



Spirit to Spirit Clairvoyant Communication May, 2008

Hello! The theme of the month is CLAIRVOYANCE.

What is clairvoyance? Clairvoyance, clear seeing, is the ability to access and decipher visual information through extrasensory means in the form of images or pictures. When you access your clairvoyance you are using the same mechanics and parts of your brain that are active when you dream or use your imagination to visualize. If you have the ability to visualize anything, even something as simple as a circle, then you have clairvoyant ability.

Having a clairvoyant perspective allows you to see the truth of any situation in neutrality and amusement. It also allows you to heal someone just through your pure communication. To do this, you must develop a relationship with your 6th chakra – the spot in the center of your forehead or “third eye.” One goal of clairvoyant meditation is to easily find and return to this space.

To access your clairvoyance, sit down, close your eyes and bring your attention inward. Place one finger at the center of your forehead just above the eyes and between the eyebrows. Postulate that you are now about 2 inches behind your finger in the center of your head. Create a room in the center of your head that is comfortable and inviting. You want to live in this space. Be sure to keep it fresh and new –if cobwebs are developing or the furniture is hard to see, start all over.

From the center of your head, with your eyes closed, look slightly above your eyes out the “window” of your 6th chakra. See a screen there and notice any images or colors that you “see” – these may feel like made-up ideas at first. Ask a question about something or someone and see what shows up out that 6th chakra window. You’ll be surprised! Images are symbolic and literal. It takes practice to verbalize what you are seeing. Have fun with this.

Do you sometimes have a problem that is difficult to solve? With your eyes closed, and in the center of your head, allow a problem to come into your awareness – give it a color. Notice where you feel this problem in your body – that is where your awareness lies and where you are trying to solve the problem.

Your spirit will move around your body during the day depending on your activities. If you tend to come from the heart or stomach chakras, you may feel the emotions of others and sometimes get caught up in solving problems that are not yours. Picture in your mind an elevator at that spot in your body and bring the problem as that color to the screen outside



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your 6th chakra window. See if people or other images come to the screen. If it is still unclear, put that color into a picture of a rose and watch it blow up or disintegrate. Do this over and over until it is hard to get it back on your screen. You are getting neutral to the problem and a solution will begin to come to you more easily. Sometimes by doing this, you realize that it was never your problem to begin with and it goes back to where or whom it came from! Journaling what you see can also help bring solutions.

Intention of this Newsletter: As a practicing clairvoyant healer for the past 20 years, it is my hope to bring spiritual awareness to everyone ready to learn. I envision a community of people engaging in spirit-to-spirit communication! I am available for private readings, house healings, Aura parties and group trainings.

Call for prices and available times.

Reach me at 516-423-1794 or qt_light@yahoo.com.