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The Real World Psychic: A Psychic Play Workshop

Grounding and Centering (William)

Shielding (William)

Filtering (William)

Practice (William)

Discovering Your Psychic Abilities (Karen)

- Ways we receive psychic energy (**handout**)
- Manifestations of psychic abilities
- Psychic “languages”
- Uses for psychic abilities
- Sensing versus interpreting or filtering

Working with Your Guides (Karen)

- **Activity: Meeting Your Guides Meditation**
- How Your Guides Can Help You

Using Energy Techniques to Enhance Your Psychic Abilities (Karen)

- Crystals
 - **Activity: Grounding crystals and intuition crystals**
 - **Handout: Crystals for specific energies**
- Essential oils
 - **Handout: Essential oil formulas to enhance psychic ability and shift energy**
- Herbs
 - **Handout: Burning sacred herbs to shift energy**
- Other practices (meditation, movement, etc.)

Using Your Psychic Abilities to Help Others (William and Karen)

- Mediumship (William)
- Intuitive Healing (Karen)
- Life Coaching (William and Karen)

Psychic Play Activities (Karen and William)

- Psychometry play and practice

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- Activity: Light and energy balls
- Activity: Sensing crystals programmed with energy
- Activity: Partner psychometry with objects
- Sensing energy from others
 - Activity: Body language partner activity
 - Activity: Scanning another's energy from across space
- Finding lost or hidden objects
 - Activity: Find the object
- Telepathy
 - Activity: Zener cards
- Remote viewing
 - Activity: Partner remote viewing activity
- Medical/healing intuition
 - Activity: Partner chakra scanning activity

Ethics (Karen and William)

- Handout: Psychic Code of Ethics

Deepening Your Practice (Karen and William)

- Meditation techniques
- Finding your niche
- Putting your abilities to work in your life
- Lifestyle habits to enhance and support your abilities

Guided Exploration and Practice (Karen and William)

Grounding Meditation - Karen

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