



ASCEND
Healing Arts + Mystical Gifts

INTUITIVE DEVELOPMENT & MEDIUMSHIP MENTORSHIP CERTIFICATION PROGRAM

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Mediumship

Module 6 Psychometry: Linking Through Touch

Touch comes before sight, before speech.
It is the first language and it always tells the truth.
- Margaret Atwood



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Raising Vibration through Meditation Journeying, then Working with Objects

In this session we will continue to work with “connecting” through meditation, meditation journeying and communication with guides (receiving messages). We will be adding an element of vibrational sound and sitting with that to see what that feels like and to bring ourselves to a state of balance.

Since this sessions focus is working with psychometry, we will work with different objects, people and introduce oils and Mudras to stimulate the Chakras and boost our abilities.

Some of our exercises will be:

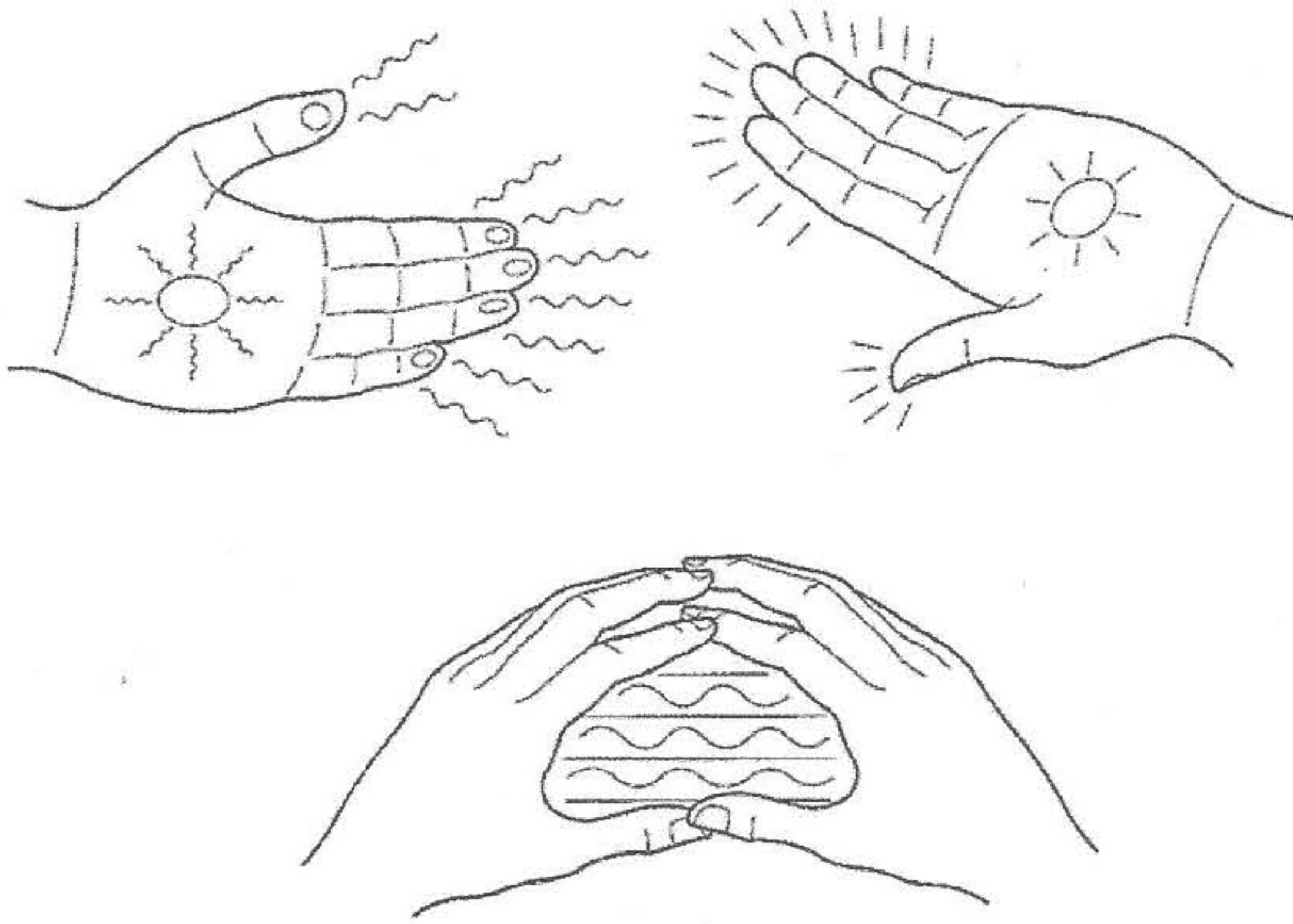
1. Hold the envelope and try to intuit what is inside.
2. Work with the Zener Cards after activating your hand chakras.
3. Holding an item try to pick up on something.
4. Hover Reading: Hover over an object see what you get.
5. Hover over a person (head, arms, shoulders) to see what you get.





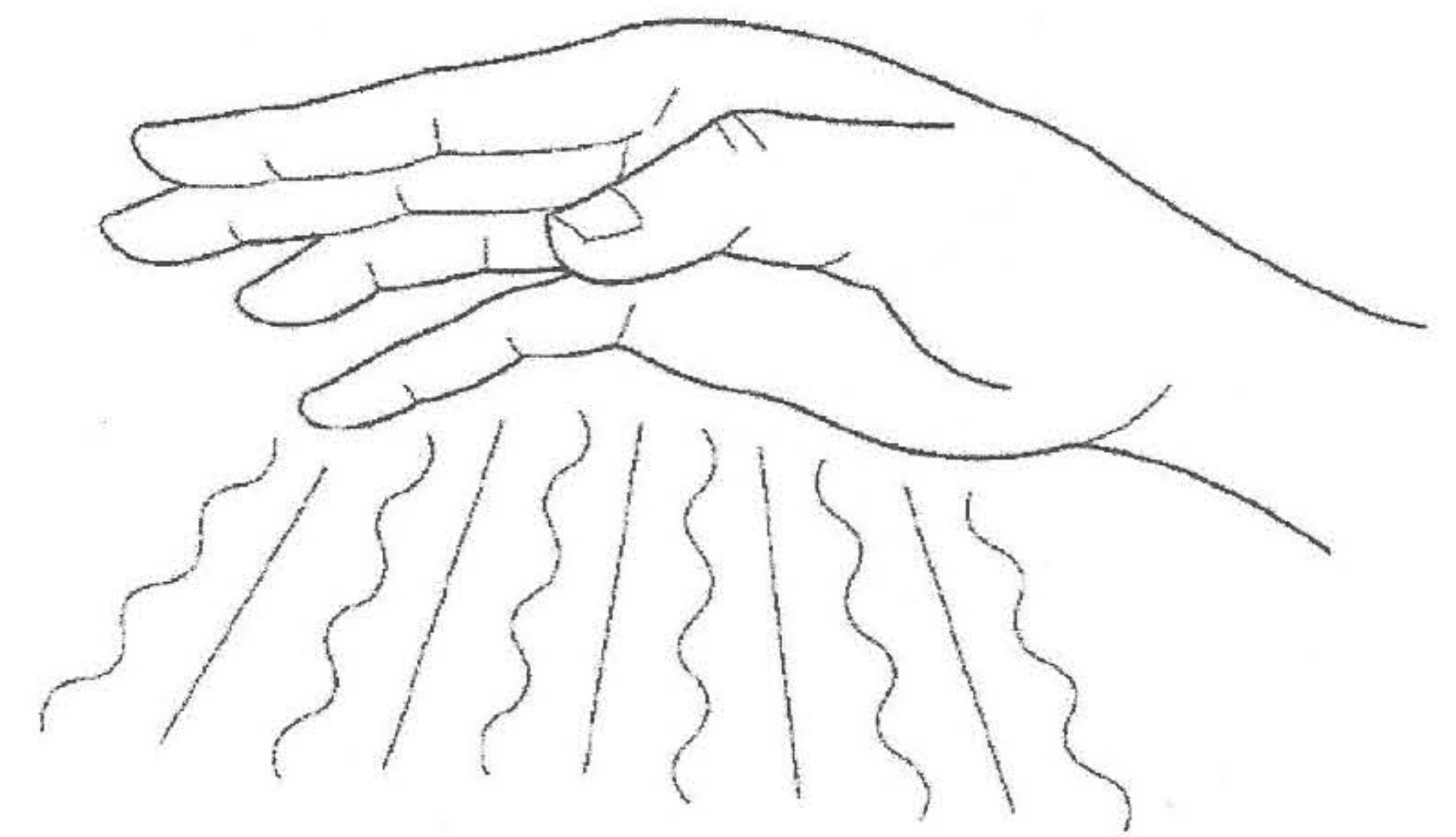
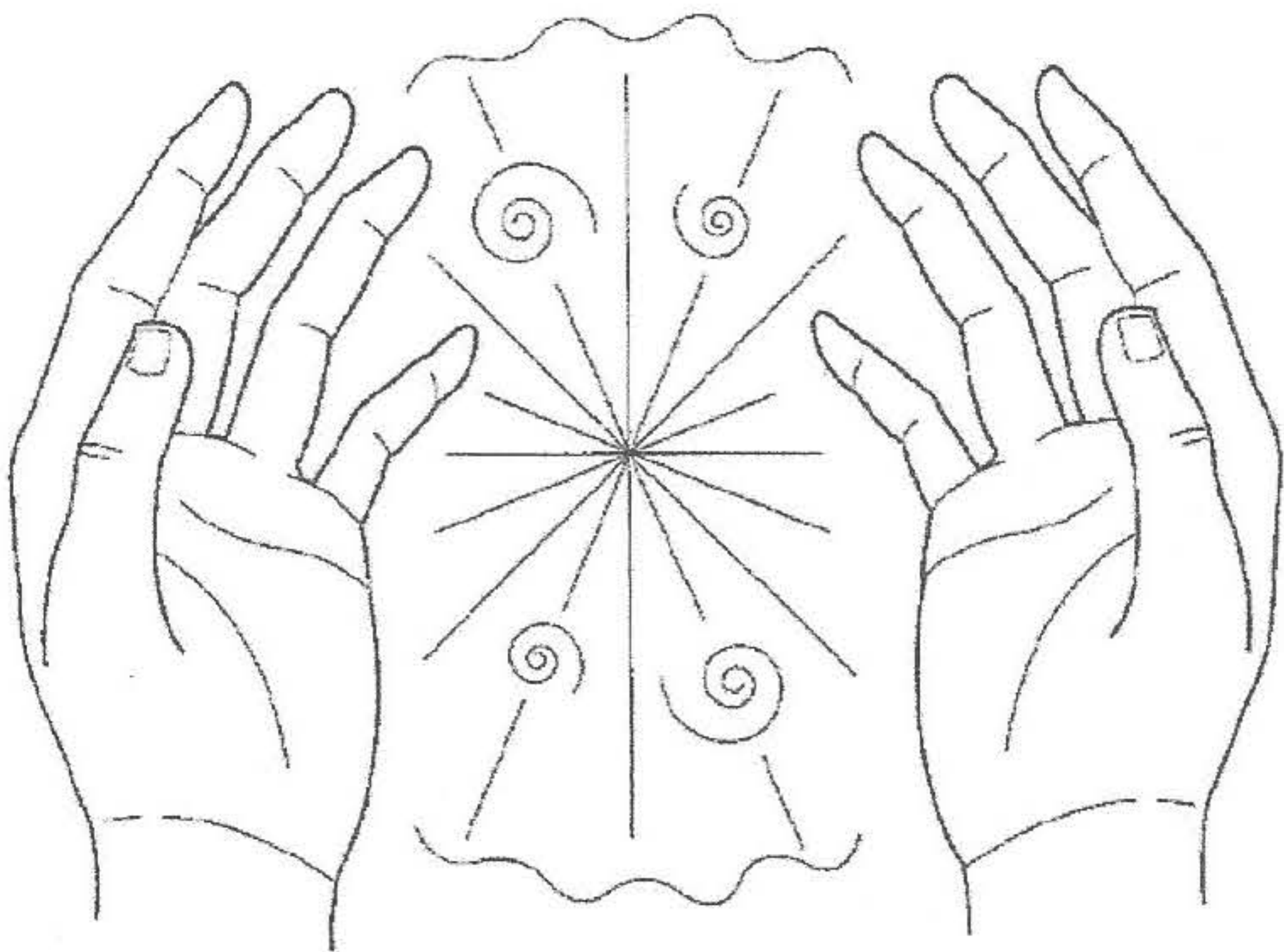
Chakras in the Hands

In the palms of the hand and at the tips of the fingers are chakras/energy centers. Most of the major meridians of the body terminate at the fingertips (the reason hands can be used to sense and/or project subtle energy). Rubbing the palms together and rubbing the tips of the fingers in a like manner will activate the chakras and meridians and make ourselves more receptive to impressions upon objects.



Chakras in the Hands.

This activating through brisk rubbing should be done before any psychometry reading. It will enhance your overall sensitivity and your accuracy through touch. It will enable you to experience the energy imprints of objects and people more clearly.



Activating the Hand Chakras

The in and out movement of the hands activates the chakras in the palms. This makes them more sensitive to touch, making the space between them even objects helps within them more perceptible.

Activating the Hand Chakras

With practice, you can develop a sensitivity and control that can eliminate the need to hold the object. Just holding your hands over an object will enable your to sense impressions.



Aids to Psychic “Touch”

Best not to eat within 1 hour of psychometry practice. The lighter you're the more energy you will have to attune. (up to six hours if you have eaten a heavy meal.)

Wash or wipe hands before handling objects (this cleanses residue from previously handled objects). water can also enhance conductivity.

Some oils and fragrances are beneficial for stimulating the chakras and sensitizing hands and fingers to what they touch. The following are generally beneficial for use in psychometry:

Eucalyptus Oil- penetrates and calms makes perceptions more distinct and clear. Also helps in preventing you from becoming emotionally connected to the impressions received from the object. Dabbing it in the area of the third eye will facilitate shifting into psychic perception. It activated the brow chakra. Especially helps when holding objects in from of the forehead. Massaging in palms and tips of fingers will activate those centers as well.

Gardenia- protective and stabilizing to the emotions. Especially keeps one from becoming attached to issues and emotions of an object (recommend for empath and those working with in the mental health field.); helps maintain objective distancing.

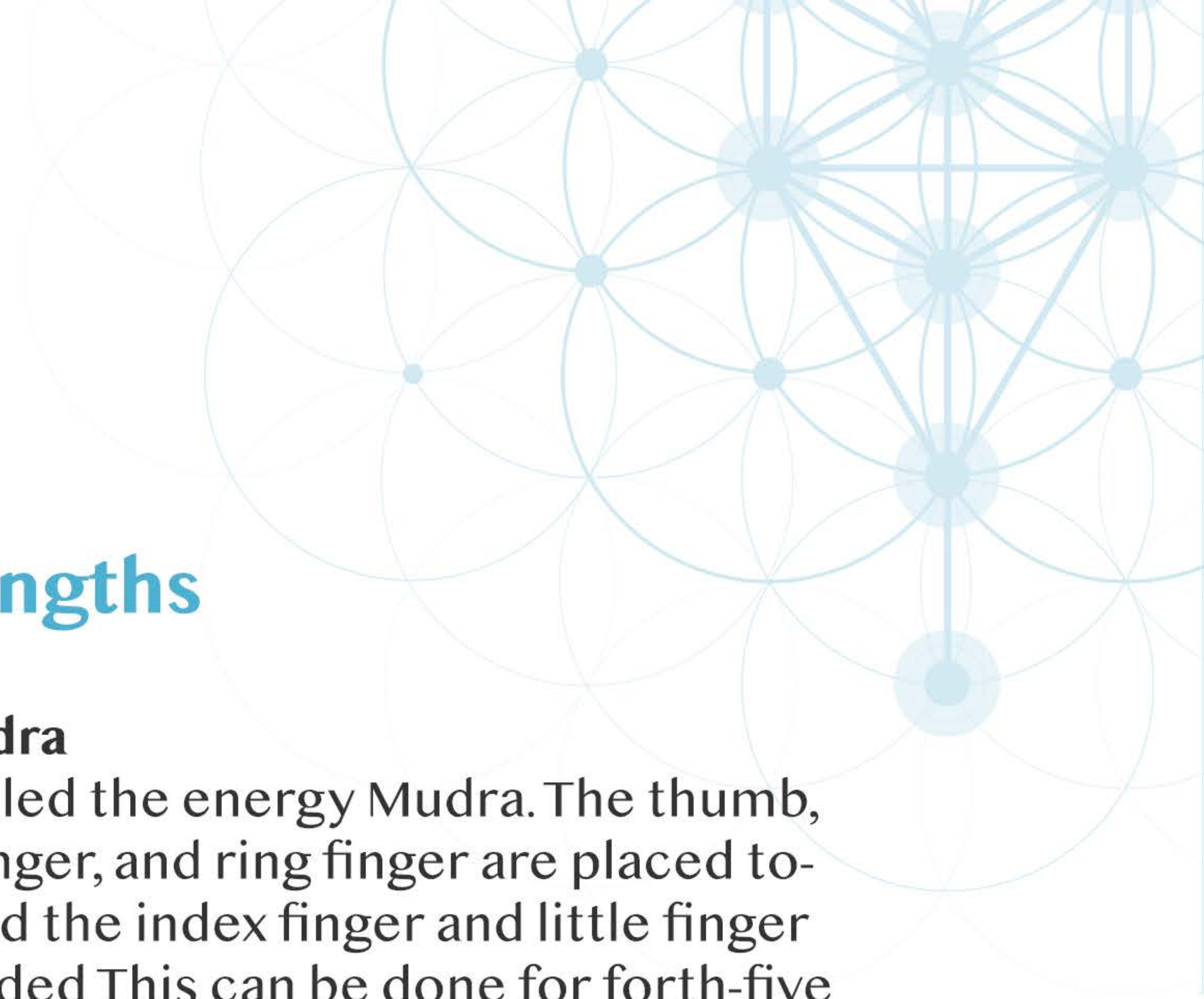
Honeysuckle- known as an “attraction” oil. It sharpens the intuition. Anointing the palm of the hand with it, it enhances your ability to read others with whom you shake hands with. Dabbing it under the eyes and on the brow enhances the sensitivity of the face (especially effective for those who pick up impressions through facial contact rather than through hand contact).

Sage- a general all purpose oil with multiple uses. Cleanses, protects and stimulates higher sensibilities. Especially beneficial in psychometry for those who read objects through the solar plexus. Can dab a drop of oil on the solar plexus and then hold object there to receive impressions (does not have to be through the skin, impressions will come through clothing).

Experiment with stimulation by doing the exercise below.

(Stimulate the chakras & Meridians with hand-friction; experiment with the oils above to see which method seems to be most effective for you).

1. Shuffle a deck of playing cards (or Zener cards)
2. Rub your hands briskly together (finger tips too)
3. Draw a card and hold it face down between your palms of your hands.
4. Take a deep breath, relax and try to get an impression of what the card is. (Getting one out of five right is just chance; more than that moves you into another realm).
5. When you get good at this, try placing the card in a box and hold the box before trying to determine its impression/what it is.



Mudras to Raise your Psychic Strengths



Apan Mudra

This is called the energy Mudra. The thumb, middle finger, and ring finger are placed together and the index finger and little finger are extended. This can be done for four-five minutes or three times a day for fifteen minutes. This Mudra helps remove toxins from the body. This Mudra also has a balancing effect.

Garuda Mudra- “the Mystical Bird”

Used to heighten intuition and enable communication with the spirit world. Helps tap into your psychic knowing more quickly. Activates blood flow and circulation. Place the right palm over the top of the left hand,

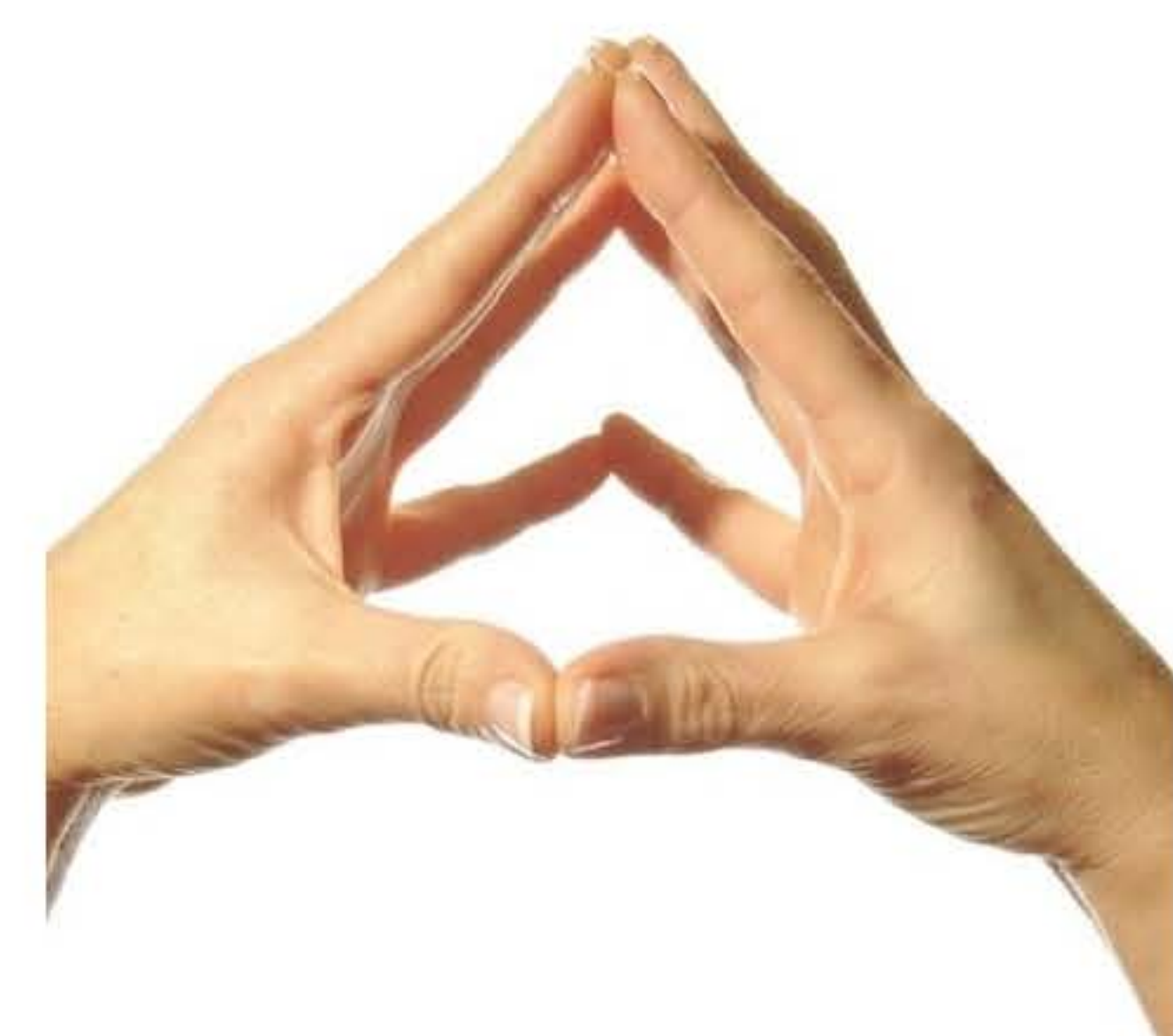


Bhudha Mudra-

Mudra of knowledge (enhances knowledge, concentration, increases memory, sharpens brain, prevents insomnia). When practiced regularly, can cure psychological disorders like mental hysteria, anger, depression.

Hakini Mudra-

This is a very interesting and significant Mudra that can be practiced anywhere, at any time. The fingertips of both hands should be placed together, the eyes are directed upwards, the tip of the tongue should be placed against the gums while inhaling and the tongue should fall again while exhaling. Take a deep breath. This helps memory.





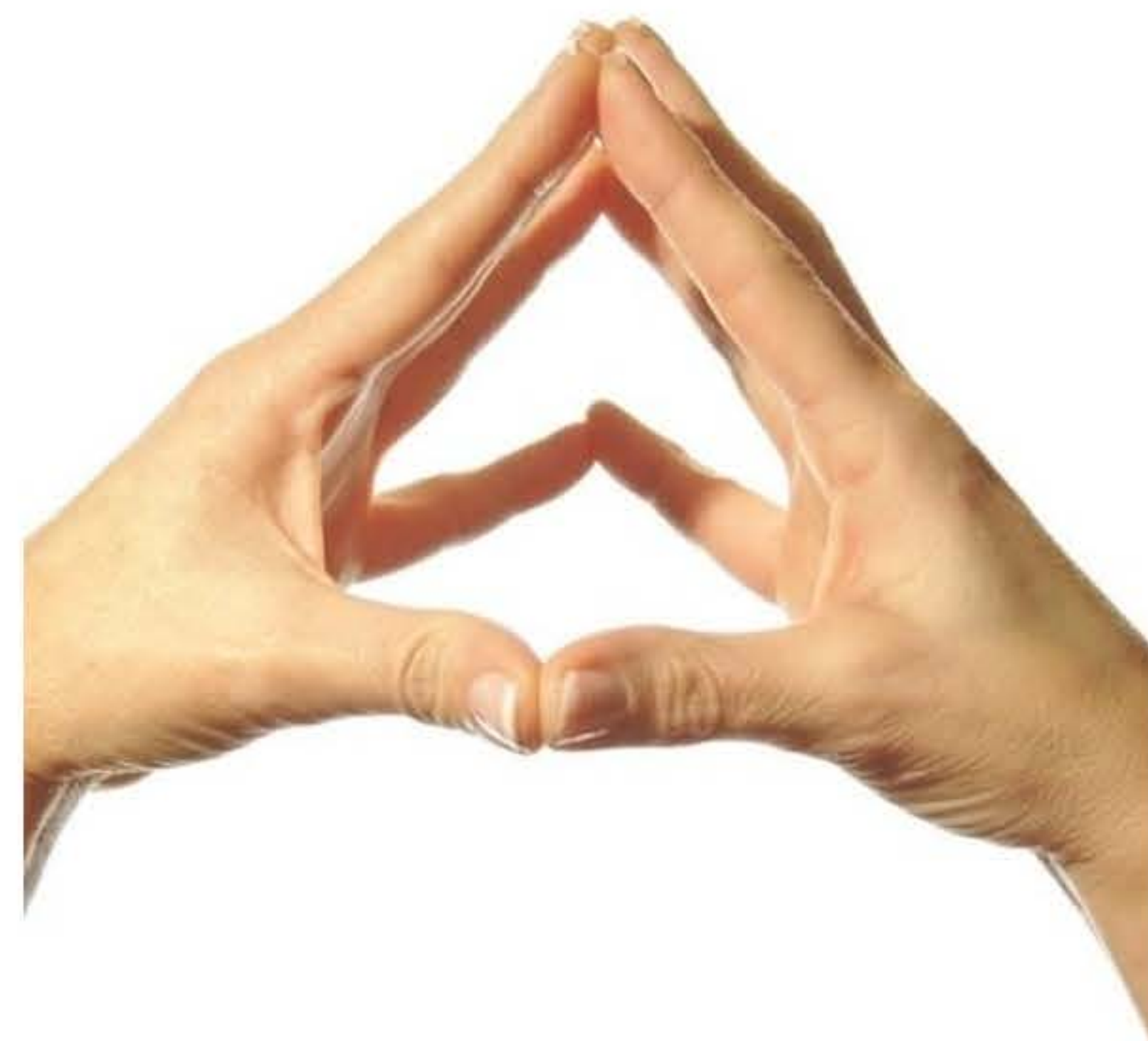
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Mudras to Raise your Psychic Strengths

To Protect & Cleanse the Aura

Make the OK sign with the fingers squeezing tightly to bring the aura in and then pressing the finger tips of both hands together (Hakini Mudra) to move the aura outward. Doing this drawing in and then reversing it pushing outward works to shake off debris you have pick up during the day.





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Charka Focus:

By focusing on a particular Chakra or group of Chakras we can stimulate the attributes of that particular energy center. For this class we want to concentrate on the 6th Chakra, the Third Eye Chakra.

Color: Indigo

Location: between the eyebrows and just up a little)

Represents the power to materialize thought.

In someone who is intuitively aware, this chakra is expanded with rays of indigo penetrating several layers of the aura.

Attributes (some):

Critical Thinking

Discerning truth from lies

What are you allowing in your mental space?

Lifelong learning

Intuitive understanding

Powers associated with the Third Eye Chakra

Intelligence

Discernment

Revelation

Insight

Physical & Mental bodies Associated with the Third Eye Chakra:

- The Mind (level at which the intuitive, imaginative and spontaneous self is linked to the moral self of the mind.

- The pituitary gland
- Lower brain
- Left eye
- Ears
- Nose
- Mouth
- Nervous system
-

Ways to heal and cultivate the Third Eye Chakra

Meditation is the single most important practice

Contemplation

Learning to spend quiet time to think without distraction.

Affirmations/Mantras to strengthen the Third Eye Chakra

Detachment brings clarity
The answer are within
I see and I know truth

Some who are legendary with strong Third Eye Chakras: Einstein, Newton, Tesla.



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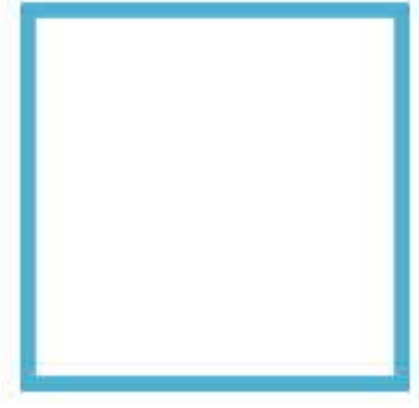
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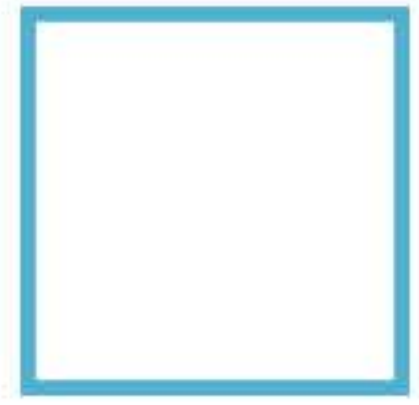


Psychometry: Linking Through Touch



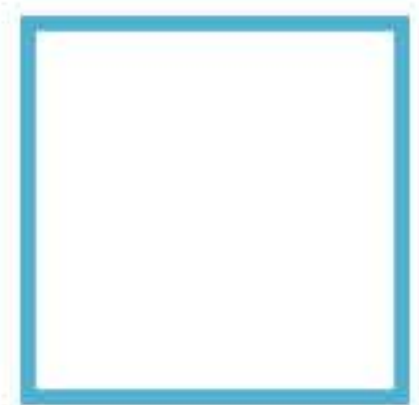
Practice Psychometry. Using the exercises from this module practice with objects, people and photos. Record your messages and what process you went through before trying to receive messages (protect/connect, meditation, awakening chakras)

Day 1



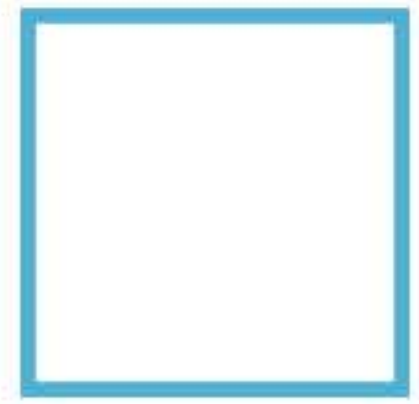
Before going to sleep listen to the a guided Meditation to help you learn to relax, let go of the day, and leave the body as it rests. There are some meditation under Resources > Meditation Corner on my website and tons on Youtube.

Day 2



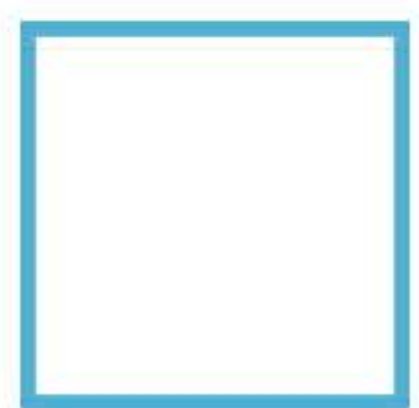
Spend time in meditation sitting with your power then bringing your guides in which ever you feel drawn to or need to work with at this time. Practice any of the previous module sets of questions in order to strengthen your understanding of the symbol language spoken between you and your guides for mediumship.

Day 3



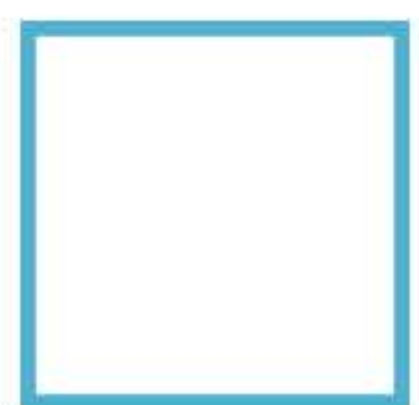
Working with sound (see our website or youtube you are looking for htz sound meditations there will be links on this modules page) and spend time sitting in that vibration with the mind still while looking up into your Third eye. Keep the mind still and just receive while immersed in vibrational sound. Record your experience and messages.

Day 4



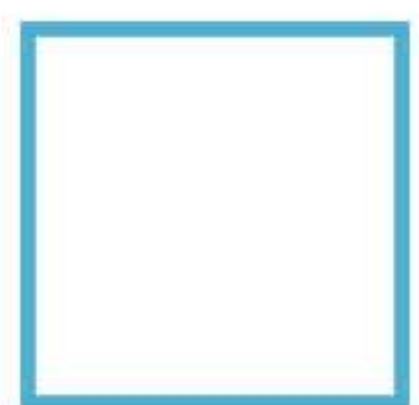
In today's meditation focus on the Third Eye Chakra. Before starting state the affirmations listed on the Chakra Focus page of this Module or create your own related to the attributes of this chakra. After protecting, clearing and connecting, draw your attention to the third eye Chakra, see it swirling clockwise, see its deep indigo color. Run with it, maybe you want to fill your body with its deep color, or even your surroundings. Focus on the location and sit in stillness. After record your experience/messages.

Day 5



Yes...AGAIN! Practice. Practice. Practice! IF you feel you are ready its astral projection day. Follow the instructions on either of the two provided methods. If you snap back in do not try to go back in again at that time, wait until another day when you can follow the methods of starting after naturally waking from sleep. Record your experiences in your journal. * This is not a mistake or oversight, if it feels right to you repeat this process of astral projection this is something that will take a lot of practice. If it is not something that feels right to do then continue working with your guides and ask for your gatekeeper guide this time.

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. Take a look back at some of your notes from previous weeks. And remember you are perfect.

Day 7