

SPIRITUAL PSYCHIC DEVELOPMENT UNIT 4

MEDIUMSHIP II: A HANDS-ON APPROACH



PACKET 1: INTRO TO “HANDS-ON” METHOD
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PART II

Relevant Definitions from the Previous Unit:

***Psychic...**General, all-purpose term used to describe the non-physical & spiritual senses, and their related phenomenon. Also “psi”. Psychic is an umbrella-term that refers to the use of the non-physical senses in any & all capacities, including telepathy, prophecy, clairvoyance, remote viewing, clairaudience, clairsentience, energy sensing and healing, psychometry, and more. Mainly deals with sensing (and directing) *energy*, especially the energy of places, objects, and living people.

***Mediumship....**Spirit Communication....The ability to communicate with spirits on the astral plane and be receptive to spirit influences. Mediumship is a specialized kind of psychic communication that traditionally deals mainly with the spirits of the so-called “deceased”, although technically *any* kind of spirit (including fairy, angelic and other non-human entities) can be reached. Mediumship is also a form of spiritual development that assists one in becoming less materialistically orientated and more spiritually focused.

***Medium....**One who acts as a channel for communication with the spirit world. Also, one who consciously communicates with Spirit/spirits.

Remember: A medium is always a psychic, but a psychic is not always a medium. Although both mediums and psychics can read energies, not all psychics chose (or know how) to consciously commune with spirits.

A medium is not only interested in reading energies or knowing the future. One of her primary focuses is on building a relationship with the spirit world, especially her own spirit guides and passed-on loved ones. A medium can do anything that a psychic can do, except that she usually does it with the help of the spirits.

Introduction to A “Hands On” Approach

We are living in interesting (and potentially *stressful*) times. Between population growth, global commerce and the advent of the “age of Internet”, most of us are now exposed to more energies, information, *mis*-information, and social connections than ever before. It’s often difficult to find a “quiet place” to get away to for any period of time to tune into the energies of the spirit world, for there are just so few “quiet places” left in the world. We have to learn how to find that “quiet place” inside.

As modern mediums, we also have to learn how to tune-in anywhere and anytime, for we are just as likely to need guidance from the spirit world in our daily lives as we do when we are attempting to do a “reading” for another. We also need to be able to move through life with an almost constant heightened psychic awareness, so that we can access Divine *inspiration*, and not just “in-formation”. We are learning to stay “tuned-in” ALL of the time, to one extent or another.

To assist us in this “tuning in”, we need skills that can help us gather psychic data quickly & easily in our day-to-day lives. Psychometry is such a skill.

As students learned in our last class of the previous unit, psychometry is a kind of “psychic touch” frequently employed by both practicing psychics and mediums.

When you review the available literature on psychometry, you will see that most of it pertains to developing your psychometry ability in a general psychic sense. Very little is written about how to use psychometry specifically for mediumship purposes, or to stimulate mediumship communication. This is ironic, given that most mediums will use psychometry at one time or another, and many mediums rely quite heavily on psychometry in their readings, whether it is through touching an object or holding the hands of their clients.

In this unit, we will explore the general use of psychometry in a basic, energy-sensing kind of way, AND we will also explore how to use psychometry to “make contact” with the other side.

You can use psychometry to do a reading for another, either a psychic reading or a mediumistic reading (or both simultaneously). You can also use psychometry to enhance your

use of divination systems. For example, psychometry can be used to help you read an astrology chart (even if you don't actually know how to read one) or do a card or rune reading. Finally, psychometry can be used in your day-to-day life to navigate the energies that are continually swirling in and around you.

This is some of what I hope to cover with you in this unit, both through these packets, and through the live classes.

PSYCHOMETRY

Psychometry is the ability to receive psychic impressions by touching objects, people, and animals. The “touching” involved in psychometry is usually done with the hands. However, an advanced psychometrist can also use her aura or consciousness to reach out and psychically “touch” an object, without ever using her physical body at all. Whether it is the consciousness or the hands doing the touching, psychometry is definitely a kind of psychic touch.

Psychometry is also an off-shoot of clairsentience. Clairsentience literally means “clear-feeling”. During clairsentience, you sense the vibrations, emotions or physical sensations in the objects or beings around you. You may have had the experience before of picking up an object and being “flooded” with psychic sensations, or entering a room and feeling immediately enveloped in a certain emotional “note” or energy. These are both examples of clairsentience, and they are also both examples of spontaneous psychometry.

Although related, psychometry is distinct from clairsentience in that it is a process that can also employ the use of the other “clairs”, including clairvoyance (psychic seeing) and clairaudience (psychic hearing). In the first stages of psychometry development, you will probably rely quite heavily on your clairsentient instincts. Most of your initial psychic impressions are likely to come in the form of vibration, feeling, or sensing. However, as your skill level increases, it is likely that you will begin to receive information through other psychic senses, especially through the senses of clairvoyance and clairaudience.

When you first begin to psychically “read” through psychometry, you may only have vague impressions or a sense of “energy” coming from objects. However, with a little bit of practice (and the proper preparation), you are soon likely to start receiving pictures, images, words, or even full length “messages” during the process.

If you follow the suggestions that are offered in this class, and actually practice & implement what you learn, it is likely that you will no longer be limited to only your clairsentient perceptions when practicing psychometry. You will soon also start to receive psychic data through your senses of psychic hearing, sight, taste, smell, and other psychic senses which we do not yet have words to describe.

The Basic “Process” of Psychometry Reading

The basic “process” of psychometry involves holding an object in your hands and doing a “reading”. This reading may be over the history of the object itself, or for the person whom the object currently belongs to, or another individual that the object *used to* belong to. This kind of basic psychometry may be used alone to do a reading and gather information, or it may be used in combination with other methods (for example, channeling).

To do a psychometry reading in this way, you simply hold or touch the object, and let the psychic information “flood” your consciousness. You may receive pictures or images or hear words or sounds. As I mentioned above, most common is to receive psychic data by simply “sensing” or “feeling”. At first, your sensations may be only “vague” or “fleeting”. However, with proper practice, the information that you receive will become more definite and clear. You will probably also start to receive psychic data in the forms of images and words.

When approaching psychometry for the first time, it is customary for most people to practice it exclusively in the way that I have described above, by touching or holding an object in your hand, and reporting the psychic impressions you receive while doing so. However, psychometry is actually much larger than this. There are many advanced methods for using psychometry, including evaluating a person’s character by merely touching her, or assessing the energies at a meeting by “reading” the furniture or even walls via psychometry.

In this unit, we will be covering both the most basic methods of psychometry, as well as its more advanced uses. To begin with, it would be helpful if you have a working understanding of how energy imprints upon objects, and what it is we can actually read through an object.

How Energies Get Imprinted on Objects

Objects contain a psychic record of the people that own and touch them frequently. They also have a record of their own experience and events that have taken place around them. In short, they have a *memory*. By accessing this memory, you can read a person's past, present and future, as well as her emotions and experiences. You can also tell what has taken place around this object. This is what psychometry is all about.

Every feeling and every thought that you have ever had has a life of its own. This life is called a *thought-form*. The strength of a thought-form is related to the intensity of the thought or emotion—the more intense the thought or emotion, the stronger the thought-form. Over time, these thought-forms imprint themselves onto objects and surroundings, leaving behind the vibration of the person who originally created them.

Objects that are touched frequently or handled during stressful or traumatic events carry the most thought-form energy. Thought-forms dissipate over time, but if the original thought-form was intense enough, it will stay with an object long after the original owner has passed on. On the other hand, if a person only handles an object once or twice, it may be difficult to read her using that object (unless, of course, she handled it during a very intense moment—then her emotional energy will be all over it).

That being said, a psychic with extremely well-developed psychometry skills could probably “tune-in” to a person's energies through an object that this person had only touched a single time. This is because a well-developed psychic can go beyond “normal” ranges of perception to read the faintest traces of energy. As we discussed in our previous unit, in magical tradition, even an object that has been touched only *one time* by a person can be used as a “witness” to connect in with a person's energy (at least, in theory).

Magically speaking, a “witness” is just what it sounds like.....something that bears witness to a specific person's life. Traditionally, a “witness” was most likely to be fingernail clippings, hair, saliva, a few drops of blood, or a piece of clothing or other personal belonging that was used to “connect in” with the energy of a person. Ancient shamans, psychics, and ceremonialists understood that such objects would undoubtedly be imprinted with the energies of the person to whom they belonged. Thus, these mystical initiates frequently used “witnesses” to gather information, and also to send either healing or destructive energy, depending on their intentions.

The idea is that the parts that came directly from the body or were worn close to the body contained the essence of the soul of the person. Such objects could be used as a “gateway” into the energies of the person they originated with. In modern times, it is understood that personal belongings such as jewelry, a purse, keys, etc can also be used as a “witness”. In fact, *any* object used during psychometry to tune into a specific person’s energy is a witness.

The concept of the “witness” in psychometry also relates back to a scientific theory that sheds further light on how psychometry might actually work....the “Holographic Universe” theory. In a nutshell, what this theory says is that the universe is a hologram, with each individual part containing the information of the whole (www.crystalinks.com/holographic.html).

To paint a visual for you of what this is saying, consider that if you take a holographic photo of yourself, and then cut it into half and shined a laser on it, both halves of the photo would contain the original image of you still *fully intact*. If you repeated the process again, cutting each of the two holographic “halves” in half again (essentially creating “quarters”), each of the new images would again contain the original image of you *fully intact*.

In fact, with a holograph, you could just keep dividing the original “unit” over and over again, and no matter how small you go, each new section will still be found to contain the information of the original image. The physicist David Bohm explains this holographic nature of the Universe by saying that separateness is an illusion, and that at the deeper levels of reality, particles are not individual entities, but actually extensions of the same fundamental energy (www.crystalinks.com/holographic.html).

What all of this means in relationship to psychometry is that any and every aspect of your life could be said to be part of your “holograph”, right down to the possessions you use, and the objects you own. On an energetic level, they contain and depict *your* energies, and not just their own.

When you combine this “holographic universe” theory along with an understanding of thought-forms, you begin to get a sense of how & why it is possible to read a person’s energies through a witness-object.

What is doing the Touching?

Although the use of the physical hands *does* play a prominent role in psychometry, this process involves much more than just touching something with your hands. Psychic contact usually precedes physical contact.

Your aura touches an object long before your hands ever do. In fact, the moment you conceive that you are going to touch an object, you have already begun to touch that object with your mind. Your consciousness reaches out and touches the energy of an object long before your hands or body make physical contact. To become “fluent” in psychometry, you must learn to “touch” through your consciousness as well as with your hands.

Even though there are touch sensors located over our entire physical body, most of us associate “touching” with the use of our hands. Probably this is because on a subconscious level, we sense the presence of the powerful chakras located in the palms. These “palm chakras” work to both *send* and *receive* energy. In the process of psychometry, the hands act as receivers. During psychic healing, the circuit is reversed, and the hands transmit energy.

Accompanying the chakras in the palms, there are also tiny energy-sensing chakras located on each of the fingertips. Some modern mystics also claim that there is a chakra on each wrist (<http://healing.about.com/cs/chakras/a/forgottenchakra.htm>). These smaller wrist and fingertip chakras can be employed in the art of psychometry to help you sense the subtle nuances of energy and psychic data.

In addition to touching objects or people with our hands, we also touch the ground beneath us with our feet. The center of each foot has a chakra, as well as the heel. Like the fingertips, each tiny toe has its own energy-sensing chakra as well. Each of the ankles also has a chakra. Although most of us associate the use of our hands with psychometry, we can (and do) also experience psychic sensations through our feet.

In this unit, we will be working on enhancing the psychic receptivity through all of the above-mentioned chakras, including the feet. We will also work a great deal on learning to “touch” with our *consciousness*, and not just the physical body.

Because the most basic kind of psychometry does begin with a holding or touching an object with the hands, we will begin by helping you to get acquainted with your hands.

Getting to Know Your Hands

To get really good at psychometry, you must first begin to think of your hands as living organisms with an intelligence and sensitivity of their own. This is difficult for many of us at first, as we are so accustomed in our modern society to pounding the sensitivity out of our hands by constant repetitive movement, including frequent typing at the computer for many of us. It is just so much easier to adopt an attitude of de-sensitivity to our hands, if only to assist us in continuing in repetitive movement long after our intelligent hands have had enough.

If you want to truly develop and refine your psychometry abilities, then this kind of desensitization and lack of awareness towards the feelings and sensations in your hand just won't do.

So you begin your development of psychometry by becoming aware again of the feelings and sensations in your hands. You can start right now by releasing your hands from this page or from the place where they are resting, and holding them up in front of you. Just hold them up in front of you right now, in whatever way feels comfortable.

As you are holding your hands up in front of you, begin to study them. Look at them carefully with a new awareness. Give them conscious attention. Notice their lines, the way the fingers curl and bend, the curve of the palm, the way the hand connects to the wrist. If you like, slowly and gently rotate the hands so that you can get a good look at them from different angles.

Give yourself a moment or two to practice this kind of heightened awareness towards your hands. Do not rush the process. Allow yourself adequate time to observe the structure of your hands. Act as if you are getting acquainted with your hands for the first time. Observe the overall structure of your hands with new eyes.

Next, gently flex your fingers and thumbs in towards your palm several times. Notice how the flexing occurs. Do all of your fingers flex in towards the palm at the same time? Or is there a kind of delayed reaction where one or more of the fingers seems to flex at a different time than the others? Does the thumb flex at the same time as the other fingers? Or does it seem to flex by itself on its own time, either before or after the fingers?

Observe the natural movement of your thumb and fingers as they curl in towards the palm. Flex several times so that you can get more of a sense of your natural movements.

Now, with your fingers and thumbs flexed or curled into the palms, rotate both your hands and wrists in a circle. Notice which way your hands choose to rotate....is it clockwise or counterclockwise? Also, notice if both hands are rotating in the same direction, or if your hands work naturally independent of each other in opposite directions. Allow your hands and wrists to continue rotating naturally in this fashion for a moment or two. Concentrate on observing and just allowing your hands to do what they want to do for a half a minute or so.

Next, go ahead and consciously reverse the rotation of your hands and wrists, keeping your fingers and thumbs curled into the palms. Now you are consciously “directing” your hands in the way you want them to go. Whereas before, you were letting your hands rotate in the direction of their choice, now you are consciously reversing the natural flow.

Notice how it feels *different* when you “force” your hands to move in the direction that is not their first instinct. How well are your hands cooperating? Do you feel *resistance* coming from your hands? If so, rate that resistance on a scale of 0-10, with 10 being the highest. Is one hand more resistant than the other to this new movement? If so, notice which one.

Perhaps your hands seem *very* cooperative and willing to try a new movement. If so, rate that sense of “willingness” and adaptability you feel in your hands on a scale of 0-10, with 10 being the highest. Also, notice if one hand seems cooperative and flexible, but the other seems resistant. Notice how the energies flow through your hands as they rotate with the fingers curled in towards the palm.

Go ahead and release your fingers now, and allow your hands to fall naturally into a resting position. Where do your hands land when they are resting? And how do they “sit” when they are at rest? Notice if the palms are facing up or down. Also, notice how close the fingers and thumbs lay to each other when your hands are at rest.

There is no “wrong” or “right” way for your hands to be here. You are simply observing what is natural for you & your body, and getting to know the way energy flows through your hands.

“THE WORK” (aka “Suggested Exercises”)

I want you to practice the above exercise for several days in a row. A period of 14-21 days is ideal. I want you to become acquainted and familiar with your hands, both on a physical and non-physical level. Start to get a feel for how they move, and also how they receive energy. Pay attention to the sensations and movements of your hands. Don't forget to notice the sensations in your knuckles, wrists, and fingers too.

In addition to doing the above-mentioned exercise, it also helps develop your psychometry abilities if you will wiggle your fingers a little each day. Wiggling the fingers each day will stimulate the large amount of tiny psychic sensors along each finger. You will find that this helps in both the sending & receiving of energy. Another good exercise for stimulating the psychic sensors in the hands is to rub the hands briskly together. This really gets the energy going.

Be sure to actually **practice** these exercises, and to practice regularly. If you do not practice what I have suggested here, it is unlikely that you will go very far with psychometry, perhaps even with your psychic development in general. But if you **do** practice, and you practice faithfully, I predict that you will accelerate QUICKLY on this path. Also be sure to read over this packet at least three times, so that you can **absorb** the introductory concepts & information on psychometry.

Another “practice” that I suggest that you do is to get in the habit of being aware of the sensations & feelings in your hands at ALL TIMES. For example, notice what your hands, fingers, and wrists are feeling *right now*, in this very moment. Are there any sensations of tension, tingling, warmth, coolness, or other kind of feeling? What do you *notice* about what your hands are feeling in a given moment?

One more practice I will share with you for attuning with the psychic sensors in your hands is to consciously pay attention to your hands while you are driving (if you do drive). I have found that attuning with the sensors in my hands is quite easy while they are resting solidly on the steering wheel. Also, especially when you are driving long distances, a natural “trance”

state tends to arise from the monotonous movement of the car. This light trance state is very relaxing, makes it easier to psychically “tune in”.