



**ASCEND**  
Healing Arts + Mystical Gifts

INTUITIVE DEVELOPMENT & MEDIUMSHIP MENTORSHIP CERTIFICATION PROGRAM

Instructor: Alexis Prince, RMT, CCH, Certified Psychic Medium,



# Mediumship

## Module 3 Symbols & Perceptual Tools- Harnessing Creative Energy

*"If the doors of perception were cleansed, everything would appear to man as it is, Infinite.  
For man has closed himself up, till he sees all things thro' narrow chinks of his caverns."  
- William Blake*



## What DO Your Symbols Mean?

When your intuition (clairs) responds with an image, song, sound, knowing, etc., you may ask yourself what the message means. The messages are often symbolic and not literal.

Symbols, colors and numbers often come to us as a method of communication from Spirit or one density to another. They may show up in our lives as divine messages. Colors are energy (vibrational frequencies) and can provide balance for our mind, body, and spirit. They have distinct energetic properties that can self-invoke when we need support and/or a particular message at a given time. Like when we keep seeing the same color or numbers over and over. This could be a message based on a Chakra needing some attention or a message you need to hear.

### So lets talk about some examples of intuitions language:

- Messages that keep popping into your head
- Suddenly can't get some random song out of your head.
- Had an impression of "something"
- Seeing/thinking of an item
- Smells/taste

### What you may experience as a symbol isn't always what you think.

- Faces
- Flashes of light or color,
- An animal in your mind's eye or an actual animal.
- Messages may be vivid and clear or partial
- A feeling can be a symbol

## Symbols Can Give Us Powerful Information

and can mean different things.

### Examples:

- A sailing ship- could mean freedom, travel, movement in a situation or relationship
- A battle ship- could mean an argument or that you are guarded or at the ready.
- Yellow- could have something to do with personal power, self esteem, will, social identity, could be a personal memory or emotion you have when you see yellow.
- Butterflies-can be a deep and powerful representation of life. Can represent the soul, resurrection, endurance, hope, change, life.

### Symbols Can communicate Complex Meanings

and often are better at conveying abstract ideas. A symbol can have multiple meanings for you so you may need to see the context of how the symbol comes to you.

Symbols can be considered individually based because culture, your family, your surroundings and your environment influence them.

**Example: Wooden spoon to me: Slow down, be careful, be mindful of the rules.**

The important thing is... what do certain symbols mean to you.





## Common Symbols

Some of the symbols you are familiar with you learned to associate with a meaning for based on where you live.

### Example:

- Traffic Lights: red- Stop, Green- Go, Yellow- proceed with caution.
- Shapes of signs, colors of signs, caution, hospital.

### Symbolic Themes:

Dove- Kindness, peace, sooth's troubled thoughts, renewal, spirit messenger.

Skulls & Cross Bones- Death

Spiders & Snakes- make you fearful.

An Eagle- Courage, Strength

Hawks- Being able to see truth

Horses- Nobility, strength

Snakes- deceitful, or rebirth.

## How to find out your own symbol meanings easily

Your symbols are unique to you so you it's futile ask someone else what your symbols are.

1. Make a list of 5 things that you really dislike or repulse you. It can be anything, food, a TV show, people, or a type of event.
2. Make a list of 5 things that you really love or are attracted to.

In meditation with your guides, ASK that they understand what these items mean to you (simply envisioning them for a second in your mind is all you need to do) and to use these items as part of your symbols when working with spirit and sitters and even for receiving messages for yourself.



\*\*Use a journal or spreadsheet to create and keep track of YOUR Symbols.\*\*



## Numbers

- 1- **Action**, new beginnings, opportunity.
- 2- **Attraction**, relationships, duality, crossroads.
- 3- **Expansion**, growth, creativity, communication
- 4- **Foundation**, structure, stability, discipline
- 5- **Change**, opportunity for change, unpredictability, expansion, recreation
- 6- **Balance**, problem-solving, social consciousness, adjustments in thoughts
- 7- **Rest & Restoration**, reflection, introspection, time for solitude, contemplation
- 8- **Manifestation**, power, movement, regeneration, spiritual fortitude, rebirth
- 9- **Endings**, completion, things coming to a conclusion, selflessness, obtaining wisdom
- 10- **Completion**, release, ease of burden, transformation, end of a cycle. New beginnings (1)

## Numbers in the Tarot Suits

### Thought Track

**1's** - Beginnings, Spirit, Father, Individuality

**2's**- Form, fertility, unexpressed creativity

**3's**- Seed, Life, Result, Birth, Self-expression

**4's**- Foundation, Earth, Solid, Discipline

**5's** Uncertainty, Change, Activity, Freedom

**6's**- Equilibrium, Stability, Marriage of mind and Spirit, Harmony

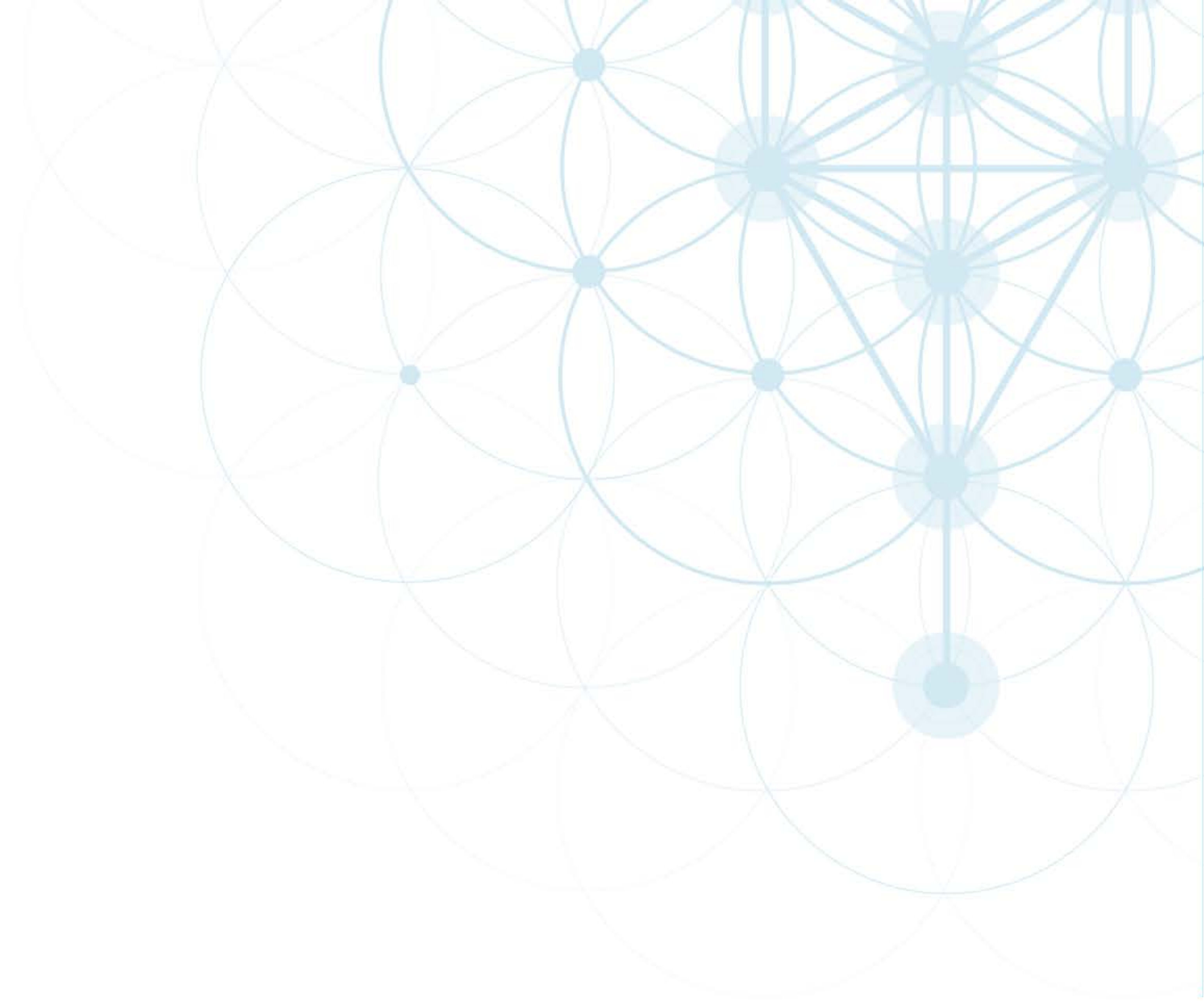
**7's**- Soul development, Spiritual perfection, Wisdom, inner self

**8's**- Earthly progress, judgement, regeneration, executive power and ability

**9's**- Attainment of man, accumulation, experience, Completion

**10's**- Ultimate results of forces, good and bad, old cycle completion, transition from one suit to another, individuality with purpose.

\*\*Use a journal or spreadsheet to create and keep track of YOUR Symbols including numbers.\*\*



## Color Exercises

**Exercise #1: What colors mean to you.**

In your journal write the following colors:

White

Black

Brown

Blue

Green

Purple

Pink

Red

Orange

Keeping your journal next to you and...

**Open to Spirit then...**

Ask your guide to come into your space. Keep in mind that talking with spirit means talking in symbols. Ask that they work with you to channel spirit and best understand/interpret what they are communicating with you in terms of how you understand symbols and colors.

Then begin by “seeing” the first color in your mind's eye. Immerse yourself in it, what do you feel, taste, what comes to mind? Write it down.

Continue with the rest of the base colors. You don't have to do this in one session. Take your time. Saturate yourself in this process when you are doing it, what you feel is the correct interpretation and you will be impressed down the road when you utilize this well developed skill.

Trust.

Close.

**Here is an example of colors and meanings:**

You do not have to use these as your interpretation. You truly should sit with the colors and find what they mean to you specifically. It is good to also understand other interpretations of color (psychological as well as chakra and auric color interpretations) as they can come in handy during intuitive readings when posed with a question that they may best resonate with. But again your interpretation is NEVER wrong.

White- Spirit the white light of Spirit.

Black- The essential opposite of white as poles need opposites this represents the other side of the self the inner self.

Brown- Earth and being grounded or rooted to the earth with both feet planted firmly and securely helps us not to daydream.

Blue- Healing energy for physical healing

Green- Balance of the self.

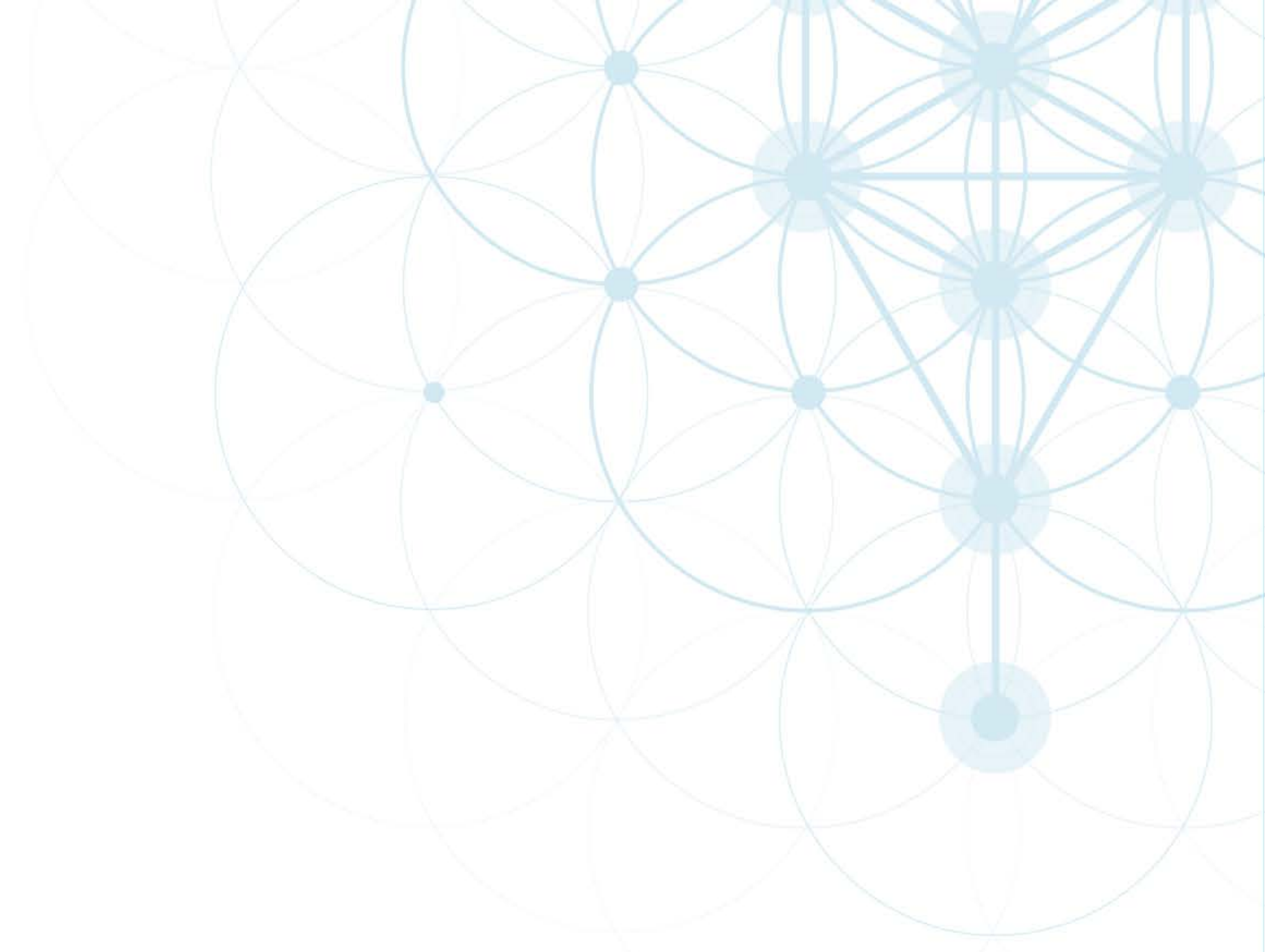
Purple- Spiritual self the color of spirit communication and the spiritual you.

Pink- Love of the self and others

Red- Energy physical energy

Orange- Inner healing or healing of the inner self.

These are just an example. Be create your own list of colors as well as familiarize yourself with some common interpretations. We will provide more here as well.



## Color Exercises

### Exercise #2: Asking for Colors.

In this exercise you want to connect and ask your guide to step into your space and show you how that feels (you should be getting used to this by now) then Ask your guide to give you a color that represents something the sitter or YOU) needs to hear about at this time.

You may get a flash of color, the sense of a color interpretation, you may here the name of the color, whatever it is let the sitter know the color and interpretation. In the future you can simply give the interpretation.

Then repeat this exercise when you feel comfortable with it and ask for two colors. Remember to trust! And Close!

## Sensing Exercises

This exercise is for developing the ability to visualize/intuit through picking up or sensing your surroundings.

Connect as we have learned in Module 1. Be sure to include the body scan. Try to get a visual of your internal workings. The idea here is to work on visualization and picking up on energy. Note any organ or area of the body that feels it may need your attention.

Now do the same for the room. First, with your eyes open, examine the room you are in; then, with eyes closed, create a picture of the room in your mind. What do you see? Be detail oriented, go around the room in your minds eye, what are you seeing? A table with a lamp, what does the lamp look like, whats on the table, etc.

Now, go into an unfamiliar room (can be one in your home you do not go in often) and begin with your eyes closed instead of open. What can you see?

NOTE: You are trying to perceive by connecting to the energy of things surrounding you.

This is a very powerful exercise, you may feel frustrated by it at first but it is worth it to keep at it as you will benefit tremendously from it.



## Yantra

Yantra- A symbol which uses shapes and color to awaken and focus various mental powers.

Hold the paper eye level or down on your lap as though reading a book.

Gaze at the center, hold for 3-8 minutes

If your eyes water or become irritated, close them. They will strengthen over time.

Close your eyes and observe your inner mind's visions.

Breathing slow and deep.

Inhale while observing the upward orange triangle

Exhale while observing the downward facing triangle (continue this for a few breaths then refocus on the center.

Internally repeat the I AM Statement.

Practice at around the same time in the same place.

I Am Confident

I Am Powerful

I create goals and I focus on them until they manifest.

I am worthy.

I Am good.

I Am Kind

I Am the sun, the moon, the light, the darkness.

I Am the quiet in stillness, wetness in liquidity,

I Am one with all that is.

I am Love

I Am Peace

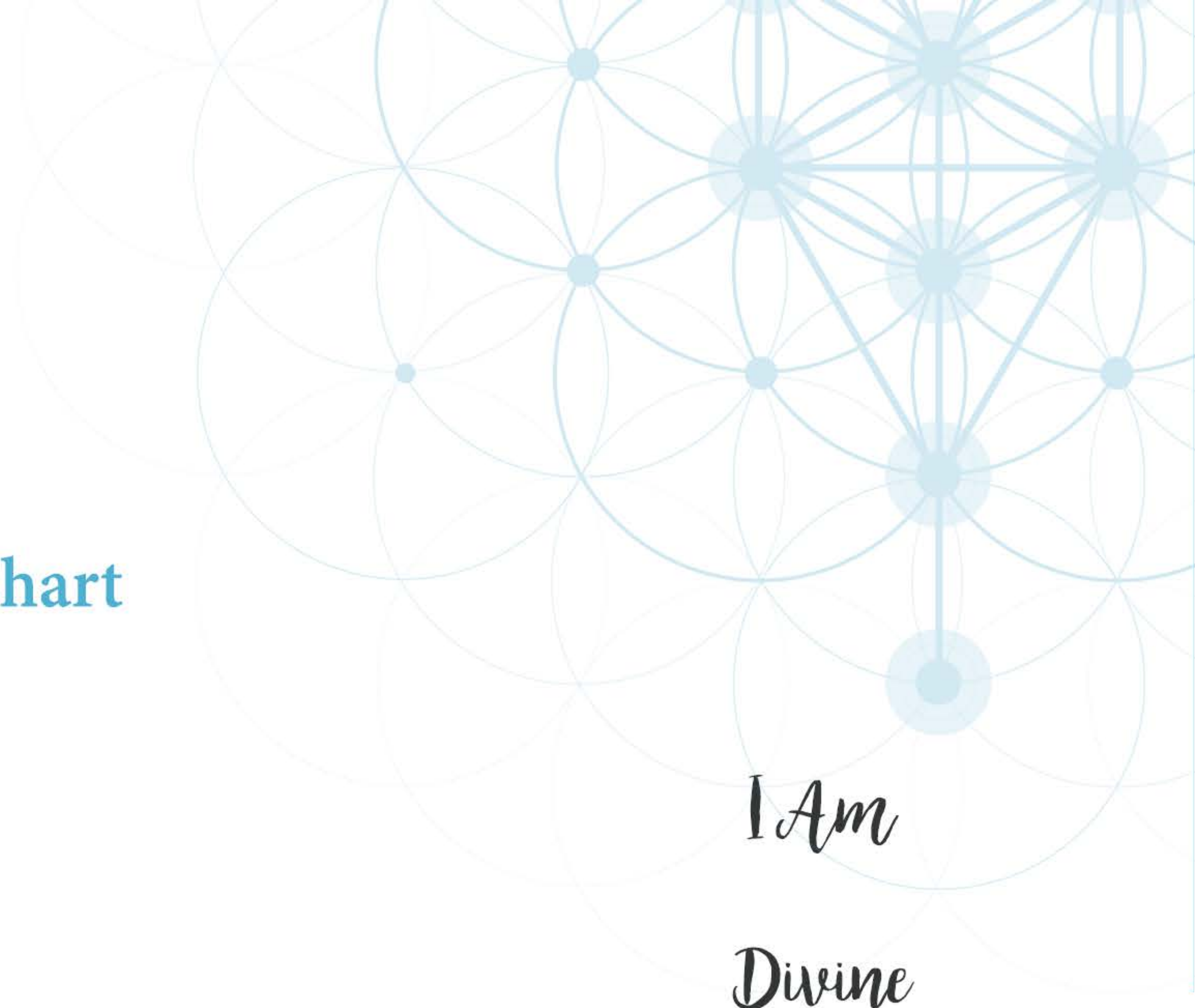
\* you can modify this or write your own I AM statement.



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## Basic ChakraChart

### Seventh Chakra- Crown

Unity, wisdom, awareness, intelligence, understanding

### Sixth Chakra- Third Eye

Vision, Intuition, insight, perception clairvoyance

### Fifth Chakra- Throat

Trust, Purpose, expression, artistic, service, Communication

### Fourth Chakra- Heart

Love, trust, healing, compassion

### Third Chakra- Solar Plexus

Power, confidence, charisma, leadership, mental clarity

### Second Chakra- Sacral

Joy, creative, adaptable, intimacy

### First Chakra- Root

Security, grounding, survival, instinct, stability, loyalty, successful.



*I Am*

*Divine*

*Connected*

*Expressive*

*Loved*

*Strong*

*Creative*

*Safe*



## Perceptual Tools: Harnessing Creative Energy

How are you doing on a physical level? In your sacred space through meditation journey inward to explore where you need improvement for optimal health benefits. Journal your results.

**Day 1**

Sitting with your Soul- In mediation visualize yourself as "soul." Say "Tell me what I need to heal and know about my soul at this time. Show me what that looks like. Help me visualize in my minds eye." Journal what you experience.

**Day 2**

Focus on MIND today. Be mindful throughout the day of your thoughts and actions. Also begin the Color meditations and journaling. This does not have to be completed in 1 week. Take your time with it and build your own reference guide. Be sure to journal it or put your results in a spreadsheet.

**Day 3**

Focus on Aura Strengthening: Sit in Meditation as you begin slowly inhale deep and on the exhale say Om repeat this until you feel you are ready to stop and continue with your daily mediation (of choice- relaxing, listening). Before you end cross your legs at the ankles and bring your thumb tips and index finger tips together before you to seal and strengthen the aura. Both the Om practice as well as this posture will aid in strengthening and sealing your aura.

**Day 4**

Work with the Yantra provided in class. Try to use it a few times throughout the rest of the week.

**Day 5**

Todays meditation should focus on the Perceptual meditation provided. This is something to practice often to sharpen your abilities. Don't forget to start your meditation with the quick clearing/chakra balancing and protection learned in the first module. You should have this down to a pretty quick process or visualization.

**Day 6**

Rest, relax and reflect on your weeks work. Make notes in your journal on your thoughts and how you feel and what you may have experienced through this weeks process. And remember you are perfect.

**Day 7**