

PSYCHIC DEVELOPMENT 1

(Outline for weekend workshop)

Psychic Development 1 is an introductory course for the beginner intended to prepare & develop the mental, intuitive & physical bodies of the student thru processes of meditation, visualization & other techniques geared to raise consciousness, balance the right & left brain hemispheres, bridge the unconscious mind & open the chakras or psychic energy centers. Practical techniques of protection, long distance viewing, self-hypnosis, telepathy & dream interpretation are also presented. Intermediate & advanced level practitioners alike may also benefit from the excellent foundation provided.

Section 1 - Discuss how psychic ability works. Difference between psychic & parapsychologist. Importance of positive thinking. Overview of workshop & what to expect from it.

Section 2 - Introduction to meditation beginning with 1-10 progressive relaxation. Experiential discussion. Discuss types of psychic ability, telepathy & routes to develop it. Specify techniques used and why. Psychic development aptitude exercise. Review results & techniques that work.

Section 3 - What is effective? (sending & receiving) Progressive relaxation (1-10 tech.) into brief meditation. Learning to use white light & the "energy balloon" & its uses. Exercise to open & develop the "third eye," energize oneself as well as improving remembering ability. Homework: Record dreams (& results if any), psychic impulses & send a message, telepathically, to a partner and describe partner's surroundings. Practice relaxation, meditation, & energy balloon and ask Higher Self to send a message during sleep. Begin dream journal.

Section 4 - Review homework. Psychic energy centers, colors, meanings & their correspondences. Chakra meditation. Guided visualization to magickal workplace. Use of "worry box" & energy screen and long distance sending and receiving. More info on continuing daily practice of recording dreams & psychic experiences, relaxation, meditation, energy balloon & exercises for developing centers including chakra meditation. On break send a message & simple object to partner from workplace.

Section 5 - 1-10 P.R. to meditation. Meditation with mantra. Opening the throat center. Guided visualization. Using long distance viewing for healing, astral travel & viewing past lives.

Section 6 - Protection, grounding & clearing of self & home. Review types of meditation, techniques for opening & developing centers, balancing techniques & self-hypnosis. 1 month programming. Homework: Continue dream journal, "do good" book and telepathy book. Continue to practice and make part of your life all that we have discussed.

INSTRUCTIONS

For Scoring the PSYCHIC DEVELOPMENT APTITUDE EXERCISE

This exercise is intended to establish a baseline of your telepathy ability in both sending and receiving when working with a partner, and through repeated use is intended to help to develop these abilities. How well your partner does measures your 'sending' ability; how well you do measures your 'receiving' ability. We suggest you make copies of the score sheet before doing the exercise for the first time. The first time you do it, the exercise establishes a 'baseline' in receiving and sending ability. Don't worry about how well you do or don't do. But keep these results, because when you repeat the exercise, each time you repeat it you should see an improvement when compared to the original 'baseline' you established.

To score the exercise:

1. Start with the black and white shapes, with you doing the sending and your partner the receiving. When you're sending, you're also scoring what your partner 'got'.
2. Shuffle the black and white shapes only. Set the colored aside for later.
3. Hold the cards so your partner can't see them. Focus on the first card, and 'send' it. Don't be afraid to experiment with ways to "send" to see which works best for you; that is, which method your partner has the most success receiving with.
4. When your partner calls out a shape (circle, square, star, triangle) draw the shape they chose next to the number of the card you 'sent' on the left side of the score sheet. If it was correct, put a check next to it. The reason you draw the shape in, if incorrect, is because if every time you send a certain shape they 'receive' the same wrong one, you'll see a pattern emerge that explains the psychic 'language' you are creating with your partner. You'll know how to adjust your sending to suit their particular ability to receive.
5. Now, check to see if the choice was pre-cognitive or post-cognitive:
 - a. If when you're doing a series of cards your partner calls out correctly the last one you did, instead of the present one you're looking at, that's post-cognitive. Put a check in the post-cognitive column next to the number of either the card you're on, or the last card. It doesn't matter which. A lot of post-cognitive choices mean either your partner is tending to look "back" a lot right now, or that you, the sender, are holding onto your thoughts instead of 'sending' them.
 - b. If when you're doing a series of cards your partner keeps calling out the one that's next in line, instead of the one you're trying to 'send', that's pre-cognitive. You have to pay attention to catch these, because they're calling out the shape before you get to it. Again, when a choice is pre-cognitive, put a check mark in the pre-cognitive column next to it. When there are a lot of pre-cognitive choices it means either your partner, or you, or both of you, a future-oriented and will be good at getting premonitory information.
6. When you're done scoring all the black & white shapes, add the totals on the bottom.
7. Now, move onto scoring the colored shapes. This is a bit more challenging because you've got two things to score at the same time. Again, shuffle just the colored shapes. Starting with the top card, 'send' it to your partner.
8. When they call out their answer, put either a check, if correct, next to both color and shape; or if one is correct and the other isn't, give a check to the correct one and write in the correction next to the incorrect choice. It's also possible for your partner to be pre-cognitive on the shape while at the same time being post-cognitive on the color. Or, pre-cognitive or post-cognitive on both! Take your time and pay attention to your scoring and you'll do fine.
9. Again, when you're finished, add up all the columns. Then add all the totals across for a grand total.

Psychic Development Exercise

Date: _____

Sender Name: _____

Receiver Name: _____

Card Number	Shape	Check if Correct	Check If Precognitive	Check If Post-cognitive	Card Number	Shape	Check if Correct	Check If Precognitive	Check If Post-cognitive	Color	Check if Correct	Check If Precognitive	Check If Post-cognitive	Note If Both Are Correct Now, Pre and Post
		Note Shape If Incorrect					Note Shape If Incorrect				Note Color If Incorrect			
1	○				26	□				Blue				
2	△				27	○				Orange				
3	□				28	△				Blue				
4	○				29	☆				Purple				
5	☆				30	□				Yellow				
6	☆				31	○				Green				
7	○				32	☆				Orange				
8	□				33	△				Red				
9	△				34	○				Red				
10	○				35	△				Purple				
11	☆				36	□				Green				
12	□				37	□				Yellow				
13	△				38	☆				Red				
14	○				39	○				Orange				
15	☆				40	△				Blue				
16	△				41	○				Red				
17	○				42	☆				Yellow				
18	□				43	□				Purple				
19	□				44	△				Yellow				
20	○				45	□				Red				
21	☆				46	☆				Green				
22	△				47	○				Blue				
23	○				48	○				Purple				
24	△				49	△				Green				
25	○				50	☆				Red				

Score Sheet For Black And White Only

Score: _____ List Patterns Below

Number Correct: _____

Number Pre: _____

Number Post: _____

Score Sheet For Color Only

Number of Shapes Correct: _____ List Patterns: _____

Number of Colors Correct: _____

Number of Shapes Precognitive: _____

Number of Colors Precognitive: _____

Number of Shapes Postcognitive: _____

Number of Colors Postcognitive: _____

Number of Both Color And Shape: _____

Now: _____ Grand Total: _____

Pre: _____

Post: _____



PSYCHIC DEVELOPMENT I

TYPES OF MEDITATION:

YOGIC MEDITATION - This form is the basic form from which all others are developed, and is therefore most important to master. There are many forms of Yogic Meditation, all however utilize the precept of total concentration and breathing. It is usual in its most basic form for the practitioner to sit quietly without crossing either hands or feet, close the eyes, relax the body (using a special relaxation technique if necessary) and begin to focus concentration only on the breath. The object initially is to relax and blank the mind so that ones entire sense of consciousness is focused on the air entering and leaving the lungs. It is imperative that each breath be from the diaphragm, which means that tight fitting cloths must be loosened, and the in breath and out breath should be of approximately equal length. You will find that the out breath is initially difficult to let out completely, but with practice this will become easier and facilitate the complete cleansing of lungs and body with each breath. The best times of day to meditate is when the energies of earth and environment are least active, that is, dawn, dusk, and anytime during the night, especially around 3:00AM. Of course, if you can only choose one time during the day and it is not one of these by all means do. It's better than not meditating at all. You should also attempt to choose the same time, and the same place each day, as the energies will collect and help you more by doing this. Yogis say you should not eat prior to meditating as this draws the prana or energy to your stomach to digest the food, and therefore inhibits the raising of consciousness. I have found this to be true, yet if you are really hungry your stomach bothering you all during your meditation can also ruin your attempt, so if you haven't eaten at all (for example upon rising in the morning) in several hours it might be a good idea to have just a few bites of fruit or juice or something equally light to take the edge off and free your mind for meditation, not eating. As you meditate your mind will rebel by constantly taking you away from your concentration on the breath. When this occurs, simply return to your concentrated breathing as soon as you become aware of it. Visualizing the breath as light moving in and out of your body is an aid to occupying the mind and furthering the concentration. Also, feeling the air enter and leave your system is a further aid. The following techniques may be used to enhance this form of meditation or to enter the meditative state more quickly:

a) Alternate nostril breathing - first 10 times breathing in only thru one nostril, out thru the other, and then reversing the nostrils for ten more

breaths. The affect this has is to balance the left and right energy zones and to over oxygenate the blood to enter the meditative state more swiftly.

b) Alternate nostril breathing with counting - in this method you follow the same technique as in (a), but as you breath in you breath to the count of 10, then you hold for 10, breath out for 10, and hold again before breathing in for 10. I do this only 7 times on each side. This is even more effective than (a), and for persons who become dizzy when doing (a) this will eliminate the dizziness.

c) Alternate nostril breathing turning the head - in this method you follow the same technique again as in (a) but each time you switch nostrils you turn your head to left or right, always in the opposite direction. Do this 10 times on each nostril. The affect is dizzying and disorienting in addition to the other affects stated under (a). This is good for people who have trouble "letting go".

d) Postures - These are widely used by persons practicing Yoga and if you are interested in trying some of these there are many books currently available in the local library demonstrating such postures, there are also cable television programs on several networks which demonstrate them, and local instructors available for classroom instruction. The purpose of these "postures" is to physically open and integrate the body's energy system so that when the posture or position is adapted and used in conjunction with various breathing exercises such as those listed here the body's energy is raised and consciousness may begin to be transformed.

e) Mantra - the use of the vocal chords (throat center) in vocalizing certain sounds such as AUM or SO HUM etc. may be combined to very good effect with the technique of concentrating on the breath. When you try this, listen to the note(s) that come from your lips to get an idea of what body centers are blocked, or unblocked. The pitch and notes you keep hitting will show where you're concentrating your energies; try moving the notes up and down the scale and see how it feels. If you combine this with (f) look at what "colors" are associated with each note. Do any of them appear tinged with brown? If so, you're releasing used, unclean energy thru them. Keep hitting that note until it's clear.

f) Color Visualization - As you breath in and out see the energy as light, and watch it turn to various colors as it enters and leaves your body. Now see the energy as white light being breathed in, and then flowing to all parts of your body, energizing it. Finally, breathe in the white light and let it flow throughout your body and finally up into your head, and hold it there before breathing it out. As you breathe it out try a final technique - "see" the energy in your head rise up out the top of your

head and form a violet ball of light before drifting apart.

g) Resonant Energy Balloon - Using color visualization again, "see" the white light enter your body, spreading thru it, and congregating in the base of your spine and your lower body. Then, as you breathe in "see" the white light move up thru your body and up your spine, and as you breathe out "see" it burst out the top of your head and begin to spin down around you, forming a sort of "balloon" or a protective cocoon.

h) Basic Relaxation Exercise - this exercise can be used any time but is a good way to get ready for a good meditation.

1 - relax the head, face, neck, jaw, and eyes.

2 - allow the accumulated relaxation from (1) to flow into the mind, relaxing it.

3 - let the relaxation of the mind flow thru the whole body.

4 - when the flowing relaxation reaches the feet, hold it there, focusing on the toes, then the feet, then legs, relaxing those muscles.

5 - now relax the abdomen, hips, lower back, and internal organs of this region.

6 - next, relax the upper chest, diaphragm, upper back, and internal organs relating to this area.

7 - relax the spine and the entire back.

8 - relax the arms, hands, fingers, and shoulders.

9 - bring your focus back to the head, again feeling its total relaxation.

10 - let the completion of relaxation flow thru the whole being.

CHAKRA MEDITATION - This form of meditation is an active or Yang type of meditation as opposed to the very Yin or totally passive form of meditation described as Yogic Meditation. To do this first see yourself in a sea of white light, completely encircled by it. It sometimes helps to imagine a showerhead above you and consider it the "universal source" and see a shower of pure radiant white energy coming down and completely surrounding you. Now take a beam of this energy and direct it at your root center, base of the spine. As it moves into your body, opening the center, see it turn red. Allow yourself to feel and perceive any sensations that accompany this. Sometimes a spinning sensation accompanies the opening of each center, sometimes pressure of some sort, or even emotional sensations. Allow yourself now to feel the energy of that center pushing upwards along your spine. When this occurs direct another beam of white light from the field around you into the center 2" below your navel, the sacral center. As the light enters the center see its color turn orange and again pay attention to any accompanying sensations. Finally, feel it pushing upwards along your spine once again and as you allow this energy to push up into your solar plexus, at the base of the

sternum, also direct a beam of light into it from around you and again focus on the accompanying sensations. The color associates with this should be yellow. Next, you will begin to feel pressure up along your spine to open the heart center, so allow the energy to push up your spine as you now direct a beam of green light from the surrounding field into the heart. Again, feel what's happening. Next, direct the light beam into the throat center, and see it turn blue. When pressure begins to mount, let it and feel that.

From the throat center the energy moves up into the 3rd eye, located at the root of the nose, behind it; as you feel the energy pressing to move up, let it, and now direct a beam of indigo (blue-black, almost purple) light into the 3rd eye. Again, feel the accompanying sensations and any "pressures". Then you'll feel the energy again trying to push upwards, and as it does allow it to move as you direct a beam of white light from the surrounding field into your crown center located dead center in your forehead, but buried deep inside your brain. Watch the energy you send in turn violet. You may feel your hair "standing on end" or a feeling of a "band" around your forehead as this center begins to open. As the energy again pushes upward and you feel the need to release it out the top of your head, don't. First, in your mind, reach down to the base of your spine and "collect" the red energy filling the whole of your body at that point. Draw it up your spine and add to it the orange energy of your sacral center; draw it up again and add to it the energy of your solar plexus, yellow, and up again to add the green of your heart center. Pay attention to the feelings and sensations of each center as you draw the energy up and thru them. Now draw all of the accumulated energy up thru your throat center, adding the blue to it, then up thru your 3rd eye where you add the 3rd eye's indigo. Finally move it up to the crown center where you add the final violet to your "rainbow" and then, as you feel it again pressing to exit thru your scalp, allow all the energy to burst out the top of your head, diffusing back into white light as it re-emerges with the universal energy. This exercise is an excellent developer of the psychic faculties, and is also exceptionally protective. Some persons may perceive different colors than those given here for each center, and they should use whatever color seeks to impose itself, as these will be specific to them. Colors given here are physical plane correspondences.

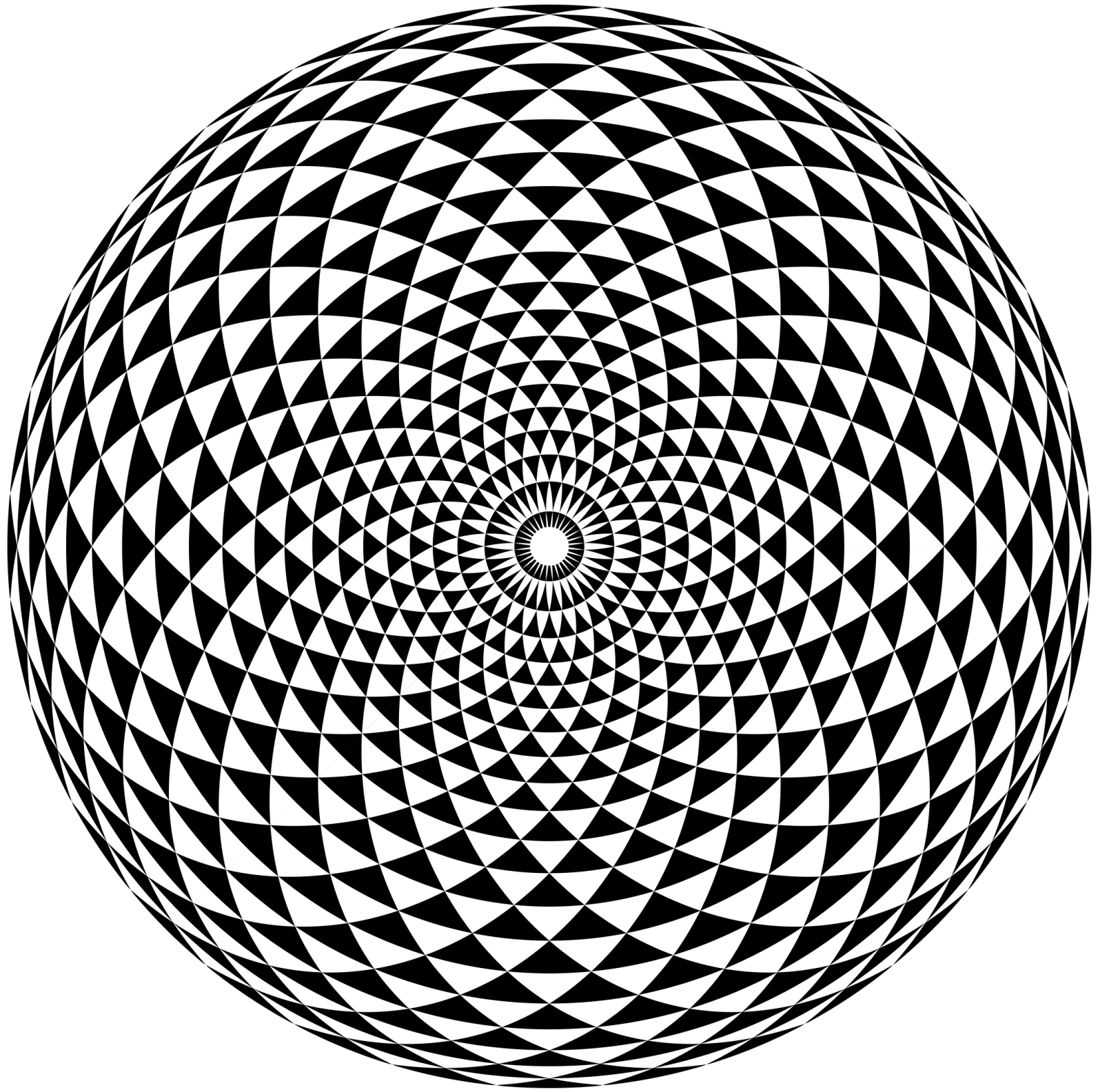
GUIDED MEDITATION - this refers to any form of meditation in which visual images are offered by yourself or an outside instructor to induce a meditative or sometimes hypnotic state in which you will be "open" to psychic or other impressions. This technique is not one, which uses the breath,

nor is it protective in nature, of itself. Any "protection" afforded through this technique is strictly supplied by the visualizations offered. There are many approaches and techniques of guided meditation, many of which are used in this class. Most importantly, this technique can be used for past life regression, for the development of all forms of psychic abilities, for techniques of self-improvement and for self-hypnosis once the technique is mastered. This is a Yang or mind active form. It does not offer the physical benefits such as increased energy, improved circulation, heart, etc. that the others all do.

T'AI CHI CH'UAN or MOVING MEDITATION -

This uses body motions designed to balance left and right to enter an altered state of awareness. It is a particularly good form of meditation for those who initially find sitting still or quieting the mind difficult, and is especially beneficial when combined with other forms of meditation. When speeded up T'ai Chi Ch'uan becomes a martial art. Done in its traditional form it is a slow, relaxing exercise that anyone can do regardless of his or her age or physical condition. It also has amazing healing affects on the body for many people.





COLOR MEANINGS

RED - Root center. Sex. Energy.

ORANGE - Sacral center. Creative energy. Sexuality. Intuition. Seat of "body mind," balance point for the female and in martial arts.

YELLOW - Solar plexus center. Mental energy. The breath. Digestion. Controls tension and adrenal levels. Balance point for the male.

GREEN - Heart center. Universal love and healing, especially for green and growing things, animals. Money, luck, business, promotions, etc.

PINK - Alternative Heart center. Universal love energy on a higher level than green. Brings love and harmonizing energy to any situation. Child bearing, pregnancy and soothes nerves.

BLUE - Throat center. Seat of will power energy. Lighter blues are soft, soothing and implacable. Darker blues are electric in their forcefulness. Leadership. Calm steadfastness. Protection. When mixed with green blues can exert a strong healing influence.

INDIGO - 3rd eye center. Seat of your highest intuition. The power to invoke protection from your guides, as well as receive messages and information from them.

VIOLET - Crown center. Seat of higher mind. The ability to channel and to receive instantaneous revelations. Connection to what we call the Higher Self. When combined with indigo aids in developing clairvoyance.

BROWN - A harmonious, balancing and earth oriented color good for business and working with the hands.

GRAY - Good for achieving harmony and balance, especially in controversy. Can be used to "shroud" issues in illusions.

BLACK - The absence of light or opposite of WHITE. Used to absorb negative energy or for protection. A black aura is very bad.

WHITE - The combination of all colors. If in doubt use WHITE. Always spiritual.

PURPLE - The "royal" color and most powerful of all colors. Use it for the strongest protection, to draw energy to you from the highest levels and tune into higher guidance.