



Hans Christian King  
School of Mediumship

## Intuitive Psychic Development

### Level 2

Three Hour Class

Intuitive Psychic Development ©

Level 2 of 3

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## INTUITIVE PSYCHIC DEVELOPMENT LEVEL 2 – Part 1

Level One was for you to get a personal experience of your abilities by receiving information from Spirit. As Sri Swami Satchidananda once said, "*Truth is One, paths are many.*" Only you can discover your own personal path. The way to do that is to become sensitive to your own inner guidance.

**In Level Two, we will help you become more comfortable with the skills *you were born with*, which were given to you to help you follow your path for this life.** Whether your path is to be of service to others or to guide yourself through decisions, feeling the truth and receiving information from Spirit is very important on your journey.

Spirit is there to love you and guide you, every one of you. **Opening your self to channel is a step in the right direction to developing a compass to your path in life.**

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## Level 1 Review

### Becoming more in tune with the psychic skills you possess.

- **Clairsentient:** Being sensitive to vibration or the presence of Spirit. *Everyone is clairsentient.*
- **Clairvoyant:** The ability to see images, words, and symbols. This doesn't necessarily mean seeing with your eyes - but your soul.
- **Clairaudient:** The ability to receive by hearing sounds, words and voices, either heard internally by the soul or it can be heard as a distinct voice.

### Working more closely with your spirit guides

- Your Doorkeeper, Guides and Main Guide
- Assisting vs. Interfering

### Working with Your Self

- Remove what you don't want in your life anymore.
- Your intention is to return to yourself.

## **Level 2**

### **Getting Information For Yourself**

*To receive information from Spirit or your higher self, all you need to do is clear your mind so you can feel and hear information provided by Spirit.*

#### **Non-judgment**

**Simply say / type / write what you feel / see / hear - from Spirit**

### **Getting Information For Others**

#### **Give without expectation**

- You can lead a horse to water...
- Don't cast pearls before swine
- People vs. their behavior

#### **Compassion**

- Want to make the world a better place
- Be of service to just one person

**You teach what you need to learn**

## **Mind Clearing**

*The clearer your mind, the better you can transfer Spiritual Wisdom from the other side to the physical world.*

**Life is an illusion.** Nothing can actually go wrong.

**It is our perception** that makes perceived wrongs look real.

Most of **our pain, our guilt, and our sadness don't exist** – they are in the past.

**“Let go of your false perceptions** of who you think you are.

**See past your illusions** of pain and suffering - they are only memories.

Be totally *in* your current life, in the moment (not past or future)

“To be” is success in God’s eyes.

## ***Meditation - Letting Go of Regret***

*As you proceed inward go to your sacred safe place, think of a time when you may have done or said something that you regret terribly.*

**Hold that thought in your mind**, and feel the pain you have inside because you regret what you did. **Picture yourself doing what you did or said** from a short distance away. Get a good understanding of **why you feel hurt inside**, and *say to yourself*:

- **I no longer give power to** (repeat what you actually said, or see what you saw during the incident).
- There is nothing wrong; **there are only lessons** and opportunities for growth.
- For the pain that I may have caused, intentionally or unintentionally, **it was simply where I was** at that moment.
- **I am a loving kind soul** and I know it.
- **This action no longer holds any power in my life** because I have learned from it and I release it. There are no mistakes. **I have learned from this.**

Now feel yourself holding the memory in your hand. **Walk over to a cliff, stretch out your arm so your hand is over the edge**, and say, "I release you now." Open your heart and your hand at the same time **and let the memory go**. Feel at once the light come into you to replace the memory.

- *Feel* the pain and sadness release.
- *Feel* the mental weight be released from your physical self.

## INTUITIVE PSYCHIC DEVELOPMENT LEVEL 2 – Part 2

You are blessed to have chosen a path less traveled. You have chosen to **believe what you feel to be true** and realize that there is more to life than we can see, feel, hear, touch or smell, an abundance of unlimited proportions.

Through communicating with Spirit, you will again be in touch with those that love you unconditionally and whose highest priority is to assist you on your path. **Don't we all instinctively yearn for love and support? Don't we all simply feel better knowing there are people that love and support us?** We were all born with the desire to have family and friends that love unconditionally, who are always there to support us.

To be in service to others is the highest calling. Not surprisingly, it is the true path to our own joy and happiness. By communicating with Spirit, we not only have our own personal guidance, but we can also provide love and support to others. In turn, we trust that Spirit will be our abundance on our paths in Service.

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## **An old soul's path in life is to be 'in service'**

**The path of and old soul** in this world is often a very unique one – as we want 'to make a difference'.

**To find one's own path, all you need to do is continue to ask – and listen!**

***Communication with Spirit is for you and others.***

**Use the tools your heart says to use.** If one tool doesn't work, do not judge it. Simply recognize that it is not for you (it may be for someone else).

**Service and compassion** are God's will.

Those who serve with a pure motive will never go hungry or thirsty, for they have access to spiritual sources that will provide their needs.



## **How to make the world a better place**

### ***Follow your dharma – your path in life - that YOU requested***

- What were you going to be before you starting doing what you do now
  
- What would you do if you didn't have to make a living?
  
- Three doors exercise, Automatic Writing
  
- Prayer. "Please present me with doors that I might discover where I need to be for my highest and greatest good."

***Look within and to Spirit for answers.***

## Being Available to Be in Service

*The less you think, the more you feel, the better you will “be”.*

### Safe place

*There is NOTHING to be afraid of. There are NO mistakes. **There is only love and light.** You can learn to let mind chatter go.*

### Mind clearing.

- The clearer your mind (& body!), the better you can transfer Spiritual Wisdom from the other side to the physical world.

### Less is more.

- Chose to let go of Regret, Pain, Suffering, Stress and Control.

### Higher Consciousness (HC) vs. Lower Consciousness (LC)

- Glass half-full (HC) vs. half empty (LC)
- Possibility (HC) vs. scarcity (LC)
- You see what you are looking for... (are you looking for HC or LC?)
- Know, believe and have faith in your truth. (HC)
- Fake it 'till you make it. (HC)

## ***Physical Ways of Being***

### **Lower Consciousness / lower vibration / distance from Spirit & God**

<u>Mistakes</u>	<u>Fear</u>	<u>Judgment</u>
Should have	Us vs. them	Judgment of others
Could have	Doubt / Hope / Try	Opinion of events
What if?	Limitation	Expectations
Why?	Can't	Self judgment
Disappointment	Fear of Pain	Must
Sadness	Fear of Death	Need
Guilt		Self punishment
Regret	Image	
	Ego	Trauma
Control	Experiences	Emotional Pain
Stress	Media	Emotional Suffering
Survival	Material Happiness	Blame
Education	American Dream	Hate
Work	Propaganda	

## ***New Filters***

### **Higher Consciousness / Higher vibration / Closer to Spirit & God**

- Yes I Can
- What if it is true ? ! ?
- I deserve it. I believe what I deserve is on the way.
- I am successful. (Now for just the right opportunity!)
- I am wonderful, phenomenal, amazing, incredible, stupendous, stunning, fascinating, marvelous, loving, caring...
- I am my best friend.
- I have faith that my Angels are guiding me.
- I have the intention to ...
- I am in service.
- I surrender into my path and truth.
- God loves me.
- I trust in God and Spirit.
- I love life.
- I am grateful for this opportunity to grow.
- I am grateful for all that Spirit had done for me.
- I am grateful to be alive, this day.

## **Part 2 - Summary**

### **An old soul's path in life is to be in service to others**

- Communication with Spirit is for you *and* others.

### **Working with ourselves: The less you think, the more you feel, the better you will 'Be'.**

- Safe place meditation and vibration / energy connection
- Mind clearing, remove mid chatter
- Less is more.

### **Working with Spirit: How to make the world a better place**

- What is my dharma (path in life)
- We must look within and to Spirit for answers
- Previous experiences do not define you, but are tools
- Spirit is your abundance.

### **Working with others: A new set of priorities**

- Give without expectation.
- Non-judgment & compassion