notes as best you can. You will see it again.

You may want to use magic markers or crayons to try to draw the color. If you are practicing this technique – allow your marker to draw the color first as a line - then create a shape - or whatever else your mind feels like drawing with it. Do not worry about interpreting what you have drawn. We will come back and do that later.

If you have seen two colors do the same for each one. Do no more than two colors today.

Day 2 - Seeing Shapes

Today we will begin to look for shapes or images.

Everyone 'sees' images or shapes after closing their eyes for a few minutes - though most people don't pay attention to the images because they’re are not programmed to look at images.

The images can come from several sources - your higher self - your spirit guides - other entities.

It takes time to learn who is sending you the messages - but there is no hurry!

Sitting quietly - your mind free of diversions and clutter - take one or more slow deep breaths -

Focus on the screen in your mind . . .

A color of some sort should come into view.

Colors generally precede images.

Keep watching the color . . .

Relax . . . Breath deeply again . . . You may or may not recognize the shape.

Make a mental note of the shape as it may be an archetype that your cellular memory has set in for you at this time.

If the shape does not become animated, then stop and draw what you saw.

If it does start to move - note everything it does until it stops.

Here is an example - I am looking at the color red. The shape that is formed is a 'peace dove' with that circle of flowers around it (laureate I believe is the word). Nothing is moving. I will write this all down and draw what I saw as that too can trigger memories for me.

I know that some people will complain that they are looking and looking and see nothing. This is usually because you are nervous and not relaxed enough. Practice deep breathing and try again later today. You WILL see something!

Now that you have your image and notes - you can either quit for today or seek explanation for what you saw.

To determine the source of the image is another lesson.

Symbols that are uniquely yours will be hard to decipher - You can also try to connect your images through the list of references above.

Many images speak for themselves and are easy to understand. I interpret my image as - A symbol for global peace - but nothing is moving! Red is the color of the physical world - the Earth plane - Mars =war! I am not going to seek out the source of my information - for even if I did - I may not get an answer.

Day 3 - Establishing the Symbols for YES and NO

Today we are going to get symbols to use as a base for 'YES and NO' questions.

Close your eyes . . .

Breath deeply and slowly . . .

You can look for a color today if you like.

Think . . .

I need an image that symbolizes the word - NO!

Wait a few minutes until an image comes into focus.

You might want to breathe deeply again . . .

You will get a symbol such as the letter N.

Now ask for a symbol for the word YES!

Again, you will be shown a symbol. Be patient!

If you still do not get anything - try again later.

Among the silly symbols I get when I ask are . . .

'A tiny can' - if something 'can' happen.

'A knot' in a rope - if it will 'not' happen.

Wilma Flintstone if it 'will' happen! (laugh)

Why do I get these symbols? I have no idea!! I would prefer the letters Y - N - but it never works out that way. I do have a few other crazy symbols for these words - but those are the most accurate.

Don't forget to archive notes!!

Day 4 - Looking at Images.

Prepare as you did the past few days.

Relax . . .

Breath deeply . . . slowly . . . several times . . .

Close your eyes . . .

Watch your screen . . .

Your third eye begins too slowly open . . .

A color/ colors come into view . . .

Watch the screen . . .

An image will soon appear . . .

It may focus all at once - or slowly begin to focus for you. . .

Examine the image to determine if you recognize it . . .

Now mentally tell the image to move - if just a little bit . . .

Watch what the image does . . .

Carefully note details of what you are seeing . . .

Day 5 - Asking for a message.

Prepare as you did the past few days.

Relax . . .

Breathe slowly and deeply several until you are completely relaxed . . .

You may find that you no longer need deep breathing to get to the alpha state.

In that case. . Just close your eyes and relax your mind.

'Look' in front of you as if you were viewing a screen . . .

You are going to project this thought either to your spirit guide or to your higher self = collective unconscious. Please send me a message for today.

Your third eye slowly begins to open . . .

A color / colors come into view . . .

Watch the screen . . .

You may see one or more images . . .

Please take your time . . .

Look for an image / images.

Do not 'listen' for information today. You are just watching - as if in a movie - and making no comments or judgments.

Do not ask questions.

After the images are seen - stop and record what you saw.

You may need time to interpret the message behind the image.

If you cannot determine the message at first - leave it in your notes. Its true meaning will come to you.

The message may be personal to you - or about universal matters.

Day 6 - Finding your 'Key.'

Prepare a quiet place . . .

Prepare your journal . . . and / or audio tape recorder . . .

You may need some extra time today.

Insert the disc into your computer if you use a computer journal.

Sit or lay back comfortably.

Relax and breathe deeply and slowly if needed . . .

Still your thoughts . . .

Close your eyes . . .

Look at the screen in your mind . . .

Images may begin to manifest for you immediately . . .

Allow them to come into your field of vision.

Tape record what you see as spirit is probably wanting to talk to you before you continue our lessons today.

When the last image stops - you are ready to move on.

Today you are going to ask for an image (images) that is a 'trigger' for you.

Remember that those of you who are reading this page are activating your DNA - and ready for the ancient wisdom that was once yours - your Hall of Records - Akashic Record, if you will.

When you watch your screen today you will be activating your key (keys) that will begin to unlock your genetic memory.

Now mentally ask for your 'key'!

Relax and watch what emerges.

You may hear sounds or tones.

Do not open your eyes until the images stop.

Record messages in your tape recorder as the images emerge.

Later you will make notes in your journal.

Day 7 - Asking two spiritual questions - Universal and Personal

Prepare as the past lessons.

Sit or lay back comfortably.

Relax and breath deeply and slowly if needed . . .

Still your thoughts . . .

Close your eyes . . .

Focus on the screen in your mind . . .

Images may begin to manifest for you immediately . . .

Allow them to come into your field of vision.

Tape record what you see as spirit is probably wanting to talk to you before you continue your lesson today.

When the last image stops - you are ready.

We are going to ask two spiritual questions today - one universal - one personal - and quietly wait for answers.

If you didn't get the symbols last week - for YES and NO - or forgot what they are - perhaps you should ask spirit to show them to you first!

Question 1 - Universal question. What do you wish to show me about the universe at this time?

Relax and wait for the information to be manifested.

Record information.

Question 2 - Do I hold a frequency on the planet?

This would require a YES or NO answer.

This may be followed by a color frequency - an archetype - or anything else spirit wishes to share with you.

This will help you trigger.

Several images may be shown for each question.

Day 8 - Clairvoyance and Remote Viewing

Prepare as you have in past lessons.

Allow your mind to wander . . .

Focus on the images on the screen in your mind . . .

Archive the images you receive in your journal and/or audio tape . . .

Allow your mind to wander into the solar system . . .

Take your time . . .

You may see many things or just one image - such as the moon -

Focus on one celestial image - and watch what it does.

You have now begun to see a remote view!!

Record information.

Day 9 - Returning to outer space.

Prepare as is comfortable for you.

After you have allowed general messages and images to flow through your screen . . .

Turn your thoughts into outer space . . .

Observe what you see - moon, stars, planets, UFO's, satellites, other.

Record what you see.

Day 10 - Clairvoyance - Who is your spirit guide?

Prepare as is comfortable for you.

Allow your mind to wander . . .

Focus on the screen in your mind . . .

Mentally connect with one - or more - of your spirit guides . . .

Ask your spirit guide to show him - or herself - to you.

You may get an image / image . . .

You may just get 'light' as that is what spirit truly is!

You may get some other surprising images.

Record information.

Draw what you see - even if it is just a rough sketch!!