

Exercises of Spirit Communication

&

Psychic Development

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I have these five simple exercises. They are not hard to do and can be done with your spiritual companions. They are guiding exercises to help you determine where your psychic strength is. Some people are..

Clairaudient - they can hear spirits/entities,

Clairvoyant - they can see spirits/entities and receive images,

Clairsentient - they feel energies and can sense things.

We have all these skills in us (and more), but I find that when we are learning one skill is usually stronger than the others. We can grow and develop all skills, but I find it helps to start with the skill we are strongest in as the other will grow with that skill and they will start to compliment each other.

Sight Exercises

Spiritual Sight - This exercise works best with a spirit or entity that is in your spiritual family. If you have any guides or familiars they will be able to assist you too.

- 1) Sit in a comfortable position and take in a few deep breathes and relax.
- 2) Ask one of your spiritual companions to stand next to a wall in front of you.
- 3) Close your eyes, take in three deep breaths and relax and calm yourself..
- 4) Focus your attention on your forehead regions and connect with your third eye. Once you are connected direct your third eye to the direction where your familiar is standing and try to locate them using your third eye.
- 5) First try to get an image of them in your mind. See them with your third eye.
- 6) Keep your eyes closed and focus on the location where they are and allow your third eye to scan their energies and create an image for you on what they look like. See them, what do you see? How do they look? What are they doing? Ask them to move and see if you can detect the movement? Pay attention to how you are feeling during this. Are you sensing their energy in a certain part of your body?
- 7) Practice and see how detailed the images of your familiar can get. This is a skill to be developed overtime and with practice you will actually begin to see them wandering around your house and interacting with other.
- 8) Write out what you experienced.

Physical Sight - This exercises works best with a spirit or entity that is in your spiritual family. If you have any guides or familiars they will be able to assist you too.

- 1) Sit in room with enough candles lit so that you can see and select a spot in the room.
- 2) Ask one of your companions to go and stand on that spot you have selected and stay there while you work to see them.
- 3) First gaze at the area where they are standing. Take in three deep breaths and just focus.
- 4) Pay attention to anything you see whether it be wavy lines or a haze or just a sense that they are there, just take a moment and register what you see with your physical eyes. It may just appear as some wavy lines or as a haze, it depends. The more you practice this the easier it will become
- 5) Try to get a visual of the energies that they are giving off. Try to sense their presence and energies with you third eye and try to see if you can see their energies standing there.
- 6) Ask your familiar to move or do something and see if you can detect that movement and see what they are doing. See if you can see any wavy lines move or a fuzzy movement. It is different for everyone and visual with the physical eyes can take a bit to develop.
- 7) Once you have a clear image of what they look like try to sense where they are throughout the day, use your third eye, take a moment, and scan the area and try to see them through your third eye in your surroundings. This can evolve into getting a sense of what they are doing and maybe even see them interacting with your other spiritual companions and talking about different things.
- 8) Write out your experience.

Hearing Exercises

Spiritual Hearing

- 1) Sit in a dark room. Have no lights on and no candles lit, make sure it is as dark as you can make it.
- 2) Quiet your mind and take in couple of deep breathes.
- 3) Relax your body and be still with yourself, present in the moment.
- 4) Ask one of your spirits to come to you and speak. Listen with your mind, what thoughts, feelings or ideas are flowing into your mind. Try to quiet your mind as much as possible and just listen to what is going on. If you are having trouble quieting your mind let me know that is important to know.

5) Just listen to what your mind is picking up, do you notice a voice in your mind that feels different from your mental voice, is there a consistent voice that answers your questions. Try to talk to the spirit/entity that you have selected and see if you can talk to them in your mind. Don't doubt yourself, just see what comes.

6) Write down what you experience.

Physical Hearing

1) Sit in a dark room. Have no lights on and no candles lit, make sure it is as dark as you can make it.

2) Quiet your mind and take in couple of deep breathes.

3) Relax your body and be still with yourself, present in the moment.

4) Ask one of your spirits to come to you and speak. Listen to the sounds going on around you. Quiet your mind and just listen. What are you hearing around you?

5) Just listen to what you ears hear, even if it is a faint mumbling they might be learning to make sense of spiritual sounds. Ask simple yes or no questions and don't doubt yourself. See what you sense and hear

6) Write out what you experience.

Touch Exercise

You can develop the sense of touch and be able to touch them and feel them.

1) Select someone from your spirit family who you want to do this exercise with, this is a simple exercise but it can expanded the more you practise.

2) Ask them to stand in front of you, and reach out to them with your hand and ask them to reach out back to you.

3) Reach out to them and feel their energy with your hand, pay attention to the sensation you are feeling from their energy. It could be anything from, you feel their hand, to you feel a pulsation or a vibration.

4) Play around with it, they are your spirit/entity/demons ,ask them to connect or move their energy around. Play and have fun. Sense is so deep and vast there really is no limit to what you can develop with it. The more your practise the stronger this sense will get.

5) Through sense you can gain insight into how they look, how they feel, how smooth their skin is, you can even give hugs and have them hold you. If you wish, go further and feel their bodies and try to touch their faces.

6) Write out what you experience and let me know how it goes.