

OPENING THE THIRD EYE

Sitting on the Clock

A short meditation that helps open the third eye and thus makes astral perception easier. It is very simple to do and, because of its ritual form, well usable for beginners. It can also be inverted and used to block astral sight.

The meditation is normally done sitting. You close your eyes and visualize twelve unlit candles arranged around you in a regular pattern. The pattern is easiest explained as the positions of the numbers on a clock that you are sitting on in the center, looking towards the number twelve. When you got the picture, you imagine the candle at "one o'clock" being lit. At the same time, a light ignites on the forehead, in the position of the third eye. Now you imagine how one after the other going clockwise, all other candles are lit. With each, another light is lit in the third eye position, so in the end, twelve superimposing lights are blazing there.

When all candles are lit, the third eye should emit a warm pulsation. Now the third eye is open and can be used for astral seeing, meditation or whatever you might come up with.

The inversion of the meditation goes right the other way around. In the same positions as before, you visualize twelve burning candles around you, and identical light in the third eye. Starting at twelve o'clock and going counter-clockwise, you visualize how one after the other, all candles are extinguished and how with every extinguishing, the light in the third eye lessens until, with the extinguishing of the one o'clock candle, it completely disappears.

AWAKENING I

Please read all of the following if you wish to perform this exercise. You need to understand what you will be doing. It is important to follow the instructions as this is very advanced: The 3rd Eye is directly related to the 6th chakra; the psychic chakra, located on the middle of the forehead above the brows. It is closely associated with the "pineal" gland.

The pineal gland is dormant in most people, as is the true 3rd eye. French Philosopher Rene Descartes believed the pineal gland to be "the seat of the soul" where mind and body met. In the average person, the pineal gland is atrophied and dormant.

The following exercise will change that. Please read this thoroughly, as much of the exercises I write of are very advanced and can cause problems if one does not do them correctly.

The pineal gland is like a grape in size; like a raisin in most people where it remains dormant.

Opening the pineal gland/3rd eye:

This is done with a specific tone and chant. You only need to do this exercise for 3 days, afterwards, it is permanent.

The mantra to be used is "Thoh," pronounced "TOE." It must be within the correct vibration. Not deep, not high pitched, in between, like alto range. You will feel it when you hit the correct tone.

1. Sit with your back straight.
2. Breathe in through your nose and hold your breath as long as is comfortable- open your jaws so there is a small space between your top and bottom teeth, place the tip of your tongue between the space of your slightly parted teeth.
3. Put a very light pressure onto the tongue with your teeth. This is like the same process of saying the "TH" part of the English word "the." Once your tongue is in position, release your breath slowly through your mouth saying T-H-H-O-H-H in one long exhale (say the word one time pre exhale) Your tongue will be vibrating between your teeth. You should feel the air moving past your tongue and teeth. If this technique is done properly, you will feel a pressure or sensation in your jaw and cheeks. The tone will also vibrate in your 3rd eye. It may take a few seconds to adjust this, don't worry, just keep going.
4. Do the above 5 times in a row.
5. It is very important the above exercise be done for 3 consecutive days, 24 hours apart. Then it is a done deal.

WHAT YOU CAN EXPECT:

1. One of the first experiences is a headache or pressure in the center of the forehead. This sensation may also feel like it is originating from within, usually an inch or more beneath

Begin this rite on a Monday on or just after a Full Moon. Anoint the candle with the Five Circles oil then light the Five Circles incense on a hot charcoal block. Ground and center and say: It is my will and intention to increase my psychic abilities. Spirits of Mercury, who govern such things, help me to open my Third Eye and allow the wonders of the universe to parade before my sight! So be it!

Light the white candle and say:

"This candle represents the deep well of mystical knowledge! Oh mystic well, let me drink of your essence so that I may behold future probabilities! My desire is to be one with the Astral Currents!"

Ground yourself and focus on your entire being and say:

"I now release any fears I once held and give my third eye permission to open itself up to the betterment of my soul's progression! So be it!"

Finally, relax. Let your mind wander through the expanse of the Astral Plane.

Try not to let too many intruding thoughts to hold you back. Do not doubt what you are seeing. Doubt will kill this ritual. Then after you've centered yourself, but not grounded, light the second white candle and say:

"All-Seeing Spirits of the Nether Realms, I offer this candle to you as payment! Give me your blessing so that I will be kept safe when visiting the astral planes! SO BE IT!"

Immediately clap your hands once loudly to conclude this ritual. This clap signals the spirits that your ritual is at an end and they can depart as they will.

Continue this ritual each successive night until the candles are nubs. Throw them out in a brown paper bag with the trash.

Footnote:

To Make Five Circles Incense

Obtain:

a brand new plain white dinner plate

some brown bamba (finely shredded bamboo) wood base

Naroli (Orange Blossom) essential oil

Sweet Basil essential oil

Lemon Verbena essential oil

Myrtle essential oil

Narcissus oil

Take the bottle of Naroli essential oil and pour it all out onto the new plate in a clockwise circle.

Now rub the bamba wood base clockwise around the circle to remove and soak up the oil.

Next make a circle with the Sweet Bais oil and do the same thing with the bamba wood base.

Continue and do the same with the Lemon Verbena, Myrtle and Narcissus oils.

It is an extremely psychic recipe. Use in small amounts only! If you have all of the ingredients, you can make the Five Circles oil by using the essential oil ingredients and a base oil of some type such grape seed or safflower oil. Use to anoint candles, your third eye, psychic talismans, etc.

I've posted this before, but I'll put it up again, since it's such an easy exercise.

The whole webpage I'm about to give a link to is great for awakening the third-eye even though they do not mention it as such. You also don't have to buy any books or other things from this webpage, just practice the exercises and you'll see results.

There's one on this webpage where all you do is "look" with your eyes closed at your inner screen for about 15-20 min a day, doing this in a very relaxed way.

After 30 days straight of this exercise, you'll start to have spontaneous psychic experiences, which can consist of reading someone else's mind, knowing what someone is going to say before they say it, or perhaps having precognitive episodes where you just know what will happen to you as your day begins. Other psychic results can happen, I just wanted to name a few.

Ok here it is:

<http://www.psychicselfdiscovery.com/meditation.htm>

P.S.

If you do a search on the forum, you'll find other threads dealing with opening the third-eye or enhancing your clairvoyance, this is not a new topic by any means.

This information courtesy of **<http://www.angelicinspirations.com>**

Opening the Third Eye:

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 markers or crayons - if they are available - some paper to write on - or a journal for each experience you have. If using a computer journal - be sure to insert a disc before you begin - then save to 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 it relates 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 the 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. -

Seeing Shapes: Everyone 'sees' images or shapes after closing their eyes a few minutes - though most people don't pay attention to the images because they 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... Breathe deeply again...

Slowly your color will either add additional colors or turn into a shape of its own. 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.

Some people will complain that they are 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. Symbols and Their Meanings

Many images speak for themselves and are easy to understand.

Looking at Images: Relax, & Deep Breathe slowly... several times... Closing your eyes... Look into the Darkness and focus. Your third eye begins to slowly open... A color/ colors come into view... Look closely at what you see and Watch .. An image will soon appear... It may focus all at once - or slowly begin to focus for you... Visualize yourself moving closer and closer to the object or color of your focus until you can almost reach out and touch it.

Determine if you recognize it... Carefully note details of what you are seeing; shape, color, object any details that make it unique. If it is words focus on the word is the word the meaning

for you to focus on or is the first letter of the word the focus point for the meaning.

Asking for a message: Relax... Breathe slowly and deeply several until you are completely relaxed... You may find that you no longer need the 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 viewing a screen... You are going to project this thought either to your spirit guide or to your higher self. Please give 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. Focus on the image, but if information comes through do not disregard it.

After the images are seen - stop and record what you saw. You may need time to interpret the message behind the image. If you can not 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 regarding universe .

Your Key: Prepare a quiet place... Prepare your journal... and / or audio tape recorder... You may need some extra time today. Insert disc into your computer if using 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. 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.

You are ready for the ancient wisdom that was once yours - your Hall of Records - Akashic Record. 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 I suggest writing them down as to record in writing.

Questions - Universal Or Personal:

Sit or lay back comfortably. Relax and breathe 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. When the last image stops - you are ready. Universal question.

What do you wish to show me about the universe at this time that may help me advance and learn spiritually? Relax and wait for the information to manifest. Record information.

Question 2 - How do I find out my soul's purpose? 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.

Clairvoyant 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 for one image - and watch what it does. You have now begun to remote view!! Record information.

Connecting to Outer Space: Find a comfortable position whether laying down or sitting.

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

Turn your thoughts to outer space and the universe... Observe what you see - moon, stars, planets, UFO's, satellites, other then record what you see. You may even receive some of these messages while sleeping for your journal.

Another thing that's a BIG help to anyone who wishes to give themselves a big boost when awakening the third-eye is to wear a lapis mala, when you do your third-eye exercises, whatever they may be.

If you do a search on lapis mala, you'll find many websites that sell them and you and you can shop around, I'm going to list one link for a mala, that I like that cost's around \$50.

Here's the link:

http://www.buddhistmala.com/store/lapis_mala.html

As I type this post, I have on my lapis mala, I didn't buy it at the link but it's very simaliar.

I can feel my third-eye pulsing as I wear it, and I didn't do any exercises to stimulate my third-

eye. Just wearing these malas are great for all psychic work or just having the intuitive edge as you go about your day.

RITUAL FOR THE AWAKENING OF THE THIRD EYE

By Reverend Esos

The Third Eye is a psychic "muscle" located in the center of your forehead. It is also known as a chakra. The purpose for the Third Eye in Magick is to send and receive energy effectively. It has also been associated with precognition, or future foreseeing, and astral projection. Developing it takes the same as developing any other muscle, usage. Below is an effective ritual for finding your Third Eye.

Preparation: Start by hypnotizing yourself in a room away from distraction, and in a comfortable place, preferably seated.

The Rite: Once you have achieved a trance like state, repeatedly think: "My Third Eye is fully functional and ready for me to begin using it."

The End Rite: Once you feel a sensation in your forehead, you have succeeded, and may now exit your trance and start building up your psychic abilities.

Ritual for Development of the Third Eye

As I mentioned earlier, the Third Eye, like all other muscles, must be used to be developed. The following ritual should aid you in doing so...

Preparation: Begin by meditating in a comfortable room, preferably sitting, with comfortable light, and a familiarity atmosphere. Make sure that there will not be any distractions to discourage your goal.

The Rite: 3-5 minutes into meditation, begin directing the flow of energy from your solar plexus to your forehead. Let it rest there and build upon it. Once you have enough to make your forehead tingle, start extracting the stored energy into an object, plant, or another person. An object or plant usually works best for the first time, and will prevent you from feeling a need to prove anything. Once you begin to feel dizzy, lightheaded, or sleepy, start taking back in the energy that you have expended, and if you can, more afterwards. Doing this rite often will produce better results, but start slow.

The End Rite: After you are pretty sure of coming out about even, or a little ahead of what your energy level was before you began, simply stop. Blink a few times, take a deep breath and think about what happened, what you felt, and when you would like to do this again.

The clock was interesting, I had trouble visualizing & thought I wasn't doing it right, but then I saw astral light for 2 or 3 moments, then gone. The light seemed to be moving toward me, but very slowly.

Author: Elroy

For me, crystal meditation coupled with pranic breathing helped speed my third eye activation—something I've done mid 90s.

The idea crystal to use is amethyst. Highly attuned with spiritual energies, this rock is best placed on the forehead while breathing pranayama style. Do the breath of fire technique with the rhythm 6-3-6-3, alternate nostrils. Flood the energy from the sun THRU the crystal and feel it entering your forehead. The ideal imagined color is silver.

Soon you'll see auras over plants, dogs and even your girlfriend as she does the cowgirl in a darkened bedroom.

PSYCHIC ABILITIES: PSYCHIC ABILITIES UNVEILED

By Rita Louise

Everyone has psychic abilities; in fact, we all have psychic experiences daily. Being psychic is not about having some "woo-woo" abilities that one can only be born with. Many of us simply do not have the words or labels to identify what we are experiencing as "psychic experiences."

There are many myths that surround the ability to utilize our own psychic information. Many people feel and acknowledge that they have intuitive abilities. What they don't understand is that the only difference between being psychic and using your intuition is the level of trust you have that your intuition is correct. Trust is a major component when working with your psychic abilities. One must trust the information that is coming through - the feelings, the inner communication, the pictures and the "just knowing." By not trusting, you are in essence invalidating the information that is coming through to you from your higher self, your guides, and the universe.

When I was a kid, there was a TV show called the Sixth Sense that was about a crime fighting psychic detective. During a typical episode, there would of course be a murder, and the psychic detective would be called in to help. This is where things got interesting to me. When the detective would walk into the crime scene, he would see the victim being murdered, or he would see them floating around the room trying to provide him with a piece of evidence. At times he would pick up an item like a piece of paper and have a precognitive flash where he would see someone driving a car off a cliff. I thought this was too cool.

From that point onward, I started reading whatever books I could find on ESP, witchcraft (which was the only thing around in the '70's) and the paranormal. By the end of seventh grade, I knew that I had some kind of psychic ability, but I didn't know how to tap into it on a regular basis.

My expectation was to see things floating around, to have these "experiences."

I figured that if I kept reading, I would have to become "enlightened."

By high school, I was turned on to tarot cards, and started performing readings for myself and friends. I thought for sure that I would become psychic by doing this. I was wrong.

After many, many years of searching and studying, I found the Berkeley Psychic Institute, and thought, WOW, these people will teach me to be psychic.

My first truly validated "psychic" experience occurred while I was in a beginning healing class, learning to perform aura healings. We were instructed to pay attention to anything came to mind while we were doing the healing, and told that we should mention it to the person we were working on. That day, I happened to be working on the instructor of the class. There was a lot of energy sitting in her aura around the back of her head. The next thing I knew, I was saying bill, bills, bills. The class assistant looked at me and informed me that the instructor had finished paying bills just before class started. I thought this was a good start, but I still couldn't control it.

Needless to say, I immediately signed up and started in the clairvoyant program. The basis of the training was that you learned how to perform readings by working with the more experienced readers. As I sat with my eyes closed as instructed during my first real psychic reading, I waited for these things to start floating around the room. Well as you might imagine, this didn't happen.

A couple of weeks later, I went to one of the school's psychic fairs. I was really nervous. I knew I wasn't psychic yet, and I wasn't sure what I was supposed to do at the fair. Fortunately, they had teamed me up with a more experienced reader. Our first client was a woman who had a question regarding her relationship with her husband. As the other psychic began speaking, in my mind's eye I was astonished because I was seeing everything she was talking about. After a while, I started to share with the client what I was seeing. The information was in essence the same, but it was from a different angle, from my perspective.

When the reading was done, a light bulb went off in my head. "Oh...that's what you want us to do... I've been seeing stuff like that my entire life."

No one had ever explained that this was the kind of "seeing" psychics experience when

working on clairvoyant levels. It is in the mind's eye that you see things floating around the room, and it is here that you see the aura. I was ecstatic.

Our psychic experiences are controlled by the chakras. The chakras are energy centers within the body. They are how we process information from the world around us. Chakras can be likened to the aperture of a camera, in that they have the ability to open and close as they process information.

There are seven major chakras within the physical body that run along the spine.

There are also chakras in the hands and feet as well as where median lines cross in the body as identified by acupuncture. Physiologically speaking, the major chakras are located where groups of nerves meet to form nerve centers. They are also related to the endocrine gland system, which includes the adrenal gland, thyroid and the pituitary gland.

While there are seven major chakras of the body, we will only be discussing the chakras that control psychic information.

Clairsentience

Clairsentience is an ability of the second chakra; it is the ability to feel energy.

The second chakra is located just below the belly button. The character Diana Troy on Star Trek, the Next Generation is an empath. Empath is another term for clairsentient. Diana feels things. On a more personal level, have you ever walked into a room and "felt" bad vibes, only to find out that an argument has just taken place? Or have you ever walked into a room that someone has just cleared, or where a healing has been performed, or where someone is in deep in meditation? You probably felt cleared, uplifted or that you were releasing energy and relaxing. You were processing that information through the second chakra. When you are feeling energy in this way, recognize that you are having a clairsentient experience.

Clairaudience

Clairaudience is an ability of the fifth chakra; it is the ability to hear information.

The fifth chakra is located in the base of the throat, just below the voice box. Many think that our inner dialog is just an overactive brain. We are, however, always receiving information on clairaudient levels. For example, have you ever tried to figure out how to do something and had "a little birdie" tell you what you should do? This is your clairaudience at work.

Clairvoyance

Clairvoyance is the ability to see pictures in your mind's eye. It is controlled by the sixth chakra, which is sometimes referred to as the third eye. It is our ability to visualize, which should not be confused with our ability to trust or validate that what we are seeing. It is the most important tool you will use as you develop your clairvoyance. It is a tool we all use on a daily basis.

Working with your visualization skills, flexing those visualization muscles, will make it easier for you to accept the information that comes in on psychic or clairvoyant levels.

As you continue to read this paragraph, can you picture or visualize what your house looks like, or your car? Can you see your bedroom or your office at work? Can you see the vacation you took as a child or the face of your first love? Can you see all of these things in your mind's eye clearly, easily, effortlessly? This is the place that you go to visualize. It is also the place where you see things on a clairvoyant level.

Knowing is an ability of the seventh chakra. It is the ability to just know stuff.

The seventh chakra is located on the top or the crown of the head. When you work with information on knowing levels, you don't know how you know something, you just know. Since the seventh chakra sits on the top of the head, the body and the other chakras do not have the opportunity to process the information involved. You are saying something literally right off the top of your head. This is your knowing at work.

As you validate each psychic experience you have, you may find that you experience one thing one time, and then you might have a completely different experience the next time. Trust that each of these experiences is true for you. Keep with your integrity.

As you can see, working with your intuition is very experiential. It is not something that you can just read from a book. It is something that must be experienced first hand, validated, and then

practiced and refined. Remember, we all have psychic experiences daily. What have you experienced today?

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<http://www.experiencefestival.com/a/PsychicAbilities/id/21976>

<http://www.globalpsychics.com/enlightening-you/metaphysics/being-psychic/third-eye.shtml>

THIRD EYE, BLIND? BY DANIELLE DAoust

ON BECOMING AN OBJECTIVE OBSERVER - WORKING WITH YOUR MIND'S EYE

Did you know that you have a third eye? And that through it, you can see with your eyes closed? It's true.

Metaphysically speaking, the Third Eye is associated with the pineal gland at the geometric center of the brain... between and behind the brow...

Eighteenth century French scientist and philosopher Rene Descartes speaks of the pineal gland as the chief interpreter of vision and mentions it as the seat of the human soul.

The Third Eye, or pineal gland is said to have mystical powers, to connect us with our Source and to our supernatural powers.. Through your Third Eye, your mind's eye, you can see with your eyes closed!

Sadly, the power of our Third Eye is still something of an ancient secret... We are so focused on our physical lives, and perhaps also so deeply conditioned in our fears of the unknown, of the mystical, so disconnected from our spiritual selves, that our pineal glands are inactive.

Our Third Eye is essentially blind. Yet, it is the source of objective reasoning, that place from which we can see the subtle signals which, once noticed, can help us make much better decisions in life.

Science has now proven that the pineal gland is responsible for navigation in many animals. Opening your Third Eye, activating the pineal gland, expands your vision in addition to connecting you with your soul. The Third Eye sees what our physical eyes cannot... often because we are too tightly focused on what's in front of us.

My Mom, even at 80, is known as a doer. So much so, that we still remind guests at her dinner table to hold onto their plates. She is utterly focused on doing her job which means that her vision is blind to every other detail but a plate that should be cleared... she doesn't notice that we're enjoying the conversation and the company as much as the meal and that we've finished with neither. As soon as we remind her to relax, sit down and join us, she connects with her Third Eye. Standing back from herself, she is able to take a more objective view of the whole space...and thus she expands her vision to see that she's really done a fine job of caring for her family, and the time has come to enjoy her labours with us...

I recall a lifesaving Third Eye connection when I suddenly found myself in extremely dangerous conditions on the highway. I called to my guides and angels for help and immediately felt my Third Eye open to take in a vision of the many accidents ahead... in the nick of time, I managed to pull off the highway, just missing the accident that would have killed both me and my son... and as I was pulling onto the exit ramp, I could see over the hill the very scene that had been in my mind's eye minutes earlier. But I was out of it, arrived home safely, thanks to the vision of my Third Eye.

This excerpt from the **Crystal Links** site provide some useful insight on the pineal gland and it's role as the Third Eye.

The pineal gland is occasionally associated with the sixth chakra (also called Ajna or the third eye chakra in yoga). It is believed by some to be a dormant organ that can be awakened to enable "telepathic" communication.

While the physiological function of the pineal gland has been unknown until recent times, mystical traditions and esoteric schools have long known this area in the middle of the brain to be the connecting link between the physical and spiritual worlds.

Considered the most powerful and highest source of ethereal energy available to humans, the pineal gland has always been important in initiating supernatural powers.

Development of psychic talents has been closely associated with this organ of higher vision.

Activating Your Third Eye...

Now you know that your Third Eye actually exists as a physical entity, how do you start using it to activate your psychic abilities? Once you set the intention to open your third eye, to be more observant, you will probably notice the universe conspiring to help you along...creating opportunities for you to benefit from your keen sight.

It's all about focus... learning to shift and expand one's focus.... from doing... to seeing, feeling, listening, being... this requires that we stand back from ourselves and our worlds for a moment, to go within. Shifting focus is really very easy... It is a simple matter of placing your attention somewhere else, like setting the dial to a different station on the radio... in this case, at your Third Eye. And since the Third Eye is the source of objectivity, once we make the connection there, it becomes much easier to stand back from ourselves to observe what is really going on in and around us...

Here are some suggestions to help you shift focus and open your Third Eye:

The pineal gland - our third eye is activated by light, so one of the first things you can do is get out and take in some sunshine (also good for energy levels and inspiration).

A good exercise is to visualize a big gold sun over your head and then see this light beaming right down into your Third Eye.... and then down through your spine through your feet and into the ground... this helps you "charge" and also ground your energy.

You can also visualize your Third Eye opening, slowly and gently - then notice what you see from your newly opened eye.

The Third eye is associated with the colour Indigo, so you can work with this colour in meditation to connect with your third eye. Try this simple exercise:

Visualize an indigo room at the center of your brain, between and behind your brow... then visualize yourself entering the room and making yourself comfortable there... notice everything that comes to you as you sit there, including what is in the room with you - or who... after taking time to accustom yourself to the space, ask if there is a message for you in this room, and then look around, notice every little detail... From this space you can look at yourself, scan your body, and as you do, notice what comes to mind, how you feel, where you are comfortable and where you are not..., or scan your business, your home, your family or your friends... you will probably be quite surprised at the insights that come to you from this place.... go back often...

How observant are you? The answer to this question is a measure of how psychic you really are. There are a number of different techniques for developing your third eye and your observation skills... Two systems that I use are **the chakra system** and a model from my work on the **Art of Noticing**. Each of these systems provides points of reference from which you can shift focus, using your third eye to identify issues and highlight insights on what you can do about them.

Try googling "The Third Eye". for some other useful resources.

Your Third Eye is NOT blind - it just needs to be activated and focused.

You can be more observant, more psychic - and more effective. Take good care of your eyes - all three of them!

Are you sure everyone has this capability? do most people accomplish opening their third eye the first time they try? Kathy

Yes, our psychic ability is a birthright, connected with our fear mechanisms, a protection against danger... it is in all of us... but for some it is very well buried. No, not everyone is able to open their third eye the first time... it does take some focus and practice, but it isn't so hard either... once you've opened it, it is usually easier to open it again, and keep it at least slightly open. Hope that helps some, Lotsa LLLove, Danielle

<http://www.globalpsychics.com/involving-you/psychic-exercises/sensing-interpreting.shtml>

SENSING VS INTERPRETING WHAT YOU SENSE

Sensing and learning to interpret what you sense are two separate skills. This exercise helps you discern how you receive information and what certain symbols and feelings represent for you.

Every day this week, sit down to write 3 predictions for the next day. Here's how:

Close your eyes, breathe deeply, be sure you're comfortable and feet are firmly planted on the floor. After a few deep breaths, project yourself into the next day. See yourself following through on your plans for tomorrow. Look around you. Notice any colours or sensations. Who is with you? What are they wearing? What are they doing? What are you doing? If nothing seems to come, then listen. Any words? Any song lines start running through your head? How does your body feel? Do you smell anything? What subtle changes do you notice? Is your mood changing?
Note everything you sense. Write your "predictions" based on the information you received.

These can be quite simple:

- 1) something yellow around me - someone I am directly in contact with is wearing yellow tomorrow.
- 2) feel excited, good news in the air for tomorrow
- 3) heard my friend's voice - may be calling or coming by tomorrow.

At this stage, be as specific or as detailed as you can be.

Next day, before you start again, check off what you noted the previous day.

Are there any connections? Were you right? How were the feelings or symbols that appeared for you played out in the next day? Was no one wearing yellow, but you were uplifted in the afternoon by a beautiful garden of yellow flowers outside the restaurant where you ate your lunch ?

Begin to notice what the sensations you picked up the day before may have meant. This will help you to develop your own personal symbology or system of interpreting the signals you receive.

By the end of the week, you'll likely find that you can account for 3 out of 3 symbols or messages received, AND that you've learned something about the way in which you receive information.

<http://www.globalpsychics.com/involving-you/psychic-exercises/scanning.shtml>

PSYCHIC EXERCISES THE ART OF SCANNING ON BECOMING A KEEN OBSERVER OF LIFE'S LITTLE MYSTERIES FROM THE ART OF NOTICING BY M.L. DANIELLE DAOUST

"All of us are psychic, whether we know it or not, or choose to use it or not, all of us have some ability... I liken being a psychic to being a mathematician or professional ball player... Most of us can learn the basics of these 'professions', if only to balance our checkbooks and to hang out with our children in the park... while some may be gifted, all can benefit from the learning and practice..."

Our beliefs around psychic ability, our desire for drama and excitement, the unique, the unusual, coupled with our deep-rooted fears of the unknown, our 'prove it, see-it-to-believe-it' attitudes have conditioned us to expect psychic experiences to be dramatic - mostly frightening - events. Near-death (NDE) experiences, out-of-body (OBE) experiences, ghostly manifestations, spoon-bending and table tipping, trance channeling, dimensional shifts, group visions, shapeshifting and the like all fall into the realms of the dramatic psychic/paranormal experience that every would-be psychic seeks.

For the holistic psychic, these are more in the nature of a whack on the head - spirit giving us a wake up call. In reality, being psychic is more like a way of life - a way of living tuned into yourSelf and your environment, a way of moving with the energy around you so you can begin to direct the flow and achieve what you want.... Being psychic is as much about being a talented, deep, holistic observer of life as it is about being a sensitive interpreter and mad scientist.

Being psychic means being able to - quite literally - raise your IQ and being able to naturally, easily, create exactly the life you want... as if by magic.

That is why we at **Global Psychics** call ourselves holistic mystics, purveyors of practical magic.

We often refer to our Art of Noticing programs as "Applied" or "Practical" Magic because they offer a holistic process for creating positive change, magically, naturally. Participants learn how to use their psychic ability to "read" their environment, their relationships, their jobs, themselves, to tune into and then shift the flow of energy around them so they can accomplish what they want, easily - magically. While this type of attunement may trigger many unusual psychic experiences, the real objective of the program is to teach people to notice and **start using the skill they already have** by tuning into their own personal symbology and tuning into the way that they specifically receive and interpret information. That is the purpose of the light ball exercise. a very useful scanning technique. People who never believed they had any ability, try this exercise and immediately see they have some 'supernatural' power, and then specifically how that ability works for them.

Our imagination knows what it's doing....

Scanning enables us to access our imagination. It is a viable tool for focusing on the 'subtle' signals, and then getting clear about what we're really being told. Once a woman saw binary code during the exercise. When I took her further into it, she sensed the meaning of the codes and accurately delivered a relevant message to her partner. Like each of us at one time or another, she wanted to dismiss what she saw and felt, saying it was "just her imagination". Her imagination knew what it was doing - and so does yours.

Why Learn to Scan

I often introduce professionals to scanning through the light ball exercise that follows, as a great way of helping themselves "in a pinch" - to suss out what's influencing a stressful situation and how to best maneuver through it. I have personally avoided many difficult situations - including pickpockets and fatal accidents by scanning the territory around me or ahead of me and making last minute adjustments in my plans. Scanning allows you to avoid some of life's nasty surprises, and to be prepared for the rest. You can know when to make your move and when to hold back - just by scanning - looking to see how the energy is moving, taking time to listen for words, images, sensations of any sort that will come up to guide you on your way.

The Light Ball Exercise - A Useful Scanning Technique

The Light Ball exercise teaches you how to scan someone's electrical field. It is designed not just to prove you have psychic ability, but to show you how you receive psychic information. Here's how it works:

Two people - preferably two who haven't met before - stand about 4 - 6 feet apart from each other, facing each other, eyes closed.

Each person then closes their eyes, takes a moment to breathe, relax and ground, then visualizes the other as a ball of light or pure energy. Each looks with their inner eyes into the ball of light and scans the person opposite top to bottom, bottom to top, noticing any words, images, colours, thoughts, sensations in their own body,... anything at all that comes up while they're scanning...

After a few moments, when they each come back, they tell each other what they saw, felt, whatever, and describe how what the other experienced might fit in their lives at this time.... Everyone is shocked to discover that something happened, although occasionally people don't recognize what did, and that's when things can get exciting. For example, one woman thought nothing happened because all she could see was colours. She's a very creative person whose psychic ability is centred on her feeling body - she needed to be encouraged to learn about the symbology of colour and to learn to feel colour, so she could interpret what she was reading.... Another woman worked from pure intuition, and had for years overlooked her very real ability to "just know" what was coming. Until she did the exercise, she didn't realize that her knowing people and life so well was about being quite psychic.

Give this exercise a try yourself, and be sure to notice everything that happens while you're scanning, every little thought or sensation that flits through your being will be relevant in that moment...You can save yourself a lot of trouble, by learning to scan the territory ahead....

Play With Your Peripheral Vision

Your peripheral vision picks up the subtle shifts in energy patterns that direct vision misses.

For this exercise you will, practice noticing the information your peripheral vision provides.

Play little observation games with yourself.

For example. Walk through a mall or through a shopping district, using your peripheral vision to especially notice what's in the store windows .

After a few minutes, stop, take a moment to remember what you saw out of the corners of your eyes, then walk back down that street and check yourself.

What did you notice? Is there a pattern to what you picked up?

Notice also what you overlooked....

Pay particular attention to any feelings that "something you caught out of the corner of your eye" brings up for you. Note these and allow yourself to become more receptive to the energy shifts that your peripheral vision detects.

When you have a moment, write down what you noticed, any feelings or thoughts that came up during the exercise... these could give you some clues about what to expect in the coming period... or some insights on yourself and your life or relationships..... for example, perhaps you noticed a lot of red in your peripheral vision, and with this came a sense of excitement... this could mean that you will meet someone very exciting that day, or take on a project that you can feel passionate about... or you'll find that an important client is wearing a red shirt... you often will not know exactly what these signals mean until after the fact... journaling gives you a chance to track your impressions and notice how they play out... over time you will notice patterns that will be helpful in interpreting your impressions.

Clutter-Free Living

Are parts of your home or office cluttered?

Our outside environment directly reflects our inner being. Clutter in our homes can be a metaphor for certain areas of our life. For example, if you have numerous half-finished projects laying around the house you may also notice that you may have started or dreamed about many desired life changes but have yet to complete many of them.

Make a conscious choice to clear out clutter from your life, materially and mentally.

Focus on keeping only those things in your life that you truly love and enjoy.

You'll end up making room for the things in life that you desire and give you great happiness.

You'll also start to notice that everything you desire will have room to flow abundantly into your life, both physically and spiritually.

Channeled by Archangel Michael

Call upon me to assist you with clearing any area of your home, office, personal space and life. When you allow clutter to pile up, it blocks prosperity, opportunities and creative energies from flowing to you. Think simple and clean thoughts and transfer this to your living space.

Holding onto things that no longer serve your best interests is "lack-thinking."

And thinking about lack blocks you from receiving new and wonderful things. Ebb and flow.

Ebb and flow. Open your hearts and your homes to the blissful idea of simplicity.

Love your space and you will find that you thrive in that space.

I will help you. Think or say my name. Feel my presence as I clear any areas of stagnation and fear and allow the energy to flow freely.

Other angels to call upon are Archangels Jophiel and Archangel Raphael. Archangel Jophiel assists with beautifying your thoughts. She knows that when you think positively you attract positive results. She can help you transfer negative thinking into positive thought patterns.

Archangel Raphael also works with me to clear spaces of negative energy and negative thought patterns.

Living on Purpose with Passion

Channeled from Archangel Michael: Life is not without purpose. Each one of you is unique and holds the promise of great things to come. Know that you are one with the Creator.

Every idea comes from Spirit. Seek out passion for it will reveal your purpose.

You are living on purpose right now!

However if you feel you are not fulfilled then take a look at the level of passion you are experiencing. Excitement and love of one's work is precious and full of bliss.

Seek me out in those times of doubt and discernment. I will help you with your direction and to have the courage to follow your heart's desires.

Life is a gift. It is meant to be full of joy and wonderful experiences. Ask me to open your heart up to your great joy. Don't be afraid to express your true self. For you are a being of light and part of Source energy here on earth. Open your heart to creating work from your life experiences.

How unique each one of you are, and just as unique are your experiences and how you perfectly act in them.

Acknowledge where you are and bless it, for it is just the steps taken to where you are going on your path. Create passion in your life through love.

- Reevaluate your level of love on your current path
- Seek out what brings you great passion, what fills your being up and gets you excited to get out of bed
- When you bring joy to another with your work does it make you feel great love?

AN EXERCISE IN REMOTE-VIEWING TO INSPIRE YOU...

This exercise is taken from the book **You Are Psychic** by Pete A Sanders, a book we frequently recommend to folks who want to get started on developing their psychic abilities.

Experience Your Remote Sensing Ability

You too can use your Psychic Intuition to tune into any location at any time.

Choose a location, hold it in mind, and note your impression. It's as easy as following the simple keys below:

1. First, select a remote location you wish to scan.
2. Next, determine what it is you want to sense about it, is someone there? What is happening? Are your instructions being carried out?
3. Then, with your eyes closed, hold each location in mind.
4. Shift your attention upward to your Third Eye (the sixth chakra, behind the middle of your forehead, just above your eyes). Note your first impression and write it down.
5. Follow up by calling or going to the location you sensed to see how accurate your impressions were.

You can use this brief process to "check in" psychically whenever and wherever you wish.

Try it now with several locations for practice. The instant information you receive can help you avert problems, make better decisions, be at the right place at the right time.

Because it's so quick and simple, remote sensing through Psychic Intuition can be an important time-saver for busy people.

This exercise is especially powerful when worked with a group... details gathered from each member of the group can produce a quite accurate, comprehensive picture of the place being viewed.

(Editor's note: This exercise saved my life and my son's one night during a treacherous storm. I projected forward on the highway, got an instant message to immediately get off, acted on it, and as a result avoided a deadly accident on a patch of black ice, literally by inches...)

Dowsing versus aura

Miroslav Provod centrum11@volny.cz

What is the natural force that causes the dowsing rod to move is only one question of many for which we are still trying to find the answer. However, we are not the only one trying to answer this; the same case could be found in Physics. Cited from specialists' literature - "**We do not know why this happens; we just know the experimental fact that two positively charged bodies repel each other**". It's therefore not logical to doubt the movement of a dowsing rod in connection with this information, because a similar mystery is also in Physics. It can't be excluded that an identical natural force moves the dowsing rod. Other than that, it was

found by doing an empirical research that **the known physical phenomenon of “charge flux” doesn't work only in a laboratory, but everywhere in nature.** It's not easy to believe that the phenomenon of charge flux was already known and used by our ancestors when menhirs, Babylonian towers, pyramids, obelisks and all types of holy structures were built.

I have been using dowsing rod for many years, which is also known as “little butterfly (mot ýlek)” in the Czech Republic. At the beginning I wasn't able to orientate in the reactions of the dowsing rod, but everything changed when I found by chance an example replacing unit, something like etalon. It was the **high voltage power lines**, whose energetic components (aura, zones, inter zones) don't move and could always be found in the same place. I did the first series of experiments in an environment, where I got experience that I then rechecked with other sources. I can recommend everyone who is interested in the research of dowsing to do the same. It is easy and very educational.

The work order for the identification of energetic components of high voltage power lines

Firstly, we have to make a dowsing rod from a wire of 3 mm diameter in a way that we take a 24 cm long wire, which we bend in the middle so it becomes **U** shaped. Then we stretch both its parts to have it like on the picture at <http://www.miroslavprovod.com> in a way that the front side of the dowsing rod is 5 cm long. Then we have to find a high voltage power line (between 22 kV and 400 kV) in the vicinity, which is perpendicularly intersected by not much busy road with a hard surface and we can begin to build the “etalon” measuring units. We take the dowsing rod loosely between our thumb and middle finger. It is necessary that it sticks out of our aura so we need to hold it approximately 50 cm from our body. We can't try this after alcohol consumption. In this case even a long hand is short (the dowsing rod doesn't stick out from the aura of our body).

The aura is identified in a way that we go on the road from the middle of the high voltage power lines in one way until the dowsing rod reacts by bending either left or right. We mark the position of this dowsing rod reaction and in the same way we find the location of the dowsing rod reaction on the road in the other direction. If both these distances in the opposite directions are the same, we have worked precisely and the distance between opposite locations is approximately the diameter of aura of the high voltage power lines. The aura of high voltage power lines copies the shape of the source and has the shape of a cylinder and its diameter is in the range of tens of metres (depending on the voltage).

Next we have to find out about the properties of aura, which give us a hint about much information needed for further identification. At first, we check that it doesn't matter whether we go forwards or backwards with the dowsing rod in a way that we repeatedly walk backwards both directions – the dowsing rod will react in the same places. This fact comes well into use when we identify objects with small dimensions of aura, for example in the case of a human body, where it is not easy to distinguish between the border of aura from the reaction of a zone, etc. The dowsing rod has an answer for the question, whether we are located in the area of aura or not. We go with the dowsing rod in any direction in a way that **the dowsing rod reacts in the rhythm of our steps by short movements to the left and right**, but not in all cases, only when we walk at a certain speed. Everybody can find the right pace of walking in a few minutes. All the identifications need to be preceded by trying whether we are or are not in the space of aura. The common aura of a dense urban area could occupy large areas in the same way as a stadium that is full of people or an unmoved grassland, etc. The dowsing rod “mot ýlek” doesn't react in the space of the aura. – the aura of our body gained a common aura with the one where we are located and so it doesn't have an object with which it could react.

The dowsing rod reacts with energetic components in the perpendicular direction or in the direction that is not much deviated from the perpendicular direction. The greatness of deviation from the perpendicular direction could be found just with a little information, while we increase the deviation with each trial. We use this fact while looking for an energetically clear place, we realise that such a place needs to be crossed with the dowsing rod in more than one direction. The same procedure would be used when looking for energetic zones. We go from the edge of the aura in one direction until the dowsing rod reacts, which we then mark again. Then we do identification in the opposite direction just to check. If we worked precisely, both distances between the aura and the zones are the same. In this way we mark other zones. It's not possible to find out the number of the zones. We will verify a rule, which works not only for the zones of high voltage wires, but also for zones of all other sources. **Every first and second zone has the same width, but every third zone is about ten times wider.** In the case of the zones of high voltage power lines, the first and the second is about 10 cm wide, the third

about 100 cm . I have no clue why this is. Hopefully, someone of you will find the reason. We remember that the gaps between zones of high voltage power lines are about 10 metres wide. The zones, in the same way like aura, copy the shape of the source like skins. At greater distances from the source they gain large volumes.

Between the zones there are four inter zones, in some cases there are more. They are located closer to the zone in the direction towards the source (in our case towards the high voltage power lines). **They could be identified with a dowsing rod if we make its front part longer by one centimetre. However, such a modified dowsing rod also reacts with the zones so we can use it only if we have done marking the zones. Now we have marked all three high voltage energetic components, which don't move - it is an optimal etalon for further research.** Next we could compare the reaction of "mot ýlek" with the reactions of other types of dowsing rods and make first statistical data. Other data could be obtained by changing the sizes of dowsing rods.

The energetic components of any other sources could be obtained in the same way - a source is any lump of matter and we mustn't forget **that by the inter contact of auras the sources gain one common aura.** I could recommend getting further energetic experience with a small stream by a similar technique as with the high voltage power lines. By this, we remove the doubt that in the case of high voltage power lines the aura has something to do with the electromagnetic field. I recommend finding a similar place, like a bridge where a stream flows under a road. When identifying all three energetic components of the stream, we use the same technique as with the high voltage power lines. The result will be the same, except that we find that when the rate of flow of water changes, its energetic components will move. I shall recommend making a graph of an inner and outer bend of a stream - there will be a greater density of zones and inter zones on the inner bend. We will understand then why people used the inner bends to build certain structures. Such a place has more energy, which then accumulates in the matter of the structure. The moving zones of a stream give energy to the surrounding vegetation. In the same way, any other matter, including humans, could gain this energy. It's a new knowledge to us, but people already used it in the ancient times.

By monitoring the energy of a stream we learn to look for water springs. The zones of springs are easily distinguished from high voltage power lines zones by the fact that they change their direction and mainly because of different separation of the zones. When trying to identify a spring we find and mark at least three zones and the inter zones between them. By using the rule that the inter zones are located closer to the zone that is located in the direction of the source (the water spring) with respect to them, we easily get the direction in which to go. By finding and marking further zones in that direction we find, by looking for greater separation, the aura. In the middle of the aura, the place where the dowsing rod doesn't react is the spring. In another case if the spring is located deeper, the cylindrical aura is also located under the surface. In such a case the clue is given by the inter zones that are always located closer to the zone that is situated towards the source with respect to them. In the middle of the location where the inter zones between two zones point towards each other is the water stream. However, we have to realise that there are many energetic components everywhere and in urban areas it's almost impossible to orientate between them.

In a habitable house the sources are the matter of the house, electric cables, all kinds of electric components, water and heating pipes, all metal, zones that intersect the building (water springs, streams and rivers located far away, energetic wires, cumulus (thunderstorm) clouds, etc.). If the auras of these sources are in contact, they join into one common source with a common aura. A large group of zones that are conductive for the cosmic energy doesn't create its common aura, but can manipulate the energy of the building in both directions. Other useful knowledge could be gained when drawing the energetic graph of an automobile, which consists of these sources - all the metal, the air pressure in the tyres (this could be easily verified with one tyre by increasing its pressure), all kinds of electrical components, the chemical reactions occurring when the engine is running, the energy of the fuel in the tank and the matter of people in the car. In this case the auras of all the sources overlap each other so the car becomes one source with a common aura. The graph could be constructed in a way that we place the car in an energetically clear space and draw its position. By the known procedure we find its aura with the use of a dowsing rod and then add it to the graph. We do the same when the lights and other electrical components are on, with the engine started, when a driver sits in it, with greater revolutions per minute of the engine and with more passengers. In this way we could observe the increase in size of the common aura.

You will be surprised by the difference in size of drivers' aura before a journey and after it. Also, you will likely think about a situation when there is traffic jam on a road. All the vehicles gain one common aura in this way, which is intersected by an uncountable number of zones and its

energy is increased in this way. The greater aura of organisms shows greater charge on the membranes of our cells. We could do an easy experiment with capacitors to confirm that great aura creates health problems including thinking mistakes.

After a short break from our trial etalon we return to it with more experience. You can do experiments with anything that comes to your mind. I recommend starting working with an assistant whose differences in the size of aura after an hour in an aura or a zone of high voltage lines could be monitored. It won't be less interesting to monitor how long it takes for the aura of your assistant to get into its original size in a clear location. You will be surprised what happens with his or her aura if you put a small bottle of alcohol into his or her pocket. You won't miss the fact that dowsing rod can reliably indicate the presence of alcohol in a human body to an extent, when common detectors don't anymore.

When the assistant is on a metal bed he or she has a common aura with it. I could recommend placing this bed out of all zones. You can go back to the ancient times and create menhirs from rocks near water streams. You easily get to know by experience that a menhir has more energy in vertical position than in horizontal position. If you think about the actions of people in history, you have to consider the fact that in those times there were only natural sources present on the Earth. I can't judge by how much these natural energetic sources were increased by the sources of our civilisation. In the air there are thousands of aircrafts that interact with all cumulus and cumulonimbus (thunderstorm) clouds. On the ground these are the great cities, power stations, power lines, millions of vehicles, hundreds of thousands of ships on the sea, electromagnetic waves that are present everywhere, etc. The attempt of medics to manipulate the energy of a human body in this way could cause negative reactions as we don't know the optimal value of the capacitance of the membranes of our cells as measured by the size of the aura and also we don't know the properties of aura. We have to wait for the view of specialists or for the construction of measuring devices that could be built into mobile phones in the future.

We still don't know what natural force moves the dowsing rod but we could definitely mark the places where it reacts. These could be the starting point for further research. It's hasn't been explained yet why the dowsing rod doesn't work for some people. However, there is information in history that could have something in common with this problematic.

March 2007 Miroslav Provod <http://www.miroslavprovod.com>

How to Travel Out-Of-Body

By William Buhlman

William Buhlman is considered one of America's leading experts on the subject of out-of-body experiences. His book is the first complete guide to self-initiated and controlled out-of-body experiences. The author's twenty-seven years of personal out-of-body exploration gives him a unique insight into this topic. Currently he is traveling throughout the United States and Canada conducting lectures and workshops on the subject of out-of-body experiences. Order his book at <http://www.out-of-body.com/>

For many, the key to out-of-body exploration is to focus and maintain your complete attention outside your physical body as you fall to sleep. One of the easiest ways to accomplish this is to focus your complete attention upon a person, place, or object located some distance from you. This can be a loved one from which you are separated, your favorite vacation spot, or a gift that holds some special meaning for you.

Whatever you select should be an actual physical object you know, not an imaginary place or person. Select the object or place that is easiest to visualize and holds the most interest for you.

Visualizing a loved one that you are separated from can be effective. Just picture the person that you wish to be with as vividly as possible. It helps to be emotionally involved, so select a person you would love to be with. Choose someone you know, not a fantasy relationship. Become completely absorbed in their presence and actually feel yourself with this person. If you like, role play some kind of interaction to keep you involved.

Continue your visualization of this person for as long as possible as you allow your physical body to completely relax and fall to sleep. It's important to maintain a detailed picture of this person and your interaction as you go to sleep. As you doze off, attempt to boost your

emotional and visual connection with this person as much as possible.

This method is an excellent bedtime visualization. Keep in mind, the more emotionally involved you are, the more effective this technique is. Have fun with it and let your imagination go wild.

The Target Technique

Your ability to focus and maintain your awareness away from your physical body is enhanced if you direct your full attention upon a specific object or place. The target technique is an excellent exercise to help you develop this ability. Select three targets in your home. All three targets should be physical items that you can visualize with relative ease. Your targets should be in a different area of your home than the room you normally use for your out-of-body techniques. For example, you could select your favorite chair for your first target.

For your second, select a gift or artwork that holds some special meaning to you. Third, select the most visually stimulating object available, such as your favorite painting, sculpture, or crystal. All three targets should be in the same room. After selecting your targets, physically walk to each one and examine every detail.

Study each object from different perspectives, notice any imperfections or irregularities. Take your time with each object, memorizing the sights and feelings associated with every target area. Become aware of all of your senses during your walk, especially your sense of sight and touch. Repeat your walk several times until you can easily recall the smallest details of each target area.

Pay close attention to everything, including colors, textures, densities, reflections of light, coolness, and heat. Also feel and memorize the sensations associated with your walk from one target to another. In other words, Get Into It! Enjoy all the sensory input that you receive.

The key to this technique is to focus and maintain your attention away from your physical body as you drift off to sleep. If you are persistent, the results will be dramatic. To enhance this exercise, take your time and repeat your physical and visual walk-through daily for thirty days. Get interested and involved in each target. This technique is a great way to increase your concentration and visualization skill and it only takes about twenty minutes to perform.

It's important to select targets that are easy to visualize for yourself. Many people select personal items that possess a sentimental attraction. Once you make a selection stay with it, the repetition of your visualization dramatically increases its effectiveness. This technique is my personal favorite, over twenty years ago I stumbled upon it when I began to visualize objects in my mother's home. I strongly believe that this technique can work for anyone who is willing to invest the time and effort.

The key is to select target objects that are easy to visualize but interesting enough to hold your attention. Items that you have made such as a painting, a sculpture, a silk flower arrangement, or even a set of curtains can be extremely effective targets. As you progress with this technique you can increase the number and variety of the targets you select.

After you become comfortable, you can expand your visualization to include an entire room. This technique is extremely effective, but it is up to you to take the steps. The time you invest will be richly rewarded. It's important to know that most techniques are designed to initiate the vibrational state. You will generally not go to the target but awaken in the vibrational state.

Examples of Targets

1. Sense of sight

a favorite chair, sofa or any item of furniture any object that you can visualize well a gift or personal item that holds a special meaning any object or artwork that you have created yourself a special picture, painting or portrait

2. **Sense of touch**

textured fabric or cloth of any kind an item of furniture a door, carpet, light switch, sculpture or a wooden banister jewelry, ashtray, candle any object that has a unique or distinctive shape or texture

3. **Sense of smell**

air freshener fresh flowers soaps or lotions favorite perfume or cologne cedar chest or closet incense

About the Author Over the past decade, William has developed a proven, effective system for instructing individuals to experience a safe, self-initiated and controlled out-of-body adventure. During the past five years, he has conducted an in-depth workshop entitled "Out-of-Body Exploration, Discovering the Answers for Yourself". This popular workshop teaches the preparation and techniques needed in order to experience a self-controlled out-of-body journey. Bill brings a refreshing look to how we can use self-initiated out-of-body experiences to explore our spiritual identity and enhance our intellectual and physical lives. William is a certified Hypnotherapist and conducts workshops and lectures exploring the profound nature of out-of-body experiences and the benefits of accelerated personal development. He has appeared on numerous television and radio shows nationwide and is currently writing another book and a screenplay concerning out-of-body exploration. William lives in Bel Air, Maryland with his wife Susan and twin sons Eric and Alex. Order his book at <http://www.out-of-body.com/>

Open Yourself to the Abundance of the Universe

Blessings are abundant in the universe. The angels want you to take time to see the blessings all around you and be grateful. This is the key to opening yourself up to the abundant gifts that the universe has to give.

Each moment is a blessing waiting to be acknowledged. When you take time to observe and appreciate them you'll begin to notice more blessings in your life. In fact, you'll come to understand that the blessings in your life are infinite.

It's easy to start noticing the many blessings that are present in your life everyday.

Today, take a walk and look around you. Nature waits for you to connect with it and open yourself up to the great knowledge it has to pour forth.

- The trees that dance in the warm summer breeze can teach and inspire you about grounding, strength and longevity. Sit under one that you are drawn to, and listen to its song. When you are done with your lesson give thanks for sharing its knowledge with you.
- A spider in the center of its web can remind us of our connection to the world we create for ourselves. We create our destiny through the weaving of our thoughts and actions. Be conscious of your thoughts that are creating your world.

As you take time to acknowledge the universe's blessings all around you, show gratitude for them. It can simply start with the food that sustains you everyday. Give thanks to the animals, plants, earth and water for the nourishment they provide.

When you awake each morning, give thanks for another day of life in this physical world.

Another day to walk in the sunshine and dance in the rain.

Affirm: Today I am grateful for all my blessings. I know that acknowledging the gifts and blessings that are all around and showing my gratitude opens me up to the abundance of the universe.

Sally, our Angel Consultant

A Sunny Energy Boost **by M.L. Danielle Daoust**

Let's do an energy boost this week! This exercise is simple and can be used anywhere you can sit quietly, anytime, and for any reason. If you are contemplating a problem, if you are fatigued or if you just feel good and wish to enjoy that good feeling for awhile, this is useful.

Close your eyes and take a few deep breaths. Feel yourself grounded and calm.

Then, visualize a beautiful silver cord flowing from the top of your head, through the room, the roof, the sky, all the way up to a huge ball of energy, a big golden sun - the Source of all your energy.

Feel a beautiful warm beam of light flowing to you from this Sun/Source. Feel yourself filling up on it, letting it flow into your body, permeating every cell. Breathe in the energy, gently, deeply... After a few moments, give thanks for the energy, and ask the Source for a message. Wait. Listen. Note anything that comes up. Then, open your eyes.

Sit still for a moment and notice how you feel. Several times after the exercise, stop and notice how you feel or what you're thinking about. Do you have more energy since this exercise? Has some problem been resolved or clarified? Do you have some new idea or a sense of renewed hope around a situation? Do you feel better, and if so, about what?

Do this exercise whenever you need an energy boost. Try it sitting on the beach, in your garden or out on your deck for a really powerful shot of extra energy!!

Release Your Judgments

In order to release judgments, we need to acknowledge what we believe, and how we are 'judging' the world based on our beliefs.

The judgments we hold can be obvious to ourselves and others - someone who judges themselves ugly will rarely dress or behave in a way that is beautiful - and then there those that are not so obvious - someone who is subtly resentful of your success, will usually qualify their words of praise with some off-putting remark that leaves you wondering about yourself. We all hold some judgments about others and many of us judge ourselves much harder than anyone else possibly could...While it is useful to be discerning, to know what attitudes, patterns, situations in life and people that you wish to avoid, holding judgments can be particularly insidious in one's life. - Judgments have a way of limiting perspective, preventing you from seeing and responding to a situation clearly.

For this exercise, we'll work on recognizing, then releasing, some of those limiting judgments.

- List what you perceive to be your big "mistakes" in life. List the judgments about yourself that you have held about those mistakes. Take a moment to review the outcome of each event, "what ended up happening". What was the purpose, the lesson, the pattern in each....How is this lesson serving you right now? What did you really learn and gain?
- Acknowledge that you've learned from your life and your "mistakes", and take responsibility for the consequences of your learning and the impact it's had on others and the world. This acceptance and acknowledgement is not the same as judgment. Releasing judgment does not mean denying responsibility. It means not labeling yourself as "incompetent" or "bad" or "useless" in everything that you do. It means accepting who you are and what you've done, cleaning up after yourself and moving on....
- Take a moment to actively release yourself from those judgments you've held around those events in your life. Let go of the sense that you somehow performed "badly" and accept that if it could have been different it would have been different. If you are feeling pained or guilty or resentful in any way about some past situation, DO something about it. If you feel you hurt someone, reach a helping hand now, if you can, and failing all else, send them some love and prayers for their prosperity and health...

Somehow, every event served you, as it was.....accept that it had value in your life.

This type of release can be assisted by a little ritual. You may already have releasing rituals or techniques that you use regularly. Here are two that can be helpful.

1. Visualize the event and some symbol that represents your judgment and perceived "mistake" and place it in a bubble. Send the bubble off to the One Source to be transformed and returned to you as understanding and light.
2. Write out the details of the event and all your judgments around it. Burn the list (safely) and scatter the ashes to the wind, with the same good intentions - to be transformed into the light of understanding.

This can be especially helpful in trying to move through and get beyond the end of a

relationship or a sudden job termination. We often take judgments into ourselves as a result of the way others were affected by our actions or behaviors, or as a result of something "shocking" others may choose to tell us about ourselves. (You're fired because.....) Release of judgments can bring with it, peace. How did this exercise work for you? Are you relieved? Have you gained understanding? Can you forgive yourself or another? Let us know.

Creating Ourselves Anew with Past Life Support *by Barb Huning, MA*

Have you ever been working hard to heal something in your life, or change a habit, or strengthen a quality in yourself that you want to have more of? There are lots of ways of doing this, of course- and one source of support is to REMEMBER a time when you did it well.

"Remember when I did it well?? I have NEVER done this well, that's why it's a problem!" you say. Well, I have found more than once in Higher Self sessions with people, that sometimes a "past life self" will come forward and offer their assistance or, to ask for assistance.

Imagine that all of our lives actually happen simultaneously, in a harmonious, multi-dimensional kaleidoscope of self-expression. What we do in one incarnation affects all of our incarnations. Using meditation and creative visualization, we can connect with other incarnational selves and share the wealth of our strengths to quicken the process of becoming who we truly wish to be.

I'd like to share now, a guided meditation for integrating our incarnational selves for mutual support, healing and empowerment. This meditation was given by the Higher Self of one of my clients during a conversation with one of her incarnational selves, and I gratefully thank her/them for permission to share it with you. It is a powerful energetic healing session. I hope you find it helpful!

Incarnational Joining/Healing Meditation

Feel free to read this meditation into a tape recorder so that you can listen to it as you do this meditation. Or, read it over and imagine it first so that you can recreate it in your mind. This meditation may leave you feeling very energized!

Sit comfortably, and take a few minutes to relax, breathing full, slow breaths, allowing your mind to quiet and open.

Imagine your Higher Self as a huge cone that hovers above your head. The cone is the energetic field of the totality of YOU, feel this.

Imagine that sitting within this cone is another aspect of yourself- one which offers just what you are seeking in your life, someone who has already received what you desire, already mastered what you intend to master. See yourself sitting face to face with this person, right up together, knee-to-knee, and join your hands. Be one, feel your love and appreciation for each other and for your Higher Self.

Your Higher Self now brings the cone down completely around the two of you, lowering into the floor on which you sit, and locking into the floor. Running up the sides of the cone are crystals- glowing, luminous, almost electric crystals which you are sitting inside.

Now, you see that at the pinnacle of the cone above your head is a beautiful diamond which is lowered down between the two of you, resting between your hearts. The diamond amplifies the love you feel in the most explosive way, and it contains the energy of Grace, giving all of yourselves everything that you need, clearing away anything which has held you back, creating a field of clear loving power which blasts out to all of your selves, healing you all.

Now, imagine that underneath the floor that you are sitting on, another cone is coming. Its base is coming up to meet the cone on top, its point extending downward.

Now, feel the top cone around you beginning to spin counter-clockwise. It starts slowly at first, then gains speed and power. It continues to build in speed and power until it reaches a critical point, at which time the bottom cone begins to spin clockwise. The force of the cones spinning together creates PURE DIVINE LOVE.

Feel your strength and your love, and all possibility for both of you and for all the rest of your incarnations, just BEING in the strong, loving, successful, peaceful field of energy..no matter what happens, there is strength flowing through you both, and it is your rock.

Breathe in power. Breathe out fear. The spinning cones release what does not serve in love, and generates strength and love, and spreads this to you and all your incarnations. It eats up any fear, any disharmony, any illness present in any of your

incarnations.

Now all of your other incarnational selves come to stand in a circle directly outside the cone. The force of the love, light, and power generated by the cones blows through them, like gale-force winds, blowing their troubles away, it dissolves in Grace. Feel your selves as a loving TEAM being cleansed in unison for the good of all.

As your other selves are cleansed they are drawn into the cone with you, taking your hands, creating a circle. Feel that you are your Divine Self". Outside the cone, HUGE things are happening as giant chunks of what would have been reality are falling away, as the group of you becomes your Divine Self. You expand, the forms of you blur, and you meld together into one person. This is your SOUL SELF.

Stand as one person in this cone, feeling all of your other incarnations within you. The cones spin faster and faster, and you explode even bigger, with light shooting up into the source, and down into the center of the earth. Now, the energy of the spin is inside you, and it stabilizes to become this HUGELY strong HUM of life force in your body.

The cones fall away, and you stand as one. Now each of you comes back to your bodies, still feeling all of the others within you, beautiful, strong, courageous, loving, peaceful, and full of joy. Each of you opens your eyes into your physical world.

Sit quietly now, and allow yourself to settle and breathe as the energy is integrated into you. Blessings! Barb

Dreams and the Language of Intuition

A favorite quote of mine by Ruby Montana:

"Dreams don't come true -- dreams are true."

That simple statement says a lot about the nature of dreams and awareness, and our assumptions about them.

In the mindset of the world today, dreams are seen as fantasy, the effluvia of a restless psyche. To be called a dreamer is to be called ineffective, impractical. Of course, thanks to Jung and others, we are increasingly recognizing that dreams are imbued with meaning. But, in my experience, even that perspective falls far short of the vast realities that dreams introduce to us.

Dreams are not merely the table scraps of the conscious mind that, when picked through, offers up a few undigested morsels of insight. Dreams are not merely a reflection of reality; dreams are their own reality.

We LIVE our dreams, deeply, every night. They fill the quiet hours of the night to the brim. Although we may be hardly moving our bodies, usually unaware of our bodies, anyone who remembers his dreams knows that we are hardly inactive in our dreams. We act vigorously in dreams. We confront and we flee. We love and we flirt. We work and we calculate. And we experience worlds of immense wonder!

We often think that dreams are fantasies and then there is 'real life.' But we only fool ourselves. The world of dreams may shift and slide while the waking world seems solid and stable, but dreams just follow more fluid rules. Dreams are real to us as we experience them, even if we have learned to be aware we are dreaming in the midst of the dream. And, of course, the world of daily reality isn't as solid as we like to believe.

As you watch the patterns, experiences and images you encounter in your dreams and you discover their meaning, you may also recognize that the same patterns are quietly working in your waking life. We see a person or an object in a dream and say, "Aha! That is a symbol -- and it makes so much sense!" Yet, when that same person or object appears in our daily lives, we ignore it as meaningless. Not only are our dreams imbued with meaning, but so too are all the events of our daily lives.

In paying attention to our dreams, we start to see glimmerings of a radiant intelligence that permeates our daily lives as well as the world of our dreams. Day and night, we are in constant, quiet communication with a vast and subtle intelligence. There is more life in our dreams than we think, and more dream in our lives than we think. As we explore the worlds of our dreams, we learn the language of our lives.

EXERCISE 1: Remember Your Dreams!

Don't be fooled. The simple (but not always easy) act of remembering your dreams is a powerful psychic exercise. So much of the intuition is the ability to quietly shift your awareness beyond the limits of "normal" awareness. The thought process of daily awareness is, of course, important to function in the routine situations of life. But when we can no longer perceive reality in any other way, it's as if we've walked

a path over and over for so many years that we've created a trench we can't easily climb out of.

Dreams are a different level of awareness, more fluid, multi-layered, filled with meaning. They are an alternate form of perception -- that's why they are often so difficult to remember. And that's also why working with them helps us out of our "perceptual trenches." In order to remember a dream you have to create a bridge between your daily awareness and the mind state of your dream world.

Remembering dreams clearly requires a certain limberness of perception.

Simply remembering your dreams, even if doing so is a struggle, builds strength and flexibility of perception.

A few suggestions:

- If you have difficulty remembering your dreams, affirm forcefully that you WILL remember your dreams when you wake up. Repeat your affirmation with strength a number of times as you drift to sleep.
- Write down your dreams or at least a few notes about your dreams the moment you wake up. Often it is easier to remember dreams in the first few minutes after waking when your awareness hasn't become fixed into its normal patterns of perception. Reread your notes later in the day to help bring as much of your dream memories as possible into your normal waking awareness.
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As you remember your dreams more, take special note of the symbols that appear in your dreams: people, animals, objects, places, etc. Write down the symbols that seem to you to be the most powerful, those that evoke the strongest feelings, those that keep reappearing in your dreams. Explore their deeper meanings.

A simple technique is to create a dictionary:

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- What feelings do you associate with the symbol?
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You can also look through some of the dream symbol books available. They can sometimes bring clarity and a broader understanding of common symbols. But always trust your own insights and feelings first!

Why create a symbol dictionary? Because you are learning a new language. The intuitive mind speaks to us in a highly symbolic language. The first encounters with psychic "flashes" often seem like you've been dreaming while awake; you suddenly realize you've been watching a stream of images pass before your eyes. The world of dreams is the classroom in which we learn to read those images. Dreams are your own private language lab.

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If you get a date in your dream, mark your calendar and see what happens that day. Does your dream add extra insight into the events of the day? Sometimes your dreams can be precognitive, describing an important event on a date, yet too often we don't recognize when this happens. Even if we remember the dream, we may not make the connection in our minds because we haven't yet learned to understand the symbolic language of our intuition.

With numbers, notice numeric patterns occurring in your daily life, even in seemingly random details, and see what correspondences to your dream arise.

Does any event or experience associated with the number somehow parallel your dream?

Recognizing numeric correlations with dreams can be difficult at first because we haven't been trained to see numeric patterns. In our experience, numbers that arise

in dreams can be many things, but when you make the right correlation you often find yourself thinking "Aha!" because all of the pieces of the dream suddenly snap into place. Numbers can be:

- **Money**-- "Three" can be the \$300 bonus you unexpectedly receive, or the \$300 bill for the car repair you're about to need.
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Numbers found in dreams can, of course, be many other things as well. The more you work with dream numbers, the more you'll learn to anticipate their meaning rather than make the connection after the fact.

Dreams are a deep well of hidden awareness. These three exercises are meant to be an introduction only. You can go much deeper in working with your dreams, both to understand yourself as well as tap into your psychic potential. Draw the waters from your dream life regularly if you want to develop your psychic abilities.

Dreaming with Crystals

By Lisa Nash

Dreams are the most important part of living. By tapping into them one can explore the waking world, and actually work through issues before they have even come to light. There are two factors one must consider in dream work: remembering one's dreams and recording those dreams. I have had many clients tell me they could not remember their dreams, or that they do not dream. Everyone dreams, every night. How can one record what one cannot recall? There is one method I believe works well. Before sleeping for the night, form your hand into a fist and hold it in the center of your chest. Close your eyes and say: "I will remember my dreams when I wake up." Say this three times, once aloud and twice to yourself.

Once you begin recalling dreams, you can begin to record them. Purchase a journal, any kind will do. Some of my clients buy a notebook with an inspirational cover while others simply pick a small school notebook. Personally, because I do heavy dream work each day, I have a notebook and a small tape recorder that I use during the night because handwriting can be tricky when you wake up from dreaming. In dream recall everything is important. A general rule would be to make a point of recalling any of the following: colors, shapes, gender, water, weather, movement, and so on. These points reveal a great deal about the state of your life overall.

Dreaming with crystals can enhance the dream state in many ways, depending on the type of crystal and how it is used. The results can be enlightening, enriching and therapeutic. Below are methods and the crystals one might use.

- **Stress Release And Insomnia** - Amethyst is an excellent stone for relieving you of the stress of the day. A relaxing crystal, it also helps with insomnia and headaches. Take a glove and place it over your left "receiving" hand before retiring to bed. Slip a small amethyst crystal into the glove. You will be able to get a good night's rest, release stress, and your dreams may become more uniform, thus allowing you to remember them more easily. Once you become more comfortable with dreaming with amethyst, you may want to tape one to your third eye before sleeping and create some real magic!
- **Love And Romance** - Rose quartz and Jade are good crystals/stones for dreams where love is the issue at hand. Place either crystal (or both) under your pillow. (I find it best to actually slip the stone into the pillowcase. If it gets lost during the night, don't worry. It simply means you no longer need the benefits of those particular crystals. The energies of these stones are soft and may bring forth dreams that are loving and filled with positive vibrations.
- **Problem Solving** - Clear quartz is the best for issues one needs to work through while sleeping. Program a clear quartz point with the issue on your mind, with the express request to solve your issue via your dreams (see my previous article on Crystal Awareness for how to program). You will find that when you awake you will be more focused, grounded, and clear with your issue.
- **Money and Prosperity** - Citrine is an excellent crystal for bringing about wealth in body, mind and spirit. Known as the merchant stone, it manages to attract abundance in ways that fortify balance, whether that balance is sought in the home, the bank account, the body, spirit, or the mind. Intent is important...as is your faith that God and the Universe will provide for your needs. Citrine is also helpful in cleansing the chakras (energy fields)

of the body. You will find yourself awakening refreshed after using Citrine. I strongly suggest that you dream with crystals for a full week, recording your results and the crystals you use, before moving on to the next crystal-dream exercise you want to try. Consistency and intent are most important. Your intention, your faith and your desire for accomplishment will bring about positive results. There are as many methods as there are crystals. There is no right or wrong to doing this. Tape a crystal to your wrist or third eye; wear a glove with a crystal inside, slip it under your pillow, or even place some crystals under your mattress, forming a grid around your bed. Experimentation is the key. Just make sure to keep an accurate record of the crystal/gemstone you use, how you are using it, and the length of time within which you used it. I wish you luck and I wish you love! Enjoy this new adventure in dreaming with crystals.

Dreams and the Language of Intuition

By: [Lisa Nash](#)

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Lucid Dreaming

by Ken Page <http://www.kenpage-mch.com>

We are moving into the dimension of instantaneous creation and preparing for a major shift in our consciousness. Much of the preparation for these changes is happening in our dream state. The dream state is another dimension. Through our dreams, we can create and explore new realities and dimensions of consciousness. Lucid dreaming is a technique that can help us prepare for this shift.

Lucid dreaming is a powerful creative state and can be used for understanding and creating our lives. It's one of the most important techniques I practice. Research at Stanford University indicates lucid dreaming occurs during REM (rapid eye movement) sleep. Since most REM sleep takes place in the later part of the night, mornings are likely to be the most favorable time for lucid dreaming.

I have a simple and effective exercise to improve your ability to lucid dream. In this exercise you will discover if any hidden programs or ideas in your subconscious mind are keeping you from having what you desire in this life. After you've perfected your ability to lucid dream, and have a good understanding of the subconscious patterns affecting your ability to create in the third dimension, you can go a step further and use lucid dreaming to explore other dimensions and realities.

A Lucid Dreaming Exercise

To begin the lucid dreaming exercise, first think of a question about your life. Your question may concern a special relationship, spiritual goals, your health, or your job. Whatever it is, write it down. Keep your questions simple and use as few words as possible. Complicated questions will create complicated dreams filled with too much information to easily understand.

After choosing a simple question, set your alarm clock for half an hour earlier than you would normally get up in the morning. Use the type of clock with a snooze alarm that goes off every ten minutes. When the alarm goes off, press the snooze alarm button, focus on your question, and fall back to sleep. In the following dream, your subconscious mind will show you stories representing the ideas or programs you subconsciously carry that are related to your question. These stories will help you understand the programs that are keeping you from having what you want. After ten minutes, the alarm will go off again. Notice briefly what you were dreaming, ask the same question, and fall back to sleep. Continue doing this for thirty minutes.

After thirty minutes either tape record or write down the information you received while it is still clear in your mind. Since dreams can slip away so quickly, have a recorder or pad and pencil ready by your bed. You do not have to record the complete dream, just the main ideas and images.

The more you practice lucid dreaming, the easier it becomes. Keep asking the same question until you get a clear, understandable answer and then ask another question. Within two weeks you should uncover and understand the subconscious programs you have that are interfering with your creations.

One of the first questions I explored through lucid dreaming was "*How do I become a good healer and teacher?*" Through lucid dreaming I discovered my subconscious mind held the idea that if I became popular as a healer I would lose my freedom because I'd attract attention. I was surprised at this information. My freedom is important to me, but I did not think my need for freedom would interfere with being of service to others. My subconscious mind was doing everything it could to keep me from being as successful as I was capable of being because it did not want me to lose my freedom. By becoming conscious of my subconscious program, I was able to change it. I now understand what personal freedom means to me, and I know it is safe to become popular without losing my freedom. By exploring the dimension of lucid dreaming, I was able to become conscious of the hidden, subconscious programs affecting my

success.

My dream state now feels as real to me as my waking physical state. If I don't understand what is going on in my dreams or they contain problems and conflicts, I continue to replay the same dream over and over until I do understand and the conflicts are resolved. My dream becomes real to me when I become conscious of what it reveals. If I create perfection in my dreams by understanding and resolving any conflicts, I can use this insight to create a more balanced and healthy physical reality for myself. I first create and experience perfection within my dream reality and then I recreate that perfection in my physical reality.

Lucid dreaming is a powerful technique because it assists us in understanding our subconscious mind. By practicing lucid dreaming we can be sure our subconscious mind fully supports our conscious mind in creating what we want in our lives.

I believe our dream state is the next dimension because that is where we can experience instantaneous creation. With lucid dreaming, we can perfect living and being in the dimension of instantaneous creation and then we can bring that mastery to our three dimensional lives. Lucid dreaming is one of the most important exercises we can do—it allows us a greater understanding of our lives and our universe.

Creator of Heart and Soul Healing, international author, teacher, empath and transformational healer, Ken Page represents the cutting edge of dynamic healing. Ken gives monthly workshops and private healing sessions throughout the United States and Europe. If you would like to know more about Ken Page and his work, please look up his web site <http://www.kenpage-mch.com>. You can also contact Ken at (800) 809-1290, tel./fax: (510) 336-7035, -mail: kenpagemch@yahoo.com Ken is also available for phone sessions and in-person healing sessions in the San Francisco Bay Area.

Recalling Past Lives

The "Recalling" of "past lives", one of the "proofs" of immortality, can be experienced by nearly anyone. Often we may have had "fragmentary memories" of a "previous existence" and not even know it. These might be the "pictures" we see often in our minds, of another place and time. These are usually accompanied with a strange "sad" or "melancholic" feeling. Often they are induced by smells such as horses, ozone, fresh mown hay, kerosene, pine resin and various spices. The reader may already know of several such "scenes" his mind often recalls. These "scenes" appear to be random and "disjointed", but they can play a part in reconstructing what may be part of a "Past life" memory.

Of course, we must not let ourselves get "carried away" and assume that any "scene" from a previous time might be a past life memory. There is also the possibility that the scenes may be from old movies we have seen and forgotten about or even books we have read, not to mention our own imagination. Past life memories as such may not really exist at all, so we must keep a "level head" about such things while we pursue the subject.

What we do is to "follow the Lead" of the supposed past life memories that we recover and see where it leads us. If they are bogus it will soon be apparent--as they will not make much sense or they will be obviously wrong. If one is lucky, then the memory thread will make sense, and possibly provide clues and information that can be checked out. To start, relax and recall one of the "memory scenes" that might often "haunt you". Have a friend ask you questions about it. You may also have the friend tell you to go back to certain years, such as 1678, 1234, etc. and ask you to report what you see.--(Odd dates such as this were no historical significance work best) If there was no "life" at the time, then you will see nothing, but often a time appropriate scene will form and you will have a starting point.

The friend asks you to look at your clothing--this will reveal your sex, age and social status. Next your friend will ask you to go one month into the "future" of that scene--and other things might be observed. It is a good idea to be asked "how are certain things DIFFERENT than in the movies or your imagination?". Your friend may ask as many other questions as he likes. YOU may also suggest questions if you are curious about something you see or wish to know. When the friend then re- asks you then you will get an answer.

Of course, you will have difficulty with NAMES and place names. You may "hear" the "rhythm" and some consonant sounds however. Reading signs and text that you "see" may also be difficult.

Hopefully, you can at least get an idea of who you might have been in a past life, and perhaps,

even more details. Don't take it too seriously however as there is always the possibility of self deception.--It may or may NOT be valid.

Past Lives with Dream Exercise

Past life investigations can help each of us explore how these past life experiences may be influencing our lives today. Glimpses of past lives happen spontaneously. As well methods of hypnosis, meditation, deep relaxation, and dream records can assist in past life investigations. Dreams can prove to be past life remembrances. Because of this, dream recording can be a method for you to explore past lives.

1. Keep a pen/pencil, paper, small light source near your bed.
2. Before going to sleep tell yourself to recall relevant past lives during your dreams.
3. If you awaken at night during a dream, write it down.
4. As you awaken in the morning, write down any thoughts or impressions.
5. Review this journal weekly and summarize your results.

By Shelly Stokes

MEDITATE, REFLECT AND RESOLVE....

On Making New Year's Resolutions That Stick

New Year's Resolutions can set the course for positive change... when you're committed... and courageous!

When the subject of New Year's resolutions comes up, most folks skitter off on some elusive errand. It is left for the brave of heart to openly affirm that this is the year to quit smoking, lose that extra tonnage, clean out the garage once and for all, or at the very least, to start that new exercise program. But it seems that even the brave-hearted too often give up almost before they've begun.

According to recent statistics, 70% of our New Year's Resolutions have been broken within the first week of the New Year, and by the end of the first month, almost all of them have been forgotten, put away, at least until next year. Based on this fact, only the truly courageous actually commit to their resolutions for making real life changes every year.

a time for ritual affirmation

The interesting thing about New Year's Resolutions is that once you've had a few successful experiences with them, they become an annual ritual. When you're on the path to personal power, you tend to seek out those specific moments in time when you can ritualize your goals. New Year's serves as a kind of benchmark for many people, a time to evaluate past accomplishments and to set new goals for growth and for personal or business achievements. What better time for the spiritually-inclined to belly up to the bar and commit to some "good habits" for the year?

If you're on the path to personal power, wanting to connect with your soul and the One, you'll want to count yourself among the truly courageous at this time of year. You'll want to be clear about your New Year's Resolutions, write them down and then immediately start taking some affirmative action!

the trick is setting achievable goals, Resolutions that come from your heart, expectations you can live with....

One of the tricks to setting New Year's Resolutions that really work for you is to set goals you can live with. Don't resolve to quit smoking, give up chocolate cake, or get into a rigorous work-out program unless you've already shown some desire - and commitment.

be gentle, give yourself time and support

If there's something specific that you want to do, then give yourself the time to adjust to your decisions and to plan how you will accomplish it. For example, if you want to quit smoking this year, give yourself the month of January to research some good support programs and aids, then set a schedule for quitting.

New Year's Day is the right day and Cold Turkey the right way, only for the rare few.... the rest of us need to make our big decisions step by step, an inch at a time, and it doesn't help if we feel defeated before we begin. So, choose a goal you can live with - and that includes setting

the timing and finding the support mechanisms that make it easy to achieve your goals.

Resolutions as New Values

I suggest that people use New Year's to set more general goals - values that they want to integrate in their lives, as opposed to actual tasks for themselves. One year my goal was simply to start paying more attention to my body - a perfect goal since it not only led me to notice - and be able to counteract - the effects of stress much more quickly, but it also led me outdoors to enjoy the sunshine much more often. And when I noticed how much my body enjoyed the feel of the warm soil in my hands, I rediscovered Mother Earth - and found I had a green thumb!

Another time I decided that I needed to be more generous. My friend Janice objected to that one, figuring it wasn't much of a stretch for me, but being generous with what you have is easy.... I wanted to learn a generosity of thought, a caring for myself and others that came from my heart... and it had clearly come time to [release all those ugly judgments](#). That particular goal set off a chain reaction that is still rippling through my life, constantly pushing me to be more alert and awake to my attitudes and those hidden conflicting beliefs.

Meditate, Reflect, and Resolve - an Exercise

the perfect formula for making - and keeping your New Year's Resolutions

Here's a simple New Year's meditation and exercise to help you get started on setting your own goals for the next year.

1: Meditate: Take a few big deep breaths and clear your mind, as you settle into yourself, check in with your body. beginning from your toes, let your mind begin focusing on every part of your body... as you focus, ask your body:

- **"how do you feel?**
- **what do you want to tell me today?**
- **what goals would you want me to set for the year?"**

Breathe deeply as you proceed, listening carefully for any words, images, sensations or emotions that comes up as you meditate on your body. Be sure to give your body thanks for the blessings of movement, your senses, the life and energy it gives you.... Then take a moment to meditate on your emotional center - feel it in the center of your body, just below your belly button. You can visualize this area of your Self as the colour orange if it helps, just look into the colour and let yourself feel what is there, let your mind focus on the colour, then ask the same questions you asked your body, breathing deeply and listening for any words, images or sensations that come to you. Again, be thankful to your feelings for helping you to stay in response to your world.... Now move on to your heart center, letting your mind focus on your heart - and your heart's desires. Here you can visualize the colours pink or green to help you focus on your heart center, and again, breathing deeply, ask your heart the same three questions and then listen carefully for whatever answers come up and give thanks for all the love in you, the love you give, as well as the love you receive.. Finally, let your mind focus on your mind, breathing deeply, listening carefully and asking the same three questions. Visualize a deep blue or purple to help you focus, and remember to give thanks to your mind for helping you make the right plans and decisions in life.

Special Note: It is not uncommon to go through the complete exercise without having anything come up in terms of goals or desires, or even comments or feedback. Not to worry! That doesn't mean nothing happened, or that you did something wrong, or that you wasted your time and energy. The very act of having completed the meditation will have seeded the thoughts and feelings that come up in the next portions of the exercise.

2) Begin a List. First write down all of the thoughts and requests from body, emotion, heart and mind that came in the meditation. (If nothing came up, go to Step 3....)

3) Reflect and Project: Now take a few moments to reflect on your life and what you want to do next with it. Ask yourself what makes you happy, how you have felt

blessed, and what else you can do to affirm the blessings and happiness you already have. Take a few moments to ask yourself what's really important at this time. If it helps, take a separate piece of paper and make a list of the priorities in your life, a list of the blessings, and a list of what makes you happy. Consider: What relationships do you want to develop - or move away from, what material goals are worth striving for at this time, what habits do you want to break, what new knowledge and skills are worth acquiring now? Think about what you want to do in the coming period - then try to see and feel yourself doing it. Once you're projected yourself into the accomplishing of it, you will know whether it feels right for you to pursue this goal.

4) Complete the List: Now you're really ready to start writing that list of New Year's Resolutions! Having reflected on what's important, and then projected yourself into the doing of it, you will already be emotionally charged to follow through. But to help yourself, it is important to write down your goals, to complete a clear list of New Year's Resolutions. This sets the inner triggers that will enable you to almost unconsciously begin achieving what you plan.

5) Commit to Action! Now comes the time for courage. It's relatively easy to make New Year's Resolutions, and easier still to break them. Unless you're committed, committed to an action plan. This New Year's, with your resolutions, make a plan to act and then follow through. Even if you only take baby steps, taking almost any action in the direction of your goals will serve to keep you moving forward. For example, the year I chose to start paying more attention to my body, I immediately organized a set of barbers with some of my Alternative Health friends. By mid January, I had enough massage, reflexology and movement programs lined up to keep me focused on my body at least for the next six months....

6) Follow up! Check in with yourself every week or so - take some time to reflect on your goals for the year and to notice your progress. Congratulate and reward yourself for your good work regularly, even if it's just with bubble bath or a cookie! Life can be terribly dreary when we are not taking the time to notice our successes, however small. Making, then following through on your New Year's Resolutions can be a good excuse for cheering yourself up, affirming your commitment to yourself and the good life!

An Example to Inspire You....

I've decided on a couple of New Year's Resolutions for 2009. I thought you might find it useful in helping to set a useful goal for yourself.

The General Goal:

Clear the Clutter! Arthritis slowed me down quite a lot last year, and as a result, my home and office began accumulating clutter in almost every available corner... and with the clutter, the dust also began to build, to the point that I was feeling utterly overwhelmed by the chaos I felt all around me. Then as I was channel surfing one evening, I caught an expert on clutter tell his clients that all they needed to do was to commit to giving 10 minutes a day to cleaning up behind themselves. I could immediately think of several little jobs that I could do in 10 minutes, so I resolved to give myself 10 minutes a day for the next month to get the house back in order. It worked! By Christmas, I was comfortable inviting guests into my home once again. But getting to that point only cleared the surface clutter, so for 2009, I am committing again to dedicating 10 minutes every day to clearing my living and working environments - and keeping them neat and orderly!

The Personal Goals:

Attract a Buddy! I have chosen a rather hermit-like lifestyle and as the years pass, it becomes easier to retreat to my private little world, a world that revolves around my work and clients, my family and friends, and my home and garden... and because I work from my home, that world can seem rather small.... This is the year to expand my world some, to attract a new buddy, someone to share my garden with, my hobbies, to play cards with and get out to a movie with once in awhile. So, this year, I commit to getting out with my friends more frequently, and regularly putting out the call for a buddy. (Putting out a call is about actively putting the request into the Universal Mindstream by repeating the request, and seeing it fulfilled.)

So, that's my list, kinda short, but there's plenty of good meat for me to chew on there, lots of work to keep me moving forward all year. I hope it inspires you to create your own New Year's Resolutions.

Bonne Chance, and Lotsa LLLove, Danielle

The Tibetan Exercise of Paradox Wholebrain Thinking

Here is an ancient exercise to help you expand your mind - and your consciousness. Learn how to use all levels of your brain.

Cynthia Rose shares this amazing technique. You can [email](mailto:Spiritus@mindspring.com) her to subscribe to her daily angelic messages and astrological report. Spiritus@mindspring.com

Instructions for The Tibetan Exercise of Paradox

Step One

Background:

In previous angel messages reference is made to an ancient exercise which allows the brain to do four things at once.

History indicates that this exercise was a state secret in ancient Tibet and that highly trained Tibetan rulers in Nepal were required to do this exercise as a matter of state security.

Doing four things at once is necessary to develop whole brain functioning for enlightenment and mastery. In wholebrain consciousness a person is in a state of pure being and will, Delta brainwaves, at the same time they are in deep inward thought, Theta brainwaves, feeling, flowing, psychically sensing and changing in Alpha brainwaves while being aware of the five senses, logic, and memory of Beta brainwaves.

In enlightenment the four brainwave patterns alternate in perfect rhythm.

Energy shifts between WILL-THOUGHT and FEELING -SENSATION, or between the sympathetic and parasympathetic nervous systems.

Two at a time fire, the Delta and Theta, and then the other two, Alpha and Beta in a rhythmic manner in a similar manner of REM [rapid eye movement] in dream patterns.

The four levels of whole brain thinking are:

1. Delta brainwaves which produce a state of pure being, very slow oscillations, roughly 1 to 4 oscillations per second [abbreviated as ops]. This is the seat of WILL, or desire. This is the dominant brainstate of infants.
2. Theta brainwaves which produce a state of deep inward thought, approx. 4 to 6 ops. This is dominant in small children.
3. Alpha brainwaves which produce emotions and feelings and receives emotions and feelings from others, approx. 6 to 12 ops. All psychic activities are in this range. This brainwave is dominant in adolescents.
4. Beta brainwaves which produce the five senses, memory, rational linear thought and language, approx. 12 ops and up. This brainwave is dominant in adults.

The following physical and imaginative exercises lead up to the final exercise in which all four parts of the brain fire at the same time, and with even a little practice the brain gets used to working in this manner automatically.

The purpose of step one is to perform a simple physical movement with total focus and awareness of all bodily sensations. It is important to become ACUTELY AWARE of the bodily sensations of this movement.

If you are working in a restricted area, you may substitute the featured activity of fencing thrusts with another activity that requires less space. If you must use another activity, read over these exercises and apply them accordingly to your chosen activity. The use of fencing thrusts is the actual exercise used by Tibetan Rulers.

We are going to do a double fencing thrust.

Get something that represents a sword or just imagine that you are holding one.

Now make a sudden forward thrust to the right, just as if you are practicing the art of fencing.

Pay close attention to every sensation that your body experiences. You will need a clear bodily memory of these sensations later.

Now spin around. Make a fencing thrust to the left.

Do not hurry through these movements. The idea is to pay close attention to your body sensations in making these movements. The five senses or beta brainwaves are activated.

Now repeat and turn. Thrust again to the right.

Deliberately, carefully, paying attention to every sensation.

Turn.

Lunge to the left.

Turn.

Lunge to the right .

Repeat until you have the clear sensation of lunging in each direction perfectly familiarized and remembered on a sensate bodily level.

Remember the sensations from the beta wave level above. [Beta wave= memory, and the five senses]

This time when you do a fencing thrust to the right, IMAGINE and feel that your body is lunging to the left.

This imaginary state of lunging in the opposite direction of the one your body is doing activates the alpha wave level as you FEEL the imagined sensations and the Theta wave level of brainwave activity as you PICTURE them.

The imagined action of thrusting to the left while the physical body is lunging to the right is repeated often with so vivid an imagination that it feels actually more real to you than what the actual physical body is doing.

The two bodies [solid and imagined] lunging in opposite directions form a V if a camera could capture both the imagined action and the action of the physical body.

Now turn.

Let your physical body lunge to the left,

While you IMAGINE that you are lunging to the right.

Your attention is so completely focused on your imaginary body, which is making a fencing thrust to the right, that it is much more real to you than what your physical body is doing, which is making a fencing thrust to the left.

Your mind is fully engaged in the sensation and concept of the imaginary body experience while the physical body is doing the opposite direction .

The physical body is operating on its own like it does in a mechanical activity such as typing or driving a car.

Many variations of this theme can be done in confined spaces.

Any double action, like moving the pencil to the right while you imagine moving it to the left, works for this part of wholebrain exercise.

Move your mental eyes one way while your physical eyes move the other. Or try lowering your head while in your imagination you are lifting it. Try facing and walking in one direction while imagining you are facing and walking in the other.

The blood supply to the brain greatly increases with this type of exercise.

Step two:

Summary

In the last exercise we learned how to vividly imagine and feel ourselves performing an action that is the mirror image of one that the physical body is performing at the same time. This allowed the brain to do two things at once.

Again, we will do two things at once. This time walk four steps forward.

PAY ATTENTION TO YOUR BODY SENSATIONS WITH EACH STEP.

[Activates Beta brainwaves of the five senses.]

Do not turn around.

Still facing the same way, take four steps backward. Pay attention to each physical sensation as you do this. Now again walk forward four steps.

Now backward four steps.

Do this until you have it clearly imprinted.

Remember, you are facing the same way the whole time, but half the time you are walking forward and half the time you are walking backward.

You are now ready for the next step :

Now IMAGINE and FEEL yourself walking four steps backwards , AT THE SAME TIME that your physical body is walking four steps forward. [Activated alpha and theta brainwave states.]

Then IMAGINE yourself walking four steps forward WHILE YOUR PHYSICAL BODY IS WALKING FOUR STEPS BACKWARD.

Repeat this until the imagined action is more real to your awareness than what your physical body is doing and you can do this easily.

In your imagination, you will pass yourself coming and going.

You may feel lightheaded at first because the brain is getting an increased blood supply. Remember that the imagined you must feel more real and vivid to you than the physical you.

If you have this part mastered, the rest will be easy. At the end of the next installment, your brain will be doing four things at once. Just like learning how to ride a bicycle, you will never forget or lose this skill. Practice regularly. Once your brain gets used to doing four things at once, it will be easy for you to apply this to the meditations of the divine virtues in which you produce Beta, Alpha, Theta, and Delta brainwaves consciously at the same time .

This means that you will be able to feel oneness with Universal Consciousness in the Pure Being of the Delta brainwave state, create deeply in your inner world in the Theta brainwave state, feel in the alpha brainwave state, and be fully active in the five senses, memory, and logic of the Beta brainwave state all at the same time without effort.

Step three.

This is last phase of the ancient Tibetan Exercise of Paradox.

You are now adding two more movements to the one that you learned in part two. Hold both of your palms in front of you with elbows bent, as if you were pushing . Move both palms in slow clockwise circles while you take four steps forward. Continue going four steps forward while moving your palms in clockwise circles until you can do it automatically and easily , remembering vividly all the sensations and feelings of it . When you have done this a number of times, practice the other half of the exercise which is the opposite; take four steps backwards while moving the hands in slow counter clockwise circles. Continue taking four steps backwards moving the hands in slow counter clockwise circles until you can do this easily and remember vividly all the sensations and feelings of it. It is important to take your time with this. Repeat this until your body remembers the sensations.

By taking time to repeat these motions until the mechanical part of the brain has absorbed them completely, the next step is easy .

FINAL STEP:

Take four steps forward, moving the palms in slow clockwise circles while you IMAGINE that you are moving four steps backwards moving the hands in slow counterclockwise circles. Then reverse, moving the physical body four steps backwards making counter clockwise circles with your palms, while IMAGINING that you are moving four steps forward with palms moving in clockwise circles.

YOU HAVE JUST DONE THE TIBETAN EXERCISE OF PARADOX!

Repeat.

Your physical body moves forward four steps, your hands moving in a clockwise circle as YOU VIVIDLY IMAGINE YOURSELF stepping BACKWARD FOUR STEPS WITH HANDS MOVING IN A COUNTER CLOCKWISE CIRCLE. Repeat for about ten minutes.

You may experience dizziness at first, since so much more blood is going to the brain than you have ever been used to . This dizziness occurs less and finally disappears entirely after you have done this exercise a few times. The brain will adjust to the blood supply of doing four things at once .

In future exercises, you may decide to skip the warm up steps and go directly to doing four things at once with the last exercise.

As we mentioned in the first part of the instructions, just as a person never forgets how to ride a bicycle, or type, once the brain has mastered this exercise it will not forget how to do four things at once.

The more you practice this, the easier it becomes, and the faster and better the brain gets at doing this.

When you first experience yourself thinking effortlessly on four levels at once in your ordinary activities, it may come as a delightful surprise.

THIS COMPLETES THE INSTRUCTIONS FOR THE TIBETAN EXERCISE OF PARADOX.

The Dalai Lama's Loving Practice

**Love is the energy that makes all things possible... with true compassion
we can solve all the problems of the world...
The Dalai Lama tells how to practice love....**

What are the questions?

This is from someone who recently returned from India. Her group met with the Dalai Lama for several days. The meetings focused on dialoguing what they believed were the 5 most important questions to be considered moving into the new millennium. The group were asked to come up with five questions before meeting with the Dalai Lama. They asked:

- **How do we address the widening gap between rich and poor?**
- **How do we protect the earth?**
- **How do we educate our children?**
- **How do we help Tibet and other oppressed countries/peoples?**
- **How do we bring spirituality - deep caring for each other - through all disciplines?**

The Dalai Lama Answers

The Dalai Lama said all the questions fall under the last one. If we have true compassion, our children will be educated, we will care for the earth, and for those who "have not".

He asked the group:

Do you think loving on the planet is increasing or staying the same?

His own response was,

"My experience leads me to believe that love IS increasing."

He shared a practice with the group that will increase loving and compassion in the world, and asked everyone attending to go home and share it with as many people as possible.

The Practice

1. Spend 5 minutes at the beginning of each day remembering we all want the same thing (to be happy and loved) and we are all connected.
2. Spend 5 minutes cherishing yourself and others. Let go of judgments. Breathe in cherishing yourself, and breathe out cherishing others. If the faces of people you are having difficulty with appear, cherish them as well.
3. During the day extend that attitude to everyone you meet - we are all the same, and I cherish myself and you [do it with the grocery store clerk, the client, your family, coworkers, everyone you meet.].
4. Stay in the practice, no matter what happens.

Please pass this along, if you are so inclined.

Love Energy for Conflict Resolution

Applying the energy of love is one of the most effective ways of resolving conflict. The energy of one loving person can influence and redirect the activities of whole populations. Think of the powerful influence Mother Theresa held over our attitudes to the poor. Now think of all of the love that empowered her and pushed powerful people into doing something about her concerns... and think of how that loving energy could be put to work in your life.

Love is a balancing force, so when you actively generate it from within and then approach every situation - including battle - with love in your hearts, you find that there's a way for both sides to put down their swords - before using them.

Being committed to being loving, no matter what, and therefore to finding the value, seeing the purpose in every situation, will lead you naturally, magically, to solutions.

Even when, in the heat of the moment, you are unable to generate any loving feelings for your opposition, if you can love yourself and see value in the conflict, you will find a way of resolving it without pain or violence.

**When you love, you are willing to give;
when you love, you trust;
when you love, you understand and you listen....**

Love your work visualization - Exercise

Take a few big deep breaths.... feel yourself grounded and relaxed.... then visualize someone or something you love... take a moment to really feel the love you have for this person or thing... let it kind of fill you up with good feelings - remember some especially loving moment and charge yourself with this love... see the love flowing in and around you as a pink or green light, (the colours of Divine Love) glowing and warm, brilliant...

Now see yourself at work tomorrow... infuse this scene with the pink and green light, and all the good feelings that you have just experienced... see yourself surrounded by this beautiful light, see it radiating from you as you move around your workplace... then notice how it seems to fill the whole space, until the entire building is radiating and pulsing with this wonderful light...

Now find your home space at work, perhaps at your desk, and focus for a moment on the papers in front of you... notice what is written there, then look around you, notice what and who is around you and how everything feels... then re-center yourself on the papers in front of you and ask what is the most important message they contain for you today... look at your calendar or do list and see what is there... what grabs your attention? listen, watch, feel... take a moment to be with yourself at work and to notice everything that comes up for you.... what's going on in your body?

Now, think of someone with whom you have had a conflict recently, or some issue that has troubled you. Call the people involved into your mind, to a meeting of the souls, visualize them coming to a meeting and sitting at a table with you... then visualize your problem, conflict or issue as some kind of symbol and see it on the table in the center of the room. Then see it, and the space around you filling up with this beautiful love energy - feel it infusing you and all around you... then ask the people there in spirit, one by one, what insights they might offer about the problem on the table.... and listen and watch... pay attention to every detail, since these will contain information for you, content in the form of symbols that you can use to clarify whatever insights are offered.

Then take a moment to thank everyone for sharing with you, for coming and participating in this soul meeting, try to visualize loving energy flowing between you - that gorgeous pink or green light... Thank God, your guides and angels and your higher self for helping you open up to love. Then take a moment to listen to yourself, to see if you have any words, images or sensations in you, check around your workplace one last time... recharge the loving energy around you, see the pink or green energy pulsing and vibrating, notice what has changed around you and then come back....

If you can take a moment to record what occurred during this exercise - and then you are very observant in your environment later, you should find some subtle shift will have occurred... the person with whom you have been locking horns recently may approach you to say they have been rethinking their position, and as they begin speaking, you notice that you also have a new idea around this issue - suddenly, there is a breakthrough...

The loving energy you generated in this exercise should have the effect of calming the trouble waters long enough for some balance to be restored, and this balancing opens the doors for new solutions to be presented.... **this is how love works.**

Loving raises one's vibrational frequency - and as you raise your frequency, those around you will be naturally inclined to raise theirs.

Thus, through the simple act of loving, you effectively change the world... Love is real Power - use it well - and often!

Working with the Angels

Exercises For Working with the Angels

Everyone can work with the Angels to receive powerful, personal and inspirational messages and guidance. [Angelic Connection](#) helps you connect with the angelic realm so you can easily work with the Angels to make desired life changes. Work

with the Angels to overcome fear, heal yourself emotionally and physically, create and manifest anything you desire, and so much more...the possibilities are endless. Here are some creative and practical exercises you can do everyday to connect and create with the angels. The exercises are easy to do and can powerfully transform the way you live.

Leaving your worries behind with the Angels

In Native American culture, they have "worry baskets" outside of each other's dwelling. So when you visit you grab a twig for each of your worries and drop it in the worry basket before entering the house. When you leave you gather your twigs (worries) and take them with you. This is a wonderful shielding and clearing process because it doesn't allow your guests to enter your home with their baggage.

When feelings of anxiety surround your thoughts call upon Archangel Michael. Visualize him holding a beautiful weaved basket. See your worries one by one going into the basket for Michael to carry into the light. Feel the calmness of his presence.

When we worry about a loved one we are sending them negative energy instead of our blessings and love. Take a moment to catch yourself when you feel yourself worrying about another and shift it to love and blessings. Know that the angels are always around sending us their love and support. Know that all is well. Perfection is everywhere. There is no such thing as chaos only our perception of it. When you feel chaos know that it doesn't exist it is just an illusion and invite Archangel Raphael to shift your perception to one of peace and perfection. Thank Archangel Michael and Archangel Raphael for their guidance.

Archangel Michael to the rescue!

Whenever you feel frightened, worried or anxious about any situation, call upon Archangel Michael. Michael will clear the space of any fearful energy and take it into the light. It is that easy. You will instantly feel a shift to calmness and a knowing that you are safe. Thank Archangel Michael for assistance.

Clearing Your Home of Negative Energy

The angels can help you clean your home. They are happy to assist you with your daily cleaning. When you clean hold the intention that the angels are clearing away any negative energy from your home. It's easy! Here are some tips on clearing away negative and fearful thoughts from your home with the angels' assistance.

- Vacuum and/or shampoo your carpets to clear away dirt and any "baggage" your guests may have dropped off while visiting.
- Wash your curtains and bed sheets to clear away unwanted energy you or family members may have accumulated.
- When you take a shower visualize the water washing away any negative energy and fearful thought patterns. See it going down the drain. See the earth recycling it into beautiful energy.

Thank the angels for their assistance.

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<http://globalpsychics.com/enlightening-you/metaphysics/being-psychic/changing-future.shtml>

Changing the Future

With visualization, prayer and meditation, you can change the future.

A few years ago, one of the psychics on the Global Psychics team called me in some distress a few days before Christmas. She sensed that her ex-husband was on his way for a surprise visit and was very concerned that he would create a drunken scene.

I suggested that she use her skills to change the future instead of just reading it. Then I told her to visualize her ex in a bubble of pink and green light, the colours of Divine Love, (invoking this energy brings balance and healing) and to see herself, her family and the entire house glowing pink and green. Then I suggested that she spend some time visualizing a wonderful peaceful Christmas with her family, and then to pray, to call on God as well as her angels and guides for help. Two days later she called me again, this time relaxed and laughing. "You'll never believe what happened. He was on his way here, as I thought, but there was such a terrible storm, he couldn't get through. He had to turn back. We've had a wonderful Christmas." I believed it... I know it is within our power to change the future. My guides taught me long ago to be brave enough to look at my fears, to accept the negative images and information that

might come up in a reading.

This is how we change the future - we must first acknowledge and accept the scary information that comes to us, whether in a vision, a dream, or as in my friend's case, a simple clear knowing, and then we do what we can to change the outcome of whatever troublesome event that our mind's "saw". Sometimes, we can take actions that will avoid the problem but very often we don't have direct control over the events that appear in precognitive dreams and visions. Still, instead of being afraid of what we know is coming, we can set our fears aside - we can change the future.

When I was around 5 to 8 years old, in my slumber, I believe what I saw was a series of premonitions. One of the premonitions really stuck out from the others, however. Of the other premonitions, about 40% of them came true so far. Although, that isn't much of a surprise to me as I'm only 15 years old as I write this. In the following paragraph, I'm going to describe, what I believe to be a premonition, that stuck out from the others:

I remember I was in some sort of building. It was well lit, and neatly organized. It appeared to be a back room of some sort. It had white walls, and some sort of counter in front of me. Standing in front of the counter, was what I think may have been one of my friends. We were talking and joking around, and that was the beginning of the end. I remember laughing and beginning to walk to my right side, towards a back door of some sort that was wide open. I waved to my friend and ironically said "Yeah, See you tomorrow." As I walked out the door into the darkness of the night, I slowly began to walk down an ally-way of some sort. It was dark, with a fence to my right side and the brick wall of the building I was in to my left. As I walked down the allyway towards a parking lot, presumably towards my car, I could see a bright city light shining down to the pavement. As I walked towards it, suddenly somebody seemed to walk out from around the corner or something, and the next thing I know, he had me at gunpoint. I remember gasping, and feeling my heart race to what it would be if somebody was to sprint as hard as they could. I remember thinking "I was right." before the gunholder, a Spanish-looking man with sweaty-looking skin and long black hair said something in another language. Then, I heard a blast, and I felt the sharp pain right in my heart. I remember falling to the ground, before floating, and then nothingness. After I saw that last premonition I woke up, daring never to say it to my family. Recently I've been meditating and working on strengthening my sixth sense, and this has come to mind. Please, help me understand what this means. Thanks a whole ton! Brian

I am living in Spain for the past 34 years, so maybe I am the one to answer this. Thanks to God we do not have such attacks here in Spain and people using guns at their wish is very difficult, so we live rather peacefully.

If, as you say, your premonitions have been right so far, you also have the power to change the outcome...not only seeing it before it happens. In that case, I would check with your fears and in case you do have some dark emotions or negative thoughts about Spanish or people from other cultures, forgive and let go 100%.

Next thing, sit down with your eyes closed, "see" the situation again and change the outcome to something positive for both, you and your attacker, like maybe asking him why he wants to shoot you, or what he needs, or why he is angry with you ? With your eyes closed give it a positive turn like making friendship with him and helping him out of as it is plain your spirits have a debt to settle in this life. May peace and deep love be with you.

Mischa

<http://globalpsychics.com/enlightening-you/metaphysics/being-psychic/clearing.shtml>

Clearing Techniques

There are simple and specific self-empowering, clearing and balancing techniques which can be used by anyone.

[Ken Page](#) shares the techniques he has gathered through years of work with people from all walks of life and from all over the world.

TECHNIQUES FOR "BEING IN THE MOMENT " CLEARING, BALANCING & CENTERING

by Ken Page, KenPagenews@aol.com

The key to the success of Multidimensional Cellular Healing™, now known as Heart & Soul Healing™, is that the entire process is self-empowering and on going. This is a process where you BECOME love! There are simple and specific self-empowering, clearing and balancing techniques which can be used by anyone. These techniques are a result of information Ken has gathered in thousands of personal sessions and years of workshops and seminars with people from all walks of life and from all over the world.

Heart & Soul Healing™ techniques involve four basic principles:

1. non-projection of energy,
2. the daily incorporation into your life of a dynamic clearing process which takes approximately 45 seconds of your time,
3. the ability and intent to stay in your own space and be in the moment and,
4. keeping yourself clear while you eat.

Beginning with non-projection of energy, Ken states in his classes: "One thing which is continuously brought to my attention is that most metaphysical people are taught and continually asked to project energy, light and love to all those around them. An interesting phenomenon occurs when we project anything to anybody outside of our own personal space, no matter how innocent or well meaning our original intent is. (By projection I mean any thoughts or feelings sent out to influence others, visually, mentally, or spiritually). All of us live with many different dualities in our third dimensional world. Sending love, for example, to someone else is complicated because we might not know exactly what that person is here to learn. We don't know what their lessons really are. Our lesson may be humility and their lesson may be guilt. Others may need to learn things differently than we do. Whatever the case, we're doing well just to understand these things about ourselves. All most of us know for sure is that we're working on certain lessons, we're operating with our own personal perspective of love and we've created individual situations that we're doing our best to understand. As we project our version of anything, (love, for example), to someone else, we're immediately drawn into an energetic exchange with them, triggered by any dualities or distortions either of us may have over that particular feeling, idea, or emotion. As a result, many of us begin to feel psychically beat up, or pushed around and we often have no idea why. I would like you to consider the idea of not projecting at all. Rather than sending out energy, BECOME the essence of the energy itself—in other words—be love.

"Now that you're not projecting anything outward, it will be easier to stay in your own space. Proceed to the second technique.

Clearing yourself within 30 to 45 seconds. What if I told you there was a place where you were alone 4, 5 or more times a day and where you have an opportunity to simply be? Impossible? No, not really. This place is, of course, the bathroom! While this might even seem laughable to some of you, think a moment. If I said you would only have to stop your busy schedule two times a day to change your life, how many of you would follow through? This is why I'm suggesting you simply begin the following clearing technique the very next time you go to the bathroom. In that moment of privacy, whether you are sitting or standing, do the following: Using your intent and focus, bring your hands up, over your head and as you relieve yourself, simply think CLEAR. As you think 'Clear,' bring your hands down the midline of your body. Next, bring yourself into your own space. Physically doing an act is always much more powerful in our third dimensional world. This brings us to our third technique.

Being in your space and staying in the moment. You begin simply by pulling yourself in using your conscious intent and focus. A very easy way to do this is to begin by extending your arms out from your body, as if getting ready for a wide embrace. Next, focus on the thought you are now going to pull yourself in. Sense, feel, or see your energetic fields coming in closer and closer to your body, as you slowly bring your outstretched arms in, enveloping and holding your own incoming energy. Finish by resting your hands over your solar plexus. Now take another 5 to 10 seconds to just be in your space, be in the moment and love yourself. Proceed until you have a sense of being energetically and completely in your own physical space, while continuing to ask to 'Be all here.' That's all there is to it. Repeat this each time you go to the bathroom and you will have consciously cleared yourself and all your fields five or more times each day!

"Very few of us are completely here, 100% of the time. Almost without exception our fields are

extending out around us anywhere from a block or two, to many miles. Clearing ourselves and staying in the moment everyday, with conscious attention and focus, will change our lives. Rather than being automatically drawn into reactive interactions, we'll be able to remain in choice. We'll be able to maintain a proactive state where we can choose how, where and when we wish to interact with others.

"Bringing yourself back into your own space will benefit you on every level of your life—mentally, emotionally, physically and spiritually. The best and most healing state of being is to be unconditional with yourself. Have unconditional love for yourself—every aspect, whether you are tall, short, big, or small and you'll find that most people will start treating you differently. You will actually become unconditional love. You will be it. It seems it's not a matter of what you say anymore, it's a matter of being what you are, of walking your talk. As you become more and more unconditional with yourself, the balance of your beingness will radiate, not project, out through the compassion you have become and people will react differently towards you.

"Find the timeless space between the past and the future by being in the moment. If you're always thinking about how you could have changed things, or done them differently, you are in the past. If you are always thinking ahead, with thoughts like 'as soon as I get this done, then I can go do that,' then you're living in the future. The most interesting fact most of us seem to miss when we wish to change something about our life, is the only place we can ever create anything is in the moment, in the now. There is no other time for us except this moment. Do what you love to do as often as you can. Do your best to create in the timeless space of the moment. When you are in this space of creation, you're the finest reflection of Source you can be. If those around you continue to trigger you or push your buttons, remember that others usually reflect back to you the issues you've come to learn and resolve. Use those times when you get thrown off balance to go back in linear time to find and understand where the issue began. Do your best to understand the energy around the issue itself, whether it's about abandonment, self worth, trust, guilt, shame, being alone, or power and control. Until you understand the energy around the issue, your subconscious will continue to create event after event, so you can keep looking at what you came to learn. Once you understand the issue, mentally, emotionally, physically and spiritually, a charge will no longer exist around it. Until you realize you have agreed to co-create these patterns of events to act as a catalyst to keep you focused on your issues, you will unknowingly continue to divert most of your creative energy into drawing such circumstances and people to you.

"The last technique I recommend is **keeping clear while you're eating**. One of the things I'm finding with most of my clients is their kidneys, intestines and livers are all vibrating in similar ways, based on what they're thinking when they're eating. Because we're all so busy and have very little time to ourselves, what happens? How many of us eat on the run, using our meal time to think about problems, worries and troubles? What are we doing by holding those kinds of thoughts while we're simultaneously wolfing down our food? We're taking the energy of our thoughts—worry, anger, fear, disappointment, sadness, doubt, etc.—and sending those vibrations to every cell in our bodies along with the food we're eating. Do your best to keep your thoughts clear while you're eating. If there's any conflict around you—including what you're reading, watching on TV, or how you're interacting with others, the conflict vibration will be absorbed into your body, right along with your food. If you can't think 'happy thoughts' while you're eating, at least eat in peace and quiet.

"In summary, remember to do what you love to do, bring your passion into every aspect of your life (physical, emotional, mental and spiritual), center yourself in the moment, be unconditional with yourself and hold compassion for others. By doing so you will change your life more than you can possibly imagine. When you find yourself in the moment, not projecting outwardly, but being in your own space, being love and expressing unconditional love for yourself, you will begin to resonate more and more of what you truly are. You'll find you can bring in all aspects of yourself. You'll become more holographic as your vibration changes and you no longer vibrate with the lower polarities.

"I realize some of the things I've suggested may be different from the way you've been taught in the past. Please consider what I've suggested and try it for a short time and see what happens. Remember, no projections at all—no projection on what you want for your kids, your partner or even the world! Just stay in your space, loving, respecting and being one with yourself, while being love. Do your best to always create in a space where you're happy and playful. If you find yourself in a spiral of emotions or confusion, do something physical—dance, play, take a walk—break that spiral and get yourself back into a centered, balanced state. Only create within that space. Love, accept and honor yourself for the unique being you are. Spend just a few moments a day on yourself, being love and you will change your life!

"And most importantly, remember to play!"

If you would like to know more about Ken Page, his work and his schedule of events, please look up his web site <http://www.kenpage.com>