

# PSYCHIC DEVELOPMENT 2

*(Outline for weekend workshop)*

Psychic Development 2 is a weekend course designed to teach students to perceive, feel & read subtle energy fields such as auras & other forms of magnetic energies. Visualization techniques, telepathy exercises, meditation & dream interpretation begun in Psychic Development 1 will be continued & extended. This course is open to intermediate & advanced students. Psychic Development 1 or its equivalent is a recommended prerequisite. Exceptions will be made only following a personal interview.

**1st Section.**- Overview of what the weekend will cover. Questions remaining from any materials discussed in PD1. Practice seeing & evaluation of auras. Auras & colors. Feel your own aura. Feeling others' auras. Protection. Thoughtforms. Producing & programming a thoughtform.

**2nd Section.**- Progressive relaxation to meditation to chakra meditation and sending healing. Raising the cone of power & programming it. Practical exercises. During break use telepathy exercise is to break up a cloud group and with a partner; send each other a thought form. Learn and practice health scans and receive a psychic attunement to increase energy flow. Homework: "Feel" the representatives of the four elements. Telepathy exercise with a partner using a thought form and read the partner for health issues.

**3rd Section.**- Review homework and analyze a dream. Chakra meditation and cone of power. View crown center mandala. Practice seeing auras. Enlarging & shrinking the aura.

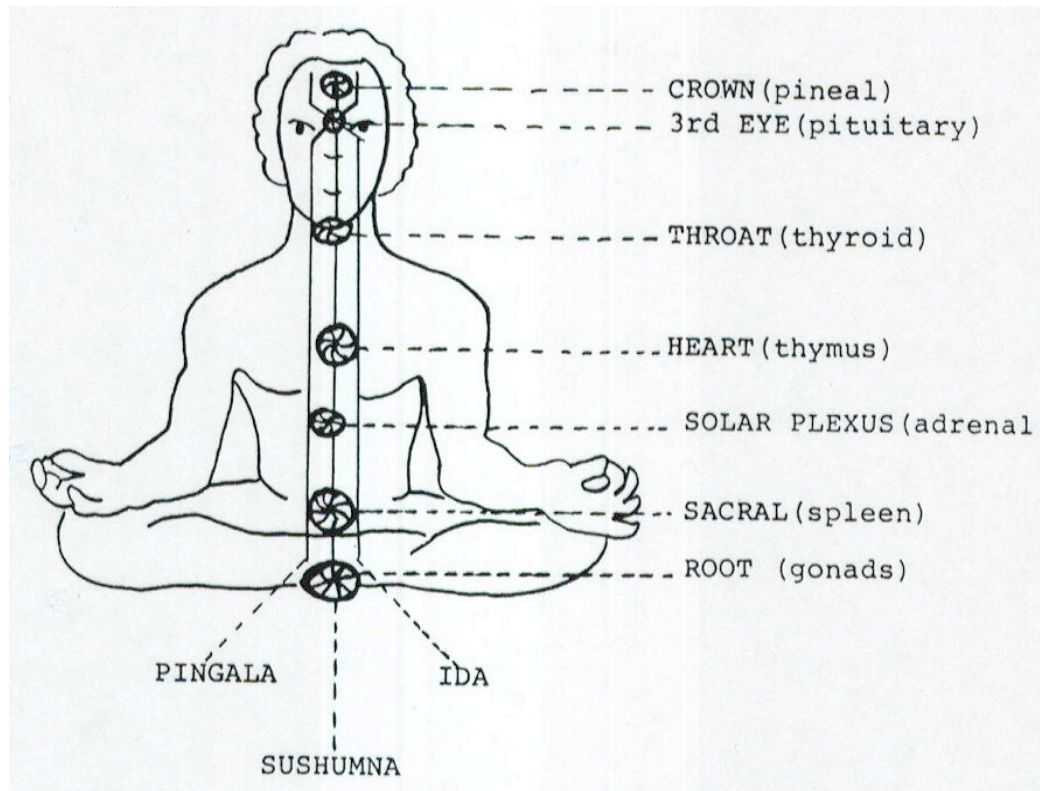
**4th Section.**- Relaxation with earth energy. Feeling and reading the aura. 1-10 progressive relaxation, one month and one year programming. Homework: Use long distance viewing for placement of envelopes and contents and group dreaming with Omni dream experiment two weeks prior to P3 workshop.

*PLEASE NOTE: Purchase of the recorded versions of the series' or workshops does not constitute eligibility for certificates in any of the Psychic Development classes. Certificates may only be obtained by satisfactorily passing the written and oral exams in each of the P1, P2, P3, P4, P5 and P6 Psychic Development classes.*

## THE CHAKRAS OR PSYCHIC ENERGY CENTERS & ASTRAL TUBES

The Chakras are centers of consciousness into and out of which universal energy, or prana, flows. Chakras are located in the ASTRAL body, with their physical counterpart being nerve vortexes in the physical body. Each corresponds to both a nerve center and a "ductless gland" - hence demonstrating the importance of glandular secretions and their balance (or lack of it) is in the body. When the Chakras are not able to pass energy, illness results. The ASTRAL TUBES are tube like transporters in the ASTRAL body through which energy is moved. In most people who live and function in the mundane world, energy is moved up and down the body via the IDA & the PINGALA, eastern names (we as yet have no western ones) for the TUBES on either side of the spine. When the flow is not balanced on either side, illness eventually results.

There are a total of 72,000 ASTRAL TUBES carrying energy throughout the body. Of these only 10 are of major importance and of these we are interested only in the 3 shown here. Most important of all is the SUSHUMNA, whose physical counterpart is the spinal nerve complex itself. It is this TUBE thru which YOGIS seek to channel their energy, which serves to heighten consciousness beyond the level we usually operate on. When a YOGI has succeeded in raising energy thru this TUBE we say his "Kundalini" has risen. In the unawakened many it lies "coiled & waiting" at the base of the spine.



*Prepared by the ASTROLOGICAL INSTITUTE of INTEGRATED STUDIES*

# 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.

