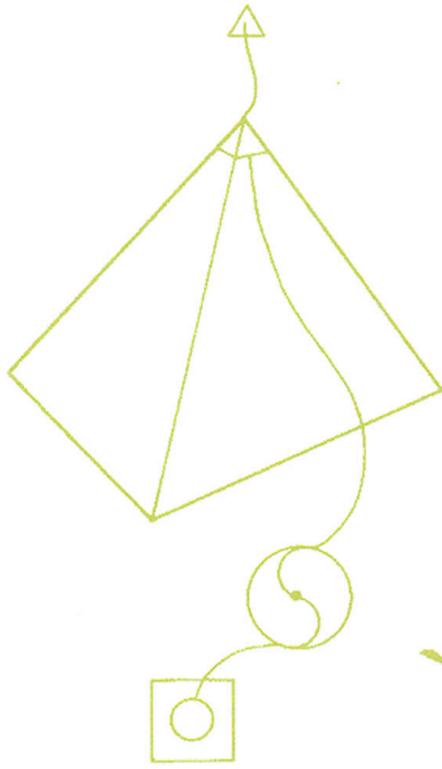


The Psychic Powers Workshop

Facilitated by George A. Boyd, MA





Mudrashram

A Metaphysical Training Program of
The Mudrashram ® Institute of Spiritual Studies



The Psychic Powers Workshop

By George A. Boyd, MA © 2011



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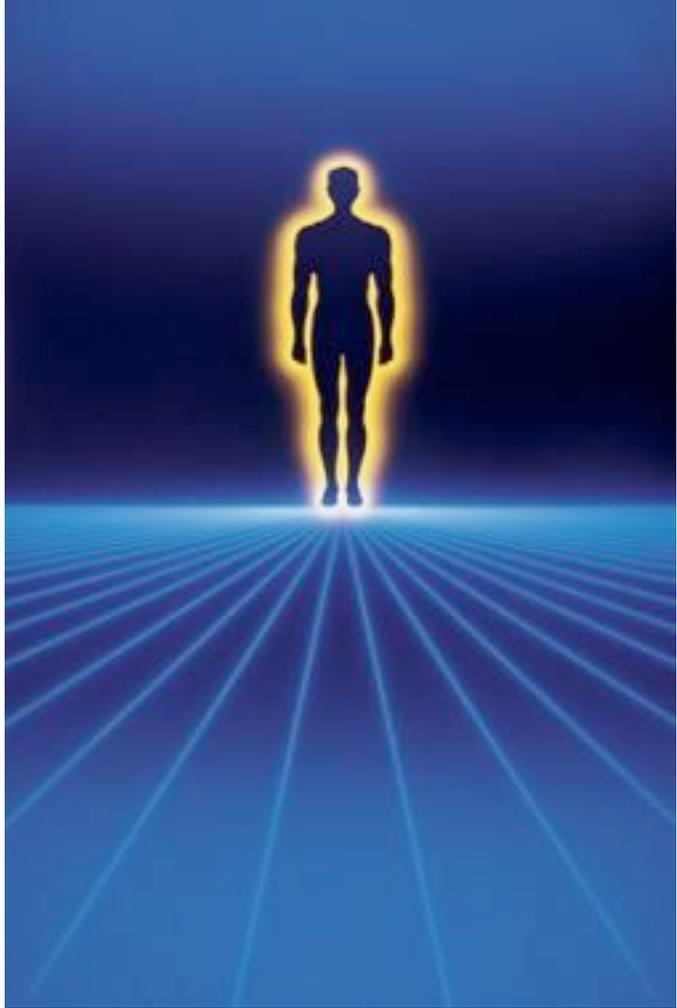
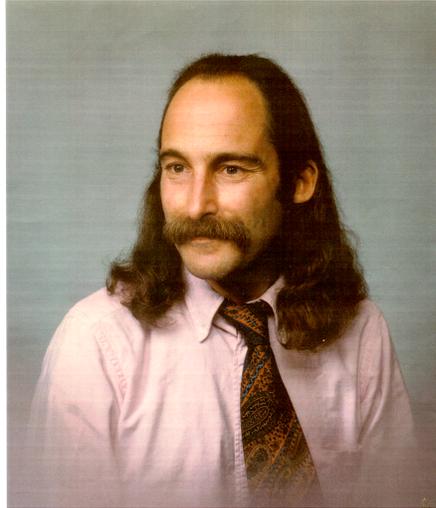


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George A. Boyd is a meditation teacher, counselor, and author, who has been offering a variety of educational and guidance services to the public since 1983. You can learn more about his services at <http://www.mudrashram.com>.



George has studied and practiced meditation since 1965. He is an expert meditation teacher and an innovator in the field of meditation. He developed a system of integral meditation in 1983 that he has taught to groups and individuals since that time. He was listed in *Who's Who Among Young American Professionals* in 1988 for his contributions to this field.

George holds a BA in Psychology from UCLA, an MA in Clinical Psychology from California State University, Dominguez Hills, and an Alcohol Drug Counseling Certificate from UCLA Extension. He has additional training in Psychosynthesis, Voice Dialogue, Focusing, hypnotherapy, and Movement Expression™ dance work.

George held groups for adult children of dysfunctional families for one and one half years. He facilitated Social Skills Training groups for five years. He worked as a drug abuse counselor for three and one half years with heroin addicts. He did his graduate clinical traineeship with a dual diagnosis population.

He has worked as an academic and vocational counselor for 16 years. He has been honored by inclusion in *Who's Who Among America's Teachers* for 2005 and 2006 for his role in service to youth.

He has presented public lectures and workshops on meditation at the Whole Life Expo and Learning Adventures. He was invited to speak at Babaji's Parliament of Yoga and World Religions in 1993.

George is the author of *Drugs and Sex*, published by The Rosen Publishing Group in 1994. He has self-published eight books, and several workbooks for meditation classes that he has developed, and a correspondence course for advanced meditation students. He has written many articles about the practice of meditation and its applications, and about recovery from addiction. A selection of his articles and poetry may be found on his web site, <http://www.mudrashram.com>. You may order his self-published books on www.mudrashrampublishing.com.

Welcome to the Psychic Powers Workshop



What are the Psychic Powers?

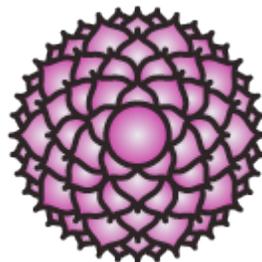
Psychic powers arise from the activation of the centers of the psychic vehicle. These centers appear as whirling disks or wheels glowing with pastel colored lights. Different powers arise depending on whether the wheel rotates clockwise or counterclockwise. When these wheels are frozen and do not rotate, the psychic powers are dormant.



The types of powers and the rotation of their respective wheels are shown in the table below.

Nodal Point	Revolution	Chakra	Ability
1	Clockwise	Perineal	Manifestation, creation of desired conditions
2	Clockwise	Sacral	Intuitive knowledge of the events of the collective mind of humanity; visions of the future
3	Clockwise	Lumbar	Intuitive knowledge of the qualities of the etheric, emotional and mental vehicles of the personality; this may be sensed visually as colors of the aura, or felt as qualities emanating from the person
4	Clockwise	Thoracic	Sending healing energy to the physical, etheric, emotional and mental bodies; to the Self, the spirit and the Soul
5	Clockwise	Cervical	Personification of your subpersonalities by voice; speaking from your spiritual heart and Soul (Satsang)
6	Clockwise	Thalamic	Receiving thoughts from others (telepathic reception)
7	Clockwise	Cerebral	Intuitive knowledge of your past incarnations and those of others.
8	Counter-clockwise	Perineal	Dissolution, process and release of unwanted conditions

Nodal Point	Revolution	Chakra	Ability
9	Counter-clockwise	Sacral	Precognition of events of your own life through omens, symbolic messages, dreams, or recurrent visions
10	Counter-clockwise	Lumbar	Intuitive knowledge of entities in the unconscious field of the mind; knowledge of unresolved issues of destiny karma
11	Counter-clockwise	Thoracic	Intuitive knowing of imbalanced energy conditions in the inner vehicles
12	Counter-clockwise	Cervical	Channeling other spiritual beings (mediumship), or speaking under Divine inspiration (prophecy)
13	Counter-clockwise	Thalamic	Sending thoughts to others (telepathic transmission)
14	Counter-clockwise	Cerebral	Intuitive knowledge of the present constellation of forces comprising the personality; the current stage of spiritual evolution; and the knowledge of future incarnations.





The Master teachers of the Mudrashram® lineage counsel:

“These powers arise naturally in the course of spiritual evolution. The seeking of these powers for egotistical motives—for example, to impress others, to win others’ admiration or affection, or to influence or control others—should be eschewed.”

“The proper attitude for meditating on these powers should be the gaining of greater understanding, and the wish to be of service to others.”

“Even if you do not meditate on these centers or actively work to develop these powers, those powers relevant to your Soul’s Great Work will spontaneously be expressed.”

“This will occur either through Superconscious mental activity manifesting on the inner Planes; as gifts, or abilities that are anchored in the personality that can be accessed by suggestion or invocation; or as abilities that can be accessed in states of hypnosis, dream, trance, or deep meditative absorption.”

Guidelines for Use of the Psychic Powers

We give you the following guidelines for dealing with the appearance of psychic powers as you continue to grow and evolve spiritually:

1. Your goal is to bring these powers under control of your intention and your Soul's will, and not allow them to operate unconsciously.
2. Examine your motivations for seeking these powers.
3. Concentrate on these centers for the purpose of gaining understanding, and gaining mastery of the vehicle of psychic powers.
4. It is best not to attempt to be of service to others using psychic powers. However, if you are led by your Soul to heal, do clairvoyant readings, etc., exercise great discretion in their use and recognize their limitations.
5. Moreover, these powers have a capacity for distortion of information and misuse by others, and an inherent danger of harming others unintentionally through rendering these services, even though you are performing them with altruistic motives.

A general rule is that no one who has not first been overshadowed by the Holy Spirit in the First Exoteric Planetary Initiation should attempt to use these powers, as the temptation to misuse them is very great up to that stage.

We are cautioned that until the requisite wisdom, discipline, and humility has been integrated into the Soul, the presumption of using psychic powers to serve others may at best create a hindrance for them. This happens because others can develop a dependency upon psychic readings. [We are to seek to empower others, not make them dependent upon us.]

At worst, these powers may do them lasting injury, by providing incorrect information and wrong guidance that can seriously disrupt their health, their sanity, the order of their lives, and their significant relationships.

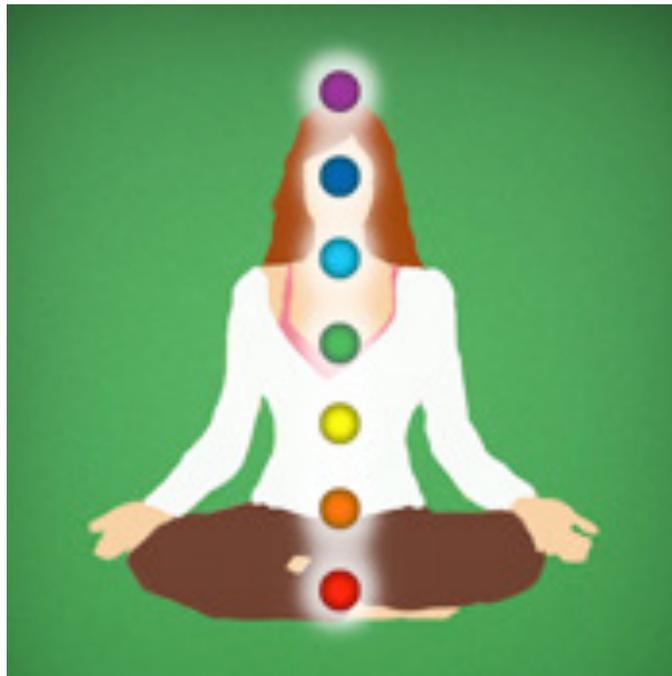
6. Verify all impressions and test all intuitive information received by critical analysis, by thinking through the implications of acting on the guidance received, and checking out information you have gathered against scientific and historical evidence.
7. Do not follow entities who come to you in the Psychic Realm who offer to guide you unless you know who they are beyond a shadow of a doubt, and know they are true Adepts or Masters.
8. Do not enter into a passive trance state while in the Psychic Realm—there is some risk of possession by entities from this band of the Great Continuum of Consciousness.
9. Do not give permission to channel any entity other than your own Soul.

Why Should I Develop my Psychic Powers?

Psychic powers are part and parcel of your spiritual development. They represent the abilities that dawn upon the Soul when it rises to the third major Plane of the Planetary Band, the Psychic Realm.

In the disciplic training process, Swami Charan Das details the steps of inner mastery. At the culmination of Basic Phase of this spiritual training, the Soul begins to develop its psychic powers. We quote from these materials drawn from the Satsang program article, "[The 36 Degrees of Disciplic Training in the Mudrashram® Tradition:](#)"

"We characterize three phases of this process [of progressive mastery of meditation as] Basic, Intermediate and Advanced. The steps of these three phases—the 36 degrees of disciplic training in the Mudrashram® tradition—are shown on the table on the next page."



The Basic Phase of Meditation Mastery

<i>Degree</i>	<i>Mastery Conferred in This Degree</i>
1	Ability to unite the attention with the attentional principle or the spirit at will.
2	Ability to travel in full consciousness up to the ensouling entity at will.
3	Ability to meditate upon the guide at the eight petalled lotus of the Subconscious mind and to travel with him at will. [Alternate presentations of the guide form in the Mudrashram® tradition are at the doorway to the Subtle Realm behind the Self (Swa dwara) and the gate behind the Soul (Atma dwara). In other traditions, the chela may be led to meet their guide or guides at other discrete centers on the inner Planes.]
4	Ability to hold and minister the Light according to specific directions
5	Ability to perform the five basic attunements: physical, etheric, emotional, mental and volitional under guidance.
6	Mastery of these five basic attunements so that you can make attunements with others at will.
7	Receiving a commission to minister the Light with the initial assignment of a group of individuals for whom you must carry out basic ministry.
8	Expansion of the ministry of Light to a broader range of individuals.
9	Mastery of merging the astral body into the Jet of Spirit at the top of the Psychic Realm.
10	Ability to make a guide attunement with the attention of others.
11	Ability to utilize abilities in the vehicles of the Subtle Realm, Biophysical Universe, Abstract Mind, and Psychic Realm. This activation of Superconscious powers is called the Empowerment Attunement.

Degree	Mastery Conferred in This Degree
12	Ability to channel the Soul, a spiritual guide or other spiritual entity through one or more centers of the Psychic vehicle. These operate through the brow center (telepathy), the throat center (channeling or mediumship), the heart center (sending love to the spirit of others), the solar plexus center (sending comfort and reassurance to the emotional center of others), palmar center (sending healing energy to others), or pedal center (automatic writing).

"The Basic Phase comprises the ability to operate as the attentional principle consciously, to begin to direct the Light to others, and to develop metavisual or psychic powers. One key marker of this stage is the dawning of telepathy, which allows you to achieve an independent connection with the guide."

"[Esoterically] **telepathy** is the ability to receive the teachings of the guide in meditation. (a) These teachings may be presented to you *visually*, where you are given information about a symbolic object, introduced to another spiritual being, or the shown the imagery of the dimensional inner Planes. (b) They may be presented to you *audibly*, where you will hear the voice of the guide clearly speaking to you. (c) They may be presented to you in a *kinesthetic* way, when you feel energies or qualities flowing through the presence of the guide."

Viewed in this context, it can be seen that the development of psychic powers represents the culmination of the twelfth task of the Basic Phase of disciplic training in the Mudrashram® tradition.

In this workshop, we will do meditations to introduce you to tasks 9 to 12, so you can get a sense of this higher work.

How Do I Activate My Psychic Vehicle?

You activate the psychic vehicle by meditating on its centers. When you first encounter this vehicle, you may wish to inspect its centers and attempt to determine:



Can you discern which of these wheels are locked and which are freely moving?

Can you tell which of these centers are opened, and which are closed?

If you can sense that some of the wheels are turning, which way are these wheels moving? Are they moving to the right (clockwise) or to the left (counterclockwise)?

Do you intuit that the abilities inherent in these centers are expressed in some manner through your personality?

What powers are expressed and how do these manifest? How do you bring these powers into manifestation?

Or do they arise spontaneously, outside your control?

Contemplation of the centers of the psychic vehicle

The first practice of activating the psychic vehicle is to focus your attention upon its centers. This practice begins by starting with the center at the base of the spine and progressively moving upwards to the head. These centers and their associated colors are detailed in the table below:

Location of Center	Anatomical Reference	Color of Sphere
Base of spine	Coccyx	Red
Navel	Sacral Spine	Orange
Solar plexus	Lumbar Spine	Yellow
Heart	Thoracic Spine	Green
Throat	Cervical Spine	Blue
Point between the eyebrows	Thalamus	Indigo
Brain	Cerebral Cortex	Violet



How Else Can You Awaken These Powers?

Other means that activate the psychic vehicle in addition to contemplation include:

- (1) **By the command of an Initiate or Master Teacher** – Powers may be permanently anchored by this means. For example, Reiki, a Tibetan healing method, is activated by an attunement from a Master Reiki teacher.
- (2) **By the focalization of the Holy Spirit upon the center** – These are powers that arise by inspiration of the Holy Spirit and last for as long as the Holy Spirit overshadows the individual.
- (3) **By the use of affirmations or sacred chants** – These also will temporarily stimulate the centers of this vehicle.
- (4) **By breathing into the centers** – [Only an advanced student of Pranayama should attempt this method. If improperly used, it can cause dizziness and disorientation.] By breathing into a center with the attention focused upon it, the wheel can be induced to spin clockwise. By holding the breath out while the attention is focused upon it, the wheel can be moved counterclockwise.
- (5) **By hypnotic suggestion coupled with ritual elements** – Using guided meditations in conjunction with intoning, laying crystals upon the chakras, or using essential oils, these powers can be temporarily stirred into activity. Many of the guides of the New Age teachers utilize these creative methods.
- (6) **By opening the channels of the Nada** – As the spirit crosses the Psychic Realm, it may clear out the karmic obstructions that freeze one or more of these centers into inactivity.
- (7) **By awakening the Kundalini Shakti** – As the Kundalini opens the third chakra of the Planetary Man (the fifth stage of Kundalini awakening), some of these psychic powers may be spontaneously awakened.

Dropping the Astral Body in the Psychic Flame

This sitting is an adaptation of the basic Raja Yoga method of direct projection. You will travel with your attentional principle above the body focus at the pituitary center of the Subconscious mind, through the physical universe into the Astral Light. You will focus on the point on the Great Continuum of Consciousness where the astral form surrounding your attentional principle is dropped into its origin. You will practice shifting from your astral body into your causal body and back again.



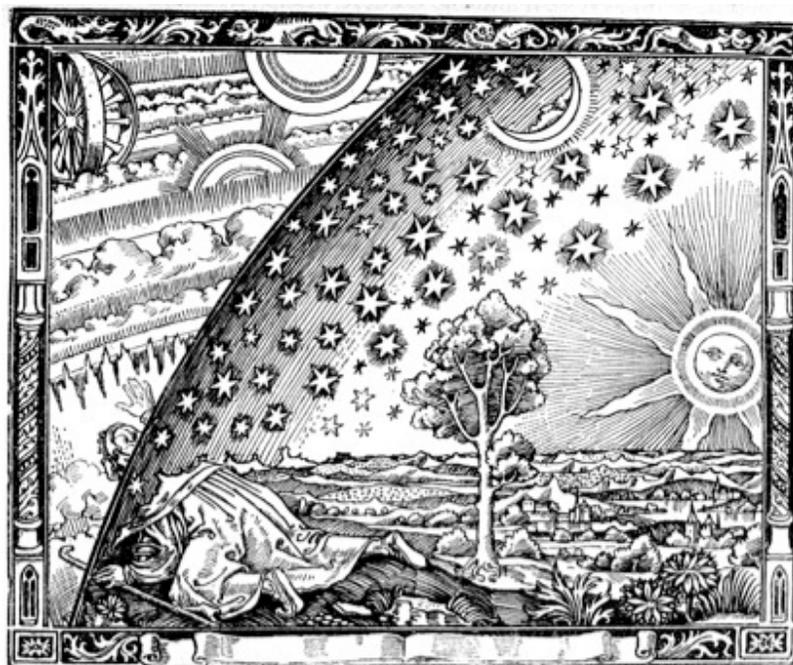
When you can perform this technique at will, a number of new abilities typically come to you:

The ability to access all levels of hypnotic phenomena

– These are described in the article, "[Levels of Autosuggestion](#)," which is contained in addendum of the *Mudrashram® Master Course in Meditation Manual*. Those of you who have taken this course may wish to review this article after completing this workshop.

The ability to see the phenomena of the Subplanes of the Psychic Realm – This will allow you to visualize the different spiritual entities and guides on these levels.

Enhanced ability to travel on the inner Planes and to project your astral body at will – This will allow you direct your astral body in many creative ways. For example, you may be able to explore the surface of a planet of your interest, practice remote viewing, travel to an inner dimension of your choice and look around, or assist the attentional principle of others move out of the pituitary focus into their own astral body.



Contemplation of Your Abilities in the Planetary Realm

This meditation sitting takes you to the top of the Abstract Mind Plane. As you contemplate from this perspective, you ask your Soul to reveal the abilities you have gained on the Subtle Realm, the Biophysical Universe, and the Abstract Mind Plane.

In this meditation, you will request your Soul to:

- Show you how and when it uses those powers.
- Disclose to you which of these powers are accessible from your normal waking state of awareness, which in the hypnotic state, and which from the attentional principle.
- Reveal the abilities that it is now developing.

Using Selected Psychic Powers

In this workshop, we will focus on the following five basic psychic powers:

- Manifestation and dissolution of conditions
- Sensing qualities of the etheric, emotional and mental vehicles (aura)
- Sending healing energy to the physical, etheric, emotional and mental bodies of others (remote healing)
- Speaking the wisdom of your Soul and spirit (Satsang) to help or guide others
- Sensing the thought energy of the Soul (telepathic, intuitive reception) and the thoughts of others

Manifestation and Dissolution



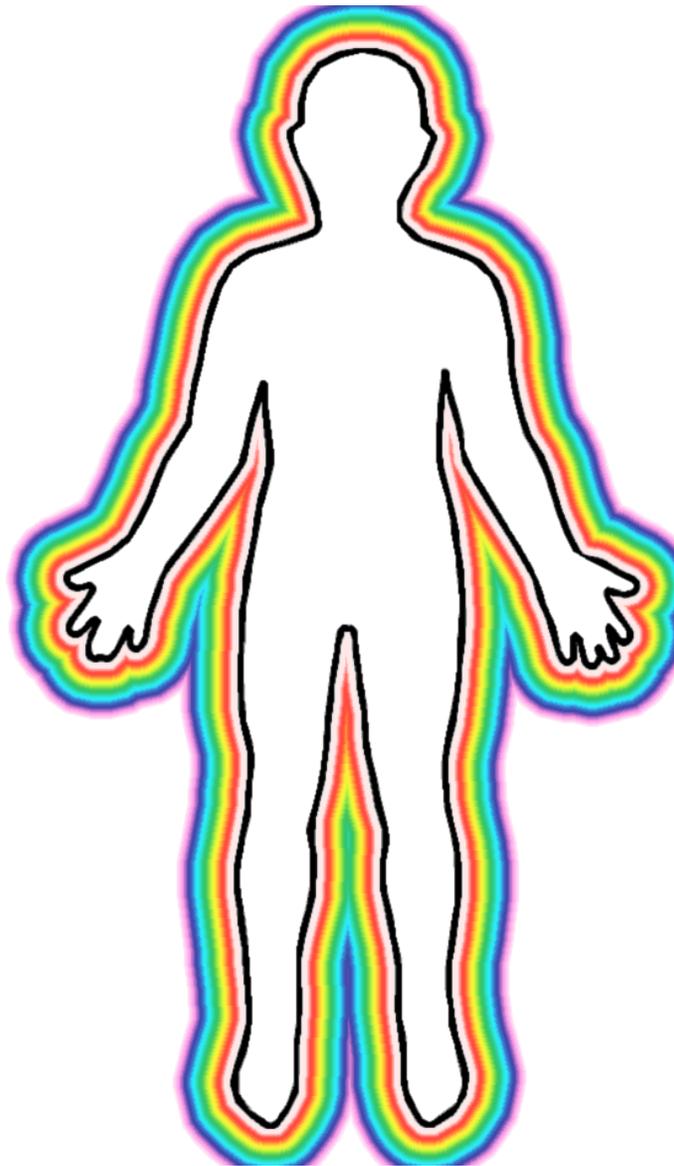
Focus your attention on the red sphere at the base of the spine center of the psychic vehicle.

Identify a condition you want to manifest in your life. Visualize and imagine it clearly. Affirm: "I manifest [name of desired condition] in my life now. And so be it!"

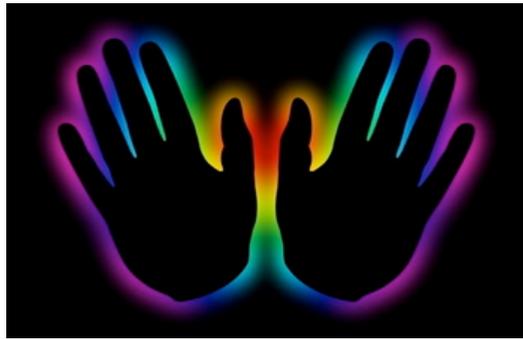
Identify a condition you want to disappear from your life (e.g., a bad habit, a repeating negative pattern of interaction or a haunting dream). Visualize clearly what it is you want to have removed. Exhale. While your breath is held out, affirm: "I dissolve this [unwanted condition] in my life now. And so be it!"

Intuitive Auric Sensing

Focus your attention on the yellow sphere in the solar plexus center of the psychic vehicle. As you breathe normally into this center, you will gaze without blinking at your own energy fields surrounding your body (tratakam). Pay attention to the field around your body. Notice what you see or feel the qualities of your aura in this exercise. [You can do this with a partner, too.]



Sending Healing Energy



Focus your attention on the green sphere in the heart center of the psychic vehicle. Sit with your palms facing up. As you breathe normally into this center, you will sense a warm, magnetic current of light. This is prana or life force.

Select an individual to whom you wish to send healing energy. Visualize you are gathering this energy up to the point between your eyebrows, and send it out as a beam to this person's body. If for example, this person is female, you would visualize sending this energy to recharge her body and strengthen her immune system. See it suffusing her emotions, allaying her anxiety and fear, and comforting her. Picture it supporting the intelligence and wisdom of her mind, so she may carry out wise decisions that will help her in the healing process.

If you sense the center of your palms is warm after doing this exercise, you may wish to lay hands on any area of your body in which you are feeling discomfort, tension, or pain. You may find this soothing and relaxing.

Unless you have someone's permission, you should not lay hands on another person. [You probably should not do this anyway, unless you are trained in the healing arts and know how to prevent psychic contagion. Doing this incorrectly can transfer this person's negative condition to your own aura.]

Channeling Your Soul's Guidance to Another (Satsang)



Focus your attention on the blue sphere in the throat center of the psychic vehicle. Feel the presence of the Soul connected with this center. Gently breathe into this center and invite your Soul to channel its guidance.

Let your Soul speak through you, "[your name], what I sense about you is...and what I need to share with you now is..." Draw intuition and guidance down from your Soul. Listen to what it says. [You can also practice this with a partner, saying your partner's name.]

Receiving Telepathic Information

Focus your attention on the violet sphere in the thalamic center of the psychic vehicle. When this center is active, may sense your Soul or your guide is sending an intuitive message to you through this center. You may gently activate his center by invoking your Soul or a Master Teacher through this center. "O my Soul [or name of Master Teacher], I ask that you will tell me or show me now what is important to know about my life, my relationships, and my spiritual development." Write down this information as you receive it.

Partner Exercise for Telepathy

When you intend a thought, this center spins counterclockwise. An interesting exercise to try is this: You and a partner both focus at this center. One of you will intend a thought and direct it at the attentional principle of the other. The other partner will listen while established in this center. Sometimes you can clearly hear the other's thoughts!

Guiding Your Self and Others

The initial guide attunement is the ability to guide the attention of other people. You will explore this by first guiding your own attention. [If you have a partner, you can next practice guiding the attention of your partner.]

Practicing the Art of Guiding the Attention

The act of guiding combines intention with suggestion. Identify yourself with the attentional principle. Collect your mind stuff by concentrating your mind. Use your intention to suggest to your attention:

- You will now focus on your present time awareness of your movement...
- Upon your awareness of your senses in the present time...
- Upon the awareness of your body in the present time...
- Upon the awareness of your emotions in the present time...
- Upon the awareness of your thoughts in your present time...

Next guide your attention to back to its ground state.

Guiding a Partner's Attention

The next practice will be to do this with a partner. Ask your partner permission to participate in this exercise. Once their permission is secured, you will gaze (tratakam) at the other person until you sense that you are aware of their attention. Using intention, imagine you are sending them a beam of light. When you touch their attention with this beam, you will then give their attention the suggestions by speaking aloud:

- You will now focus on your present time awareness of movement...
- Upon your awareness of your senses in the present time...
- Upon the awareness of your body in the present time...
- Upon the awareness of your emotions in the present time...
- Upon the awareness of your thoughts in your present time...

You may begin to sense that as you hold this intention, their attention will follow you as you give your suggestion. You will direct their attention where to focus. Then guide their attention back to ground state.

This art of guiding is used professionally in performing hypnotic induction in hypnotherapy; conducting guided meditations with a group counseling setting; or leading a patient to deeply explore issues in his unconscious mind in psychotherapy. You can use it to enhance your own meditation by gaining better control of your attention.

In advanced stages of meditation, your Master Teacher will show you how to direct the Light of the Spirit to guide the attentional principle (Raja Yoga Attunement) and/or the spirit (Nada Yoga Attunement) of others. Learning to guide the attention is the first step in the art of guiding.

The Levels of Visioning

As your ability to see within improves, you eventually will reach the level where you can do psychic readings for others. This will culminate in **Penetrating Intuitive Viewing**, which permits a simultaneous, mandala-like discernment of the multiple strata of human embodiment and experiencing. These bands include:

- (1) The entire physical body as living organism
- (2) The organs of the physical body and their living physiological processes
- (3) The cells making up the organs of the physical body
- (4) The genetic and molecular activity within the cells
- (5) The atomic matrix making up the cells of the body
- (6) The subatomic continuum, the Unified Field
- (7) The information ether
- (8) The lifetronic ether, where the bubbles of life force can be viewed
- (9) The astral-magnetic or desire ether, where the forces of subtle attraction and repulsion can be discerned
- (10) Astral impressional ether, where the impressions of memory and karma can be viewed
- (11) The thought form ether, in which ideas are represented in three-dimensional, animated forms
- (12) The essence within the void, the vision of the Self
- (13) The golden thread connecting with the triune center of love, wisdom, and power within the Superconscious mind; here, archetypal forms represent the Superconscious vehicles
- (14) The Ancient Wisdom, the vision of the Soul in its own essence

Opening of this Psychic Eye permits relatively clear discernment of these 14 bands. This faculty, known as clairvoyance, integrates the abilities of each of the earlier stages of development of psychic visioning

What is a Psychic Reading?

A Psychic Reading or Metavisional Reading is done with the inner seeing ability of the attentional principle mediated through the subtle senses of the astral body. We may characterize several types of perception that a human being can access in normal and altered states of awareness:

External perception – You become aware of the environment around the physical body through your external sense organs. Your attention remains in your normal waking awareness for this type of perception.

Internal Body perception – You become aware of the sensations arising within the physical body in the present time. Attention is focused in the physical body during relaxation. You can experience physiological processes such as circulation, heartbeat, and breathing while in this state.

Feeling perception – You become aware of your feelings arising in the present time. Your attention is focused on monitoring your feelings.

Thinking perception – You become aware of your thoughts arising in the present time. Your attention is focused on the stream of consciousness in which thoughts arise.

Egoic perception – You become aware of your ego, noting its desires, attitudes, roles, and defenses. Your attention is focused on the ego and its reactions.

Preconscious perception – You become aware of the impressions flowing into conscious awareness from the Subconscious mind. Your attention is focused in the preconscious zone of the Conscious mind.

Time Track perception – You become aware of memories in the personal unconscious band of the Subconscious mind, back to the earliest memory that you can consciously recall, and beyond it all the way back to the moment of conception. Your attention is focused in the Personal Unconscious band of the Subconscious mind.

Chakra Perception – You become aware of the chakras of your Subconscious mind, and visualize of the content of these centers. Your attention is focused on the spinal tube connecting these centers; you contemplate each chakra in turn.

Metavisional perception – You begin to see with your attentional principle, which is seated in its ground state in the pituitary center of the Subconscious mind. This is seeing with consciousness itself, and is a higher order of perception than that mediated through the focusing of attention. It is direct and immediate. Attention reveals this state of consciousness by directly focusing on the attentional principle. Advanced meditators can transfer the attentional principle onto the Inner Planes and directly behold the phenomena in these spiritual realms.

Spiritual perception – Union of the attention and the individual spirit brings the immediate awareness of the spirit's experience in the present time. Attention is focused on the spirit through the gateway behind the pineal center of the Subconscious mind.



Types of Psychic Readings

There are two types of psychic readings, structured and unstructured.

The **structured reading** uses a template of pre-defined meanings to interpret a symbolic or environmental array for an individual. For example, the Tarot Card reading, attributes specific meanings to the Empress card, and then applies this information to the individual's situation.

In contrast, the **unstructured reading** uses only inner visualization to derive information for the individual. An aura reading, where a psychic gazes at the energy emanating from or surrounding the body and interprets what it means, is a reading of this type.

Structured Readings

When we contemplate the structured reading through the Seven Rays, we discover the following varieties

1st Ray – Discerning omens or portents of the future (These readings interpret random arrays of environmental objects, such as tea leaves, the weather, or the alignment of stars and planets; or interpretation of subjective experiences through dreams. They are done based on a pre-defined assumption of meaning for each pattern or symbol presented).

2nd Ray – Astrology (a reading of an individual according to the meanings attributed to planets and stars. Individuals are assigned to signs based on their date of birth and the configuration of planets and stars interpreted)

3rd Ray – Numerology (a reading of numbers associated with an individual's name, date of birth, etc.)

4th Ray – I Ching or Runes

5th Ray – Palmistry (a reading of the lines on the two hands)

6th Ray – Physiognomy (a reading of physical characteristics such as features on the face, or bumps on the head, which allegedly give information about the health and character of the individual); or Iridology (a reading of the colors and striations of the iris, which is purported to give information about the health of the organs of the body)

7th Ray – Tarot Card or playing card readings (each card has several meanings associated with it depending on where the card falls in an array)

Intuitive Readings

Intuitive readings across the Seven Rays include:

1st Ray – Prophecy (foretells the future of individuals, social, ethnic, or national groups through inspired inner visions; one may witness the cycles of civilization or the laws of Nature unfolding a preordained pattern)

2nd Ray – Aura Reading (a reading through visual, auditory, or kinesthetic means of the qualities of the individual projected into the environment as an energy field around the body)

3rd Ray – Etheric Reading (a reading of purported stable environmental resonance or magnetic fields. Readings of this type include dowsing, psychometry, and detection of ghosts or spirits inhabiting a dwelling).

4th Ray – Therapeutic Reading (a reading of the physical, etheric and astral vehicles to detect disease conditions, blockage of life force, and unresolved emotional issues)

5th Ray – Past Life Reading (a reading of past incarnations in this cycle of time from the Akashic Ether, a level of the Abstract Mind Plane)

6th Ray – Essence Reading (a reading of the qualities of the individual spirit. This reading may take the form of channeling guidance from spiritual guides, or contacting departed loved ones on the Astral Planes).

7th Ray – Soul Reading (a reading of the current state of an individual's spiritual evolution, together with the out-picturing of their future incarnations)

As your psychic vehicle becomes fully activated through your spiritual development, you may find that your Soul will begin to express its intuitive gifts through one of these structured or unstructured readings.

Using Psychic Powers Wisely

When any of the centers in the psychic vehicle are fully functional, these abilities will be fully at the Soul's command.

Whether these powers will be expressed through the personality (a gift), accessible only in trance states, only through the intention of the attentional principle, or not at all is within your Soul's discretion. Powers are not released according to the whim of personality, but according to the Soul's aegis.



In addition to the guidance about psychic powers given to you on earlier in this training, we will add the following practical advice:

If these powers do dawn upon you, do not use these powers to interfere with other's karma or destiny. When in doubt, do not use the power with another.

Do not give psychic advisement unless you are reasonably sure the information is accurate, timely (can the person accept and use this now?), and beneficial (will it cause any harm?).

Avoid channeling entities other than your own Soul or the Holy Spirit.

Practice on yourself first. Do little experiments to test the powers objectively. See what really works.

As these powers mature, do additional study. Learn structured readings like Tarot, astrology, or numerology. Learn systems of healing, bodywork, and massage to extend your healing gift.

Let your Soul's wisdom and the Divine Spirit guide you as to when to use these powers with others.

Use these powers with humility and awe. They are not your powers, but the gift of the Divine. Recognize these powers as stemming from your Higher Power. Use them with the highest respect and gratitude.



A Final Word

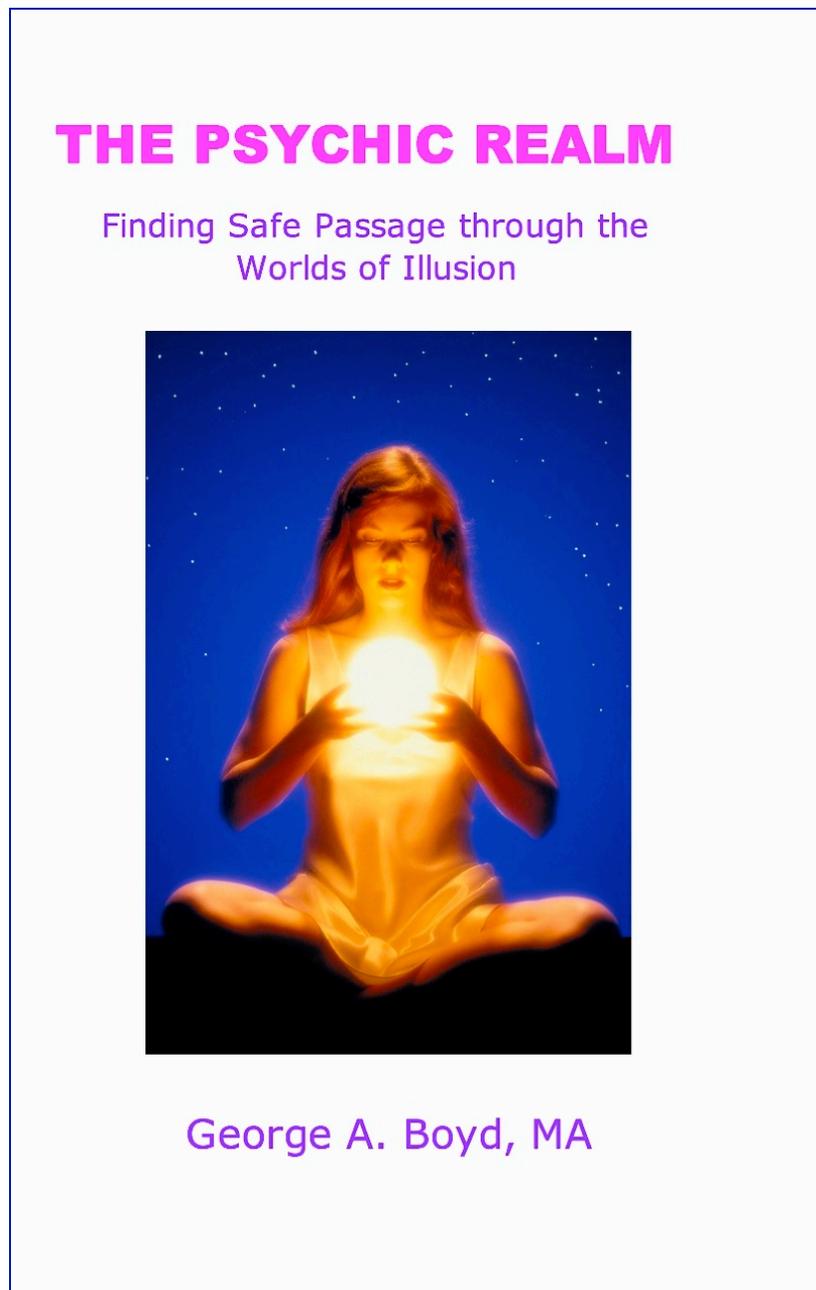
This workshop hopefully will have assisted you to gain a clearer understanding about what psychic powers are, how to activate them, and how to wisely use them.

Use these psychic abilities to study the realms of Nature beyond the limits of your physical senses, to enhance your life and health, and to increase your understanding of the Astral Planes.

When you are fully ready within, you will be led to use these powers to serve others. Service is not for self: it is the Divine Spirit working through you. When you serve in this way, you will avoid the pitfalls that can arise with the dawning of psychic powers.



If you want to learn more about Psychic Powers, we recommend the following book:



Available at

<http://www.mudrashram.com/Ournewbooks.html#TPR>