

# Clairvoyance

What Does Mean?



## Summary

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## Introduction

We predict the future all the time, but we usually, if not always, do it by taking into account our experience, knowledge, and surroundings. Some predictions by psychics come true. So do some predictions by non-psychics. No doubt much of our anticipation of the future is unconscious and second nature, but it is based on quite natural and mundane abilities and not on mysterious or supernatural powers.

Clairvoyance, a psychic ability to see things beyond the range of the power of vision, is often called the “sixth sense.” Clairvoyance is the art of “seeing” with senses beyond the five we normally use. It is usually associated with precognition or retrocognition. Clairvoyance is related to the images that are always present in your mind that bring messages from other realms. These images can be shape, colors, still, animated, remain on a few seconds, or last a longer time. You may “see” them with your eyes open or closed.

The faculty of seeing into the future is called second sight if it is not induced by scrying, drugs, trance, or other artificial means. The word clairvoyance means “clear-sighted,” or being able to see in the invisible (to physical vision) worlds. It is a faculty latent in all and will eventually be possessed by every human being in the course of his or her spiritual unfolding.

Although, inherently, each of us has this faculty, a persistent effort is required to unfold it in a positive manner, and this seems to be a powerful deterrent. If it could be bought, many people would pay a high price for it. Few people, however, seem willing to live the life that is required to awaken it. That awakening comes only by patient, persistent effort. It cannot be purchased: there is no royal road to its acquisition.

A Gallup poll indicates that belief in clairvoyance has increased from 26 percent to 32 percent over the past decade. It is, undoubtedly, the element of prophecy that makes clairvoyance so fascinating to many people. To be able to cheat time, so to speak, becomes almost a passion with some. Yet, such attempts to glimpse into the future, when successful, bring dissatisfaction, unrest, a centering of attention upon oneself, and a general loss of equilibrium; when unsuccessful, they are futile indeed.

The true clairvoyant power, on the other hand — which takes its beginnings in unselfish love — brings with it no such unhappy results.

It is a power used at will by the master of life; in us it feebly manifests as flashes of intuition, hunches, warnings in dreams, and the like. A person who knows "instinctively," as we say, what to do in a crisis, when to act, and when to refrain from action, who can make swift decisions, perhaps on momentous questions, that contain no flaw of judgment, who has a balanced sense of values is merely exercising the clairvoyant power of "seeing straight." Some people find it easy to tune their frequencies in to the other side to "see." Other people develop the skill with practice. Some people can never master it. Some people become clairvoyant after a unique experience such as a Near-Death Experience, ET Abduction, high fever, serious accident, blow to the head area, or opening of the kundalini energies. Some people use chemical stimulants or hallucinogens to heighten their awareness. This is something I do not advise as the information may not be accurate and physical side effects may occur later on.

The very qualities such as discrimination and sound judgment, the natural attributes of the well-developed individual, indicate that normal evolutionary growth leads us sanely, even if imperceptibly, towards the acquiring of clairvoyant powers. The highly specialized powers of the adept, the normal higher human faculties, developed, refined, and expanded to a universal scope, must always rest on such secure foundations of character.

## Two Types of Clairvoyance

There are two types of clairvoyance. When an individual is able, at will, to see in and investigate the inner worlds, and is the master of himself and what he is doing, he has developed positive, voluntary clairvoyance. This type of clairvoyance is developed through pure, helpful living, and the individual must be carefully trained in its use, in order that it may be completely effective and useful. When the sights of the inner worlds are presented to an individual beyond his control, and he sees what is given to him to see and can in no way control this sight, it is negative or involuntary clairvoyance. This type of clairvoyance is dangerous, laying the individual open to possession by discarnate entities and, if permitted to go far enough, presenting the possibility that his or her life, in this world and the next, will quite literally not be his or her own.

Although both positive and negative clairvoyance exist, it is only with positive clairvoyance that an individual can accurately see and investigate the inner worlds and advance himself along the evolutionary path. Negative clairvoyance cannot be counted upon as a reliable tool of investigation, it often brings about the highly undesirable situation of personal control from an outside source, and it can cause evolutionary regression of the individual concerned.

The development of negative clairvoyance is much easier because it is merely a revival of the mirror-like function possessed by man in the far past, by which the outside world was involuntarily reflected in him. This function was afterward retained by inbreeding. With present-day media, this power is intermittent, which explains why they can sometimes "see" and at other times, for no apparent reason, fail utterly to do so.

Therefore, the aspirant must feel not a wish to gratify an idle curiosity, but a holy and unselfish desire to help humanity. Until such a desire exists, no progress can be made in the attainment of positive clairvoyance.

What It Involves Opening inherent clairvoyant gifts has to do with DNA activation of encoded cellular memories, activations of chakras, raising frequency, balancing energy bodies, self-esteem and the ability to trust in what is heard and seen, and the present emotional state (clearing issues that block/or influence the information you get).

Expand your knowledge base in all areas of 3D. If you haven't studied a language, it sounds like gibberish and its written symbols make no sense at all.

The brain will have no way of interpreting the language into something you can understand. With the archetypes seen in meditation, dreams, etc., the brain needs some sort of frame of reference in order to understand. Every reading is modified, and markedly colored, by own powers of interpretation, partly governed by the degree of technical knowledge concerning the character and partly by the level of mental and intuitional development. The neophyte must comprehend what he or she sees in the Desire World. Being clairvoyant does not mean that all truth is at once open to us and that we can “see all about” the higher worlds. The mere ability to see does not give us universal knowledge of that which we see. It requires much study and application to know about even that infinitesimal part of physical things that we handle in our daily lives. Hereditary and evolutionary backgrounds affect nature of interpretation.



Once clairvoyant gifts are opened, it is like any other exercise; it gets easier and easier. Some people mediate daily not for these messages but just to keep their sheath bodies in balance. They receive few images; but like to relax and feel at peace. When clairvoyant, solid objects are seen both inside and out. Space and solidity, as hindrances to observation, have ceased to exist.

In the Physical World, objects at least are dense, solid, and do not change in the twinkling of an eye. In the Desire World, they change in the most erratic manner. This is a source of endless confusion to the negative, involuntary clairvoyant, and even to the neophyte who enters under the guidance of a teacher. The teaching the neophyte receives, however, soon brings him or her to a point where he or she can perceive the Life that causes the change in Form and knows it for what it is, despite all possible and puzzling changes.



Clairvoyants must first be trained before their observations are of any real value, and the more proficient they become, the more modest they are about telling of what they see; and the more do they defer to the versions of others, knowing how much there is to learn and realizing how little the single investigator can grasp of all the details incident to his or her investigations.

This accounts for the varied versions of the higher worlds, which are often an argument against the existence of these worlds. They contend that if these worlds exist, investigators must necessarily bring back identical descriptions. However, each has his or her own peculiar way of looking at things and can describe what he or she sees only from his or her particular point of view. The account he or she gives may differ from those of others, yet all may be equally truthful from each individual observer's viewpoint.

Another important distinction to be made is that the power that enables one to perceive the objects in a world is not identical with the power of entering that world and functioning there. The voluntary clairvoyant, though able to distinguish the true from the false in the Desire World, is in practically the same relation to it as a prisoner behind bars. He can see it but cannot participate. However, further exercises given, furnish the aspirant with a vehicle in which he or she can function in the inner worlds in a perfectly self-conscious manner.

Clairvoyance connects to the right side of the brain — the feminine, creative, and intuitive aspects. That is why physical sensations may be felt on the left side of the body when working clairvoyantly.



Possession of such faculties does not indicate an unusual degree of spiritual development; nor is their manifestation dependent upon purity and unselfishness of character. They are merely evidences that one or more of the astral senses are partially able to act independent of their physical counterparts.

Every cell in our bodies is being affected by the raising frequencies of the planet. We are being activated whether we want to be or not. Humanity is returning to an age of enlightenment in which we are all activating and we see the truth of our reality. At that time, psychic abilities become our total experience — the spiraling evolution of consciousness thought.

## What Is Its History?

There have been reports of clairvoyance and clairvoyant abilities throughout history in most cultures. Religious belief and custom have always profoundly affected the status of such powers, and their development along lower or higher lines has run parallel with, and has been a fundamental part of, the growth and influence of religion among the people. When the mysteries were still influencing the life of ancient Greece, a high type of clairvoyant was used in the sacred oracles. The priestess on the tripod was considered holy, and was cherished and protected from contamination of any sort. The temples of Aesculapius in Greece; where the art of healing was developed, and the most remarkable cures were performed; were a recognized part of the mysteries themselves. Edgar D. Mitchell, in his book *Psychic Exploration*, cites many examples of precognition or clairvoyance as being a part of recorded history. He states that cases of precognition go back to the Greek civilization of 700 B.C. Battle strategies were decided by consulting the Delphic oracle. Proof that precognition was used in 400 B.C. is seen in the military victory of the naval chief, Themistacles. After consulting the Delphi oracle, he built 300 wooden ships and gained victory over the stronger and larger Persian ships by guiding them in the Straits of Salamis. Ancient Hindu religious texts list clairvoyance as one of the siddhis (an Indian term meaning skills) that can be acquired through appropriate meditation and personal discipline. However, a large number of accounts of clairvoyance are of the spontaneous variety among the general public. Many people report cases of “knowing” in one form or another when a loved one has died or was in danger before receiving notification through normal channels that such events have taken place. During the seventeenth and eighteenth centuries, psychics were accused of practicing witchcraft and were put to death by the Church. Clairvoyance was a phenomenon reported to have been observed in the behavior of somnambulists, people who were mesmerized and in a trance state (nowadays, equated with hypnosis, by most people) in the time of Franz Anton Mesmer.



The incident took place in 1784 when he was treating a local dull-witted peasant named Victor Race. During treatment, Victor would go into trance and undergo a personality change, becoming fluent and articulate, and giving diagnosis and prescription for his own disease as well as for those of other patients, and forgetting everything when he came out of the trance state. As late as 1837, spirits communicated the idea that spiritual communication would be a global experience. The first investigative group was formed in 1851 and was called the New York Circle. This group was formed to study the Fox sisters who had obtained information regarding a murder. The murder was discovered and the information provided by the Fox sisters was verified as being correct. However, the source of the Fox sisters' information remains a mystery.

The journal, Spirit World, says there were 100 mediums in New York and approximately 50 to 60 private spiritual circles in Philadelphia by the middle of 19th century. Spiritual movements existed in England, France, Germany, and Italy. Clairvoyance was one of the aspects studied by members of the Society for Psychical Research (SPR). Psychics of many descriptions have claimed clairvoyant ability. The present cycle started with the rise of modern Spiritualism in the middle of last century. The movement spread very fast, first through America and later to some of the European countries. By this time, there had been a growing interest in cures effected by means of hypnotism. Combined with new possibilities that these experiments suggested, the spiritualistic movement was welcomed as a new revelation. Reputed clairvoyants developed into mediums, and "Spirit Circles" were formed in many families. By the last quarter of the 20th century, tremendous interest had been aroused in every sort of abnormal power. As more and more people from various sections of society got attracted to it and media focused attention on these groups, glamour had been cast over it. Experimental research into clairvoyance has become more systematic. Perhaps the most well-known studies of clairvoyance in recent times was the US government-funded remote-viewing project at SRI/SAIC during the 1970s through the mid-1990s. Results of some parapsychological studies suggest that clairvoyance does exist (though that interpretation is disputed by critics). The studies also show that clairvoyance does not, in general, require another person to send the information being received, i.e., it can, to some extent, be distinguished from telepathy. Documented evidence by responsible and authoritative people, whose past has been unfolded before their eyes and who have been allowed a glimpse of the future, are seen in Psychic literature. They include famous personalities such as Abraham Lincoln, President of the USA during the American civil war, Lord Balfour, a former Prime Minister of Great Britain, Arthur Conan Doyle, the creator of Sherlock Holmes, and recently, the former President of the United States of America, Ronald Reagan, and the First lady Nancy Reagan. Throughout history, royalty, heads of state and politicians, as well as common people, have consulted a variety of seers in an effort to be forewarned of events to come, to seek advice, and to find answers to the problems that surround them.

There have been some remarkable accounts of mishaps being avoided, advice which eventuated in an accidental event, of unexpected changes in a person's life coming to pass and of changes in attitude leading to a more positive and beneficial outlook on life. Similarities and Differences between Clairvoyance and Witchcraft, Telepathy, Telekinesis, and Precognition Explained.

Before explaining in detail what the differences and similarities between clairvoyance, witchcraft, telepathy, telekinesis, and precognition are, let us see what they are, in a nutshell:

### Clairvoyance



The ability to perceive and understand objects and events beyond the range of ordinary perception, i.e., remote viewing.

### Precognition



The ability to perceive and understand future events and states not yet experienced, i.e., seeing into the future.

### Telekinesis (psychokinesis)



The ability to influence objects by direct mental manipulation, i.e., to cause the movement and manipulation of physical objects by the power of your mind.

### Telepathy (mind-reading)



The ability to directly transfer your thoughts into the minds of others and to perceive the thoughts of others, i.e., the ability of perceiving and projecting thought.

### Witchcraft



Witchcraft is a religion. It involves a system of belief and practice, and is, for many, a way of life. It is the power and ability to draw energy from the earth, concentrate it, and send it out into the world.

The average person sees the world around them with only their physical eyes, but clairvoyance is a way of perceiving things beyond the scope of the eyesight.

For example, the clairvoyant inner vision may see through walls, or witness events taking place at some distant location. Some psychics believe that clairvoyance happens to people who are able to get out of the physical body and “see” by means of the astral body. They shift their centre of consciousness outside of themselves. “Clairvoyant” is a word now used to describe someone with second sight.

Telepathy, clairvoyance, and precognition have in common the ability of conveying knowledge across space or time. They are grouped together because in the fourth dimension, space–time is a field, and spatial translations are the same as temporal translations. The mechanism is an impression on the generalized preconscious that exists throughout space–time. Although all the 5 ESPs represent the power of mind as the centre point, witchcraft is entirely different in theory, practice, and nature from the rest.

Clairvoyance and Telepathy, which is the transfer of thoughts, ideas, images or symbols from one mind to another, perceives directly the thoughts and feelings that are present in another consciousness without the usual intervening sensory precepts. It is a paranormal awareness that perceives another person’s experience. Distances do not matter, as it can be a meter or it can be thousands of kilometers away. It may be distinguished from clairvoyance, in that telepathy is in the form of a message whereas clairvoyance is in the form of a vision. (It is a difference similar to that between radio and television.) Telepathy, from the Greek word tele and pathos, literally means “empathy at a distance.”

Telepathy is a kind of intuition, a “direct knowledge of distant facts.” Telepathy produces full and clear impressions in a way that clairvoyance does not. It is a swift process of knowing through being. Clairvoyance involves imagery; telepathy does not.

It is different from telepathy because an actual vision is not necessarily an emotional transference between organisms. When knowledge is reported of an outside event which is not known to anyone else, such as the presence of a letter in a concealed drawer or a fire in an empty house, it has been called “clairvoyance.”

The more general term extrasensory perception (generally shortened to ESP) is now very generally adopted to cover both telepathy and clairvoyance.

Clairvoyance and Precognition Precognition is the direct knowledge or perception of the future, obtained through extrasensory means.

Precognition is the most frequently reported of all extrasensory perception (ESP) experiences, occurring most often (60 percent to 70 percent) in dreams.

Precognitive knowledge also may be induced through trance, channeling, mediumship, and divination. Usually, the majority of precognitive experiences happen within a forty-eight-hour period prior to the future event - most often it is within twenty-four hours. In rare cases, precognitive experiences occur months, or even years, before the actual event takes place. Severe emotional shock seems to be a major factor in precognition. By a ratio of four-to-one, most concern unhappy events, such as death and dying, illness, accidents, and natural disasters. Intimacy is also a major factor - 80 to 85 percent of such experiences involve a spouse, family member, or friend with whom the individual has close emotional ties. The ability to sense, see, and/or hear things that may happen in the future is called precognition. However, in clairvoyance the person can see visions of things occurring in the present, the person may experience foggy or clear "movies" of things that have happened in the past, or things that will happen in the future. Clairvoyance is usually associated with precognition or retrocognition.

Clairvoyance and Telekinesis Moving objects from one place to another without using physical contact is called telekinesis. The reshaping of objects using the mind's energies, such as bending a spoon, or key, by just holding it and focusing is done by the power of Telekinesis. Telekinesis is created by higher levels of consciousness. It cannot be created by "wishing it" to happen on the physical level. The energy to move or bend an object is created by a person's thoughts created by their subconscious mind. Energy levels must be very high. The desire to move, break, or bend an object must exist in a level of thought we do not as yet have control over, with the 10% of the brain humans presently use. However, a clairvoyant does not have the power to move objects.



**Clairvoyance and Witchcraft** It is not easy to draw a clear distinction between magic and witchcraft. Both are concerned with the producing of effects beyond the natural powers of man by agencies other than the Divine. Witchcraft is a religion. It involves a system of belief and practice and is, for many, a way of life. Witches cast spells. Since a commonly held belief is that what is sent out is returned to the sender threefold, Witches tend to be very careful with spells. A spell is a formula, or series of steps, to direct the will to a desired end. Energy is drawn from the earth, concentrated, and sent out into the world. It is believed that with proper training and intent, human minds and hearts are fully capable of performing all the magic and miracles they are ever likely to need, through the use of natural psychic power.

Clairvoyance is not a religion. Witchcraft has much in common with magic, while clairvoyance has not. The faculty of seeing into the future, which is the highlight feature of clairvoyance, is not there in witchcraft. These two are not similar in nature. While witchcraft can be practiced with negative intentions such as destruction, annihilation, and defeating the opponent, clairvoyance is not destructive in nature and application.

Hundreds of years ago, one possessing the gift of clairvoyance was considered a witch, as unknown knowledge was "feared." Anything connected to "higher frequency" information was forbidden. The similarities in the first four capabilities are that these depend on our ability to expand our mental energies. Witchcraft, on the other hand, requires us to draw our energy from the earth. The capacity of clairvoyance is latent in every one, and those in whom it already manifests itself are simply in that one particular a little in advance of the rest of us.

## What Could Be the Scientific Explanation of This Skill and What Kind of Analysis Has Been Done?





In clairvoyance we “see” with what is commonly called the “third eye.” A gland called the pineal gland, located in the back area of the brain, resembles an eye. Originally the size of a ping pong ball, its present size is comparable to a pea. Medical science knows little about this gland and calls it “the atrophied third eye.” In some respects, it is literally an eyeball. It is round and has an opening on one portion. In that opening is a lens for focusing light. It looks upward. It is hollow and it has color receptors.

Like our eyes that can look up to 90 degrees away from the direction they are set, the pineal gland can also “look” as much as 90 degrees away from its set direction (up). Also, just as we cannot look out the back of our heads, the pineal gland cannot look down.

Even in its shrunken size, the pineal gland has all the geometries and understandings of exactly how reality was created. Most of us lost our memories during the fall. Without our memories, we started to breathe differently. Pranic energy, which used to flow right through the center of the pineal gland and circulate up and down our central tube, now changed route, and we started breathing through the nose and mouth. As our breathing patterns changed, the prana bypassed the pineal gland and we gradually forgot how to use it. This resulted in its degeneration and our seeing things in a totally different way, through a different interpretation of the reality called polarity consciousness. The result of this polarity consciousness has us thinking that we’re inside a body looking out, somehow separated from what’s out there.

Nature retains nothing useless. Yet, in the brain are two small organs called the pituitary body and the pineal gland neither of which are atrophying. This is very perplexing to scientists. All over the body, we find organs which are either atrophying or developing. The pituitary body and the pineal gland belong to still another class of organs, however, which are neither evolving nor degenerating, but are dormant.

In the far past, when man was in touch with the inner worlds, these organs were his means of ingress thereto, and they will again serve that purpose at a later stage. They were connected with the involuntary or sympathetic nervous system. Pictures presented themselves to man quite independently of his will.

At present, to regain contact with the inner worlds, it is necessary to establish the connection of the pineal gland and the pituitary body with the cerebrospinal nervous system, and to reawaken the pituitary body and the pineal gland.



When that is accomplished, man will again possess the faculty of perception in the higher worlds, but on a grander scale than it was in the distant past because it will be in connection with the voluntary nervous system and therefore under the control of his will. Through this inner perceptive faculty, all avenues of knowledge will be opened to him and he or she will have at his or her service a means of acquiring information compared with which all other methods of investigation are but child's play.

The awakening of these organs can be accomplished by esoteric training. In majority, the greater part of the sex force is expended through the creative organs for sense-gratification. When the aspirant to the higher life curbs these excesses and devotes his or her attention to spiritual thoughts, the unused sex force commences to ascend in stronger volume, traversing the heart, larynx, and the spinal cord, passing directly between the pituitary body and the pineal gland toward the point at the root of the nose where the Spirit has its seat.

However, no matter how great, this current must be cultivated before esoteric training can begin. Not merely a necessary accompaniment, it is a prerequisite to self-conscious work in the inner worlds. When the candidate has lived a moral life devoted to spiritual thought for a time sufficient to establish the current of spiritual force, and is found worthy to receive esoteric instruction, certain exercises set the pituitary body in vibration. This vibration causes the pituitary body to impinge upon and the nearest line of force which, in turn, impinges upon the next line to it, and so the process continues until the force of the vibration has been spent.

When these lines of force have been deflected sufficiently to reach the pineal gland, the gap between the two organs has been bridged. This is the bridge between the World of Sense and the World of Desire. From the time it is built, man becomes clairvoyant and able to direct his or her gaze where he or she will. Solid objects are seen both inside and out. Space and solidity, as hindrances to observation, have ceased to exist. Yet, different human beings vary in capacity of response to the very few vibrations which are within reach of our physical senses. It is not a question of strength of vision or hearing, but of extent of susceptibility.

If, with the means of a prism, a clear spectrum is thrown on a sheet of white paper, and a number of people mark upon the paper the extreme limits of the spectrum as it appears to them, it is fairly certain that their powers of vision are found to differ appreciably. Some will see the violet extending much farther than the majority does; others will perhaps see rather less violet than most, while gaining a corresponding extension of vision at the red end.

Some few there will perhaps be who can see farther than ordinary at both ends, and these will almost certainly be what we call sensitive people - susceptible, in fact, to a great range of vibrations than are most men of the present day.

In hearing, the same difference can be tested by taking some sound which is just not too high to be audible - on the very verge of audibility as it were - and discovering how many among a given number of people are able to hear it. These examples clearly show that there is no hard-and-fast limit to man's power of response to etheric vibrations, but that some among us already have that power to a wider extent than others; and it will even be found that the same man's capacity varies on different occasions.

It is not difficult for us to imagine that it might be possible for a man to develop this power, and thus in time to learn to see much that is invisible to his fellow-men, and hear much that is inaudible to them, since we know perfectly well that enormous numbers of these additional vibrations do exist, and are simply, as it were, awaiting recognition.

## Why Should Certain People Be More Sensitive Than Others?

During the epochs of our Earth's history, all were naturally psychic. The pituitary body and the pineal gland, two organs presently dormant in most people were, eons ago, connected with the involuntary nervous system and invested man with involuntary clairvoyance. It was the looseness of the connection between the vital body and the dense body that made them clairvoyant.

Since those times, the vital body has become much more firmly interwoven with the dense body in the majority of people, but in all sensitives it is loose. A lax connection between vital and dense bodies induces sensitivity to spiritual vibrations. That looseness constitutes the difference between the clairvoyant and the ordinary person who is unconscious of all but the vibrations contacted by means of the five senses.

All human beings have to pass through this period of close connection of the vehicles and experience the consequent limitation of consciousness. They are the instruments with which voluntary clairvoyance, under control of the cerebrospinal nervous system, will be attained as man progresses spiritually. The man who consciously evolves his spiritual faculties controls the vibration of these organs by will, and the power to "see" in the other worlds is constant, to be used at his discretion.

As far as the growth of so-called extra-sensory faculties is concerned, humanity is divided into two general categories. Among the members of one category (the “ordinary” people engaged in material pursuits and by and large out of touch with the spiritual worlds), the connection between dense and vital bodies is close. In the other category, that of the so-called “sensitives,” the connection between the two vehicles is loose. These “sensitives,” in turn, are also divided into two classes: voluntary clairvoyants, positive and actuated by their own wills; and involuntary clairvoyants, negative and amenable to the will of others.

Being highly sensitive comes with a number of gifts, as well as challenges. Sensitive souls are deeply affected by all aspects of life. They have great emotional passion, intensity, and depth, and are easily affected by the energy and emotions of others.

They have heightened perceptive skills and are intuitive, highly aware, and keenly observant of the subtleties of environment, including energy, light, noise, smell, texture, and temperature. Their perceptive skills operate in the physical, intellectual, emotional, and spiritual realms. When they co-relate things seen in complex and original concepts, they become visionaries. A sensitive soul is a person of deep empathy and high intensity, with powerful intuition, awareness, and intelligence. They have a uniquely perceptive sensory system and are more sensitive to emotions, energy, environmental conditions such as lighting or sound, other people, excitement, and stress. As a result of these constant stimuli, they get easily overwhelmed or unable to cope.

Being a “Sensitive” is both a gift and a responsibility. Sensitive Souls require supportive relationships and help to tune into their own magnificent inner guidance system for a powerful means of support. Connecting with like-minded souls is often deeply healing for sensitive persons.

There are, therefore, two classes of “Sensitive”: those who have not become firmly enmeshed in matter and those who are in the vanguard of evolution. The latter are emerging from the acme of materiality and are again divisible into two kinds: voluntary and involuntary.

When the connection between the vital body and the dense body of a man or woman is somewhat lax, the individual will be sensitive to spiritual vibrations and, if positive, he or she will, BY HIS OR HER OWN WILL, develop his or her spiritual faculties, live a spiritual life, and, in time, receive the teaching necessary to become a trained clairvoyant and a master of his or her faculty at any and all times, free to exercise it or not, as he or she pleases.

If a person has this slight laxity between the vital and dense bodies, and is of a negative temperament, he or she is likely to become the prey of discarnate Spirits, as a medium.

Ultimately, perhaps, we might not only come to recognize the immanence of the divine in nature, but also to see it clearly in ourselves.

The voluntary clairvoyant develops his sensitivity, and learns to control his extrasensory abilities, as a result of exercising his will in living a pure, spiritual life and devoting himself to selfless service to others. When the connection between the vital and dense bodies has become so lax that part of the vital body may be withdrawn, the positive clairvoyant may become a conscious Invisible Helper. He or she can then function consciously in the Spiritual World and bring back a recollection of everything he or she has done there, so that, for instance, when he or she leaves his or her body at night, he or she takes up the life in the Invisible Worlds in a fully conscious manner as we do here when we wake up in the morning after sleep and perform our worldly duties.

The case of the negative clairvoyant is entirely different. Because of the loose connection between physical and vital bodies, it is sensitive to spiritual vibrations. Since he is of a negative temperament, and retrogression is more readily accomplished than progression, he does not submit this sensitivity to his own domination. Inasmuch as the negative faculty is exercised by means of the involuntary nervous system, it is not under the control of the will and is, thus, sporadic in nature.

The involuntary clairvoyant has no control over what he sees or experiences in the other worlds. He is aware only of what happens before him, and cannot use his power for investigative purposes.



When a person has this lax connection between the vital and the dense body and is of a negative temperament, he becomes a trance or materializing medium, and, when this happens, it can truly be said that his life is no longer his own. It is extremely harmful to any individual to permit himself to become so negative that his or her vehicles and faculties can be taken over by a discarnate entity, which is what occurs when a medium is “working.” The entity can exert his or her control over the individual to the point where the individual can no longer exercise choice in any manner, but must live only as the entity wishes him or her to live. This control can continue in the individual’s life after death, when his or her desired body can be appropriated by the entity. It is extremely difficult to break away from the entity once this has happened.

Although both positive and negative clairvoyance exist, it is only with positive clairvoyance that an individual can accurately see and investigate the inner worlds and advance himself along the evolutionary path. Negative clairvoyance cannot be counted upon as a reliable tool of investigation; it often brings about the highly undesirable situation of personal control from an outside source, and can cause evolutionary regression of the individual concerned.

Negative clairvoyance is, so to speak, more or less thrust upon a person. He has done nothing on his own initiative to generate the ability to perceive in the other worlds and does not, at least initially, set out purposely to do so. Some psychics, in fact, have publicly expressed the wish that they could cease to encounter the — to them — disturbing and distracting phenomena which sporadically intrude upon their consciousness.

Positive clairvoyance, on the other hand, is achieved solely after determined effort and persistence, both in living the spiritual life of purity and service and in performing the requisite exercises. Once achieved, it remains a permanent asset which the Ego retains in subsequent lifetimes — at least, as long as he continues to conduct himself as an aspirant should. Negative clairvoyance, however, is a temporary attribute, not secured from one lifetime to another. Thus, although it is much more difficult to develop positive clairvoyance, this becomes, once attained, an enduring power of inestimable present and potential value to the Ego.

To evolve voluntary clairvoyance is an arduous task; few, therefore, possess this faculty. Negative clairvoyance, unfortunately, has been developed by many who have no idea of the potential dangers to which they are exposing themselves.

Surely, if the trend of evolution, for an individual and for humanity as a whole, has to be developed, we should strive to develop every constructive faculty we have in potential, including, particularly, the superphysical ones.



It is wise, however, to cultivate them along the lines most beneficial to powers of service to God and man. Trained clairvoyance, on the other hand, is a highly effective instrument of investigation and scientific study. Many spiritual Truths will be revealed through the use of this faculty once it has become commonplace among mankind, as it is destined to be. Clairvoyance has the potential to free people from spiritual blindness so that we are no longer condemned to repeat past mistakes, miss new opportunities, or fall prey to seductive yet perilous illusions.

## What Kinds of Supports Are Used in Clairvoyance?

Please Explain Crystal Balls and Tarot Cards? Clairvoyants use supports to help to direct their intuition, to clear up their vision, and to concentrate mainly. The support becomes the instrument chosen by the practitioner. In many cases, the support takes the place of the consultant by playing the role of catalyst. It activates and maintains the received messages. Immediate supports may include a photograph, a personal object, and/or the body (lines of the hand for palmistry). The consultant in the case of direct clairvoyance can be considered as being the support. They produce effects of clairvoyance by leaning only on what is in direct rapport with the person for whom one works. The directive supports can be crystal balls, mirrors, water, and/or fire. They provide the line to follow during the clairvoyance séance. Suggestive supports are tarots (tarologie), the cards (fortune-telling), wax or ink stains, hairpins, the book (bibliomancy), the coffee marc, the egg, and the dream (oniromancie). They arouse ideas by the sense of the symbols and ask for an interpretation. Calculable supports include astrology, numerology, geomancy, and the I-Ching. They determine the clairvoyance by calculation and evaluation. Supports communicators can be dowsing, spiritualism, and typology.





They allow connections, exchanges, and even messages. **Crystal balls** help develop Spiritual Sight. They can be used to gaze into the future or peer into the past to seek the answers to some of life's perplexing problems. Scrying, or crystal gazing, helps to unfold your natural soul ability of clairvoyance by encouraging psychic activity in your **"Third-Eye" Chakra (or soul-energy centre)** located in the forehead of your spiritual self. For thousands of years, seers have used a perfectly formed glass sphere or rock crystal ball to reflect their powerful clairvoyant visions. Crystal Ball: The traditional choice for many experienced scryers, a crystal ball is often used as the centerpiece for an altar. Historically, the reflective surface of a crystal ball, mirror, or a pool of dark water has been used to enable the seeker to discern images that are thought to be responsive to a question or to a given circumstance. The use of crystal balls by most media often helps them to gain more access to their clairvoyant ability. This activity of looking into the crystal ball and gaining more access is known as scrying. When we think of the term crystal ball gazing, we may think of a gypsy lady, with long, painted fingernails gazing into the crystal ball and telling us information about our future. Looking into the depths of a crystal ball has been known to be able to leave the mind open to visions from the supernatural world. Some modern psychics today use the crystal ball to aid them in their meditations as well as a tool to see the future. Visions often appear within the crystal ball. These visions may be seen as moving images or still photographs. It is also claimed that the act of staring into a crystal ball aids the relaxation of the mind, which would give access to the natural psychic powers of the medium. In everyday practice, **the ball is used as a psychic link between the reader and the sitter**, and the images that appear are in the subconscious mind of the clairvoyant.

**Tarot cards:** According to Grillo de Givry, the tarot is one of the most wonderful human inventions. Despite all the outcries of philosophers, this pack of pictures, in which destiny is reflected as in a mirror with multiple facets, remains vital and exercises an irresistible attraction on imaginative minds. Critics who speak in the name of an exact but uninteresting logic never succeed in abolishing its employment. **The Tarot** is a deck of cards that originated over 500 years ago in northern Italy. Although the Tarot was first used in a game called Triumphs, it was quickly adopted as a tool for divination, and popularized by occult societies such as the Hermetic Order of the Golden Dawn. The early tarot symbolism was deeply rooted in Medieval and Renaissance Europe. Over the centuries, it has grown to incorporate everything from Astrology and Kabala to Runes (which predate the Tarot by 1000 years) and the I-Ching (which predates the Tarot by 2500 years).

Today, the Tarot is one of the most popular tools for spiritual introspection in the West. The cards are popular among occultists and New Agers in all walks of life. The traditional tarot deck consists of two sets of cards. The first set consists of 22 pictures (the major arcana), such as the Fool, the Devil, Temperance, the Hermit, the Sun, the Lovers, the Hanged Man, and Death. The other set (the minor arcana) has 56 cards with kings (or lords), queens (or ladies), knights, and knaves (pages or servants) of sticks (or wands, cudgels, or batons), swords, cups, and coins.



Tarot cards are usually read by a fortune-teller, though in the modern times, anyone can buy a deck with instructions on how to discover your real self and actualize your true potential. There is a romantic irresistibility to the idea of shuffling the cards and casting one's fate, to having one's life laid out and explained by strangers who have the gift of clairvoyance, to gamble on the future, and so on. Centuries of scientific advancement and learning have not diminished the popularity of occult guidance systems like the tarot, Ouija boards, astrology, the I-Ching, palmistry, iridology, reflexology, ink blots, graphology, anagrams, crystal balls, tea leaves, and the like. Generally, the readings use either the 78-card Tarot pack or the 52 traditional playing cards. In either case, each of the cards has a range of meanings and associated symbols, and the way the cards appear in the layout set clairvoyant images racing through the reader's mind. Although there are some basic principles involved, in practice each reader will have his own methods and understanding of the cards. Take one Tarot card round to six different Tarot readers and you'll probably get different answers as to its meaning. This type of card reading is actually very effective as it allows for a great deal of flexibility. The word clairvoyance means "clear-seeing"; but this is exactly what it is not. There are, as said, many grades of astral substance, each of which is familiar to a certain type of "seer," but as a rule it is the lower regions of the astral light that the clairvoyant contacts, a realm where all is a welter of confusion. Even here, their vision is limited; they see only into one or more subplanes, and their pictures are therefore partial and scrappy. Supports help provide them with clearer vision. The capacity of clairvoyance lies latent in everyone, and those in whom it already manifests itself are simply, in that respect, a little in advance of the rest of us.

## How Does Synchronicity Play a Part in Psychic Phenomenon?

Meaningful coincidences are known as synchronicities. Psychologist Carl Jung believed that the traditional notions of causality were incapable of explaining some of the more improbable forms of coincidence. Where it is plain that no causal connection can be demonstrated between two events and yet a meaningful relationship, nevertheless, exists between them, Jung called this operating principle synchronicity.

In *The Structure and Dynamics of the Psyche*, Jung describes how his research into the phenomenon of the "collective unconscious" led to the observation of coincidences that were connected in such a meaningful way that their occurrence seemed to defy the calculations of probability. He provided numerous examples culled from his own psychiatric case studies - many now legendary. Synchronicity is a phenomenon most people can readily understand because they have experienced it themselves.

When events in the material world clearly coincide with those of the dream world or history, it is synchronicity. In the world of synchronicity, time does not seem to apply. Synchronicities are people, places, or events that your soul attracts into your life-to help you evolve or to place emphasis on something going on in your life.

The more "consciously aware" you become of how your soul creates, the higher your frequency goes and the faster your soul manifests. Each day, your life will become filled with meaningful coincidences-synchronicities-that you have attracted or created in the grid of your experiences in the physical.

A famous example of Synchronicity is:

Abraham Lincoln was elected to Congress in 1846. John F. Kennedy was elected to Congress in 1946.

Abraham Lincoln was elected President in 1860. John F. Kennedy was elected President in 1960.

The names Lincoln and Kennedy each contain seven letters. Both were particularly concerned with civil rights.

Both their wives lost their children while living in the White House.

Both Presidents were shot on a Friday. Both were shot in the head in the presence of their wives.

The Secretary of each President warned them not to go to the theatre and Dallas, respectively.

Lincoln's Secretary was named Kennedy. Kennedy's Secretary was named Lincoln.

Both Presidents were assassinated by Southerners. Both Presidents were succeeded by Southerners.

Both successors were named Johnson. Andrew Johnson, who succeeded Lincoln, was born in 1808. Lyndon Johnson, who succeeded Kennedy, was born in 1908.

John Wilkes Booth, who assassinated Lincoln, was born in 1839. Lee Harvey Oswald, who assassinated Kennedy, was born in 1939.

Both assassins: Were known by their three names. Have fifteen letters in their names. Were murdered by men who pleaded insanity. Were thought to be involved in a conspiracy.

John Wilkes Booth ran from the theatre and was captured in a warehouse. Lee Harvey Oswald ran from a warehouse and was captured in a theatre.

There are no accidents - just synchronicity wheels commonly known as the gears of time or the wheels of time, the wheel of karma. As seen above, not all synchronicities are positive. Sometimes these lead to learning lessons - when you are deceived into thinking that it is the right road to take at that moment in time. This is not always the case. If you are dysfunctional or dramatic inclinations, you will attract dysfunctional people and events. There are two fundamental types of synchronicity: 1. One in which the compensatory activity of the archetype is experienced both inwardly and outwardly. (The event seems to emerge from the subconscious with access to absolute knowledge, which cannot be consciously known.)

One in which the compensatory activity of the archetype is experienced outwardly only. (These convey to the ego a much-needed wholeness of the self's perspective; they show one a new perspective)

At a point in time, you might feel that you have met someone who interests you and touches your soul. Through synchronicity, that person seems to come into your life over and over again. You begin to feel a destiny with that person. You begin to think with your heart instead of your head. You connect with that person. In some cases, the karma between the two people is positive; but, in many cases, you have attracted that person into your life for a learning lesson whether you are aware of it or not.

An event can be considered synchronistic when an inner experience such as a dream, vision, or other form of déjà vu prepares you for the physical event. All synchronistic phenomena can be grouped under three categories:

1. The coincidence of a psychic state in the observer with a simultaneous objective, external event that corresponds to the psychic state or content where there is no evidence of a causal connection between the psychic state and the external event, and where, considering the psychic relativity of space and time, such a connection is not even conceivable.
2. The coincidence of a psychic state with a corresponding external event taking place outside the observer's field of perception, i.e., at a distance, and only verifiable afterward.
3. The coincidence of a psychic state with a corresponding, not yet existent, future event that is distant in time and can likewise only be verified afterward.

Synchronicities often prefigure a profound transformation. A person who showed excessive rationality and remained psychologically inaccessible might improve in demeanor once presented with a case of synchronicity.

Jung believed that the phenomenon of synchronicity was primarily connected with psychic conditions. Couplings of inner (subjective) and outer (objective) reality evolved through the influence of the archetypes, patterns inherent in the human psyche and shared by all of mankind. These primordial images comprise man's collective unconscious, representing the dynamic source of all human confrontation with death, conflict, love, sex, rebirth, and mystical experience. When an archetype is activated by an emotionally charged event, other related events tend to draw near.

Thus archetypes become a doorway that gives us access to the experience of meaningful (and often, insightful) coincidence.

Implicit in Jung's concept of synchronicity is the belief in the ultimate "oneness" of the universe. Such phenomenon betrays a "peculiar interdependence of objective elements among themselves as well as with the subjective (psychic) states of the observer or observers." Jung claimed to have found evidence of this interdependence — not only in his psychiatric studies, but in his research of esoteric practices as well.

**The I-Ching**, a Chinese method of divination, is regarded as the clearest expression of the synchronicity principle. Similarly, Jung discovered that the synchronicity within the I-Ching also extended to astrology.



In formulating his synchronicity principle, Jung was influenced to a profound degree by the "new" physics of the twentieth century, which had begun to explore the possible role of consciousness in the physical world. The belief suggested by quantum theory and by reports of synchronous events — that matter and consciousness interpenetrate — is, of course, far from new.



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Synchronicity reveals the meaningful connections between the subjective and objective worlds. Synchronistic events provide an immediate religious experience as a direct encounter with the compensatory patterning of events in nature as a whole, both inwardly and outwardly. Essential Characteristics of the Synchronistic Event are:

1. The specific intrapsychic state of the subject defined as one of the following:

- a. The unconscious content which, in accordance with the compensatory needs of the conscious orientation, enters consciousness (something is in our conscious)
- b. The conscious orientation of the subject around which the compensatory synchronistic activity centers (something happens concerning what is in our mind)

2. An objective event corresponds with this intrapsychic state (may be literal or figurative correspondence):

- a. The objective event as a compensatory equivalent to the unconscious compensatory content
- b. The objective event as the sole compensatory of the ego-consciousness

3. Even though the intrapsychic state and the objective event may be synchronous according to clock time and spatially near to each other, the objective event may, contrary to this, be distant in time and/or space in relation to the intrapsychic state (as in telepathy, clairvoyance, etc.)

4. The intrapsychic state and the objective event are not causally related to each other's causality

5. The synchronistic event is meaningful (excludes some coincidence, but does not require the meaning to be understood)

- a. The intrapsychic state and the objective event as meaningful parallels

- b. The numinous charge associated with the synchronistic experience (feeling of spiritual experience)
- c. Import of the subjective-level interpretation (the content must reflect back on the issues of the individual)
- d. The archetypal level of meaning (transcends the individual and implies absolute knowledge)

Synchronicities can also go nowhere as they just occur to make a point. Always take into consideration the bigger picture of the synchronicity — not the actual event. Look at the underlying facts when the synchronicity occurs, to be sure you know why you attracted that situation into your life.

## How Can One Test One's Personal Capacity for This Skill?

Every person on this planet has, at least once, experienced information and knowledge that he or she wouldn't, or shouldn't, normally know. Knowledge thus gained from a source outside the person's intellect is distinct from learned knowledge and experience. This insight comes directly from the universal mind and from other people. If this feeling has never been experienced, it is because of inattention or unrecognition. Just like hearing, feeling, seeing, smelling, and tasting, everyone has it. It is our sixth sense.

Some signs of psychic ability:

1. Knowing who has called before attending the phone.
2. Knowing what is going to be said before the person speaks.
3. A sudden hunch that, later, is proven to be correct.
4. A sudden urge to go somewhere or do something and, when done, is later proved to be the best action. When you ignore it, you end up regretting not trusting your own "intuition."
5. The ability to read an individual's inner feelings even though, on the outside, they are hiding them.
7. The feeling that there is a presence helping you.

8. When you understand the higher purpose behind a situation you find yourself in.
9. Hearing a soft inner voice tipping you off about happenings in your own life or in the life of someone else.

Extrasensory perception describes a means of getting information from senses than the five that everyone uses as their primary means. When people develop their ESP, they have increased their mind power by a quantum leap over other people. It enables them to send and receive information almost at will to influence things that are important to them.

Mind-reading, clairvoyance, and precognition are all perceived through mental telepathy. Mental telepathy makes possible the “knowing” of past, future, or current events, which is not supposed to be part of our knowledge. When someone demonstrates an ability to send and receive information that is not part of their ordinary senses, it is placed in the realm of “extra” — almost as though it was bizarre or abnormal, and not part of the human psyche or sense abilities. However, telepathic ability is available to all those willing to practice and learn how to increase this talent that is given to everyone at birth.

A person’s psychic, ESP, telepathic, or mediumship abilities can’t be judged by a single or a group of exercises. This ability develops through time and practice. Most of the world-renowned media, psychics, and other mentalists, when first tested, had dismal results. The difference now evident is due to training, exercises, and practice.

Another important factor is the mindset and attitude at the time of the test. Be certain of a good frame of mind when you start. A bad emotional state, tension, obligation, or depression are not situations in which you should test yourself for psychic ability. The test itself has no relationship to your other psychic or intuitive abilities.

Practicing exercises increases the mind’s ability to send and receive information, and will be an asset. Patience and persistence will gradually increase the perception of life. By developing the power of your mind, you will have gained MIND CONTROL.

Psychics and mediums use extrasensory perception to know secret and private information about another person’s life, and, so, are able to advise them. Some of them discovered at a young age itself that they had this ability, and some later. However, improving and cultivating it through patience, practice, and effort has led to self-development.



The standard ESP Cards (sometimes called Zener Cards), used by the parapsychologist J.B. Rhine in his classic studies of Extrasensory Perception, show five different symbols.

Some of the many tests are as follows:

The telepathy test allows two people to act as “sender” and “receiver.” The clairvoyance test allows one person to attempt to guess hidden cards that have been randomly selected. The closed deck procedure simulates the shuffling of a deck and the drawing of cards one by one until all have been selected. In this procedure, there will always be an equal number of targets showing each symbol (e.g., a closed deck of 25 cards will have five of each symbol). With the open deck procedure, a card is randomly selected from a full deck on every trial. This is similar to a procedure in which the full deck of cards is shuffled and a card selected, and then returned to the deck for another shuffling before the next card is selected. In this procedure, there will not necessarily be an equal number of each target symbol. The feedback procedure (clairvoyance test) shows you each target card after you have made your guess, and keeps a running total of your hits. This, however, is not possible with a closed deck procedure. This is because it would allow the counting of cards already drawn, thereby improving the chances of guessing later cards. When using a telepathy test, the sender should call out the correct answers to the receiver after each guess has been made. With the blind procedure (clairvoyance test), the target card will not be shown after each trial nor the result until the end of the run of cards.

This procedure allows you to use either a closed or an open deck. When using a telepathy test, the sender should NOT give the receiver any feedback until all guesses have been made.

A standard run uses 25 cards. With only 25 cards, 10 hits (correct guesses) must be obtained to give a significant result showing possible evidence of ESP. To improve the reliability of results, select a run of at least 50 cards.

The lower the probability, the better. Conventionally, a probability of 0.05 (1 chance in 20) is taken as showing a significant result. This means that only 1 person in 20 would be expected to do this well. Probabilities of 0.01 (1 in 100), 0.001 (1 in 1000), or smaller offer stronger evidence of ESP.

The analysis also shows the score, taking into account possible target displacement. Some people claim that their guesses correctly match the next target selected (+1 effect) rather than the target selected for that trial. This may indicate evidence of precognition. If using the BLIND procedure, the score is also calculated by comparing guesses with the previous target (-1 effect). Obviously, this cannot be done for the FEEDBACK procedure, since the previous target is already known.

Each test covers a different aspect of mind control and telepathy. Done repeatedly and on a rotation basis, using different symbols at different times, this helps to keep the person being tested from getting bored. It is important to maintain enthusiasm and interest. When a person begins to get bored, his or her score often goes down. Remember that the important thing is not how good the score is, but the practice, which leads to telepathy and mind control.

The technique described is for a general evaluation of a person's ability to guess cards with symbols on them through telepathy and ESP. This test is not clinical evidence, but a general indicator regarding one's ability to guess cards in a deck. Any results learned here, whether great, dismal or average, do not have bearing on a person's psychic abilities. Those talents and abilities are separate, and need to be measured or tested by themselves with other test procedures. The overall purpose is to develop your overall ability to focus, which leads to greater mind power and telepathy.

The difference between a psychic, an intuitive, and a medium is that a psychic is one who tunes to a higher source to get information that comes from outside the intellect. This information comes from the universal mind through ESP. The intuitive knows things based upon an intellectual capacity that utilizes logic, personal experience, and learned knowledge to arrive at certain conclusions about the facts. The medium has the highly developed senses of both, plus the added mental tuning to another realm of knowledge.

The medium thus is able to connect with the world of deceased souls that are said to be dead, but who, actually, are in a different reality than those who exist in the physical world.

## Further Exercises to Develop Clairvoyance

For many people, clairvoyance comes naturally — especially for children. However, with training, practice, and faith, anyone can learn to perform detailed and accurate readings. Clairvoyant abilities enhance life; the need for spiritual insight and understanding has led people to explore ways of developing their own intuition. A growing number of people are waking up to the levels of awareness within themselves and are seeking validation for invaluable, empowering tools that can be used in everyday life for guidance, healing, protection, manifestation, and creativity.

Clairvoyant ability helps access and decipher visual information through extrasensory means, i.e., without involving the eyes but the infinite universe beyond. When being clairvoyant, the same mechanics of the brain that are active while dreaming or using the imagination are used. Clairvoyant development helps you access a higher form of learning and information that could not possibly be obtained through logical or physical means. Clairvoyance helps access creative energies and ideas that greatly enhance artistic endeavors.

Without attempting something, it would be impossible to know that the ability existed, and that, with training and practice, it could be developed. The path of clairvoyance is a path of personal transformation, and it is like bringing a lantern into a dark, ancient cave. The innate psychic abilities we are born with are overlooked as we become “conditioned” to see the world in mundane ways.

However, progress is hard to measure because of the elusive nature of psychic phenomena. As there are no guarantees of success, the frustration level can be high. However, the key to success is to not give up.

Set aside time to practice. Calm the mind and relax. Concentration is an ability that must develop in and of it. When it becomes an integral part of daily experience, the ability to charge and renew spiritual energy system at any time and situation is gained.





The next most important, yet most misunderstood, metaphysical process is to clear the psyche. A blocked psyche takes energy away from the individual and prevents the raising of the consciousness. It sets limits on an individual's perspective by making it linear and stops spiritual growth. Without growth, a psychic cannot achieve enlightenment. Clearing the psyche is removing karma-changing negative thought patterns and achieving spiritual lessons that will help you become a better and "purer" psychic.

The first step in clearing the psyche is acknowledging the existence of a karmic issue or negative trait. Once you have defined the issue, acknowledge it by giving it form, and then forgive. Either forgive yourself for having those perceptions, or forgive those individuals or issues you think played a part in it, or both. Move the ego aside and allow the divine forces to work through you and with you. Allowing your own ego to get the best of you will eventually work against your abilities and, sometimes, your physical body. Only after forgiving can you release the past. By releasing the issue, you are "taking the power" out of it so that there's nothing there to hold you back. As you work on the issues in your life that stop you from treading the enlightened path, you can begin developing your gifts. Once the acknowledgement, forgiveness, and "letting go" are achieved, then the "pure" psychic and/or channel can emerge.

Ten beginner exercises that help to unlock spiritual gifts and harness the energy of the spirit are:

- 1 When the telephone rings, pause. Before doing anything, try to visualize the person calling. Before answering the doorbell, try to guess who it will be. Accuracy in intuition and precognition will improve dramatically through practice.
- 2 At a queue, visualize the teller who will serve you. This exercise is done to develop intuition and the ability to psychically connect with others who are in close proximity.
- 3 At sporting events, guess the outcome before the event begins. To develop this skill, expand to predicting more statistics such as scores.
- 4 Practice at a dice roll by calling "even" or "odd" before the dice is thrown; your accuracy will increase with practice. Expand to call the number the dice will land on.
- 5 With a friend and a deck of playing cards, begin by predicting black or red. When accuracy is 80% or greater, expand to predict the suit, and, later, the number or face of the card as well.
- 6 When in an elevator, if another passenger joins you, guess the button that they'll press.
- 7 First thing in the morning, write down the names of those you will have important interactions with that day. Instead of relying on logic, clear the mind and allow faces or names to come to you naturally. Doing this regularly will improve your accuracy.
- 8 Guess another's intentions. This exercise helps you improve your intuition concerning the intentions, preferences, and actions of others, and it can lead to developing telepathy and empathy.
- 9 Before a meeting or appointment, guess the color of clothing the other person will be wearing before you meet. This improves your clairvoyant abilities and develops remote-viewing skills as well. Or, see if you can guess the mood of the people you will meet today.
- 10 Among three friends of yours, ask a friend to lie to you (decided among them earlier). Write down the name of the person you feel will lie to you. After asking the question and listening to their reply, show them the paper. This helps you develop intuition and precognition, and can lead to developing telepathy. This skill is especially valuable in life; the ability to recognize deception, and even predict it, can make your life, and the lives of many others, much smoother.

Clairvoyant reading is a form of meditation. It forces you to concentrate because the second that your attention wanders, you will lose access to information. It relaxes you and puts you in a completely different frame of mind and emotional state. It helps in processing energy, break patterns, and programming, and heals wounds for yourself and others more easily. Reading other people helps you gain insights into your own situation because you will be drawn to read people who are mirrors for yourself.

Using the meditation tools of grounding and running energy, meditation can be used to focus creative life-force energy. Problem-solving, differentiating the truth from the lies, practicing affirmations, calling back energy from the past to create the future are reasons to make meditation a part of daily lifestyle. Learning about the spiritual energy system will stimulate awareness and growth of the aura, charkas, and energy channels, and help us facilitate change within it. Working with a spiritual healing guide will teach a great deal on how to be aware of and how to communicate with spirit. By developing clairvoyance, personal power, i.e., power over oneself, can be accessed.

The first weeks should be spent learning simple and effective meditation techniques that develop intuitive awareness. ESP ability requires diligent practice. Meditation helps the physical conscious mind connect with the higher or divine consciousness we all have inside ourselves. Through practice and dedication, this "bridging" between our physical and divine selves opens the doors to a new spiritual knowledge that has always existed, but one that we may not have been able to "tap" into.

Other practical ESP exercises for intermediates include:

Scanning: a couple of strangers must stand around 4 feet apart and face each other with their eyes closed. After taking a moment to relax and ground, visualize the other as a ball of light or pure energy. Scan the ball of light with the inner eye from top to bottom, or vice versa, and keep a note of words, images, colors, thoughts, or, even, sensations in own body that come up during the scanning. Later, meet up and describe how what the other experienced might fit in their lives at this time. Predicting: As before, relax and ground yourself. Then project yourself into the next day, and write down three happenings for the day. See yourself through your plans for tomorrow. Write your "predictions" based on the information you received. Online Tests: Work out online ESP tests in a quiet room. Try different tests at different times repeatedly.

Developing intuition raises IQ and helps you get more of what you want out of life. The techniques, elements, or methods that are considered useful to develop clairvoyance are many. The most sensationalized and most expensive is the stereotyped "crystal ball".

It is effective, as it allows the clairvoyant to relax the eyes and enter into a state of meditation. Less expensive, yet effective, techniques include a bowl filled with black ink or water with crystals at the bottom, tarot cards, runes, and other divination tools. The form of clairvoyance thus initiated is primarily seen within the mind.

After months of meditation, practice and experimentation, it will be found that psychic powers improve through experience. Keep a journal of the psychic experiences and results of online tests and exercises. The sheer act of writing it down will reinforce the conscious–unconscious connection. An increasing success rate will determine that chance and coincidence are no longer a factor. Reading books and practicing lessons from a manual are good ways to learn, but only through the execution of what you learn and the experiences you go through do you gain “wisdom.”

People who meditate on a regular basis report feeling the need to improve their attitudes or outlooks on life. This could be one of the positive results of bridging the conscious and subconscious spiritual minds together. All of this is important for maintaining a positive energy flow for psychic development. The more positive your attitude is, the easier it is to make a connection to the positive forces around you.

There are numerous forms of meditation, such as Yoga, Tai Chi, mantra, gazing, and freeform; these are the most common. No one way is better than another. What works for one person may not work for another, so it is best for people to choose the type of meditation with which they feel most comfortable.

It takes effort and a willingness to listen. It also takes years! Years of practice and understanding each experience as it happens will develop a strong and reliable psychic ability.

Improvise, experiment, and enjoy while doing all of this. The difficult road is the one where we try to will ourselves into greater awareness. The easy path is one where we allow ourselves to play, and to trust what we’re shown. Success is much easier to attain when relaxed. Disciplined use of the clairvoyant ability will send you on a voyage through vast oceans of perceptions, experiences, and opportunities that were previously nonexistent, or, at best, were mere shadows in your logical mind.

## How Can We Increase Our Abilities in This Field?

Once convinced of the reality of the valuable and latent faculty of clairvoyance, the next step is to develop it.

There are many methods by which it may be developed, but only one of these can be safely recommended for general use. Some of the objectionable ways of inducing the clairvoyant state are: the use of intoxicating drugs or the inhaling of stupefying fumes; whirling in a mad frenzy of religious fervor until vertigo and insensibility supervene; and loathsome sacrifices and rites of black magic. These methods induce negative clairvoyance — merely a revival of the mirror-like function possessed by man in the far past, by which the outside world was involuntarily reflected in him. This power is intermittent and unreliable.

Yet, a large number of learning clairvoyants adopt some plan of self-hypnotization until a condition of semi-stupefaction is produced. However, these leave them in a passive condition, able to use higher senses but with little choice in how to employ them, and undefended against any evil influences encountered. Any power gained by these methods can, at best, be temporary.

All these methods are unequivocally condemned as unsafe for the practice of the layperson who is simply experimenting vaguely in an unknown world. Even the method of obtaining clairvoyance by regulating breath to Indian systems or allowing mesmerization by another is risky. The latter should never be attempted other than under conditions of absolute trust between the magnetizer and the magnetized, and a perfection of purity in mind and intention, such as seen among saints.

Experiments with the mesmeric trances are in vogue for it offers, among other things, a possibility of proof of clairvoyance to the skeptic. Curative mesmerism, which is an effort made to relieve pain, remove disease, or pour vitality through magnetic passes, without putting the patient into the trance state at all, stands on an entirely different footing. Even the untrained mesmerizer, if he himself is in good health and pure in intent, can cause no harm to the subject.

The ideal situation, however, would be not to attempt any kind of experimental investigation into the abnormal until having read carefully everything that has been written on the subject, or, better still, under the guidance of a qualified teacher.

There is no royal road to the acquisition of the knowledge of clairvoyance. Just as in the mists of antiquity, a person must venture onto the slow and toilsome path of self-development. The very first step is to make oneself all that one ought to be. The first and greatest necessity is to have utter purity of heart and soul. For that, purify the mental, the astral and the physical; cast aside pet vices and physical impurities; and cease to defile body with meat, alcohol or tobacco.

Until the aspirant has a holy and unselfish desire to help humanity, no progress can be made in the attainment of positive clairvoyance. True clairvoyant power begins in unselfish love. A moral life devoted to spiritual thought lived for a certain length of time is necessary to gain first-hand knowledge of the super-physical realms and to enable the birth of a helper of humanity.

The absolutely safe way of developing clairvoyance is to enter with all one's energy upon the path of moral and mental evolution, at one stage of which this and other of the higher faculties will spontaneously begin to show. When the spiritual current is established, it sets the pituitary body in vibration. This vibration impinges upon, and slightly deflects, the nearest line of force which, in turn, impinges upon the line next to it, and so on, and the process continues until the force of the vibration has been spent.

When these lines of force have been deflected sufficiently to reach the pineal gland, the bridge between the World of Sense and the World of Desire is built, and man becomes clairvoyant and able to direct his or her gaze where he or she will.

Choose a certain time every day that can be relied on for quiet and no disturbance, preferably in the daytime. Get the physical senses out of the way for the present. The ways of doing this are vast, and broadly comprise of: methods by which they are forced out of the way by temporary violent suppression, and the other methods, much slower, but infinitely surer, by which we ourselves gain permanent control over them.

Another method in the classification of the methods of development of psychic powers is the worldly and sublime method. Any results gained from the former will inhere only in the personality, and is available only for this present physical life, while whatever is obtained by the latter process is gained by the soul and is a permanent possession. For methods of the former class, little training is required: it is of the vehicles only and, so, at the best it can affect only this present set of vehicles; whereas by the second method it is the soul itself which is trained in the control of its vehicles, and, naturally, it can apply the power and the knowledge thus gained to its new vehicles in the next life.





This first method is a purely intellectual one — the study of the Fourth Dimension of space. However, the brain can be trained by persistent, gradual, and careful effort to feats originally beyond its reach, and can be induced to understand and conceive the forms of a world it has never seen. Astral sight can be developed by extending the power of receptivity until it includes the astral matter; i.e., by steadily raising the capacity of the physical brain until it contains the possibility of grasping astral form, and thus awakening the latent astral faculty proper.

The second method, of universal application, is not easy, but its practice is of the greatest use to man. Its crowning advantage is that it leads a man to powers desired — but at a rate depending upon the degree of his psychic development in other lives. It gives no guarantee of a certain result in a certain time; yet, every step is an improvement, and though he works without winning astral sight in present life, he would be mentally, morally, and physically the better for having tried. Meditation, then, is the one practice advised by all religions alike that can harm no human being. From this, a very pure type of clairvoyance is developed. In attaining success, meditation is merely one side of a general development. It is prerequisite for a man who wishes to be a positive psychic, and to live a pure and altruistic life. There is no difficulty in knowing what to do; the difficulty is in carrying out the directions that all religions have given.

It can be divided into three successive steps: concentration, meditation, and contemplation.

The first step necessary towards the attainment of the higher clairvoyance is concentration — keep the mind free from earthly thoughts and direct the whole force of the being towards the highest spiritual ideal known. To gain such perfect control of thought is difficult, but when attained, it will be most beneficial, and as the thought becomes more elevated and concentrated, new worlds open before sight. It is preferable not to gaze on any fixed object; but to acquire such control over the mind so that you can do with it what you will, fix it exactly where you want to hold it for as long a period as you choose.

If considered, it will be found that in a space of five minutes, the untrained mind wanders over various topics of free will. The fact is that thought is force, and every exertion of it leaves an impression behind. Thoughts may not be strong or especially pointed in any direction, but the forms they create are vaguely floating and evanescent. While they last, they are capable of entering into any mind that happens to come their way. Thus we find ourselves occupied with valueless thoughts that drift into the mind, unless it is already occupied with something definite. In majority of cases, they drift out again, having made only a trifling impression upon the brain.

The mind must be controlled as the first step of the true trained clairvoyance, for this is the instrument used, and it must be at our command and fully under our control. Concentration is one of the hardest things for an ordinary man to do. However, not being able to control the mind is dangerously similar to mental paralysis. Concentration is possible when the interest is sufficiently keenly excited. Avoid using symbols, as this is more likely to lead to self-hypnotization, which would lead to medium ship, and to being the playground of forces that would have to be controlled.

When concentration has been attained through exertion of will, it is time for the next stage of effort. Maintain abstraction from surroundings, and meditate the perception of a scene, panorama, or view of a place. When the thought becomes more beneficial, elevated, and concentrated, new worlds open before sight. When this has become an established habit with no possible interference or difficulty, and without a single wandering thought venturing to intrude it, then you may turn to the third stage of our effort — contemplation. Meditating, without thoughts continually going off at a tangent, is virtually impossible. The only way to succeed is to decline to admit the possibility of failure.

Continue efforts till you rise higher, and in due course there will open before your astonished eyes a life as much grander than the astral as it is than the physical.

This is a development that must take years. All the great Masters of Wisdom were once men at our own level. Though this is development slow, whatever has been gained, whether little or much, is gained for all eternity since it inheres in the soul which survives death. Whatever is gained is possessed in full power and consciousness, and will always be at our command; for this is no mediumship, no feeble intermittent trancequality, but the power of the developed and glorified life which is to be that of all humanity some day.

Clairvoyance can be exhausting, especially to the beginner, as it is depletes the Vital force. However, this energy is not lost but merely transferred to the symbol, preserved and slowly added into the ocean of energies. This is possible only if the mind is steady, clear, and undisturbed, and the will powerful. Success will not follow if in a state of anxiety, fear, indignation, trouble, or anticipation. Procure peace, solitude, and leisure, and banish all disturbing influences. If uncomfortable seeing spirits, keep in mind that they are not there to harm. More likely is the fact that they are attracted to the brightening and expanding aura and abilities of the aspirant.

NEVER attempt these Magic Arts if there is any resentment in the mind, anger, or any evil passion. If done, the greater will be the evil that will follow - for self.

A parent is in a special position, and has a natural duty incumbent upon him or her to train, guide, and protect a child. Protect and lead, never "obsess" a child. Any attempt to dictate too closely a child's "thought life" may, while failing of success, yet warp aside from the truth what would otherwise pass into a Good Path, through its own peculiar avenue.



Clairvoyance opens new worlds of study, new powers of usefulness, which is why most of us feel it worthwhile; but it should be remembered that it is an unmixed blessing. However, this passes, for the higher sight soon shows the overwhelming certainty that all things are for the eventual good of all.

However, the usage of this faculty for business is a degradation of it, and shows that its possessor got hold of it before the moral side of his nature was developed. The amount of evil karma that is generated through such an action is beyond belief.

An amusing fallacy is that the possession of clairvoyance destroys all privacy, and confers a limitless ability to explore the secrets of others. Such an objection may possibly be well founded as regards the very limited powers of the business clairvoyant; but for those who possess the faculty fully, this is inconceivable. The same considerations that govern the actions of an honorable man upon the physical plane are expected to apply upon the astral and mental planes also.

How different the world would be when humanity as a whole possesses the higher clairvoyance! All can see a wider aspect of the truth; to labor, when all work will be joy because every man will be put only to that which he can do best; to education, when the minds and hearts of the children are open to the teacher who is trying to form their character; to religion, when there is no longer any possibility of dispute as to its broad dogmas since the truth about the states after death, and the Great Law that governs the world, will be patent to all eyes.

The possibilities that open before the mind are as glorious vistas stretching in all directions. These grand faculties will not be possessed by all humanity until it has evolved to a far higher level in morality as well as in wisdom, for increased power means increased responsibility.

## How Can Clairvoyance Be Used?

The theoretical basis of clairvoyance is that there is more to life than that which can be seen. Clairvoyance is the ability to obtain information without the use of ordinary knowledge. Russia has been involved in the study of these phenomena to a much greater degree than the western countries. There are various forms of clairvoyance that scientists have attempted to study in the real world and to replicate in the laboratory.

Telepathy is the ability to receive another person's thoughts without speaking, writing, or in any other way communicating these thoughts.

Clairvoyance or Extrasensory Perception is the ability to foresee events, places, things at a distant location or that have not yet occurred.

Dowsing, or using pendulum, is another form of obtaining information without the use of ordinary senses.

Proscopy is the foretelling of future events and is also known as precognition.

PK is referred to as psychokinesis, or the ability to affect biological systems and machines without the use of ordinary muscle movement.

All of these phenomena are occurrences that cannot be explained by traditional methods. Many researchers believe that psychic information often comes to a person who is facing an impending threat or loss. The nature of the loss has to be significant, such as suffered during divorce, death, or major illness. This may be ability leftover from the earlier predatory instinct. Man, a member of nature, previously lived in a predatory situation that required us to either hunt or be hunted. Similar senses that allowed man to survive in the jungle are still at work today. In today's jungle, we are required to hunt in an age of communication where resources are controlled by those that write laws and legislate the use of a limited pool of monies.

The very same set of skills that helped us run from danger is still at work to help us stay two steps ahead of life-threatening situations. In the present job market, the employee may be terminated after years of dedicated service. In face of this high change and risk, there is definite interest in psychic information.



People are once again threatened by loss of family; most marriages end in divorce and there exist chances of loss of economic resources with mass layoffs. Though businesses are more open than ever to using whatever techniques are necessary to give them the competitive edge, many still keep their use of psychic investigation a secret for fear of potential ridicule to their corporate image. They do not use the word psychic or clairvoyance but, rather, intuition. Intuition is now used to guide the planning and development for many corporations. This is not to the exclusion of numbers and linear reasoning but with the inclusion of intuitive psychic guidance so that a more complete or holistic view can be taken.

A paradigm shift in consciousness has become visible with the recognition by science and business of unseen universes of thought, belief, expectation, and consciousness. Clairvoyance has met the market places and is accepted as an additional tool to help survive a very threatening culture. Science, on a more serious basis, is now studying the effect of PK energy on healing.

In the current age of communication, clairvoyance, PK, telepathy, and spiritual healing will continue to grow in importance and inclusion with traditional forms of science and business.

However, what the psychic sees is not set in stone. It is, rather, a corridor of possibilities that exists if the course of action that the people are on continues. If there is not some sort of intervention through changing the body–mind, hypnosis, therapy, visualization, or prayer, then the outcomes remain as seen. The purpose, however, of intuition is to know the outcomes of problems and situations in your life. Being intuitive is helpful because one becomes aware of the true intentions of other people. The intuitive person has, at all times, the ultimate upper hand because the other reveals self through the actions. No matter what the words, the intuitive is able to see beyond the words to the real meaning behind the actions. We cannot hide our true nature; that is why you must decide if your core loves or if you are a user. The manipulator may gain a temporary advantage, but the real relationship that was possible between the two is lost. Into the life of the manipulator will come someone that will take even more than what was taken by him. It is merely the law of circulation at work. What can be controlled is what will come back, whether it be gain or loss.

The use of clairvoyance in the future is vast. Psychic powers are being accepted in the mainstream and it no longer has a negative connotation. Using the term “sensitive” is really a better fit. It removes the stereotypes and opens peoples’ minds up to the possibilities.



Its use in various fields in the future is seen as follows:

In medicine, doctors will be skilled in hypnoanalysis, as well as in Holistic Faith Healing and conventional medicine to better help people who come for aid. Though conventional diagnostic instruments are used, swifter diagnosis is possible due to the clairvoyant use of human minds and human intelligence. As both healers and patients accept positive thinking and clairvoyance in the holistic healing process, healing will take place faster.

Psychiatrists can project into their patients' dreams for better analysis of the problem to determine if they are dealing with a purely psychological problem, or a biological problem such as an imbalance of the brain chemistry or a brain tumor. They will also be able to use clairvoyance to mentally age regress the patient in his absence and find the root of the problem.

In business, executives will use clairvoyance to make accurate business decisions and determine ahead of time the needs of the public. Executives using their clairvoyant level will be able to maintain their own good health by relieving stress and relaxing, and thus be more valuable to the company.

Governors of all nations will project into the future mentally to detect the needs of their people and be prepared when those needs arise. Using their clairvoyance, these leaders can sense the sincerity of the dealings they will be making, and also sense what future plans others have. Wars between nations will cease because the element of surprise will be nil.

Law enforcement agencies will use their mental abilities to help in the capture of criminals, and crime will come to a standstill as people with criminal tendencies will be identified and taught to function in such a way that makes it unnecessary to engage in criminal activity to achieve what they desire.

There has been a lot of controversy in the past regarding the use of people with psychic abilities in paranormal investigations. The argument made was that what a psychic feels, sees, or hears cannot be proved, without a shadow of a doubt, through scientific methods. However, just like any other tool, there is a right way and a wrong way to use them. It's important to establish a set protocol in an investigative group when using psychics.

Natural resources will be abundant as petroleum engineers and geologists will use clairvoyance to dowse for minerals.

Oil and minerals underground, and the depth, quantity, and quality of them, will be detected and the numbers of misses or dry holes will be reduced. Archeologists, meteorologists, and metallurgists will use clairvoyance in their specialties to gather information to improve the quality of their work.

Astronomers will no longer have to launch spacecrafts to explore the universe, as it would be more economical to use his clairvoyant power. For travel from one inhabited planet to another, we would be able to leave the body behind and acquire a new one more suited for that environment. Civilizations that reside at other dimensions than this and on other planets and satellites, and civilizations that cannot be detected with our limited objective senses can be found by the clairvoyant astronomer.

Industrialists use clairvoyance to determine what to manufacture for future consumption. Stock market specialists and investors use clairvoyance to sense the future needs of the population so as to make the correct choice of stocks that will have the greatest demand. Financiers use clairvoyance to make the best decisions on what projects to invest in: they are able to determine which potential projects will provide the greatest service to humanity and thus help make this world a better place to live in, while earning enough money for their own needs in the process.

Pilots and vehicle operators use clairvoyance to avoid accidents. When a person functions at his clairvoyant level, not only does he strengthen his immune system but he also strengthens his intuitive factor, which is a function of the right brain hemisphere. A person with a very strong intuitive factor will subconsciously move, function, or act in a timely way to escape dangers.

Ranchers and farmers will be able to select proper breeds and proper seeds to use. They will be better able to select the best of everything used in the production of food for the human race on this planet.

The very preservation of the individual is threatened and so telepathic communication is being sent and received as a survival function of the species. The bonds that make life worth living being dissolved at an accelerated pace, the individual becomes open to precognitive insights that help prepare him for impending tragedy. What appears abnormal, or beyond the range of normal, is actually an intelligence that helps preserve our existence. Clairvoyance and the forecasting powers that come with it are now essentially a survival tool.

## Will This Power Help Me to Discover My Future?



There have been innumerable instances in history where people have been privy to the future before it physically manifested. The reliance upon precognition reaches back to ancient times, when prophets and oracles were sought for their access to the future. The Greeks considered the future immutable. The information gained at such awareness was more often accurate than inaccurate. Some declared such revelations absolute; others said the future could be altered if people were willing to change certain attitudes and behaviors.

Sometimes referred to as psychic vision, clairvoyance is the ability to see people, objects, scenes, words, and symbols in the inner psychic eye. It is controlled by the 6th chakra, sometimes referred to as the 3rd eye. The ability to visualize should not be confused with the ability to trust or validate that what we are seeing. "Knowingness" is an ability of the 7th chakra. It is the ability to just know stuff. The 7th chakra is located on the top, or the crown, of the head.

Precognition is the direct knowledge or perception of the future, obtained through extrasensory means. Precognition, the most frequently reported of all extrasensory perception experiences, occurs most often (60 percent to 70 percent) in dreams. It may also occur spontaneously in waking visions, auditory hallucinations, flashing thoughts entering the mind, and the sense of "knowing."

Usually, the majority of precognitive experiences happen within a forty-eight-hour period prior to the future event - most often it is within twenty-four hours. In rare cases, precognitive experiences occur months or even years before the actual event takes place. Severe emotional shock seems to be a major factor in precognition. By a ratio of four-to-one, most concern unhappy events, such as death and dying, illness, accidents, and natural disasters. Intimacy is also a major factor, 80 to 85 percent of such experiences involve a spouse, family member, or friend with whom the individual has close emotional ties. The remainder involves casual acquaintances and strangers, most of whom are victims in major disasters such as airplane crashes or earthquakes.

The difference between precognition, premonition, and prophecy is that precognition generally involves knowledge of a future event, while premonition involves the sense or feeling that something is going to happen; while all prophecy is precognition, not all precognition is prophecy.

Free will, however, can change the perceived future, as seen in the many incidents of individuals saving their lives and escaping disasters by changing their previously formed plans, based on precognitive information. Psychical researchers estimate that one-third to one-half of all precognitive experiences may provide useful information that can help avert disasters.

This apparent ability to alter the perceived future makes precognition difficult to understand. If precognition is a glimpse of the true or real future, then the effects are witnessed before the causes. Popular theory holds that precognition is a glimpse of a possible future that is based upon present conditions and existing information, and which may be altered depending upon acts of free will. The theory that the future can cause the past implies a phenomenon called "backward causality" or "retro-causality."

Despite the fact that it is difficult to understand precognition, it is the easiest form of extrasensory perception to test in the laboratory. One peculiarity concerning precognition is that one rarely perceives one's own death; perhaps one explanation is that the trauma would be too severe for the ego to accept. Some notable exceptions do exist: Abraham Lincoln dreamed of his own death six weeks before his assassination. However, his dream was not of being shot and dying, but of being an observer after the fact. He saw a long procession of mourners entering the White House. When he entered himself and passed the coffin, he was shocked to find himself looking at his own body. American presidents John Garfield and William McKinley experienced foreknowledge of their deaths.



Precognition is knowledge of the future obtained through ESP (extrasensory perception). This can occur in dreams, as waking visions, thoughts, voices, or a sense of knowing something. This knowledge can be acquired through divination, dreams, or channeling, or it can just occur spontaneously. Usually, precognitive experiences happen shortly before the event, but they can also occur years ahead. Many of these predict disasters, such as earthquakes or accidents. People normally have precognitive experiences about themselves or about people close to them, but this is not always so.

Precognition tends to reveal things that might happen. Nothing is fixed and we have the power to change the future. Sometimes a precognitive experience could be taken as a warning, giving us a chance to change the course we are on, and, therefore, to avoid disasters. Premonition is from the Latin word for "forewarn." This is a warning that can avert future disaster if heeded. It is a form of precognition that specifically deals with warnings. This is usually experienced as feelings of anxiety and concern that have no obvious cause.

Prophecies can be connected with religious experiences. There are many examples of prophecies in the Bible. They could be considered as divinely inspired precognitive experiences. They are spoken, and generally concern serious events on a grand scale.

Predictions are announcements regarding a future event. These can be in the form of horoscopes, which are based on the movement of the planets, or in the form of divination, such as a tarot card reading. In ancient times, people used to go to oracles or temples to get advice. Priests would read animal bones or entrails to predict future events. Predictions are similar to prophecies but do not have a religious connection.

Precognitive dreams are a prediction of future events, or they serve as warnings. Visions in dreams tend to be symbolic and, therefore, need to be interpreted. Unusually vivid dreams or dreams provoking a strong emotional response are usually psychic dreams.

J. W. Dunne, a British aviation engineer, noticed that he was having precognitive dreams. He started studying his dreams with a view to investigating precognition and published a book containing his findings in 1927. J. B. Rhine, the forefather of parapsychology, and his wife continued researching into precognition. They used ESP cards to test their subjects.

The ways most people use to access information about the future are prophesying — to predict in advance, depending on the interpretation of subtle impressions and emotional promptings; precognition — to know in advance, referring to futuristic knowledge suddenly known without prior prompting; clairvoyance — seeing beyond sight, witnessing the future happen as if an observer to the event; and clairsaudience — hearing beyond sound, listening to messages about futuristic events.

Futuristic awareness is another phenomenon that can be defined as: pre-live in advance the ability to fully live a given event or sequence of events in subjective reality before living the same episode in objective reality. This is, usually, but not always, forgotten by the individual after it happens, only to be remembered later when some “signal” triggers memory. Sensory-rich, future memory is so detailed as to include movements, thoughts, smells, tastes, decisions, sights, and sounds of regular physical living. All this is actually lived, and physically, emotionally, and sensorially experienced so thoroughly that there is no way to distinguish it from present reality while in progress.

A full-blown picture of a person or scenes, objects, lights, words, colors, auras, thought forms, deceased person, living friends, or etheric world intelligences, with a message or purpose, future events, ethic realms, and in symbolic form is seen psychically to be interpreted by the psychic.

People throughout the universe have used and relied on the gift of clairvoyance. Most of their foreseeing are often proved startlingly accurate; their talent can be activated at their own will, suggesting themselves into a deep form of relaxation of mind and meditation to shed the restrictions of rational, objective, materialistic thinking and to put you in touch with the deeper state of the psychic. If one’s rational inhibitions are too tense or strong, light courses of alternate state of conscious or hypnosis are necessary to enter into a semi-trance state that clears away the barriers that are repressing the intuitive, paranormal areas.

Déjà vu differs in that it is past-oriented and refers to past lives, past dream states, and activities long since said and done. Pre-living the future is different in that it concerns what has not occurred. It addresses a future capable of unfolding in the present, of events yet to happen overlaying current activity.

Prehappenings are previews that enable us to see what’s around the corner, and gain extra time to get ready. Experiences have been described: practice sessions, learning opportunities, chances to experiment with living, and even a window into the future.





Future memory is claimed to reestablish a natural rhythm to how lives progress, and reminds everyone to possess a keen awareness that each person and every activity in life matters.

Children of the three-to-four age groups are almost entirely “future”-oriented, as they play with the possibilities of what may soon be expected of them as they mature. Their futuristic rehearsals pave the way for the “birth” of their imagination — a major step in brain development that enables youngsters to establish the value of continuity and action/reaction.

Future memory phenomenon is not a psychic anomaly but a reliable signal that a person’s brain is shifting in structure, chemistry, and function. Being able to live the future in advance, and remember what one did, alleviates much of the stress and fear and worry about what unknown variables can cause. This advanced preparation enables the human psyche to negotiate the demands of sudden change more smoothly. The ability imparts an immense sense of confidence and peace in individuals, no matter what age, and often leads to frequent flow states, whether internally experienced, or as an aspect to how one’s life can “flow.”

The future memory phenomenon appears to be an aspect of higher brain development. As the higher brain “switches on,” the higher mind emerges, bringing with it new sets of abilities and talents far richer and more varied than what most of us have ever dealt with before.

Clairvoyants see possible choices that can be made in the path of life. The future isn’t fixed. Every human being follows his own path during his life on Earth. This “path of life” is full of choices. The energies of choices, decisions, and thoughts that have been do have influences in future.

The present road of time was created by the earlier choices made. People have the freedom to make choices — only some influences are definitive.

# CLAIRVOYANCE

What Does Mean?