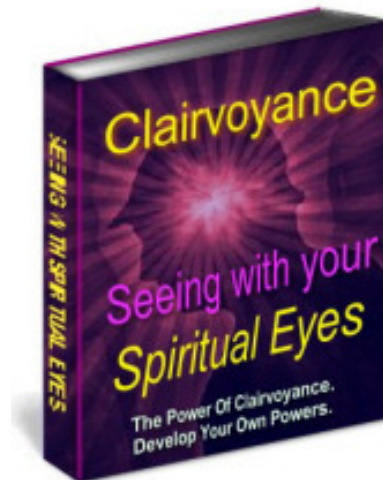


# Clairvoyance – Seeing With Your Spiritual Eyes



Clairvoyance is the ability to “see” beyond the five senses, this is why it is known as the “sixth sense.” In other words, you “see” without the use of your physical eyes and you can “see” people, places and things without actually being in those places physically. It is the art of “seeing” through the third eye, or the 6<sup>th</sup> chakra. Chakras are force centers or whorls of energy emanating from a point on the physical entity helping to control or empower perceptions. There is no help from spirits or guides in clairvoyance and it is not the same as “journeying” in shamanism.

Seeing “violet” is when the clairvoyant is viewing the situation as if he or she were actually there. The clairvoyant is fully aware of seeing the situation while not being there. The viewing is done in a passive nature, there is no interaction with the “distant” situation.

There is voluntary clairvoyance where the “gifted” person is in control of the sense and may access information using clairvoyance when they choose. The clairvoyant can control whether they are seeing or not.

Involuntary clairvoyance is where the “gifted” person has no control over the sense and receives information when and where it is given. Some think that this type of clairvoyance can be dangerous because it could open the door to possession by malevolent entities. All cultures have the concept of such possessions and therefore likely have the concept or understanding of the gift of clairvoyance.

Some evidence that you may be clairvoyant is if you are able to recall dreams in vivid detail, if you see things in the corner of your eyes, but when you look nothing is there and if you constantly get a feeling of *dejavu*. Another clue may be seeing images when your eyes are closed. Frequently, the clairvoyant finds out that the dreams were factual in nature or occurrence, meaning the events did occur.

Clairvoyant's have been known to find lost people and some have worked with law enforcement officials in this capacity. Another example of clairvoyance is the ability to see an illness in someone and know what that illness is, often even before the person knows they are ill. Some clairvoyants have the ability to see into the future and see a person in a life experience that has not happened yet. Clairvoyance is sometimes called “ESP”(Extra-sensory perception), or a sixth sense.

Human beings have psychic abilities that few people actually take the time to develop. Many people do not realize, or simply don't believe that they have these abilities. The truth is, there is a whole world present around us that most of us can not perceive. (Actually we can, but we choose not to, or do not know how to). This world, or dimension, if you will, can not be seen or felt with the five senses that we are familiar with.

We “see” with a “third eye” that every person has and which scientists believe is actually a gland in the brain called a pineal gland. The pineal gland is toward the back of the brain close to the center. At one time this gland was approximately the size of a golf ball, but humankind in the present day have pineal glands the size of a pea. The reason that it has shrunk so drastically is due to lack of use. This gland grows larger as your psychic abilities expand.

In birds and reptiles, the pineal gland is located near the top of the head. It is sensitive to light and its function is as a third eye. The human pineal gland is *indirectly* sensitive to light and is functional as a circadian regulator of secretions of melatonin and serotonin.

Melatonin is a hormone derivative of serotonin and is produced by the pineal gland. It is what causes color change in the skin of reptiles and amphibians. It plays a large role in reproduction, sleep and aging. Melatonin is produced in increasing levels in decreased light and less in more light. This equates to breeding cycles in males and explains why most breeding activity occurs at night.

Serotonin is a hormone secreted by the pineal gland and is a nerve transmitter, meaning that it transmits signals between nerve cells. Changes in serotonin levels can alter moods and medication which affects serotonin levels is frequently prescribed for individuals with depression.

We all have the ability to see beyond the five senses, but very few of us actually take advantage of this gift. There is a concern by some persons with clairvoyant abilities that they will be thought of as mentally ill. It's certainly within the realm of possibility that some people who are able to perceive things around us that the rest of us can not see, hear or feel, may be labeled mentally ill rather than psychic or clairvoyant. It is a shame that in modern society people who exhibit a special gift or ability are thought of as mentally ill rather than gifted. Many gifts would be further developed if there were no fear of such labels and repercussions.

Looking at the other side of the coin, how many people who really *are* mentally ill are ill because they can perceive things that they do not understand, but that actually *are* there. (People who are clairvoyant, but do not understand what's happening to them when they see, feel or hear things going on around them that the rest of us can't see, feel or hear). That is another consideration we may not like to think about.

In the 30's and 40's a Neurosurgeon named Wilder Penfield, MD. performed an amazing array of experiments with the following conclusion. When the "sylvian fissure," which is the right part of the brain in the temporal lobe, was stimulated by the doctor, patients regularly described having OOB's or, Out Of Body Experiences. They also reported seeing God and dead friends and relatives and hearing music. Another commonality was being able to recall in vivid detail significant experiences they have had in life. (Dr.Don Glassey, 9/15/04).

In order to develop clairvoyant abilities, you need to be able to open your mind to the possibility that the ability *does* exist and that you *do* have the ability already, you just need to put forth the effort to develop it. While you are developing your clairvoyant abilities you must trust yourself, when you sense something that you have not ordinarily been able to using your five senses, you have to pay attention and *believe* what your intuition is telling you. This can be the most difficult part of developing your psychic skills. As with most skills practice makes you better at what you are trying to accomplish.

In order to develop and trust your abilities you must first address any illness that you have in your own life. If you are in an abusive relationship you must get out of it. If you are in a job you can not stand, it is time for you to find a new job. These changes are not easy to make, but you are about to change your life and grow spiritually. In order to do this you must take these first steps! Once you heal yourself and your own life, you will be more receptive to your clairvoyant

abilities and even the natural ability that you have (we all have) to heal others and heal ourselves.

It is not uncommon for people to report that after a near death experience or an accident they find themselves experiencing psychic abilities. These things can be a catalyst to spiritual growth and psychic ability. But it is not necessary to wait for a crisis in your life to discover the talents that you already possess.

In ancient times and even today, some individuals use drugs to "open up their minds." This is totally unnecessary and may, in fact, hinder progress.

I have found that the way to "open up your mind" and become extremely receptive to stimuli that we can not normally perceive, in other words, to enter into a state of altered consciousness, is to learn to put your body to sleep while your mind remains awake. The concept is that simple. It is not, however, so simple to do, as you will see when you try it for the first time! It takes practice! Your mind is used to going to sleep at the same time your body does and it will be hard to "train" it to do otherwise, but you will succeed, if you do not give up.

Lay down, relax and close your eyes and breathe evenly. It will very likely not work the first time or the second or even the tenth, but there will come a time when you will lay down, relax, begin to breathe very evenly and you will feel your body begin to go numb.

Pretty soon you will not be able to feel your hands or your feet, or your legs. You are not sure exactly where your hands are, you will not be able to feel them. Your body will become completely numb and you will begin to feel a tingling sensation all through your body. This is a precursor to having an OOB (Out of body experience) and when you are in this state you are able to perceive things around you that are always there, you just did not know it before, you could not *feel* them or see them before. You may hear voices or see things. You may see faces or animals. A whole new world is suddenly opened up to you!

When this happens to you for the first time, you begin to realize that there is a whole world out there that we know very little about. Suddenly you're not afraid of dying, because you have been out of your body and you've experienced first hand that you are the same person out of your body as you are when you are in it. You realize on a profound level that you are only using your body temporarily in this life! It is a very comforting feeling when you think of loved-ones who have passed on.

Experiences like this also open up your mind to other aspects of clairvoyancy, such as psychic abilities. You can test and strengthen your psychic ability by using it in everyday life. When your phone rings, don't answer it right away, ask yourself, who is on the other end? Do you have any feelings about who it might be? Then answer the phone, were you correct?

You probably were not successful the first time, but did you give up, or did you keep trying? If you do not give up and you make it a habit of “guessing” who is calling you, you will find that you are right more and more often. This is how you begin to regain the psychic abilities that you had as a child.

I have found that the fastest way to develop clairvoyance, or your psychic abilities is to learn to have OOBES. Once you have an OOBES, you are no longer skeptical about the metaphysical side of life. Once your mind has become open to such things, you will find that it is easy to expand your knowledge and develop your spirituality.

In order to learn to have OOBES, you need to understand yourself implicitly. It helps if you begin by keeping a journal in which you record your feelings about different aspects of life. For instance, how do you feel about work, relationships, aging, money, etc., write several paragraphs exploring the full depths of your feelings and beliefs in areas you have chosen to explore.

Examine your writings. Try to summarize your beliefs into a few brief, concise statements. If there are beliefs which are limiting or unwholesome, write each one on a piece of paper. Write beside it a new belief that is healthier and more positive. Now summarize your new beliefs into brief, concise statements or what is called “affirmations.” Affirmations are positive statements regarding beliefs that we wish to adopt for psychological health and/or spiritual development. These statements are repeated over and over on a regular basis as a way of reprogramming the mind to believe in a more positive way.

When you do this, do it in the present tense, for example: I am a special person, there is no one like me in the whole universe. Others respect me and I respect myself.

I am a healthy and vibrant person, I love life and I feel powerful.

Create an affirmation for each new statement or belief that you formulated.

Take a few moments each day to repeat these affirmations several times to yourself. Speak them as if you believe them, get emotionally involved. Feel that you have already accomplished what you have set out to do.

Using affirmations in this manner is a powerful way to change your mental “climate” and adopt a healthier, more positive belief system that is more conducive to having an OOBES and developing clairvoyant abilities.

Another area that needs to be addressed is fear. Many people have a fear of the unknown and this is very limiting to the development of spiritual growth and clairvoyance. You must examine the depths of your feelings regarding fear, just

as you examined your feelings regarding work, aging, etc. Ask yourself if you feel that the world is a safe or a threatening place. If you feel that the world is unsafe, what is it that you are afraid of?

Then ask yourself if you feel safe about the idea of leaving your body. Answer these questions in detail, really examine your feelings. You need to have a thorough understanding of how you feel about the subject of fear in different areas of your life and spirituality.

Once you've identified the areas in your life that are holding you back because of fear, write out your affirmations. Make sure they sound positive, are worded in the present tense and have an emotionally forceful quality to them. Repeat them to yourself a few times every day!

Another important prerequisite to having OOBES is dream work. Record your dreams daily, first thing in the morning before you forget them. Try to interpret them and how you felt during the dream. Record how you feel presently about the dream. This activity gets your mind in the place that it has to be that is conducive to having OOBES. The more time you spend thinking about and recording your dreams, the more time your mind is in that state and the more likely you are to have an OOBES the next time you try!

As mentioned before, once you manage to get out of your body, you will find that your mind is open to many things that it wasn't open to previously. Suddenly you realize that there really *is* life after death, you don't just know it, you *believe* it, you *feel* it, because there *is* a difference!

Once you experience that realization, you become much more receptive to clairvoyant abilities, in others and in yourself.

Having an OOBES isn't a prerequisite to developing clairvoyant ability, it *is* a way to help you understand that this "other world" is very real and that realization is what is needed to help you discover and develop your clairvoyant "powers."

In order to grow and develop spiritually and psychically, you need to examine your own metaphysical assumptions. You must have a thorough understanding of your attitudes and opinions regarding your existence and your universe. Individuals who find that they are hitting a brick wall when they attempt to develop their psychic powers or induce an OOBES frequently need to alter their belief systems. This is where daily affirmations come in.

An extremely important metaphysical principle is that thought creates experience. Your beliefs will have a great influence on your experiences and your access to knowledge. Every single experience that you've had in your life has been drawn to you by the ideas and thoughts that you held in your mind. If you focus on all of the fearful things in the world, those are the things that will

be drawn into your life. This may sound frightening in itself, but think about it for a moment. There is nothing more powerful than your mind! Having the power to create your own experiences can transform your life! It isn't something to be feared, it is something to be embraced!

When you see for yourself the direct connection between what you focus on in your mind and the things that materialize in your life, you will really begin to understand the potential that you have for developing metaphysically.

Whether or not you are interested in developing your psychic ability, or becoming a clairvoyant, you would be doing yourself a disservice if you didn't take the time to learn about the powers of your mind and how your thoughts affect you in your every day life. There are many avenues to be explored, one is mind-body medicine.

The ability of the mind to heal the body is now widely accepted, though not entirely understood. One method of mind-body healing is called "guided imagery" a technique where patients use their imaginations to visualize vibrant health and to "attack" a disease. Some oncology centers use this technique.

Biofeedback is another mind/body medicine treatment method where monitors are used to show a patient how his body is responding to his thoughts. This helps the patient learn to guide his thinking to more positive, productive reasoning. Seeing how his or her body is reacting physiologically to their thoughts has a powerful affect on the patients attitude. They come to the realization that they have power over their physical selves, that their minds dictate their experiences.

These methods of mind/body healing are scientific evidence of the power of the mind whether we are discussing healing or clairvoyance. Both are very real and both are life-altering