

# Develop Your Clairvoyance

## Using These Powerful Techniques



### Psychic Functioning: Sixth Chakra and Third Eye

According to psychic development expert, Michelle Beltran, rooted in your sixth chakra is your third eye. This is the gateway to your clairvoyance. The word clairvoyance is French and means clear seeing. If you have ever had a daydream, then you have experienced what it's like to use your clairvoyance. It really is that simple.

So, let's try it now, together.

Take a moment, look around you and pick an item. Study the item for a moment, noticing all the details about it. Now, close your eyes and see it in your mind's eye. As your eyes are now closed, look at the details of it in this new way. Visualize the color, shades of color, patterns and the texture. Are there particular shapes and sizes? As you do this you are recalling visually in a new and heightened way. This simple visualization is how it will feel to see clairvoyant images so remember this feeling. Images come naturally, gently and on their own time. It may feel very much like a daydream as images present for you.



### Psychic Development Requires an Awareness of Our Ability

Are you mainly Clairvoyant?

If you are not sure whether clairvoyance is your main clairability, then notice what you say because your language holds clues to your main ability.

You may say:

“I see this as...” as compared to “I feel this is...”

“I see what you are saying...” as compared to “I feel you...”

If you use words with “see” more than “feel,” then you are predominantly Clairvoyant.

You may also find that you use other words from other clairabilities at times. This is normal because you may have more than one predominant sense that you use for your psychic abilities.



## Blockages in Your Psychic and Intuitive Development

Sometimes clairvoyance can be blocked by fear. For example, if a person fears they may see something clairvoyantly that may scare them or that is unwelcome then this creates a block. Understand that your clairvoyance is a gift from the highest of good and love. So, before you step into this work be sure to find a good healthy perspective!



## Linking with Your Third Eye

This simple exercise will assist you in opening up your third eye as it tells your left brain, "I am ready."

- 1 Place any finger from your non dominant hand between your eyes and above the bridge of your nose then push up slightly toward the center of your forehead. Rotate your finger to the left a few times, then to the right a few times.
- 2 Take a deep breath.
- 3 Imagine an eye opening wide here. This is where your third eye is located. See the details of this eye. Is it round or almond shaped? Are the lashes long or short? Is there color?
- 4 Be mindful of this wide open eye as you go through your day.



## Psychic Abilities Training with a Reading Screen

Having a visual reading screen will help you see images and psychic impressions through your mind's eye. A reading screen gives you a tool to see the pictures.

Here's how to do it:

- 1 Take in a deep breath and close your eyes.
- 2 Imagine you are sitting in front of a large movie screen. Provide the movie screen a grounding cord that extends from it to the earth's center. It could be a roaring waterfall, a golden beam of light, or roots. Make the grounding cord whatever you want it to be.
- 3 As you look at the screen, ask a question.
- 4 Then let the answer come on the screen. Even if you get all white on the screen, that is still an answer. It is a color and holds a message for you. White is associate with light, purity, goodness and divinity.

Just relax and let the images come to the screen. You may see a flash of images and this is okay, even if you are not sure what these mean. As you practice more and more, you will be able to easily interpret what you see.



## A Psychic Tool: The Truth Rose

Sometimes, we want to know the truth about matters in our life. The truth rose is a tool to help you do this. Here's how this technique works:

In your mind's eye imagine a rose out in front of you just outside your aura, about an arm's reach away. Make it any color you like. Ground the rose to the center of the earth by visualizing the roots of it travel and affix firmly to the center of the earth. Try not to figure out where the center of the earth is. Your higher self knows where this is. Now, take a moment to see the details of the rose. What color did you make it? Are there leaves? Thorns? Notice the petals and any texture. Then, out loud, ask a question you desire an answer to. Let the rose absorb the energy of your question. Then just observe. If the answer is truth or yes, the rose will flourish or get bigger and brighter. If the rose withers or turns a darker color the answer is a no or not truth. These can be used any time you need assistance in a decision, during a conversation, or any situation you need intuitive guidance



## Psychic Learning Should be Fun!

Building any clairability starts with your intention. Follow this up with practice. One very simple way to become in tune with your heightened senses is through fun and games. Find a deck of cards that you feel a pull to. In a quiet place, draw three cards and try to guess the suit only. Do this several times. Notice how you do but resist attachment to the outcome or trying to get it right. Trying to get it right

is rich with ego and hinders your growth. When you come to a place of just accepting what comes you know you are becoming in tune to your ability. You will find you are also accurately identifying suits in this mind set. Finally, pay close attention to how it felt to be accurate. Your awareness of this simple feeling assists the blossoming of your ability.

## A Psychic Validation Exercise

Before you start your day and while in a meditative state ask the universe to bring you images of what is to come in your day ahead. Resist the desire to interpret images that present. Just let them float in. You may receive information that seems ridiculous, beyond belief and/or has no meaning to you whatsoever. This is fine. Write it all down. Come back to your journal later that day and note what you saw that did indeed present in your day. For example, did you see an eagle and then in your day you either saw an eagle or read about one in the newspaper or a book? The key here is to be consistent with this exercise. Clairvoyance is like a muscle it gets stronger with your consistency and your trust in it.



## Your Most Important Psychic Development Technique: The Sensory Field Trip

One of the first tools to use to begin opening up all of your clairs is the sensory field trip. This will help you to increase your awareness of energy and sensory information. Go to a zoo, an airport or your local grocery store or farmer's market. Take the time to really notice everything in this sensory rich environment, as if you were a little kid taking a field trip.


Take thirty or forty minutes to wander and go through an organic foods store, for example. Smell all the smells and see all the sights. Hear all the sounds that you can and feel all the feelings and body sensations. You may want to write down what you smell, see, feel and hear to keep you on track and help you focus more. Look everywhere and feel everything. Notice all textures, colors, sensations, temperatures, feelings, emotions and smells. Pick up a head of lettuce and really feel the textures, weight and temperature of the lettuce. What is happening all around you? Is it colder or warmer in certain parts of the store? What are you feeling on the inside of your body? What are you feeling on the outside of your body? Are you drawn to look up, down, to the side for any reason? Ask yourself why if so. It's important to notice direction, because the way things present to you- from the top, bottom, right, or left does matter. Often directional messages are correlated with time. For example, something presenting from the left can mean it is linked to the past; from the middle can indicate a link to the present, and from the right can mean future connection.

The sensory field trip is an excellent method for opening and developing your clairabilities. Be aware that if you are highly in tune to your abilities already or are very empathic, you may find a sensory trip to be a bit of an emotion overload. If this is the case, just do this exercise for a shorter time or choose a location that feels better to you.

The following meditation will be helpful to do before you go on your sensory field trip and throughout your development of this ability.



## A Clairvoyant Meditation to Assist You in Accessing Your Psychic Abilities

Daily meditation is essential as you hone this ability. A free  audio clairvoyant meditation, specifically designed to supplement this teaching, is included below for you.