

The background features a white space with several blue circles of varying sizes and shades. Two thin blue lines intersect at the top left, forming a large 'V' shape that frames the circles. The circles are composed of concentric rings of different blue tones, creating a layered, 3D effect. One large circle is at the top right, a smaller one is in the center, and another large one is at the bottom right.

Psychic Creativity

Auras, Chakras, Telepathy & More!

Using new, original techniques not available elsewhere,
crack open your psychic creativity with scientific
precision. Lecture and exercises included.

Laura Bartolini Mendelsohn
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About the Author. Laura Bartolini Mendelsohn is a Trance Channel Medium for over 25 years. In addition to her inherited gifts, Laura is a metaphysician, media guest, author, public speaker, teacher and seasoned business professional. More information can be found about Laura at <http://www.lauramendelsohn.com>.

Disclaimer

This e-book is written to provide what the author believes to be helpful tools and resources for developing your psychic abilities. It does not and cannot promise or guarantee any specific outcome. However, the author has personally experienced excellent results following the tools and techniques outlined herein.

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Chapter One – Reading Energy

The German Swiss Nobel Laureate, David Bohm, is often known as the father of modern physics. He postulated that the universe was a giant, unified field, a hologram. This suggests that the universe knows itself completely. It has a consciousness which can tell you everything about itself.

“The Nobel Prize winning physicist David Bohm has written about what he calls the implicate order of the holographic universe. This concept suggests that the entire universe is an ever-changing cosmic hologram that is layered with information. Each layer holds a higher order of information and each higher order is enfolded in an aspect of space/time. The higher order may be thought of as consciousness that filters wave-like into form. Because it is a hologram, every segment contains information about the entire universe. Thus, consciousness is indeed in all things. Light is both the medium and the message.

Moreover, Bohm's work in quantum physics suggests that at the subatomic level all points in space are essentially the same, and therefore nothing is actually separate from anything else.

What these concepts tell us is that, at the heart of our universe, there are no separate parts to anything, and that everything is connected to everything else. Moreover, they explain how information can be transferred super-luminously, or faster than the speed of light.

These discoveries from quantum physics have important implications for the evolution of human consciousness predicted by the Andean prophecies. As Bohm states, the world is an ‘unbroken wholeness;’ everything is non-locally interconnected.”

Taken from <http://www.expressionsofspirit.com/quantumphysics.htm>

This consciousness is called “zero Point” by scientists, the Collective Unconscious, by Jungian followers, the Akashic Records by metaphysicians.

Accessing Miracles

The way to get to your miracle mind, or access to the collective unconscious, is by slowing down your brain waves. When your mind is in “beta” brain wave state it is concentrated on the immediate physical world.

Deep Alpha to Theta are the slower brain wave states in which you can gain access to the mind of the universe or the universal hologram. It is what I call the miracle brain wave state.

The L-O-V-E Formula

The LOVE formula was created by me as a way for you to have an exact formula to access the mind of the universe. Without a consistent technique your results will be unpredictable and unreliable.

It includes a section on how to get to the slower brain wave state of theta which really is the key to all of this.

Here it is.

1. Let go in meditation.
 - a. Theta Brain Wave Meditation. The most important secret to opening your miracle mind is through deliberate access to deep Alpha to Theta brain wave states. It is this brain wave state which is responsible for access to the miracle mind, collective unconscious or what physicists call “zero point.”
 - b. The easiest way I have found to gain access to this brain wave state is to use a “Deep Theta Meditation” found for free on youtube.com. If you do this daily or before working psychically, you will have a significant advantage.
 - c. You will need at least eight minutes of viewing.
 - d. Watch a professional brain wave entrainment audio. This link has many. I personally use the psychic one and have had smashing results with it. [The Unexplainable Store, especially the 20 minute theta meditation recording is located here.](#)
 - e. We enter Theta every day doing ordinary activities such as day dreaming, watching a boring TV show, listening to a dull lecture, in the shower, walking, driving long distance on a straight, desolate highway, staring at a hypnotic spiral wheel, reading an absorbing book, deep in meditation and during sleep. Go to this link for more complete information on how to go to theta trance: <http://abundancepsychic.com/theta-trance>
2. Open in prayer. *“Father, mother, god, all beings of the highest light and love, please come to me now in the reading for ‘name.’ Please allow all messages to be received clearly, accurately with validated evidence and healing, as intended for the highest good and benefit of ‘name’ and all those with whom she comes in contact. Please allow us to only work in the highest love, light and protected vibration. And so it is. “*
3. Alignment with the vibration of your subject by visualizing energy fields combining.
 - a. Visualize yourself sitting opposite your subject (person for which you are reading). If that subject is already in front of you then simply see them in your mind’s eye.
 - b. Imagine they have an energy field coming out of them.
 - c. Imagine you have an energy field coming out of yourself.
 - d. Imagine both energy fields blending.
 - e. You should feel a click as you connect.
4. Entirely receive.
 - a. Entirely receiving is the most difficult phase of this process for many people, but is critical to be able to do in order to access your miracle mind. You must be willing to allow yourself to report or accept anything that comes in as part of your psychic experience, even if it seems silly.
 - i. Example. I was doing mediumship for a client. I had tried to bring in her mother at our first session. Instead someone by the name of Christine came in who had died about six months prior of uterine cancer.

She appeared with short brown hair, a fair complexion and spoke about her two grandchildren. This was my client's aunt. Everything that came in was exactly correct.

When I tried to bring in the mother of my client right after this, the material was foggy, unclear and imprecise.

We tried on another occasion to bring in her mother. However, this time something new happened.

As her mother tried to talk to us, a tall man interrupted the communication. He was wearing a western style shirt and hat. He was light in coloring with blond hair. He said to me, "We are from the west. We are from the west."

At first I felt strange to deliver this seemingly meaningless message to my client, but did nevertheless.

My client laughed. Her mother's maiden name was West. The man that appeared was her maternal grandfather, offering validating information so my client would know we were indeed in contact with her mother.

So you see if you do not allow spirit to speak to you completely, you will fail. As a matter of fact, if you do not report all the information you get from a psychic session completely your flow will be blocked.

So go ahead and report what you get fearlessly. You will be rewarded!

Psychic Senses

Here is a brief list and description of the major ways a psychic will receive information.

1. Clearly see (clairvoyance). You might see pictures, colors and images.
2. Clearly hear (clairaudience). You might hear information like words being spoken to you into your head.
3. Clearly feel (clairsentience or empathic). You might feel things such as fear, choking, tiredness, sadness and loss. I sometimes get feelings which have to wash through my body before I can continue. Remember these are not your feelings. Remain objective and in control.
4. Clearly know (claircognizance). Information just pops into your head. You just know it.
5. Clearly taste (clairgustance) or smell (clairalliance). Less common but some psychics do have these abilities available.

A psychic reading can be done with any or all of these senses. No one is better than the other. It just depends on what you have available to you.

Is Everyone Psychic?

Yes, but not everyone is gifted as a psychic. Just like everyone can play basketball not everyone is born over 7 feet tall with the coordination and other gifts to play as a professional.

Creating an Energy Hologram

An energy hologram is a visual energetic field spirit sets up with you to reveal information. The information can be in the form of light, colors, patterns, locations and symbols. We will be using the concept and tool of an energy hologram through this book.

An energy hologram can be used for gaining access to questions involving timelines, medical diagnosis, reading auras and chakras. There is no type of reading too complex for an energy hologram to service. The most complex one I have experienced is the Aura/chakra one.

Predicting the Future

This is one of simplest types of energy hologram. If a client asks me when something is going to happen, I visualize four contiguous boxes as a graphic representation of a time line. These boxes can stand for hours, days, weeks, months or years, depending on the question.

I will ask spirit when something will happen. Spirit will “light up” one or two of these “boxes” showing me the answer.

Let's try this right now.

1. Think of a question you have.
2. Visualize four boxes. The box on the left stands for tomorrow. The next box to the right is two days away from you and so on. Each box can stand for minutes, hours, days, weeks, etc.
3. Now ask spirit to highlight a box. This is the answer.

Here is an excellent exercise to practice reading the future. You may do it now or wait until you reach the end of this chapter, where it is listed again.

Exercise - Predicting the Future Using Energy Hologram

1. Prepare by doing the LOVE formula before beginning.
2. Turn on the TV, radio or any type of broadcast where someone is being interviewed.
3. Ask spirit how long this interview will last.
4. Visualize four boxes.
5. The one that lights up is the answer.
6. How did you do?

How To Read The Future (Channeled From Alpha Omega Light Beings)

It is possible to read the future but it **does take some practice and technique and belief that it is possible**. Not everyone does believe in it you know and many will try to discourage it as possible. So **first step is to believe it is possible**.

Does the future already exist?

It does exist on some level. It exists on the spirit plane already but not in the physical world. At any one point in time there is a physical manifestation of the spiritual concept of reality. So if you change your mind you can change your future, but when you are reading the future you are reading the way it is now set in the spirit world to unfold. It is not set in stone, so to speak, however, **it is set in script** as in a movie script.

So if we say to you this or that is going to happen we mean if all things stay the same the way they are when the future is told.

So yes you can read the future, and yes the future is already in existence, however, **it is in existence in a soft form**, not a hard form as in physical reality.

When you read the future you are reading a script from the spirit world.

There are various ways to get to this script, some of which you now know and some of which we will teach you.

Can cards read the future?

A card reader or numerologist or astrologer does not read the future per se. The only time they are reading the future is when they allow their method of divination to open a portal to higher consciousness where they then get access to the spirit records as it were.

So there are many readers who do not know how to do this or that it is possible and necessary and so they are not that accurate. They can read on feelings only. And that is good, but not enough.

For details you need to know how to access the spirit script, as we call it.

Are these the Akashic records?

It is not necessary to think of them as records **they are primarily scripts** that exist in the knowledge base of all reality. They are not physical. They are mental and hold empirical information about your future, not your past.

The Akashic records are primarily used for your past although some people like to use them for the future they are not as accurate as the method we are about to reveal to you.

So you go into an altered state of consciousness and then you ask for the spirit scripts for the future and then you **wait for a feeling first**.

Then you further define the timeline.

Shouldn't you ask for the timeline first and then look for the feeling?

The timeline is not important, at first. It is important to get into your feelings first before you have further defined what you are looking for. Because when you ask for feelings before you set a timeline you are more open to suggestions from the spirit plane on a pure level. You will not have in your mind anything other than to get a feeling of outcome.

Once you get a general feeling then further define the time space you are looking for. Go for general outcome feeling, then time line.

It is important to dissect the steps this way although it might seem counter intuitive, this is the best way to proceed because outcome is important in the long run; the final outcome. Then you break down the timelines and the steps that will get you there.

Spirit Guides, I cannot get a feeling. I get words when I ask for a feeling. Is this going to work?

You will get a feeling if you want to get a feeling. You are so used to hearing us that this is your primary means of feeling. **Let each practitioner find their way of "feeling" the outcome. It does not have to be clairsentience. It can be anything. Words, visions, whatever.**

Steps:

1. Ask for ultimate outcome.
2. Feel the answer.
3. Define time lines.
4. Ask for answer.

Is there anything else Spirit Guides?

You need to relax first as you know. As well, you need to **believe in the outcome** too. If you do not believe you will not get results.

So for example, if you do not believe you are going to be successful in the future, you will not be able to read success.

You must believe that what you see for themselves or a client is possible. This is what we mean by believe. We do not mean believe it is possible to read the future, we covered that above. But this belief is that the outcome is possible.

If you do not believe the outcome is possible you will block the messages. So you need to learn how to remove to beliefs.

In the prayer that you use to open a session you need to request that you will believe in all outcomes as equally possible and equally good. You need to add that to the prayer you use for divination. So use this prayer:

"Father, mother, god, all spirits of highest light and love, come to me now for reading for 'name.' Allow me to accurately see all past, present and future messages from the highest light and love source possible for highest good and benefit of all. Please remove any and all blocks from me and allow me to believe in these messages as possible. Amen. "

Is there anything else? What about free will?

Free will is an act of choice, not mandatory. So this can change the outcome of course. When you do your future reading always keep that in mind that the free will of an individual will and can change what you are seeing right then. It is up to you to interpret how important free will is to change the outcome.

Some situations are pretty much karmic and must remain the same as well. *(Editor's Note: A Course In Miracles, says that the "script has already been written." In other words, we pre-chose the events and circumstances of our life and therefore, we can't make up a new script. New agers say we create according to our will, beliefs and what we visualize. Alpha Omega light beings are saying our reality is formed by a blend of scripts and free will working in unison.)*

At times there is no way to change the outcome.

There is no way to change certain outcomes if it is meant to be. An example is physical death. The earthly condition is to leave the physical at some point in time. The death you choose upon being born is not going to change much. There are a few changes to it, but the possibility to change it greatly due to free will is not that possible.

Especially if at birth the death was chosen for a karmic reason, then it will not change.

So many medical doctors think you are changing the outcome of someone's death when in effect you are really living out a script already planned.

Are you serious Spirit Guides, I thought you could change your death by working hard at health, nutrition and getting good medical care. Like for example someone who has cancer. If you diagnose and treat it early, can you not live on for a longer time on earth?

The death issue is a question that is complex. It is not easy to explain this to a person in the physical because it will upset your belief systems. Most individuals have chosen upon birth when they will die and how they will die. Other things like who they will marry and love are also big life questions that have very little to do with free will or choice.

There are other things that were set up before birth that will include a free will choice. But at times the choice is so narrow as to be redundant anyway.

You see you have come to earth for a reason each one of you and cannot get out of that easily.

So your free will is pretty much decided before you are born.

So let us review.

If you decided before you were born to have a death experience where you knew you were dying before you died to learn how to have courage, faith and patience, you will not be able to get out of that experience very easily from a free will choice.

You might change the outcome of the exact situation you are in but you will recreate the situation to have the lesson in another way instead.

There are certain choices you have set up that are indeed optional. These you will be able to change.

So it is not so easy to decide which choices can be changed and which ones cannot be changed.

An excellent psychic reader will be able to see the difference if you are perceptive. All you need to do is to ask spirit and you will learn the outcome.

Summary: ***Some things are less open to free will than others. All depends on life planning choices before birth. Death and dying is usually one of the most difficult ones to change as well as life partners and soul relationships like family and children.***

Your life plan can change but your lessons cannot. This means that if you decided in your pre life plan to have a certain experience in life, you may your free will however, you will still have to have the lesson in some other way.

You can change your experiences but you cannot change your lessons.

Exercises Using Energy Holograms, Psychometry, Billet Reading and Reading Pictures

Let's put some of these concepts into practice with the following exercises. Prior to doing any of these exercises you need to prepare by doing the LOVE Formula.

Exercise - Predicting the Future Using Energy Hologram

7. Prepare by doing the LOVE formula before beginning.
8. Turn on the TV, radio or any type of broadcast where someone is being interviewed.
9. Ask spirit how long this interview will last.
10. Visualize four boxes.
11. The one that lights up is the answer.
12. How did you do?

Psychometry Exercise –

This exercise is best done when subject and reader are located in the same physical location.

Obtain a piece of jewelry from the person for which you intend to read. It is best if the person owned and wore the jewelry often for a long period of time (years) as this will offer the strongest vibration.

Clear your mind as you hold the jewelry.

Ask to receive information. You will begin to see, feel, hear or just know information.

Report everything you receive.

If the subject of the reading has a question, use the jewelry to see if you can obtain an answer to the question.

Employ an Energy Hologram to read the future as needed.

Billet Reading

This exercise can be long distance.

The subject (one receiving the reading) needs to write down a question on a piece of paper which will have a “yes” or “no” answer to it.

Then the paper is folded up into a small square with initials and date of birth written on the outside of the paper.

Subject hands this paper to the psychic reader.

If you are doing this long distance subject can prepare the question as described above, but simply hold it in his hands, concentrating on the question as the psychic gets ready to read. Tell the psychic reader what your initials and date of birth are to begin.

The psychic should then clear his mind and wait to receive images, perceptions, feelings, words and so on.

By allowing the information to flow the psychic reader will amazingly be able to deliver a full reading for the subject.

Employ an Energy Hologram to read the future as needed.

Picture Reading

Can be done long distance as long as the picture is presented to the psychic reader for the reading.

Find a good picture of someone you know about.

Show this picture to the psychic and **ask a question** about the person. This is helpful to get the information flowing.

If the reading is long distance the picture can be sent via email or text message attachment or uploaded to a website shared in common.

Psychic clears his or her mind then begins to receive information about the individual in the picture. Information will come in the form of words, feelings, pictures and perceptions.

Employ an Energy Hologram to read the future as needed.

Chapter 2 -Reading the Aura and Chakras

Reading Auras

This chapter will focus on how to read auras with chakras in support of the effort.

There are two ways to read auras.

The first way is the physical way. You can use your own hand to do this or a partner's hand. It does not matter.

Exercise One: Read the Physical Aura (this exercise is reiterated at end of this chapter)

1. Prepare with the LOVE formula from Chapter 1.
2. Darken the lights so that the room is lightly lit. The best light would be at the level of dusk after the sun has set, but before it is completely dark outside. This would be soft, but not clearly lighted. You should be able to see the soft outline of objects, but nothing directly lighted.
3. Place a plain white piece of paper under your hand.
4. Look to the side of your hand with a dreamy, unfocused vision.
5. You will see a light around the hand.
6. With practice you will see colors. We will cover what the colors mean later in this chapter.

Right now we will learn about reading auras and chakras symbolically with messages from spirit.

Chakra Reading Introduction

As a psychic I am constantly amazed how the intelligence of spirit will work to set up systems for readings and provide information that is uncannily accurate. Our ability to communicate with the intelligence of spirit truly is a miracle.

As I continued to do readings, techniques I used evolved as spirit taught me more. After about four years of doing readings, spirit taught me a new technique.

As soon as I made an energy connection one day during a reading I was given a quick wash of colors and some pictures around and superimposed over my client. As I started to report and interpret what I saw, I realized, this was a form of doing a reading which was exceptionally accurate, maybe up to 90%!

Spirit then continued to teach me this system, which is more powerful than anything I had ever witnessed or used before (besides mediumship).

It allows me to see past, present and future events. It shows me soul attachments, energy attachments, past lives, current relationship issues, past issues with family of origin. There really is nothing this method cannot do and is fast becoming even a tool for mediumship as spirit continues to refine it for me.

Here is one story which illustrates how it can be used.

Chakra Reading Story – Negative Energy Attachment

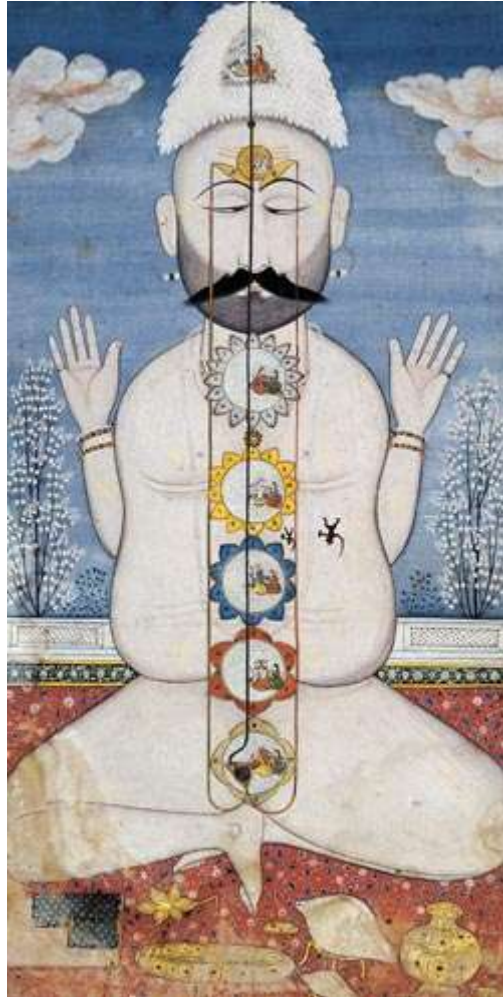
In a semi-trance I gazed into the aura of a client. There I saw something I had never witnessed before. I saw a putrid blue flag with a picture of a devil on it floating around my client attached by a chord. The color of the blue was so hideous, it literally made me nauseous.

[Buy the book from Amazon, "You Are Psychic: The Art of Clairvoyant Reading & Healing." It teaches you more about how to use the aura and chakra during a reading.](#)

I asked spirit what this meant, as I had never before experienced a precedent. In my mind's eye was sent from spirit a picture of the lion from the Wizard of Oz.

I thought, "How silly, my client will think this is so off track." However, not knowing what to make of this I allowed the information to flow. Finally I heard, "If I only had a heart."

I innocently repeated this to my client as I had no choice. When you do not know how to interpret something as a psychic you deliver what you are getting literally. Eventually something usually will clarify the images and you can begin the interpretation.



My client was shocked. She said, "Oh, my God, I asked the botanical store not to do any animal sacrifice for me."

I asked, with a little trepidation, "What do you mean?"

"Well," she continued, "I asked them to do some work for me on a broken love relationship. They had mentioned something about the heart of a pigeon. Could it be related to that?"

"Well, yeah," I said, in a daze. I was told by spirit that this client had evolved spiritually to a point where animal sacrifice could not be energetically sustained by her. If she were a younger soul that lived in a culture where animal sacrifice was a regular practice she would not be affected by this. But for her it had negative, almost karmic, repercussions.

No wonder this client had so much anxiety and negativity surrounding her.

Her soul was holding negative energy from this. I quickly went to work to correct the negative balance with energy treatment and intention to heal.

Another client came to me with an unhealed love relationship. I used his chakras to discover where the blocks were to cause such a fixation on the lost love.

As I went through each of them, it became clear he had been seeking completion of his power by seeking it from the woman he loved. By sending energy into the chakras that revealed damage, he was able to release long held, hidden, pent up wounds.

Much healing occurred after this.

Reading auras and chakras is much more than simply seeing energy. Spirit will work with you to reveal information in a wide gamut of ways, including clairvoyant symbolism.

Therefore, working with auras and chakras is an excellent way to conduct a reading to get to the "heart" of a matter quickly.

Other Uses For Reading Auras

The Aura reading technique can be used to even see the soul of an unborn child attached to the mother. This is not reading the aura per se, however, it evolved from reading the aura.

It illustrates that when you start to focus on the aura of a client, you will be gently guided by spirit to see other things which exist energetically around your client. Be open to much adventure in this respect.

Aura Reading Story Two – Fetus Attachment

Today during a reading, as soon as I began I saw a long amorphous blue white cloud flowing up from the client's body. It looked like a soul was attached to her, but I was not sure what it meant.

During the reading I saw a little boy around her. Later I discovered she was pregnant and had been having dreams she would give birth to a boy.



This inspired me to ask my guides about how the soul enters a body before birth.

Please tell me about how a soul enters the body? How early does a soul connect to a fetus in the mother's womb?

During pre life planning the soul chooses the family according to life lessons and its spiritual evolution needs. A soul does have to choose his mother and the fetus. He is not given this as an assignment unless it is a very young soul.

So after it chooses its mother and father it will choose its body. Once the body is chosen the soul will attach to the fetus. The soul is not yet in the fetus. It is attached to it like a kite above it.

There is not enough room yet for the soul to enter the body. There is too much electromagnetic interference from the mother's soul and other things around it, so an attachment is made.

Are you saying that if there were room for the soul it would enter the body earlier?

No we do not mean that. We simply mean that the soul is left outside of the woman until birth for various practical reasons. If the soul were to enter the body earlier there would be no advantage of learning to that. The soul is in preparation mode as the body grows.

Does attachment mean that if the fetus were aborted you would be killing a soul?

No, this is not the case. The soul has not yet entered the body. Attachment means assignment and an umbilical cord of light and energy holds it there. The soul is thought to enter the body at birth. It is a difficult transition for a soul. There is an adjustment period.

What do you mean it is difficult for the soul to enter the body at birth?

It is difficult because the soul cannot fully prepare itself for all the feelings it will have when once it is grounded into a body. It is very, very confining at first. That is why you hear the child cry. Because of this shock to its system.



Finally to make it all more palatable the soul then goes into amnesia. When the baby sleeps a cooling off amnesia period begins. This is the time the child becomes the soul and the soul becomes the child. It is a time of forgetting. The soul remembers who it is up and until the time of birth, after that it is the child and only the child until of course it leaves the body at physical "death."

There are times that the mother can feel this soul about her. It speaks to her. It gives her information about how it will be, how it wants to be treated and what it wants in life.

If the mother is sensitive, and most mother's are because of the hormones her body is emitting, she will perceive this in her dreams and through other sensitivities like ideas or even insights. So if you are dealing with a pregnant woman a lot of her emotional upsets and feelings are due to this new connection to the spiritual world.

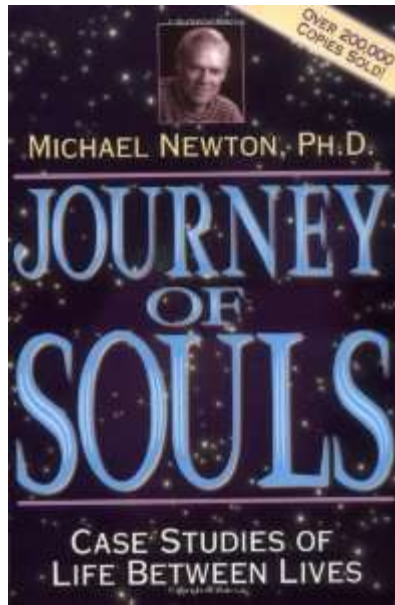
It is an odd feeling to her. Unless she is used to it from a number of prior pregnancies it can make her difficult and emotional.

We hope this helps you understand pregnancy and the soul better.

Amen.

Addendum:

I was delighted to learn the article above brought on some interesting responses from some of my students. I decided to research its claimed facts in my favorite book on matters of the soul, "Journey of Souls," by Dr. Michael Newton. Dr. Newton has regressed thousands of subjects to the time when they were only spirit.



The material is validated in this book on pages 267-268.

Summary: "Even those souls who join the baby early seem to do a lot of traveling outside the mother's womb during her term."

A soul can join with a fetus from conception to actual birth.

It is not until birth that the final union of soul and body is solidified.

The birthing process is traumatic for the soul.

Another good book on this subject is [Walter Makichen's book "Spirit Babies."](#)

Meanings of Colors in the Aura

Basically the meanings of chakra colors are the same ones used when reading the aura. If you see other colors in the aura simply ask spirit what those colors mean.

For example, when I started to see black in the aura I did not assume it meant something negative. In my readings black simply means the client is “in the dark” about something and the outcome is up to free will or choice. It cannot be predicted right now.

If I were to see brown, I would interpret that as a closeness to earth.

When I see red, I almost always interpret that to mean the client is in some sort of conflict or insecurity about a subject.

The Basic Technique.

1. Use LOVE formula as described in Chapter 1 to prepare.
2. After making the energy connection with your client wait to be guided. You will begin to see, while keeping your eyes closed, colors and pictures around your client. Spirit will usually show you the answers to the questions the client has for you during this time.
3. Even if the client does not understand the information you are reporting is the answer to his or her questions, you should keep this in mind.
4. The answers will be at a very high level. Most clients, unless they are very advanced spiritually, will think closer to their earth issues. You, as the psychic, are supposed to interpret what you get.

Think of a Tarot card reader. A good card reader will use the cards as a catalyst for deeper information. The client won't know how to interpret the cards, but the reader should do that for the client.

You need to use the aura in the same way. It is symbolic, not literal, usually. Although the soul attachment of the fetus was literal.

5. Continue to read the aura and chakras until no more information is shown to you. Now you are ready to get to your client's questions. This is where you will realize how spirit already answered their questions and help the client to understand.

Aura/Chakra Color Meanings

Here are the basic color definitions I use for my aura/chakra readings. Aura colors are based on Chakra colors

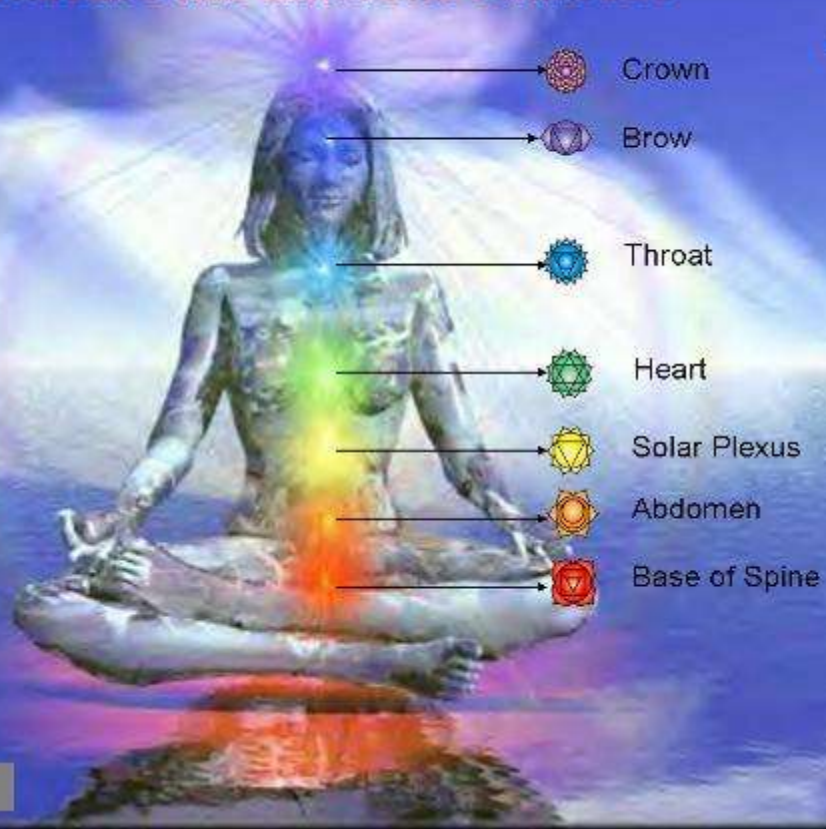
Chakra	Location	Color	Meaning
Crown	Top of head	Violet to White:	Connection to Source, spirituality Cloudy or dark: spiritual link is blocked
Third Eye	Mid forehead	Purple or Indigo:	Third eye awakening, use of intuitive and psychic gifts.
Throat	Neck area	Blue light or dark	Blue light, clear communicator, spiritually evolved Blue dark, communication is blocked
Heart chakra on right	Right side of chest	Light Pink	Love
Heart chakra on left	Left side of chest	Green	Soul purpose, healing energy
Solar Plexus	Stomach area	Yellow to Gold	Ego drive, wisdom, learnedness, intellect versus intuition
Sacral	Below belly button	Orange	Creativity, sexual expression
Root	Groin	Red	Survival issues

Chakra Picture

Chakras are energy centers in the body. As a psychic you can visualize these energy fields and read them. As well, the colors of each chakra can be used as the basis for reading auras.

Use chart above for interpretations of each chakra. Picture follows below.

What are the different Chakras?



<date/time>11/11/2006

Interpretations Of Aura Colors:

This is a highly creative process to interpret. Be open to your own interpretations. Take this only as a guideline. Spirit will use your mind for new interpretations and ways to understand what is shown.

Examples of my interpretations.

Colors are dark or weak: The chakra is blocked. To heal I send in the color of the chakra with prayer to ask for healing. This works.

Dark dots in the chakra: This person is “spotty” in this area and needs work.

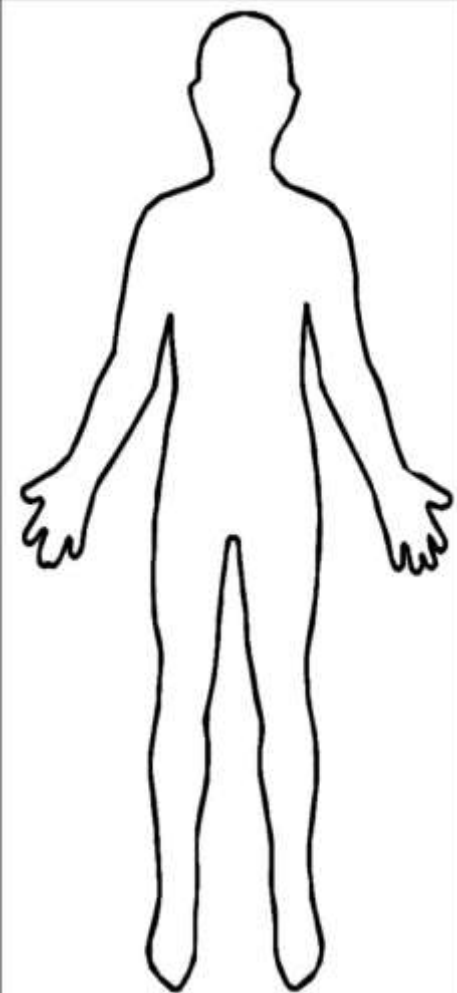
Other symbols: At times spirit will use the chakra area to give me additional messages. I allow spirit to speak to me to fill in the details. Then I simply report to client. Usually it is correct.

Ex. I saw a dark maroon color on the heart chakra that should be pink. I was told by spirit there were some “bloody” relationships in the past. Spirit told me parents. It was correct.

Here is a simple body chart to illustrate the positions of each color and their interpretations. You can even read the future using this chart.

The closer a color is to the body itself the more it is in the current situation. The outlying color bands explain conditions “surrounding” the situation.

Aura chart follows below.

<p><u>Right side of body –</u> Intuitive female energy, nurturing, receptive, creative. Includes mother relationships, expression and feelings about female energy.</p>	<p>Crown: Connection to Source, spirituality. Cloudy or dark: spiritual link is blocked. Other colors can be here too. Interpret each color using chakra meanings, but then relate to connection to source.</p>	<p><u>Left side of body –</u> Analytical male energy, logical, proactive, assertive energy. Includes father relationships, expression and feelings about male energy.</p>
<p><u>Future Relationship to Female Energy:</u> Upper right side of face. <u>Present Relationship to Female Energy:</u> Right side of face. Relationship with your female energy or other females in your life.</p> <p><u>Current Status of Your Place in the World Related to Female Energy:</u> near solar plexus.</p> <p><u>Past Relationship to Female Energy:</u> Relationships with female energy from past, like mothers, grandmothers, etc.</p>		<p><u>Future Relationship to Male Energy:</u> Upper left side of face. <u>Present Relationship to Male Energy:</u> Left side of face. Relationship with your Male energy or other Males in your life.</p> <p><u>Current Status of Your Place in the World Related to Male Energy:</u> near solar plexus.</p> <p><u>Past Relationship to Male Energy:</u> Relationships with Male energy from past, like fathers, grandfathers, etc.</p>

Exercises

These exercises are only a beginning. As you continue your use of these magnificent techniques, spirit will deliver deeper and more intricate information. There really is no limit to the complexity of the material spirit can create with you as you continue using these techniques.

Exercise One: Read the Physical Aura.

1. Prepare with the LOVE formula from Chapter 1.
2. Darken the lights so that the room is lightly lit. The best light would be at the level of dusk after the sun has set, but before it is completely dark outside. This would be soft, but not clearly lighted. You should be able to see the soft outline of objects, but nothing directly lighted.
3. Place a plain white piece of paper under your hand.
4. Look to the side of your hand with a dreamy, unfocused vision.
5. You will see a light around the hand.
6. With practice you will see colors. We will cover what the colors mean later in this chapter.

Exercise Two: Seeing the aura in your mind's eye.

1. Prepare with the LOVE formula from chapter one.
2. Close your eyes.
3. Align with a partner or client. If you are working alone, align with a friend or someone who as agreed to work with you on this exercise, that you do not know very well.
4. "See" his or her aura in your mind's eye. This should take one to two minutes.
5. Discuss what you see keeping in mind the areas you saw the colors in and what they mean.
6. Include symbols, and other things you see around your partner. Spirit can use the aura exercise to reveal a lot of information about your client.

Exercise Three: Reading Chakras

1. Prepare with LOVE formula as needed.
2. Align with a partner or client. If you are working alone, align with a friend or someone who as agreed to work with you on this exercise, that you do not know very well.
3. Using your partner, in your mind visualize the first chakra at the groin. Allow spirit to send you the colors and any information you "see."
4. Continue through each chakra until you have "read" each of them.
5. Discuss with your partner.
6. Amazing information can be revealed.
7. Healing is done by sending color into the chakra that is out of balance with prayer for healing. Finish with white light and asking guides to heal.

Chapter Three: Telepathy, Remote (Psychic) Influence and Healing

Telepathy is the ability to communicate with another without physical tools. It is the basis of Remote (Psychic) Influence and healing.

It is possible to influence another psychically by sending messages of healing, love and light. This is an ancient art speculated to have been mastered by the Lemurians. More information at: <http://www.crystalinks.com/lemuria.html>

If you want to get very good at being extra sensory you might want to even explore vegetarian diet. The ancient Lemurians were vegetarian. Being vegetarian opens up your chakras more and lightens your vibration frequency.

The Lemurians did astral travel and teleportation as well. To learn more about this fascinating civilization visit this website. <http://www.crystalinks.com/lemeura.html>

Example of Telepathy

Your friend and you agree to exchange a message at 3:30pm as to where to meet at 5pm for dinner. One of you will choose the restaurant. One of you will receive the restaurant choice. You both get into a focused, relaxed state of mind (trance) at the decided time and the transmission is made about the restaurant choice. At 5pm you meet at the correct restaurant. The transmission was successful.

(If not hopefully you had your cell phones handy!)

Story About Telepathy

The first class I taught on telepathy was quite amusing. I had the class agree on one of three color choices, purple, yellow or red while I was out of the room. Then they were to all focus on the name of the color, what it looked like and a feeling associated with the color as they sent the color to me.

As I sat there with my eyes closed waiting for their transmission, I had the oddest experience. I heard a loud hissing sound of something large flying towards me.

Before I had a chance to panic I heard a crash as I saw emblazoned across my visual field the word in bright, bold print, "P-U-R-P-L-E." I sat there laughing in shock and yelled out, "Purple!"

It was correct and we all were deeply amused. How often do you experience a word as a physical thing? It literally felt like the word was a large meteor coming at me.

Metaphysicians say, "A thought is a thing." I know now how true this is. I personally experienced it.

Story about Telepathy and Remote (Psychic) Influence: The Raw Truth about Cooked Energy

Did you ever wonder if you could actually send a packet of energy to someone with an instruction or intention of something you want them to do and get results? It is possible.

Part of my duty as the instructor and creator of “Channeling The Collective Unconscious” Psychic School class is to connect students to energy. This is the essence of this class.



energy (Photo credit: Sean MacEntee)

Energy is intelligent information. If you can tap into it you have unlimited power to affect your reality. You have greater ability to bring your desires into the physical plane. You can heal if you learn specific techniques for healing. You can transmit information and even influence the thoughts of others.

The latter skill requires a high moral turpitude as you do not want to influence others without their knowing or consent.

In the class I noticed a student in a minor battle with her pendulum. She seemed to be looking at it and wanting it to produce an answer to a question she had, however, the pendulum was not cooperating.

As I noticed this I was inspired to gather energy to help her meet her goal. Spirit directed me to use my sixth sense to collect energy and then send it to her like a ball of light. My intention behind the energy was to connect her to the energy needed to release her answer through the pendulum.

Within 30 seconds she began to laugh as her pendulum wildly took off. She began delivering a message from the pendulum to her class partner.

Just as this was happening, another student who sat behind her looked up at me and asked, “Is it possible to stare at the pendulum and make it move.”

I laughed. That was just what I done a moment ago to the other student! So not only did we experience energy blockage removal but we also saw telepathy right behind it. It was like the energy was a pool ball hitting another ball as it moved through the room.

Amazing.

The way to gather and send energy defies easy explanation. This is rather amusing as I usually have no difficulty with words.

The best I can say is the following.

1. Take a third eye stimulating meditation for at least ten minutes. Some great ones exist on “youtube.com.”
2. Define what you want to do with energy. Do you want to influence someone to do something? Do you want to send a message? Do you want to create a condition in your life or manifest something? Set the goal for the energy.

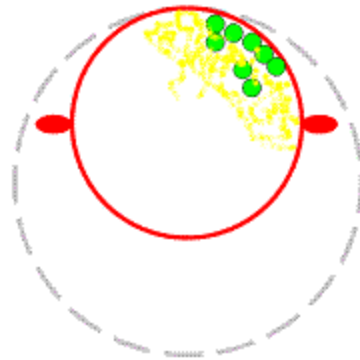


Image via Wikipedia

3. Sense what you think energy would feel like to you. To me it feels like heavy, compressed air.
4. Imagine there is a cloud of energy around you and you are drawing it in a net, like fish in a pond.
5. Pull the energy closer to you and compress it into a concentrated package about the size of a large ball like a basket ball or foot ball.
6. Hold the ball to the right or left of your head as if you were getting ready to throw the ball.
7. Throw the ball of energy towards the person you wish to affect as you concentrate on your intention for this energy. Example: If you want the person receiving it to call you on the phone imagine the energy imbeds the message, “Call me on the phone now!”
8. Wait and see what happens.

This is a version of telepathy and remote influence. It will be taught in the next [Psychic School](#), [“Psychic Creativity,”](#) or you can learn how by purchasing [the e-book, “Psychic Creativity.”](#)

Energy is real. It can be manipulated, commandeered and applied to affect physical reality. Please use it with reverence.

Your Own Experience of Telepathy : How to Do Telepathy

- Set a specific time of day to do this with your telepathy partner. This will make you more successful.
- Both sender and receiver need to get into a relaxed hypnotic state. Go to youtube.com to find a good theta meditation which lasts at least 8 minutes.
- At the agreed upon time close your eyes, then visualize your telepathic partner. Use a photo of them to help you visualize them if needed.
- **Receiver.** Prepare to receive by saying to yourself, "Peter, speak to me. Peter, speak to me." Use their name when doing this.
- You will feel something coming into your mind which you did not place. That is your telepathic message.
- Record it and discuss later when you are able to speak to your telepathic sender.
- **Sender:** Focus on the message you are sending them. "Michelle, I am at the beach. Michelle, I am at the beach." Use their name when doing this.
- Repeat the phrase with intensity, but still remaining relaxed, until you feel complete.
- Telepathy is easier when done when you do it with someone you have a deep bond with already.

Telepathy Exercise

1. Agree to work with a friend.
2. Remember both the sender and receiver should do the LOVE formula to prepare.
 - a. Let Go In meditation. Nothing will happen unless you are in deep Alpha to Theta brain wave state. Go to youtube.com to find a good one that lasts for about 8 minutes minimum. You may also use the Meditation for Telepathy and Remote Influence on the next page if you record it and play it back.
 - b. Open by asking for a connection. "Laura send to me."
 - c. Vibrationally align with your partner by visualizing them.
 - d. Entirely receive what is sent to you.
3. Have your friend pick a color from three to five choices. You might decide the colors are blue, purple and orange.
4. Have your friend then concentrate on the color in question, with as much intensity, feeling and concentration as possible, yet remaining relaxed.
5. Sit there and wait to receive.
6. At first you might not get anything, but with repetition you can really get great at this.

Telepathic messages you might want to do with your friend:

1. His or her whereabouts during the day at a specific time.
2. What he or she ate for dinner, lunch or breakfast.
3. What he or she just wrote down on a piece of paper.
4. Something going on in his or her life right now that is important and emotionally charged.
5. An object he or she is wearing like jewelry or a piece of clothing.
6. What their child, bird or fish just did.

The list of possibilities is infinite.

Meditation for Telepathy and Remote Influence

Record this meditation to play it back.

1. *Stretch out comfortably in your seat.*
2. *Concentrate on one single point, the lit CANDLE (cup, object, etc.) in front of you.*
3. *I am concentrating on this point harder and harder, and the more I concentrate on this point, the more my body and mind are relaxing.*
4. *I feel very relaxed. I take my time and feel very relaxed.*
5. *My eyelids are becoming heavy and my eyes are getting more tired with every passing second.*
6. *I want my eyes to close.*
7. *I close my eyes.*
8. *I feel calm and relaxed;*
9. *My body is growing heavier and heavier as I relax further and deeper.*
10. *My eyes are firmly and completely closed.*
11. *I am now going to relax my entire body. A gentle, blissful warmth is vibrating throughout my whole body.*
12. *I am now concentrating all my attention onto my feet. My feet are growing heavier and are becoming relaxed. I feel a gentle tingling in this area and that is ok.*
13. *My legs are becoming relaxed and are growing heavier. I feel a gentle tingling in this area and that is ok.*
14. *My stomach is relaxing and growing heavier now. I feel a gentle tingling in this area and that is ok.*
15. *My hands and arms are growing heavier and are becoming truly relaxed. I feel a gentle tingling in this area and that is ok.*
16. *My chest, my neck, and the back of my neck are growing increasingly relaxed with every passing second. I feel good, marvelously good. I feel a gentle tingling in this area and that is ok.*
17. *My head is relaxing more and more. It's becoming clearer; my thoughts are calm, calm, calm.*
18. *At this moment, I feel a deep sensation of peace and wellbeing. I feel as if I am in a dream.*
19. *In this state, every thought I wish to transmit is so powerful, so very powerful that nothing can stop it from reaching its target, whatever the distance separating me from it.
(Repeat the last sentence mentally three times.)*

Remote Influence Continuation:

20. *It is after this step that you will actually begin the remote influence phase.*
21. *Now, form a mental image of the person to whom the message is addressed*
22. *Send your message by simply thinking about it strongly and imagine that it is entering the person through the middle of his or her forehead (which is the most sensitive telepathic reception zone). As soon as you start to feel tired or tense, stop rest and then begin again feeling relaxed.*

Remote (Psychic) Influence and Healing

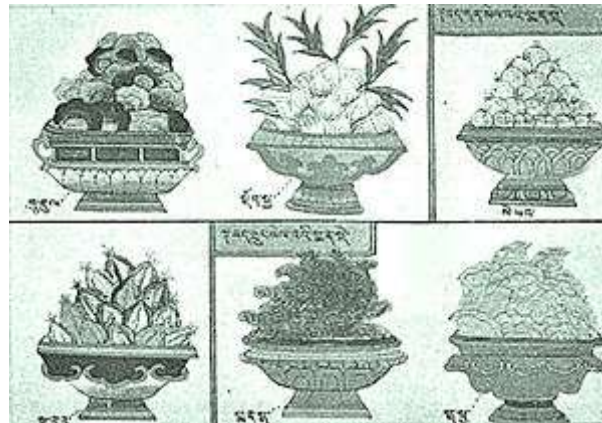
Here is a brief story which illustrates how effective Remote (Psychic) Influence can be to connect with someone when physical communication is impossible.

Louise had a very intense argument with her fiancé. It was the first time she had ever had such discord with him. It had left her uncertain of her future.

It had been three days since she heard from him. She lie in her bed longing with every cell in body that he would call her.

She saw his face in front of hers and began sending him this urgent message. "Please call me." She did not want to call him as it was his decision to leave her. She needed him to call her.

As she lay in bed she could not fall asleep. She had taken some natural herbal remedy to help relax her and she began to feel a bit more relaxed, but her longing, desire and messages did not end. She continued to send him her mental "S-O-S".



Suddenly the phone rang. It seemed almost like a foggy miracle. She picked up the phone. It was him.

He said he missed her and had this sudden urge to call her. He wanted to know if he could come over right then to speak to her.

Have you ever had such an experience, where you wanted desperately to speak to someone and had no way to get them to call you other than send them an urgent message to do so?

It is possible to learn how to Remote (Psychic) Influence at will. Here are the steps.

1. Get in touch with intense desire and emotion, but yet not let these feelings overwhelm you. Without emotions your results will be very weak.

2. Next you need to get into a very relaxed state of mind. There are specific steps to do this which will give ensure you are relaxed, yet alert every time.
3. Mentally visualize the person with whom you wish to communicate.
4. Fashion your statement to your desired person so it is best received.
5. Train, train and train until your mind can send out a laser beam of intense focused thought at will.

Here are more detailed instructions.

Remote (Psychic) Influence and Healing: How to Do It

1. Uses

- Healing. Take a photo of the sick person. Visualize them feeling well, while stating as you send this message to the center of their forehead, “Mary, you are healed.” You may do this for yourself too by using “I” instead of the other person’s name.
- Love. If you want someone to fall in love with you send them the idea that you love them by setting up the suggestion phrase, “Peter loves (Your Name).”
- Get someone back. If you want someone to stop cheating on you visualize them in love with you again. For example, David is cheating on Sally. Sally visualizes David in love with her, and then sets up the suggestion, “David you are deeply in love with me.”
- Children behave. Imagine each one of your children in a loving and calm state behaving in a cooperative state. Your suggestion to your child is, “Penny, your mother loves you. Be kind to her.”
- Money. Imagine a sum of money you want and a time frame you want to receive it. Imagine yourself having this money with all the things you will do when you have it. After going into a deeply relaxed hypnotic state repeat to yourself for at least 15 minutes, “I have \$5,000 or more in my bank account by this date (repeat the date).” You have to set a time frame for money goals.
- Get The Truth. Get very relaxed and focused. Silently send this command through the center of the forehead of the person in question, “Billy, tell me the truth.” Then just wait for the truth to be revealed.
- Get a Loan. Get calm and relaxed in a hypnotic state. Stare at the bank manager or loan officer sending this message mentally several times through his forehead, , “You will give me the loan now.”

2. Ethics

- You should always do this asking that results be for highest good and benefit of all.
- Only do good with it or you will accrue bad karma for yourself.

3. Desire

- Get in touch with what you really, really want.
- Make certain your desire is for your soul's evolution versus simply peer pressure.
- Desire is a very potent and powerful force from which to create.

4. Practice. Practice for ½ hour every day at same time. Fifteen minutes is an absolute minimum. More than ½ hour every day will bring faster results.

5. Time to Practice. Best times of the day to practice:

- In the morning after rising.
- In the evening before retiring.
- When you are rested.
- On an empty or comfortable stomach (not too full or too heavy)
- When the person you want to influence is receptive (ie when they are relaxed like just before retiring or after rising)
- Same time each day

6. Relax. Do in a relaxed and alert state of mind. Do not force results.

7. Technique



- Setup up the phrase you are going to use beforehand.
- Keep this phrase (Remote (Psychic) Influence phrase) as short as possible and the point. Ex. Peter loves Paula.
- Use the person's name to which you are sending the influence as much as possible.
- Get deeply relaxed using meditation or a self hypnosis script.
- If you need to buy an audio for this [go here and buy the one for Self Hypnosis](#).
- You should feel marvelously calm, relaxed, peaceful and content before beginning.
- Visualize the desired behavior from the person you wish to influence happening. For example if you want a loan from a Bank Loan Officer, picture yourself getting the loan. If you want to be loved by someone see this person in love with you. If you want your children to behave see them behaving.
- Then state your suggestion phrase, "Peter loves Paula."
Target that phrase as entering the middle of the forehead of the person you wish to influence.

Use as much energy, focus and intention as possible as you send your message into the center of their forehead.

Always remain calm and relaxed when doing this.

8. Be Patient. Be patient to develop skill with this. For the average person, practicing for 30 minutes each day it should take about three to four weeks to see results with a minor goal.

9. Laser Success. Eventually when you develop the ability to emotionally focus your mind like a laser and plant a thought into another's mind you will be able to see results within minutes. The skill lies in being able to focus and send your message.

Additional Resources:

[Learn Remote Viewing 4-DVD Course](#)

[Remote \(Psychic\) Influence E-Book only \\$29.97](#)

[Remote Viewing Methods – Remote Viewing and Remote Influencing – Lyn Buchanan LIVE 2 DVD Set](#)

Doing Readings Using the Aura and Telepathy

Using the aura combined with telepathy is an extremely powerful way to do readings. It is important for a psychic to have a few tools to read so if one tool does not work, they have another utilize.

This is especially true when you are reading for a client who is blocked energetically. Their aura might not reveal much information. In that case, if you can do telepathy with their spiritual guides, you will be able to help the client.

There are two other e-books in this psychic educational series which help you expand your ability to do telepathy. One is on channeling called, "Channeling GodSpeak." If you learn how to channel you gain access to the collective unconscious, or Akasha. This is the information repository for all information about everything past, present and future.

The other e-book of interest is "Psychic Mediumship: Yes You Can!" This provides information on how to connect with loved ones in spirit.

If you are doing a reading and are unable to get answers because you are only able to read energy, then you should develop your ability to channel.

Here is an informative article based on an actual client situation. By using Telepathy in the form of Channeling Spiritual Guides the psychic (me) was able to rescue a client who was blocked energetically from knowing himself.

Diary of a Desperate Psychic

Sidney sat innocuously enough across from me. He was a good looking man, with [dark hair](#) graying at the temples. I did not know what he had come to me to learn, however, his complete trust in me was evidenced by his relaxed composure.

After doing a prayer and energy connection, I confidently forged forward to view his aura, the energy field around his body.

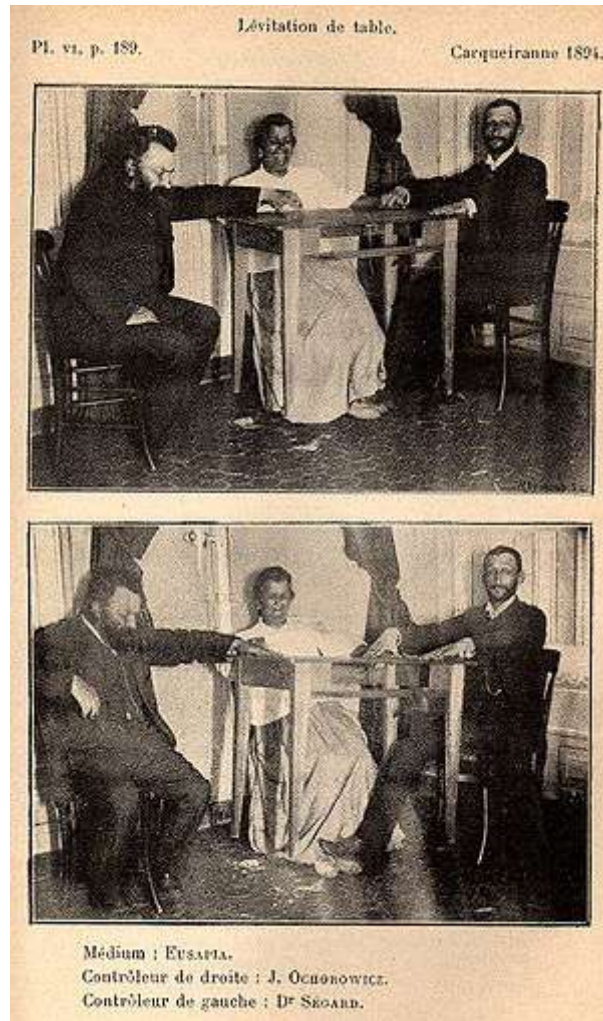


Image via Wikipedia

Bam! It was like I hit a brick wall travelling at the speed of light. My head ached as I tried to probe further. Instead of "seeing" the usual colors and patterns, I saw nothing but the boring room about us!

Sidney sat there patiently like a little [puppy](#) waiting to be fed. Our arrangement implied deep nourishment. Little did he know I had no [puppy chow](#)!

What is a [psychic](#) to do?

I did know what to do. I scampered immediately off to my spiritual guides for help.

It is useful as a psychic to have different ways to work. Reading energy, largely considered a psychic skill, will not work with all clients. If the client's energy is blocked because they have shut down emotionally you might find it difficult to read them.

The way to work around this is to have a few ways to work. I read auras and chakras, channel spiritual guides and do mediumship. When I cannot read someone's energy I go to the guides for help. They can bring in information to me telepathically to which I otherwise would not have access.

If you are trying to choose a psychic, see if your psychic has different ways to work. If your energy is blocked they might need another way to get answers for you.

If you are a psychic try to develop a few complimentary techniques. For example, reading energy and mediumship are complimentary. Perhaps you might work with psychometry and scrying or a pendulum and billets.

After realizing I could not read Sidney's aura I jumped to the punch line. I had to ask him what he wanted to know. His aura normally would have revealed this to me.

His answer was, "What kind of work would be best for me?" He did not like what he was doing and felt completely lost about who he was and what he wanted.

The spiritual guides suggested he would enjoy working directly with clients rather than be part of a huge operation. Sidney said he could not consider working directly with clients because of his ego and [low self esteem](#).

I closed my eyes and went deeper, asking the spiritual guides for more help.

They said his aunt, his father's sister, had done something to him growing up which deeply affected his [self esteem](#). His mother and father had been kind towards him, but his aunt had not.

I was a little taken aback by this since it was so unusual. Usually a child will be hurt by one or both of his parents, but his father's sister? That seemed a bit obscure, however, I told my client anyway.

To my amazement Sidney said he knew exactly what I meant. His aunt did not like children, and he had been left with her quite a lot for baby sitting as his mother went out to work. She had treated him coldly, while consistently glowering disapprovingly at him.

I was told by spirit that Sidney had taken this experience and projected it. For the remainder of his life he sought ways to mirror back into his life the "bad" child his aunt's ugly treatment suggested he was.

He was extremely frightened of authority and constantly attracted situations in which he was rejected.

Spirit recommended he start to break the [cycle](#) of this rejection. He was to begin to take risks to have fun here and there as if he were a "good little boy," not the bad one his aunt had defined.

Sidney was elated at the insight. After years and years of therapy he had gotten no results. He hoped this was the beginning of a new cycle for him.

Exercises

Telepathy. Find a friend you can do telepathy with. Agree to a time of day you will send a message to each other. Be certain to have done the LOVE formula first so that you are ready to receive and in an altered state of mind. Do this a few different times.

Remote (Psychic) Influence - In this exercise you are going to influence a friend or trusted loved one to do something small or large.

1. Think of something your friend or loved could or might do. For example, your loved one sometimes pushes his or her glasses back up the bridge of his or her nose.
2. Prepare with the LOVE formula. Remember to get deeply relaxed using meditation or a self hypnosis script.
 - a. If you need to buy an audio for this [go here and buy the one for Self Hypnosis](#).
3. Setup up the phrase you are going to use beforehand. Example: "Peter, push your glasses."
4. Keep this phrase (Remote (Psychic) Influence phrase) as short as possible and the point like, "Peter push your glasses."
5. Use the person's name to which you are sending the influence as much as possible.
6. You should feel tremendously calm, relaxed, peaceful and content before beginning.
7. Visualize the desired behavior from the person you wish to influence happening before you do the actual exercise. For example if you want a loan from a Bank Loan Officer, picture yourself getting the loan. If you want to be loved by someone see this person in love with you. If you want your children to behave see them behaving.
8. Then state your suggestion phrase, "Peter, push your glasses."
9. Target that phrase as leaving the middle of your forehead and entering the middle of the forehead of the person you wish to influence.
10. Use as much energy, focus and intention as possible as you send your message into the center of their forehead.
11. Always remain calm and relaxed when doing this.
12. Healing. If you desire to heal a loved the phrase you will use for influence becomes, "Peter you are healed."
13. Other goals. If you desire to influence someone to do something bigger, like stop smoking, use the phrase, "Peter, stop smoking." Or for someone to know you love them, "Peter I love you." The list of possibilities goes on and on with this marvelous healing technique.

Remote (Psychic) Influence (2). Find a friend or a pet. After preparing with the LOVE formula from Chapter one, send them an instruction to do something without their knowing you are doing this. See if it works. For example you can send a friend a message to phone call you. Make sure you have an urgency attached to your request so it gets delivered and received. If you prefer to work with a pet remember to bundle your command with the urgency of emotion so it has stronger impact.

Healing This is more difficult to do. Find a friend who is ill emotionally or physically. Get a picture of them. After preparing with the LOVE formula from Chapter one, send this person from your third eye into their third eye the message that they are completely healed. This will take weeks of effort for a serious illness, however, it might take much less time to help someone overcome a headache or a minor illness.

Chapter Four: Remote Viewing, Medical Scanning

Access to the miracle mind includes accessing visual fields of information. One of the most interesting events I have ever experienced is the ability to literally view objects, homes and pictures without physically seeing the item in question.

Here is an interesting story which primarily used remote viewing as the tool to solve a missing kitten case.

Remote Viewing Secrets

It was about 8pm on a cool evening in January. During a class being held at my office, Linda, a student of mine, was continuing a remote viewing exercise describing the living room of her partner. "I see tall windows letting in much light, behind the windows I see a garden filled with flowers and foliage. Your front entrance is probably surrounded by glass because I see a lot of light in your foyer, with a large piece of artwork opposite the entrance door. Back in your living room; your couch appears to be a curving piece of furniture—"

Finally Marissa could not stand it anymore. "Yes, that is the couch in my living room. It does curve. And everything else you saw is almost perfectly correct! How did you do that?"

This is not magic. It is not a mystical gift only given to a few. This is a real skill, which can be developed over time.

Quantum science theorizes how "intuitive knowing" through non-physical channels is possible. The famous physicist, David Bohm, in his textbook, "The Undivided Universe," writes, "Each region of space-time contains information about every other point in space-time." This suggests if you were able to access a specific "region of space-time," you would have omniscient capabilities or be labeled an "intuitive."

If it is possible to "view" something we do not have in front of us, think of the value such "knowing" can have in practical applications in our lives. A corporate executive could use this skill to gain competitive advantage. You could use it to find a valuable family heirloom. Certain law enforcement agencies already use this capability to find lost people or solve crimes. Albert Einstein used it when he had the creative leap to the theory of relativity, which he then spent many years proving mathematically.

This type of power is not limited to just knowing something. The implications are infinite. They include telepathy, clairvoyance, genius insight and mystical experience.

Each individual has within the ability to see and know beyond the five senses. This is an innate, but usually dormant, capability. It takes life style changes as well as expert training to get good at it. Here are a few ideas to begin accessing this power.

1. Get dreamy and relax. Before trying Remote Viewing it is important to follow the LOVE formula. The first step of this formula is to Let Go in meditation. It is usually in highly relaxed mind states that we begin to "see" beyond our senses. Although, I recommend a minimum of 8 minutes, even five minutes of clearing the mind will help slow down your brain waves enough to access this "zone."

2. After the relaxation exercise, hold a picture in your hands face down, without looking at it. Ask yourself to “view” what is on this picture. You will, with practice, get very, very good at this and be amazed with the powerful results.

This is a minute sampling of ways to develop your innate ability to access information beyond direct physical experience.

Medical Scanning

Once you know how to do the L-O-V-E formula and begin working with subjects you will find you have access to all sorts of information. At times you will “hear” the information as a voice in your head. Other times you may “see” the answers. Lastly you may “feel” the information.

Medical scanning is related to Remote Viewing, so it is primarily visual. However, when you actually do it, you might feel something when you visualize a particular area of a client’s body, rather than see anything.

For example, I was doing a medical scan of a client during her reading. I started by visualizing her body. All I did was imagine I saw an outline of her body in front of me.

Then I started at the top of her body at her head. As I simply focused on her head asking spirit to reveal to me her health in this area, with laser like concentration, I felt like I had touched a raw electrical wire. Ouch!

As I continued in this area I felt tired, dizzy, anxious and worried. I saw the color red around her head. Lastly I heard the words, “stress, worry, fear.”

When I reported this to my client she confirmed she was extremely worried about so many things in her life she just could not seem to quite down or ease her tension. We discussed perhaps she might want to seek the help of a counselor or doctor to see if she could get therapy of some sort to help.

It is important to understand that unless you are a licensed medical professional, you should never make a medical diagnosis. You must always refer to a licensed medical professional.

As well, it is important to never cause alarm in your subject. If you get the message the client has a serious illness, simply state a medical check-up is recommended. Any additional validation you get can be relayed to the client, but be careful to not cause panic or fear.

Your work is to advise, but keep your recommendations conservative. Remember psychic perception is never 100% accurate (even though some psychics might claim they are). So if you are wrong you could have needlessly instigated panic.

How to Do Remote Viewing

Once you have mastered the L-O-V-E formula you should be able to do remote viewing. When you add to that the task of “seeing” the inside of a person’s body, for the application of medical diagnosis, you have moved into a very advanced use of this skill.

The way to do remote viewing is the following.

- Use the LOVE formula to
 - Let go in meditation.
 - Open in a prayer requesting you receive accurate remote viewing information.

- Vibrationally align with the person from which you would like to receive remote viewing information. See them in front of you and have your energy connect with them. Use a photo of them to help you visualize as needed.
 - Entirely receive what is coming through.
- Remote viewing is easier when done when you do it with someone you have a deep bond with already.
- Send out the message to the person you are doing remote viewing with, “Peter, speak to me. Peter, speak to me.” Use their name when doing this.
- Repeat the phrase until you feel something coming into your mind which you did not place. That is your remote viewing message.
- Record it and discuss later when you are able to speak to your remote viewing subject.
- Setting a specific time of day to do this with your remote viewing partner, will make you more successful.

Exercises for Remote Viewing, Medical Scanning

Exercise One: Remote Viewing

1. Prepare by doing the LOVE formula beforehand.
2. Have a friend hold a picture of a post card, tarot or angel card or anything visual in his or her hands. Make sure you cannot see the picture.
3. Have your friend concentrate on this picture and send you thoughts about it.
4. Report what you get.

Exercise Two: Remote Viewing

1. Set an agreement with a friend that at a certain time during the day he or she is going to send you information about their location. Of course, make sure you will be available at that time to receive.

As an alternate you can have your friend concentrate on a room in his or her house or actually be seated in this location when you connect and use this as the object of your receiving.

2. Receive and report all the information you get.

Exercise Three: Remote Viewing (can be done alone)

1. Take a deck of Angel cards, playing cards or Tarot cards.
2. Turn them face side down and mix them up.
3. Choose a card without looking at it.
4. Sit and receive what you see for this card.
5. This is a little more difficult to do than Exercises One and Two because you do not have the consciousness of another person sending you the information.

Exercise Four: Medical Scanning

1. Find a subject to work with that you do not know well.
2. Visualize their body in front of you in your mind's eye.
3. Begin to scan from the head down.
4. As you see, feel or hear anything report it to your client.
5. Ask for feedback.
6. You will be amazed at the results!
7. This exercise can be done over and over again with different people or even those you know well who have a new pain or illness in their body.
8. Always remember to recommend a licensed medical professional as needed.
9. Don't worry if you do not get anything.
10. With repetition you will get results.
11. Remember to be in theta trance state when you do it. Will definitely improve your results.

Conclusion

I want to thank you for sharing this exciting journey with me. Hopefully you have discovered through this e-book that Psychic Creativity is not a mystery. It can be developed with scientific precision.

Look to my website, <http://www.lauramendelsohn.com> for continued material and classes.

Here are some planned or already finished.

Law of Attraction Miracle Method: 7 Steps to Real Magic. Intuitive living is the secret to luck, synchronicities, hunches, guidance and success. If you are looking to improve your ability to manifest your dreams, this book will provide a simple yet powerful plan to get your real magic going. [Go here for more information.](#)

Channeling Your Guides. Learn how to use a pendulum, do automatic writing, vocally channel and heal with your guides.

Psychic Mediumship. Learn how to speak to loved ones in spirit. This is a fun, natural, spiritual and divine experience.

Holistic Business Success. You can do the work of your dreams and earn a great living at it. Learn how in this e-book.

Contact

Please feel free to call upon me, Laura Bartolini Mendelsohn, for readings, or coaching in any of these areas. I can be reached by phone at (954) 465-7338 or email at laura@lauramendelsohn.com

My website is loaded with testimonials to learn more about me.

Much love and many blessings,

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Psychic Creativity Outline & Exercises

Chapter One – Reading Energy of Future and Pictures

1. Review LOVE formula: Let go in meditation, Open in prayer, Vibration align, Entirely receive. Must do before each exercise. Explained on last page of handout and page 8 of E-book.
2. Read the future. Predict how long it will take for commercial on TV to go back to regular show. Feel the energy in each section until one pops out at you! This is your energy hologram.

Circle Your Answer

< 1 minute	+1 -2 minutes	+3-4 minutes	+4-5 minutes
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3. Read the future. Will teacher get a text or phone call before end of class? Energy: **Yes** or **No**.

4. Picture Reading. Read energy of your ideas for each picture supplied. Write answer.

Profession	Where they live:	Single or Married	Children Y or N
1.			
2.			
3.			

Chapter Two – Reading Energy of Auras, Chakras

1. CLASS SUBJECT: What do you see in chakras for class subject?

Root	Sacral	Solar Plexus	Heart	Throat	Third Eye	Crown
Red	Orange	Yellow	Green	Blue	Purple	White

2. CLASS SUBJECT: What do you see in aura of class subject? Chart on Page 31 of e-book.

Intuitive, Creative, Receptive	Crown	Intellectual, Analytical, Active,
Female Relationships	Third Eye Heart	Male Relationships

Current Female Energy	Solar Plexus	Current Male Energy
Historical Female Relationships	Sacral Root chakra	Historical Male energy

3. CLASS PARTNER: What do you see in chakras for class partner?

Root	Sacral	Solar Plexus	Heart	Throat	Third Eye	Crown
Red	Orange	Yellow	Green	Blue	Purple	White

4. CLASS PARTNER: What do you see in aura for class partner?

Intuitive, Creative, Receptive	Crown	Intellectual, Analytical, Active,
Female Relationships	Third Eye Heart	Male Relationships
Current Female Energy	Solar Plexus	Current Male Energy
Historical Female Relationships	Sacral Root chakra	Historical Male energy

Chapter 3 – Moving Energy: Telepathy, Remote Influence

9. Review how to collect and send energy.

- Prepare with LOVE formula.
- Define what you want to do with energy.
- Sense what energy feels like. To me it feels like heavy, compressed air.
- Imagine this energy all around you.
- Imagine you are drawing it to you like netted fish in a pond.
- Pull the energy into a concentrated package about the size of a basket ball.
- Hold the ball to the right or left of your head as if you are getting ready to throw it.
- Throw the ball of energy towards the person you wish to affect.
- Concentrate on your intention for this energy. Example: “Call me on the phone now!”
- Wait and see what happens.

10. CLASS SUBJECT: After LOVE formula class picks a color and sends it to class subject. Choose Red, Orange, Yellow, Green, Blue or Purple.

- a. CLASS PARTNER: Class now does same exercise with partner. This time send a number: 1, 2, 3, 4, 5 or 6.

11. CLASS SUBJECT: Remote Influence. Make class subject do one of the following:
cough, clear throat, get up, sit down, say the word “notebook,” drink water or eat something within two minutes of sending the influence.
 - b. CLASS PARTNER: Do the same with your class partner.

Chapter 4 – Seeing Energy: Remote Viewing, Medical Intuition

1. **Remote Viewing:** Class holds envelopes and writes down what they “see” in each envelope.

Envelope 1	Envelope 4	Envelope 3	Envelope 4

2. **Remote Viewing:** Class “sees” room in their partner’s house (time allowing).
3. CLASS SUBJECT – **Medical Intuition:** Class scans subject to get information. Write here.

Head/ Skull:	
Eyes, Nose, Mouth, Ears:	
Neck/throat:	
Chest – Heart:	
Chest – Lungs:	
Right Arm, Shoulder & Hands	
Left Arm, Shoulder & Hands	
Stomach	
Intestines	
Other internal organs like kidneys, liver, spleen:	
Ovaries/Fallopian Tubes:	
Uterus:	
Male:	
Leg right including knees, feet:	
Leg left including knees, feet:	

4. CLASS PARTNER: – **Medical Intuition**: Class scans subject to get information. Write here.

Head/ Skull:	
Eyes, Nose, Mouth, Ears:	
Neck/throat:	
Chest – Heart:	
Chest – Lungs:	
Right Arm, Shoulder & Hands	
Left Arm, Shoulder & Hands	
Stomach	
Intestines	
Other internal organs like kidneys, liver, spleen:	
Ovaries/Fallopian Tubes:	
Uterus:	
Male:	
Leg right including knees, feet:	
Leg left including knees, feet:	

The L-O-V-E Formula

The LOVE formula was created by me as a way for you to have an exact formula to access the mind of the universe. Without a consistent technique your results will be unpredictable and unreliable.

It includes a section on how to get to the slower brain wave state of theta which really is the key to all of this.

Here it is.

5. Let go in meditation.
 - a. Theta Brain Wave Meditation. The most important secret to opening your miracle mind is through deliberate access to deep Alpha to Theta brain wave states. It is this brain wave state which is responsible for access to the miracle mind, collective unconscious or what physicists call “zero point.”
 - b. The easiest way I have found to gain access to this brain wave state is to use a “Deep Theta Meditation” found for free on youtube.com. If you do this daily or before working psychically, you will have a significant advantage.
 - c. You will need at least eight minutes of viewing.
 - d. Watch a professional brain wave entrainment audio. This link has many. I personally use the psychic one and have had smashing results with it. [The Unexplainable Store, especially the 20 minute theta meditation recording is located here.](#)
 - e. We enter Theta every day doing ordinary activities such as day dreaming, watching a boring TV show, listening to a dull lecture, in the shower, walking, driving long distance on a straight, desolate highway, staring at a hypnotic spiral wheel, reading an absorbing book, deep in meditation and during sleep. Go to this link for more complete information on how to go to theta trance: <http://abundancepsychic.com/theta-trance>
6. Open in prayer. ***“Father, mother, god, all beings of the highest light and love, please come to me now in the reading for ‘name.’ Please allow all messages to be received clearly, accurately with validated evidence and healing, as intended for the highest good and benefit of ‘name’ and all those with whom s/he comes in contact. Please allow us to work in the highest love, light and protected vibration. And so it is.”***
7. Alignment with the vibration of your subject by visualizing energy fields combining.
 - a. Visualize yourself sitting opposite your subject (person for which you are reading). If that subject is already in front of you then simply see them in your mind’s eye.
 - b. Imagine they have an energy field coming out of them.
 - c. Imagine you have an energy field coming out of yourself.
 - d. Imagine both energy fields blending.
 - e. You should feel a click as you connect.
8. Entirely receive.
 - a. Entirely receiving is the most difficult phase of this process for many people, but is critical to be able to do in order to access your miracle mind. You must be willing to allow yourself to report or accept anything that comes in as part of your psychic experience, even if it seems silly.
 - i. Example. I was doing mediumship for a client. Soul came in with monkeys, McCaw and so many animals around her, I could hardly see

her face. I was hesitant to say anything, but I did. Turned out she was an animal activist and care taker when on earth.