

Psychic Development Guide



by Brandy Joy

Step 1: Oils & Incense

Each of the 5 senses should be activated to provide a foundation for your 6th sense to develop. I suggest starting with your sage and incense.

You can use dried sage or sage spray to cleanse your energy field. If you use dried sage, you burn the dried leaves over a bowl or seashell so you don't get ash on the floor. If you use sage spray, you simply spray the water over your body.

Turn on either an oil diffuser with lavender, rose, and myrrh, or light a cedar incense stick, or burn some Lumbini rope incense in an incense holder.

Step 2: Tools to Enhance the Meditative Experience

If you want to work with your third eye and increase your clairvoyance with meditation, I suggest trying out some tools of the psychic world. If you want to try crystals and stones, use selenite stone to activate the upper chakras. The upper chakras provide connection to the spirit realm and clairvoyance. Selenite is used in energy healing work because it is a very high vibration stone. When you hold it in your hands, you can feel the upper body increase its vibration. You can just hold the stone while you meditate.

Obsidian stone can be used in casting a protective circle before you begin your meditation. You can take 9 of these small, black stones and place them around your meditation space. You begin with placing a stone at the East, then the South, then the West, and finally the North point of your circle. Then go over to the Southeast and place a stone, the Southwest, the Northwest, and finally the Northeast. You hold the 9th stone in your hand as you meditate. When you are done with your meditation, just collect the stones in the same order you placed them beginning with the first circle of East, South, etc.

Step 3: Use Breathwork to Enhance the Meditative State

A good deepening exercise to begin your work is the Circulation Body of Light. Stand with your arms down at your sides. Inhale and as you do, imagine the energy of your body moving up your right side to above your head. Exhale and move the energy down your left side. Do this about 7 times. Then inhale while imagining the energy moving up your back to above your head. Exhale and push the energy down your front to the floor. Do this 7 times. You may notice you're your body begins to sway forward and backward during this part of the exercise. Keep the energy moving, circular. Finally, inhale while imagining the energy spiraling up, counter-clockwise around your body to the top, above your head. Then exhale with more power as you imagine the energy exploding off of you like a water fountain or firework display. Do

this seven times.

Step 4: Use Vibratory Chanting to Enhance the Meditative State

A basic sound vibration ritual is one that I learned from a very old ritual book. You use the vowels of the chakras to chant. I start at the third eye chakra by vibrating “EE” until I have exhaled fully. “EE” sounds like the same vowel as knee or bee. Then, inhale and vibrate “Eh” for the throat chakra. Make sure you feel the vibration in the chakras as you chant. Concentrate on that area of the body. “Ah” is for the heart chakra. “Oh” is the solar plexus in the upper stomach area. And “ooo” as in boo is the lower chakras. Breathe in deeply, and then chant the vowel as you exhale slowly. Do each chakra. You can repeat these chakra chants down to the sacral (lower) chakras until you feel a deep state. When using sound for meditation, you must vibrate the sound into your body. You have to feel the vibration resonating within your body. Inhale deeply, and elongate the vowels as you chant them. Your voice should be loud and somewhat deep. It’s similar to singing.

Third Eye Chant: Eee

Throat Chant: Eh

Heart Chant: Ah

Solar Plexus: Oh

Lower Chakras: Ooo

Step 5: 3rd Eye Development Exercises

At this point, I sit cross-legged with my hands either in my lap or on my knees. My palms are up. I then do an active bridging technique that I learned as a hypnotist. I immediately place myself into a setting or walk down a flight of stairs and open a door and walk through it. Imagine meeting someone in this setting and have a conversation with him or her. You can get great guidance at this point. Some people say that it is your spirit guide that talks to you in this state. Other people believe that it is the wisdom of the higher self that speaks to you. You can also stay alone in this setting to enjoy the atmosphere.

Using a Tarot deck for meditation work is a powerful exercise. You simply shuffle the cards; pull 3 out with your left hand. Line them up next to each other so they look like one picture. Next, stare at the picture for a minute. Then close your eyes and imagine the picture in your mind’s eye. Now, look further left, and further right at the picture in our mind’s eye. Look at what is going on beyond what you saw in the static picture. Allow a story to unfold. You can get great insight from this exercise.

End the session with something formal

Some people like to chant Om again or end with a formal mantra from a Kundalini practice. If I lay out obsidian stones then I pick them up in the order that I laid them out. I begin with the east stone, the south, the west, the north, then around again, starting with the southeast to the southwest, etc.

Note: It's best to stay still for a while after meditation. Just feel the vibrations in your energy field and relax.

Let me know if you have any questions. I will be in touch soon with more psychic development tips and resources for you. Remember to take your time with this work and do not hurry it.

Love & Light,

Brandy Joy

P.S. I have lots of videos up on spiritual development techniques on my blog at BrandyJoy.com. You can contact me there as well.

About Brandy Joy

A little about what I do...

We are all spiritual beings with amazing potential and opportunities. With a little guidance and support, we can see life more clearly and live more spiritually. I am a teacher, spiritual hypnotist, and psychic medium. I do readings and I teach psychic development. Whether you want to read the Tarot cards, experience a past life regression, connect with your spirit guides or those that have passed on, I can help you. I have a passion for spiritual healing and mentoring spiritual healers to develop their own gifts.

What I can do for you...

I teach workshops and mentor spiritual seekers in Tarot reading, energy work, and psychic development. If you are interested in educating yourself in these methods, check out my Readings & Mentorship services or my Video Courses at BrandyJoy.com

I encourage you to **share this guide** with other spiritual seekers and friends.

Love & Light! xoxo
Brandy Joy