

The Dual Psychic-Clairvoyance Certification Training Program



Doing Psychic Readings Has
Significantly Changed in the Last 100 Years

Welcome to the New Millennium
of Psychic Development

Table of Contents

About Carol Nicholson, PhD., Psychic Medium	1
Disclaimer	2
How to Take this Course	3
Illuminati Papers	4
Introduction	5
Beginning Level 1	6
Lesson 1	6
What Clairvoyance Is	
The Benefits of Developing Clairvoyance	
The Ancients Knew the Hidden Powers of the Pineal Gland	
Demystifying Clairvoyance	
How We Psychically “See” and About Rods and Cones of the Eyes	
Clairvoyance Development Begins with the Basic Essentials	
A Foundation for Clairvoyance Development	
Definition of Clairvoyance	
What You May Have Already Experienced in Your Life as a Clairvoyant	
Background History on Clairvoyance	
Clairvoyance and Its Skeptics	
Everyone Has Clairvoyant Abilities to Some Degree	
Understanding the Roles of the Pituitary and Pineal Glands in Clairvoyance	
How the Pineal Gland Becomes Calcified	
Locating and Beginning to Open the Third Eye Psychic Center	
Lesson 2	38
When Do We Become Clairvoyant?	
The 6th Chakra Enables Clairvoyance Viewing	
More Information on the Importance of the Pineal Gland	
How the Pineal and Pituitary Glands Work as a Team	
Steps to Decalcify “Brain Sand” in the Pineal Gland	
More about The Third Eye – aka Sixth Chakra	
“Balancing the Brain” Exercise	
Begin the Third Eye “Light Activation” Process	
About Building a “Viewing Screen”	
About the Viewing Screen Receptacle	
Start Imaging Pictures	

Lesson 3	59
Imagination vs. True Clairvoyant Viewing	
Discovering the Different Kinds of Clairvoyant Visions	
Learning More about the Benefits of Deep Breathing	
Setting Your Intention to Do the Work	
Trust Yourself and the Images and Impressions You Receive	
Beginnings of Interpreting What is Psychically Perceived	
Realizing How Thought Forms Can Affect You and Others	
Working More with Your Viewing Screen	
How to Create and Manifest Your Goals and Wishes	
Lesson 4	82
Different Ways We Can See Clairvoyantly	
Where Does Our Psychic Information Come From?	
The Importance of Meditation and How to Easily make it a Part of Your Routine	
Expanding the Third Eye	
How to “Center” with the Pineal Gland	
Working More with Your Viewing Screen and Reading Others	
The Chakra System	
Defining the Higher Self	
Connecting with Your Higher Self	
About the Eighth Chakra	
Connecting with Others’ Higher Selves	
The Etheric and Other Subtle Bodies	
Getting Familiar with the Other Planes of Existence	
Seeing Energy	
Viewing the Energy Around Yourself and Others	
A Peek into the Human Aura	
Lesson 5	113
The Preparations for the Building Blocks of Your Success	
Start Seeing the Energy around You	
Our Main Chakra System	
Meanings of the Chakras	
Shielding Your Chakras	
Safely Opening and Closing the Chakras	
Beginning Healing Techniques Using Your	
Clairvoyance “Getting into The Zone” – Going into	
Alpha	
Meet All Your Brain Waves — Introducing the Alpha, Beta, Theta, Delta, and Gamma	
How to Achieve a Deep Psychic Level – Going into Theta	
Chakra Check Meditation	
Healing Relationships Using Clairvoyance Exercise	
Seeing Aura Colors	

Lesson 6	133
Learn a General Prayer for Making a Divine Connection	
Reviewing What You Have Learned in Level 1 – Beginning Clairvoyance	
Learn How to Identify Blocked or Damaged Chakras	
Chakra Meanings for Both the Front and Back Chakras	
Viewing Your Energy Field	
Seeing Your Own Aura	
Intermediate Level 2	146
Lesson 7	147
Making Your Sacred Room	
About The Silver Cord	
Introductions to Astral Body, the Astral Plane, and Astral Travel	
About Out-of-Body Experiences (OBEs) and Near-Death Experiences (NDEs)	
Characteristics of a Primary Clairsentient or Clair-Empath	
Downsides of Being Empathic or a Clair-Empath	
Ways to Shield and Manage Overactive Chakras	
What Happens When We Die Using the Psychic Faculty of Clairsentience	
Exercise for Building Awareness with Your Clairsentience Faculty	
Lesson 8	169
The Screen Door Exercise	
More about the Third Eye and Further Practice Opening and Closing	
Practice Looking at Your Aura Using Your Looking Mirror	
Psychic Definitions	
Crystals that Enhance Psychic Development and Other Tools	
What Intuition Is Versus Your Other Psychic Centers	
Intuition Self-Test Quizzes	
A Quick Review for Using the Viewing Screen	
Expansion of Awareness for Greater Psychic Insight	
Seeing a Remote Place - Walking Down the Road	
Lesson 9	193
It's Time to Do a Clairvoyance Baseline Check	
The Vibrational Sound for Opening the Third Eye – Review	
A Baseline Check on Your Progress	
More about Crystals and How to Use Them for Psychic Work	
How to Use a Crystal When Doing a Reading	
Tips and Reminders for Viewing the Aura	
Base Aura Colors and Their Meanings	
How to Determine Your Base Aura Color(s)	
Using Dowsing Rods to Determine Your Base Aura Color	
Tips and Reminders for Viewing the Aura	

Lesson 10	213
The Importance of Consciously Raising Your Vibration	
More Benefits of Raising Your Vibration	
Common Vibrational Signals You May Experience	
Looking at Your Aura and Charting Colors	
Using your Looking Mirror	
Meanings of Colors Seen in the Outer Band of the Aura	
General Meanings for Colors Detected	
Sample Aura Readings by a Great Psychic and Spiritual Pioneer, Edgar Cayce	
Determining Your Present State of Being	
Interpreting Your Color Meanings Combined with Your Clairsentience	
Seeing Auras is a Great Way to Begin a Professional Psychic Reading	
Lesson 11	238
Our Master Teacher Spirit Guide	
Guide Creating a Spirit Box to See Your Master Teacher Guide	
About Psychic Attacks, Psychic Vampirism, and How to Psychically Shield Yourself	
Symptoms of a Psychic Attack	
About Energy Vampirism	
Eidetic Visualization and Meditation	
An Introduction to the Higher Spiritual Chakra System	
Aura Colors and More on Interpreting Them	
Your Inner Band of Spirit Guides	
The Higher Spiritual Chakras	
Lesson 12	255
Still Unsure about the Real Existence of Your Spirit Guides?	
Boosting Clairaudience	
Who or What Are Angels?	
Angels as Guardians and Messengers	
Really Connecting with Angels	
An Overview of the Akashic Records	
The Amazing Ability of Remote Viewing	
There Are Two Kinds of Remote Viewing	
The Similarities between Astral Traveling and Remote Viewing	
Advanced Level – 3	282
Lesson 13	283
Self-Quiz for Charting Your Intuitive Progress	
Beginning Essential Exercises for Psychic Preparation	
Religion and Recognizing Your Own Spiritual Truth	
The Amazing World of Symbols	
Introduction to Building Your Personal Library of Symbols	

New Terms – Mind Tools
 Doing Readings with Oracle Cards
 Preparations for Doing a Reading
 Letting Go of Any Fear or Nervousness before Doing a Reading
 Carol Shows You How She Does a Reading
Lesson 14 313
 Ancient to Modern Divination Systems
 Under the Heading of Mediumship or Spiritualist
 What Scrying is and How to Do It
 Revisiting Intuition and Other Previous Topics
 Premonition Visions aka Clairvoyance Precognition Review
 Reviewing Our Energy Life Force
 Where Does Our Psychic Information Come From?
 Trouble Developing Clairvoyance and Trusting Psychic Impressions
 More on Psychic Defense
 More Practice with Building Your Library of Symbols
 Have Your “Symbols” Handout Ready
 General Information about Giving Readings
 Additional Tips for Future Professional Psychic Clairvoyants
 Make a Black Mirror
Lesson 15 338
 Your Life’s Blueprint
 Viewing the Aura – A Short Review
 Try Some Psychometry
 New Terms – Mind Tools
 Learning to Use a Pendulum as a Divining Tool
 Getting Started with Using a Pendulum
 Sometimes Our Guides and Angels Step in and Manipulate the Pendulum
 Using a Pendulum to Find out What is Good for Us
 Using an Imaginary Psychic Truth-0-Meter
 A New Spread Called the Celtic Cross
 Reincarnation and Past Lives
Lesson 16 361
 Removing Constraints and Breaking Destructive Patterns from Past Life Sacred Vows
 Just Where Are These Vows Located?
 What Are Grace Points?
 Using Grace Points for Releasing
 What Claircognizance is and How to Use it
 More Insights for Becoming a Professional Psychic Clairvoyant
 The Role and Responsibilities of a Psychic or Medium

The Learning Plateau Cycle Everyone Goes Through
 Doing a Reading for Yourself Requires Objectivity
 What to Tell the Client before Giving a Professional
 Reading What to Do When Getting Stuck While Doing a
 Reading Stand by your Readings
 You're Not a Doctor or a Licensed Therapist
 About "Psychic Junkies"
 Psychic Clairvoyant Code of Ethics
 The "Mechanics" of Doing a Professional Reading
 Inspirational Writing
 How to Do Inspirational Writing
 More Delving into the Akashic Records
 Love and Karmic Relationships in the Akashic Records
Lesson 17 403
 Using the MerKaBa for Connecting with Higher Worlds
 Inspirational Channeling with Higher Beings
 Introduction to Communicating with the Dead - Mediumship
 The Primary Purpose of a Medium
 The Different Kinds of Mediums
 The "Clairs" Used in Mental Mediumship
 Specialty Mediumship Guides
 The 3 Main Spirits Involved in Communication
 Your Gatekeeper and/or Spirit Helper Guide
 Sample Session Demonstrating Spirit Communication
 How to Recognize the Presence of a Spirit
 Automatic Writing
 Carol's First Attempts with Automatic Writing
 How *You* Can Do Automatic Writing
 Reading a Spirit Photograph
 About Earthbound Spirits and Spirit Rescue
 Types of Earthbound Spirits
 Conscious Awareness of Earthbound Spirits
 Introduction to Spirit Rescue or Crossing Over a Spirit
 A Medium Is Usually Not a Demonologist
 When to Gracefully Walk Away from an Investigation - (*Walk, Don't Run*)
Lesson 18 433
 Trāṭaka Candle Meditation
 How Would You Like to Visit a Future Life?
 The Space-Time Continuum
 The Amazing World of Our Dreams
 Symbolism We See in Our Dreams

Dreams Concerning your Spirituality
Some Spirit Guides Can Indicate Your Spiritual Vocation
How to Interpret Your Dreams
Astral Travel and Out of Body Experiences Review
Astral Body and Near-Death Experiences Practice
Astral Travel for Yourself (Optional)
A Serious Astral Travel Exercise
Star Relationship Insight Spread

Putting It All Together	463
Suggested Book Resource	463
Getting Certified	468
Starting Your Business and Marketing Guide	In Your General folder
Your Quiz Answers	In Your General folder

About Carol Nicholson, PhD, Certified Psychic Medium

Greetings student! My name is Carol Nicholson, and I'll be your guide throughout this clairvoyance training program. I have been a professional psychic, clairvoyant, and medium for over 30 years. During that time, I've done readings for countless individuals and have taught many diverse classes and programs. Some of my students have become professional psychics and mediums in their own right and are doing readings for the public successfully.



A Little Background History

As a young child, I saw spirits in my room at night, had vivid dreams and nightmares of events that seemed from previous time periods, and saw visions of events that actually came to pass.

With the memories of the supernatural events of in childhood still fresh in my mind, I started focused training for psychic development in my early 20s. By then, there was enough information out there to help me understand what was going on with me and how to start developing my abilities. Eventually, I started utilizing my psychic gifts in a professional way.

Imagine Spirit Universal Psychic Arts Institute was started in 2001. Although I'd been teaching many diverse intuitive classes for several years, Imagine Spirit online came about because of all the people who came to me with similar abilities as mine and wanted to know how to manage and use their abilities in a positive way. With help from my angels and guides, I launched Imagine Spirit and have been successfully teaching individuals how to become psychics and mediums in their own right.

If you're taking the home study for certification, please read the lessons thoroughly, faithfully do the exercises presented, and finish the quiz at the end of each lesson. The quizzes are highly useful for your certification process. And the good news is, you don't have to submit them. They're for your own retention of materials presented.

I hope you enjoy this course as much as I have enjoyed putting it together!

Warmest regards,



Disclaimer

A very important point I wish to make up front about this course is that it's not religiously oriented. It is, however, meant to be a spiritual journey that incorporates many ideas and practices from different cultures and sources, past and present. This course assumes there is a Divine deity that loves, caring, and available to all no matter what race, religion, or creed.

The information in this course comes from years of research, my own experiences with the faculty of clairvoyance, working with thousands of clients and students, and innumerable studies I have undertaken. Students will progress at their own rate. Success resulting from the techniques offered in this course will depend on the student's dedication and practice of the exercises set forth. While every attempt has been made to verify and provide the most accurate information, the author assumes no responsibility for interpretation of the subject matter herein.

This publication has made every attempt to provide all information that is currently available on the subject; however, the serious reader may find certain areas of information not covered. The purchaser or reader of this publication assumes all responsibility for the use of these materials and information. Adherence to all applicable city, state, federal laws, and regulations are the sole responsibility or liability entirely of any purchaser or reader of these materials.

Any training or coaching of others from the materials in this publication is the sole responsibility or liability entirely on behalf of any purchaser or reader of these materials. Any perceived slights of people or organizations are unintentional.

For any suggested change in diet or lifestyle, always research for yourself what I have presented and check with your physician in case it conflicts with a current or possible future medical condition.

Carol Nicholson and Imagine Spirit make no assurances of success any kind regarding spiritual connection and clairvoyant progress made as a direct result of studying this course and the with anything the student might decide to do with this information. With practice, students should see significant successful results. Imagine Spirit Universal Psychic Arts and Carol Nicholson makes every attempt to ensure that their products and services are accurately represented.

The use of the information provided and supplemental audio files purchased or classes taken should be based on diligence, and the student agrees that Imagine Spirit and Carol Nicholson are not liable for any success or failure of Spirit explorations, be it business or personal uses that are directly or indirectly related to purchase and use of this information, products, and/or services.

Additionally, I've made every attempt to find and correct typos. Forgive me if I missed a few.

How to Take this Course

Print this and keep it handy in case you run into media questions while taking the course.

File Download Options: We've split the lessons into lesson parts for easier download to either a cell phone, tablet, or computer. Or you can download the entire PDF handbook file at once.

The exercises and live class recordings can be downloaded as needed. we'll provide these on the google drive as well when you receive your confirmation email.

We suggest that you either have a cloud for your cell phone or tablet, but also your computer to store files. Reason. There are a lot of them and, some MP3 audio files are quite large.

If you want a printed color copy of this course, we use: BestValueCopy.com. You get a super discount for printing a large document in color. Just make sure you have it printed double-sided! <https://www.bestvaluecopy.com/>

WHERE THE VIDEOS CAN BE FOUND IN OUR YOUTUBE PLAYLIST

PSYCHIC, CLAIRVOYANCE & MEDIUMSHIP TRAINING:

<https://www.youtube.com/playlist?list=PLiv0A7ZaWlofOzXrP3Z9FwA1-cfkf8qEF>

TAROT READING & ORACLE CARDS TRAINING:

<https://www.youtube.com/playlist?list=PLiv0A7ZaWlofJ4-PSp0WSAneWmi6Y5-A>

ABOUT CERTIFICATION:

You'll be able to apply for certification as a psychic-clairvoyant after completing the course. ([Click here to find out more about the Psychic Clairvoyance certification process.](#))

THE LIVE CLASS RECORDINGS:

When listening to the live class recordings, you may find that some of the topics in the written course are **not covered** in-depth in the class recordings. This is due to the fact there is only so much information that can be covered in the two hours allotted for each class. Therefore, some of the exercises will be done by the student on their own, as designated in the written material for each separate lesson. This does not mean you'll not have the opportunity to learn as much as the live class did. In fact, you will have an opportunity to learn even more if you faithfully practice the exercises that have been recorded for you.

COURSE EXERCISES:

Only some of the exercises presented are written out in various lessons. I have chosen the ones which I believe will be a good reference for you. However, most of the exercises are not written out in the lessons and you will be directed to the corresponding exercise recording or movie for practice. reflect on this part of your development is at the end of each lesson. Work with the exercises presented for the best results. Work on just a few exercises at a time for about a week or two.

It's important for you to read through the page on our website that has to do with the meanings of the chakras, subtle bodies. Please visit and read this page in our blog: [The Seven Main Chakras](#).

There's a lot of material you'll be learning while taking the homes study course. At the end of the course, we provide suggestions for using what you have learned in a practical way, either in your daily life or for professional purposes. Your task, while working through the course, is to think about how you will be utilizing the principles and techniques presented in each lesson.

Here's a reminder to reflect on your development progress at the end of each lesson. Work with the exercises presented for the best results. Work on just a few exercises at a time for about a week or two.



In his book *The Illuminati Papers* (1997), regarding

ESP, Precognition, Prophecy, Clairvoyance, Distance Viewing,

Psychic Abilities, Psychokinesis, Out-of-Body Experience, Cosmic Consciousness, and the like,

author Robert Anton Wilson states he has found a single scientific explanation for all the weird

events that Parapsychologists have classified under all these conflicting labels.

He writes,

“All mystical brain functions are aspects of one phenomenon: a subatomic but universal intelligence system that receives, integrates, and transmits information at a level much deeper than the sensory appearances of what we call space, time, and separateness.”

Introduction

The purpose of this extensive program for psychic-clairvoyance training is 5-fold.

1. To learning most facets of the psychic arts with primary focus on clairvoyance development
2. To provide a spiritual foundation of self-discovery, healing, and growth.
3. To learn to work with higher entities using safe and time-honored methods.
4. To learn to psychically see energy fields, the chakra, and the aura to perform healing
5. To have the ability and confidence to perform psychic readings with Oracle cards for either personal or professional reasons.

What You Put into It

Developing clairvoyance takes time. Even though we all have this natural ability, in order to use it on demand and trust what you receive in terms of images and impressions experienced, it takes time. We all have busy lives, and I understand it can be difficult finding the time to practice the exercises and listen to class recordings. Just know that **WHAT YOU PUT INTO IT IS WHAT YOU WILL GET OUT OF IT**. In other words, taking the time to study your lessons and doing some practice each lesson is paramount. Please don't hurry through the program. Work through the lessons slowly and absorb all you can with each lesson presented. The consistency of practice will ensure the successful results you wish to achieve for acquiring confidence in using your skills and mastery of your craft.

Start a Journal to Record Your Experiences and Progress

One of the first things I ask students to do is to start a journal to document their experiences that seem above and beyond the norm. In the beginning of development and first opening up the psychic centers, it's quite common for unusual psychic events and vivid dreams to begin to occur. When something does occur that you know is outside of your everyday happenings, try to remember everything about it in great detail. What were you thinking before the event occurred? Were you in a neutral thinking state and not really focusing on anything in particular? Was it something that you don't normally experience? Then write down the date, everything that happened, and check the phase of the moon perhaps on a calendar. You don't have to write volumes of words; just write the facts and any feelings that accompanied the event. Then forget about it.

In addition, any time you work on a practice session or listen to an exercise, keeping a journal is an essential tool for development. You will find that, over time, you will begin to see a pattern emerge. This pattern should reveal to you how you perceive clairvoyantly and psychically! You will also be able to go back and read about past experiences if something similar happens later.

Pathways to Clairvoyance

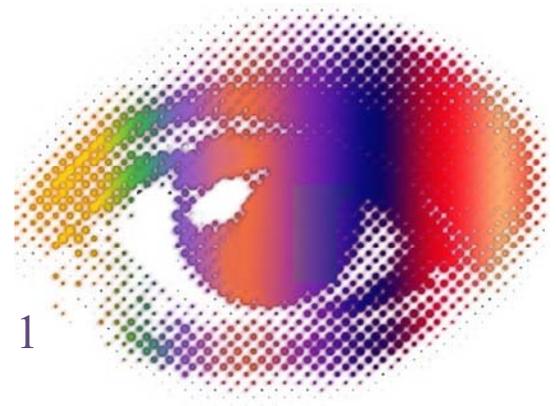
Beginning Level 1



Begin Your Journey into the Psychic Realms

*Faith is daring the soul to go
beyond what the eyes can see.*

~2: Corinthians 5:7



Professional Psychic Program Level 1 Beginning Level – Lesson 1



What You Will Learn in Lesson 1:

- A Foundation for Clairvoyance Development
- Definition of Clairvoyance
- What You May Have Already Experienced in Your Life as a Clairvoyant
- Demystifying Clairvoyance
- Background History on Clairvoyance
- Clairvoyance and the Skeptics
- Everyone Has Clairvoyant Abilities to Some Degree
- How We “Psychically See”
- Clairvoyance Development Begins with the Basic Essentials
- Understanding the Roles of the Pituitary and Pineal Glands in Clairvoyance
- How the Pineal Gland Becomes Calcified
- Locating and Beginning to Open the Third Eye Psychic Center
- Developmental Exercises

Additional learning aids included in this lesson:

View Video on “Building a Bubble of Protection”

Audio MP3 Recording of the Actual Class
Most of the audio exercises in this course are recorded as MP3s.

What Clairvoyance Is

Clairvoyance, as a term, has its origins from the French word *claire*, which translates to “clear”, and *voyance*, which translates to “seeing”. The entire meaning is “clear seeing”.

Here is what the *Merriam-Webster Dictionary* says:

1: the power or faculty of discerning objects not present to the senses

2: ability to perceive matters beyond the range of ordinary perception

Clairvoyance is the ability to perceive visual information through extrasensory means. What this means is that extrasensory information does not come through the normal channels of our senses. In a nutshell, clairvoyance is the mechanism for seeing—both psychically and intuitively—people, places, objects, and events not usually experienced with our physical senses of sight, seeing, hearing, or smell. For most people, clairvoyance is usually the most prominent of the psychic senses of clairaudience, clairsentience, claircognizance, clair empathy, and intuition—with clairsentience coming in at a close second.

Just What Is Clairvoyance?

Let’s start by clarifying some commonly held beliefs.

Myth

- Visions are literal and clear
- Most well-known of all the intuitive abilities
- Visions are always about predicting the future
- Clairvoyant and psychic mean the same thing

Reality

- Visions are often symbolic
- Least understood of all the intuitive abilities
- Visions could be of the past, present, or future
- Someone who is psychic may or may not be clairvoyant

If You're a Primary Clairvoyant...

You're someone who receives and processes intuitive information *visually*.



Clairvoyance can be very subtle or you may get a full-blown premonition of something that actually came about in the Third Eye area. Things that come into your mind might be a vivid color, a number, or even a symbol. It is important to know that the images are not always literal - they are often symbolic. For example, you might see the image of the Easter Bunny when thinking of a

friend and it might signify someone close to you is pregnant but hasn't told you yet. Up to now, you may or may not understand what these images initially mean. We'll be covering interpreting symbols later in the course.

What Is the Third Eye?

The Third Eye is a chakra center that is located on your forehead, between your eyebrows. When people have Third Eye visions, they see them in this area, which is known as the mind's eye. It's called this because you're seeing these visions within your mind where you see pictures when you're using your imagination.

Getting a Feel for Where Your Third Eye is Located

Just place one of your fingers gently on an area I just mentioned. Hold it there for a few moments. Apply a slight pressure. Feel an immediate relaxation take place. Your Third Eye is now activating.



Can I Open My Third Eye More?

Absolutely! The best way to increase your Third Eye second sight, or clairvoyant abilities, is by practicing visualization and meditation.

A Simple Demonstration for Directed Clairvoyance:

Close your eyes and mentally ask for a color to appear which relates to something going on in your life. Don't force it to happen, just notice any color that pops in. There is no need to interpret the color's meaning right now. Got one? *Voilà!* You're using directed clairvoyance!

If you're primarily a clairvoyant, you most likely have experienced certain things in your life such as realistic dreams, premonitions, seeing situations remotely, colors around people, and vivid snapshots of a scene or pictures that play like a movie.

Tendencies of a Primary Clairvoyant and the Downside:

- they tend to say "I see" ...
- see energy fields without being conscious of it
- are aware and have ability to see auric fields
- have ability to project a situation onto a Third Eye scene
- problem-solve by picturing
- like a lot of space and high windows
- are constantly looking around to assess situations

Primary clairvoyants need to work on:

Their initial resistance to change.

Demystifying Clairvoyance

Clairvoyance is a faculty we are all born with. Some people are aware of this fact and actively use their clairvoyance faculties in various ways. Others either may not be aware of this fact or are simply not interested in using it. All of us have some sort of vision or premonition experience at some point in our lives.

Cases of pronounced and amazing feats of clairvoyance have often been demonstrated by children. Since we are all born with this faculty, it's not surprising that children, who haven't yet been programmed to disregard such things, demonstrate abilities for seeing things that adults don't. On a practical level, we unconsciously use our clairvoyance every day to problem solve, to envision what a friend is doing, to see ourselves going to the store, imagining winning the lottery, seeing ourselves get that wonderful job, and the possibilities go on ad infinitum. Clairvoyance is something we humans have been making use of for thousands of years, and science is just catching up to the fact that this faculty really does exist and, more than that, that it's a natural part of who we are.

What's it like to have a vision?

Experiencing a vision can be a very subtle and you have to really take notice of it while other times the vision is so startling, it can rock your world. Some people describe it as watching moving pictures inside of their head in their minds eye. Other people may just see a still image. For me, I see things both ways depending on what I'm doing, or what type of reading I'm conducting.

Sometimes I see pictures in motion. Other times, I may just see images like a snapshot or a series of snapshot slides.

Do Third Eye Visions Always Foretell the Future?

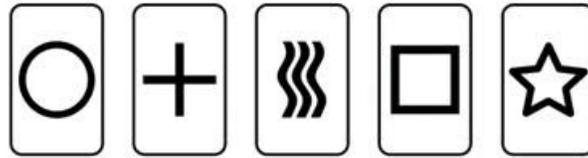
Not necessarily. Many times, especially during readings, psychics will get pictures of events that are going on right now, in the present. They may even see things from the past that are affecting the present. Future visions are not totally out of the question though. One man I know reported getting psychic flash moments before seeing a traffic accident and felt he had been forewarned to slow down just prior to it happening.

Question: “Are clairvoyant visions just like what I see in the movies or on TV?”

Carol's answer: *Have you ever seen a movie where a psychic:*

- *is seeing intense and clear images of a future event?*
- *locates a missing person easily and instantaneously by following a vision?*
- *is talking to a spirit face to face as if it were a real person standing there?*

I've seen these programs too. This is Hollywood in action and events like the ones mentioned above usually don't occur that vividly. Often, an event is subtler than that, however, there are exceptions to this.



Here is a starter clairvoyance meditation to start opening the Third Eye:

Meditating with your Third Eye is an important key to success if you want to open the Third Eye. Try it right now...all you need is 5 - 10 minutes. The main factor in this exercise is *visualization*. We'll be covering meditation more in depth in later lessons as well as many more exercises.

If you're a visual person (meaning when I say picture a tree, you can see a tree in your mind), this psychic development exercise will help strengthen that ability.

If you struggle with seeing things in your mind's eye, following these steps will help. It just takes a little practice and patience.

1. Get comfortable and start by choosing a quiet place to sit and relax for a few minutes. Some people say that clairvoyance meditation should be done sitting in an upright position, but this is really not necessary. Just sit or lay however you're the most comfortable.
2. Close your eyes and take some deep breaths. Breathe deeply in a slow rhythmic fashion. Breathe in through your nose and out through your mouth. Many people make the mistake of breathing too shallow from the chest when they begin. If you're new to meditating, I suggest that you place your hand on your stomach. When you breathe in, feel your stomach expand. This will ensure nice, deep breaths. (You will be learning more on how to breathe correctly later in this course.)
3. Begin the visualization by seeing a symbol. I'm including an image of the famous Zener Cards (pictured above). Choose one of the symbols you like. You can make it any color or size.
4. Now, the fun begins! In your mind, with your eyes closed, visualize the symbol you have chosen. It doesn't matter the size or color of the symbol, just focus on seeing it in your mind. You might start to feel a tingling sensation on your forehead, in between your eyebrows. This is where your Third Eye chakra is located and this sensation is totally normal. If you don't feel anything, that's okay too. You may once you have practiced a bit.