



Hans Christian King  
School of Mediumship

Intuitive Psychic Development  
**Level 1**

Three Hour Class

Intuitive Psychic Development ©

Level 1 of 3

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## INTUITIVE PSYCHIC DEVELOPMENT LEVEL 1

I am always happy to see people take an interest in developing their psychic skills. Whether it is to further your connection to Spirit or just basic curiosity, there is something in it for everyone.

We, Spirit and I, realize this is *an opportunity to get back to the basics of communicating with God. **Psychic development is spiritual development. Intuition is a natural ability inherent in every living being to communicate with Spirit.** Though this class, you will become comfortable with communicating with and getting information from Spirit.*

We want you to go inward for your own truth.

As Sri Swami Satchidananda once said, "*Truth is One, paths are many.*" Only you can discover your own personal path. **The way to find Truth is to become sensitive to your own Guidance.**

Hans Christian King

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# Psychic Development is Spiritual Development

## ***Psychic Abilities are Inherent and Natural in Everyone***

How many times have these things happened to you?

- You are humming a tune and you turn on the radio and the same song is playing.
- What you were dreaming about last night happened the next day.
- You think of a friend you haven't thought about in a while and a few minutes later they call.
- Children can more easily communicate with Spirit

## ***Inner Knowing vs. Peer Pressure***

How often have you denied your inner knowing and inner feeling, and given into the advice of others (e.g. TV, Radio, magazines) who know less about your specific path and Dharma?

- As we get older, we begin to overlook our soul's natural abilities.
- We learn to develop our mind's ego/logic/intellect in place of them.
- We create defenses and begin to trust *ideas and thought from ego, media, family, etc...* outside of our 'true self' – creating mind chatter.

## **Being**

### **In Service To Spirit & God**

#### ***What is the difference between a Psychic and a Medium?***

Perceiving Translating information from Spirit / God in vibratory form

vs.

Receiving Hearing, seeing and/or knowing information from Spirit / God

Psychics sense the vibration and energy of Spirit, and perceive the meaning in order to translate these impressions verbally.

Mediums act as mediators between this world and the world of Spirit.

Direct voice mediums relate the information received word for word as it is communicated from Spirit.

## Major Ways People Can Receive Information from Spirit

### ***Clairsentience***

- This makes reference to **being sensitive to and *perceiving* vibration** or the presence of Spirit. This is a psychic quality that **ALL people have this.**

### ***Clairvoyance***

- The ability to ***receive by seeing images, words, and symbols.*** This doesn't mean “seeing” with your eyes - but your Soul.

### ***Clairaudient***

- The ability to ***receive by hearing sounds, words and voices.*** This is either “heard” internally by the Soul or can be heard as a distinct voice externally.



## **Consciousness**

### ***What is the difference between higher and lower consciousness?***

Lower consciousness = doubt, fear, control

- The negative, which many times is the easy way to feel good

Higher consciousness = Spirit

- Happens when you feel and believe in the possibility of being guided by Spirit.

## ***Spiritual Growth***

- We are actually going through a process of rediscovering our 'true self.'
- We are ALL already psychic.
- What is really important to God:  
How you loved and how you allowed yourself to be loved.

### **Foundation Exercise:**

1. Safe Place Meditation

## **You are Love and Light**

### ***Your light comes from within.***

- You need to trust your own light - your 'higher self'.
- In doing this, you become a part of the natural flow of Spirit.

### ***When you go against your own truth, you go against yourself.***

- Your soul knows your path / dharma. Learn to listen.

### **Exercises:**

Safe place blessings. Bless even your enemies.

### **Homework:**

Make a list of what you don't want in your life anymore.

FEEL, don't think about what doesn't work for you.

Then, stop giving energy towards these things, even after the class ends.



# Working with Your Self

- Old souls just don't fit. *That's good!*
- Kites fly highest against the wind
- There are No mistakes. There is nothing wrong.
- Your lessons are according to your Karma & Dharma.  
**Believe your requested your life!**

## ***Universal Laws***

- Cause and Affect
- Law of Attraction
- Law of Free Will

Exercise:  
3 door meditation

## ***A New View of Your Self***

- What would you do if you didn't have to make a living?  
*Does this make you feel happy?*
- What were you going to be before you became what you are now?

### Homework:

Make a list of what you Do want in your life.

FEEL inside what you wish to participate in.

This is your "I am ..." to do list.

- Important: not want or hope. You 'are' or 'have'. "Fake it 'till you make it"

Prayer: "I would like the experience of the following .....  
– to my highest good always please."

## **Body and Spirit**

Who are you ?

- You are an angel having a human experience.
- You are just 'using' that body for this go around

***Body - The physical representation of your energy / soul / true self on earth.***

1. Our bodies are tools for soul growth (Karma).
  
2. When your body dies, your consciousness returns to Spirit.

# Working With Your Spirit Guides

## ***God and Spirit's view of you***

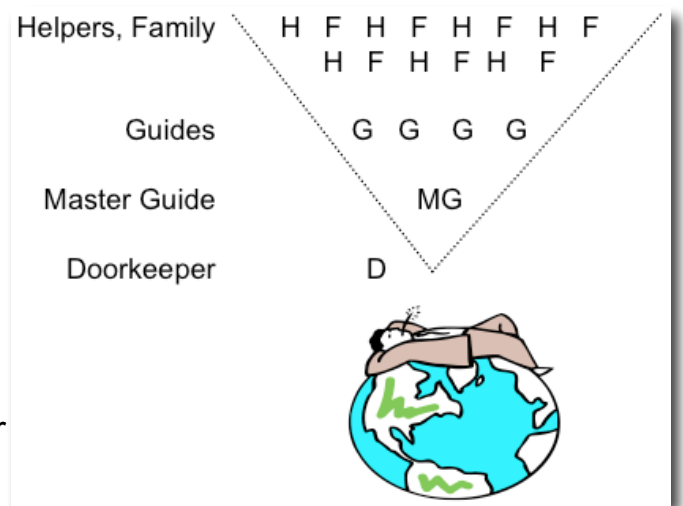
- You are perfect in God's eyes.
- God loves no one more than you.
- There are No mistakes

## ***Who is watching over you?***

- Your Spirit Guides
- Assisting vs. Interfering

### Prayer:

Doorkeeper, please allow clear communication from Spirit and let me hear only that which is for me.



### Exercise & Prayer:

- You can ask your family in Spirit for abundance (the Secret!).

### Exercise:

Give Spirit a task. (e.g. Parking fairy)

### Prayers:

“Please present me with that which is for my highest and greatest good”

“Please help me be aware of that which is for my highest and greatest good”

“Help me to be aware of that which is for me.”

### Prayer:

“Please take this and do with it that which is for my highest good”

## **Working With Others**

### ***Spirit & Soul Level Relationships***

- Soul mate crossing
- End of energy – depart gracefully

#### Release Exercise:

Bless everyone, including your enemies – even after class ends.

#### Protection Exercise:

Picture your self in a silver bubble of light or being wrapped in seran wrap  
Say, “Please bring light into that, which might bring darkness around me.”

## **Level 1 Summary**

### **Understanding that psychic development is spiritual development.**

- Inner Knowing (Soul) vs. Peer Pressure (image, ego, radio, TV)
- Higher consciousness (Spirit) vs. Lower consciousness (doubt, fear, control)

### **Getting out of the head. Through stillness can you truly hear.**

- Shift your perception. Happiness is a choice.
- Gratefulness vs. looking for what's wrong (e.g. your glass is 1/2 full).
- Belief and "I am" vs. hope and want.
- Don't believe the illusion of life.
- Mind vs. heart war.

### **Meditation exercises and quieting mental chatter. Stilling the mind to allow Spirit to enter.**

- Entering meditative states (your safe place) to receive information.
- No two things can be in the same place at the same time.
- Less allows for more.

### **Learning how to enter altered states to begin to receive impressions, symbols, and feelings.**

- Everyone is clairsentient.
- Learning to trust your intuition.
- Discovering the psychic qualities each individual already possesses.