



Module #1

SOUL KNOWING

Learning how to 'see' in the spiritual realm

Spiritual Sight

Learning

Spiritual 'Sight'

At the center of our intuitive awakening is our 'spiritual sight'. Now, I'm not talking about clairvoyancy (we'll get to that!) – rather, I'm referring to how we perceive, understand and *move through* the spiritual information we pick up on.

Just like our physical experience of life revolves around how we perceive and understand the world, our spiritual life also revolves around how we perceive & understand the spiritual world.

So far, you've been introduced to 4 aspects of understanding the spiritual side of life:

1. Spiritual awakening, reincarnation & the spiritual journey
2. Flowing with the Universe vs fighting against Life
3. Soul fusion & kundalini rising
4. Feng shui & recognizing insights in our physical environment

Each of these understandings is building an awareness within you that will *mold and shape* how you pick up on and perceive 'psychic' insights moving forward.

The absolute foundation – the #1 priority before we dive into psychic abilities – is creating the perspectives, the beliefs, the understandings behind how you will *perceive* spiritual information.

EVERYTHING that we pick up on is filtered through the lenses of our beliefs, our fears, our personal experiences and our understandings of Life. I must stress the importance of developing a well-rounded understanding of the Soul, physical vs spiritual and spiritual awakening so that as we develop your intuitive senses, your spiritual 'vision' is as *clear as possible*.

What do I mean by spiritual 'vision' or 'sight'?

There is an understanding around spiritual insight that no one talks about or teaches – when I first began my own intuitive journey, I thought that everything came down to understanding and developing the 7 'clair' abilities – that reading for someone or tapping into the spiritual realm came down to me being able to 'physically' see a spiritual vision with my eyes.

The truth of it is, we perceive so much more from what we sense and feel than alone from what we visually see. 90% of the 'story' comes from what we sense – not from what we see (*this is also true in physical life*).

Spiritual 'vision' or 'sight' refers to the ability to build a story using many components (not just relying on an image of something).

My Spirit Guide flat out taught me one morning – after I had expressed my frustration with not being able to physically 'see' visions – that sight can be distorted.

That what we 'see' is influenced by our beliefs, fears, insecurities, etc and that I needed to learn how to TRUST what I feel and sense.

What we feel and sense will tell us whether a 'vision' or our 'sight' can be trusted – what we feel and sense indicates whether we are perceiving through the lens of fear or Love.

Acknowledge

What is 'Sight'? From the physical perspective, we 'see' the world around us as aspects of color (red, blue, yellow, etc), dimension (1D, 2D, 3D), shape (square, triangle, circle), depth & length (long, wide, skinny) and light (opaque, solid, translucent).

So, let's begin our journey into spiritual sight by starting with exploring how your physical sight comes together.

When you look at the picture below, what do you notice about it?

Take a moment. Stop and take a breath. Take in and process the details of this picture...



Reflection Questions

1. What's the first thing you notice when you look at this picture?
2. What was the physical, mental and/or emotional reactions that happened in your body when you first looked at this picture? Describe where you felt these in your body.
3. Where is this picture? What conclusions does your mind come to about where this picture was taken, the time of day and/or year and its location?
4. If you were to hear a 'sound' with this picture, what might that be? If you were to smell a scent, what might that be? If you were to sense the touch of something, what might you be feeling? (Close your eyes and notice what comes to mind)
5. Tell me about 'who' is in this picture. What conclusions or awareness do you come to about the person in this picture, their age, what they're doing, who they're with?
6. If you were to tell a story about this picture, what might that be?

Looking at this picture, I immediately felt a sense of calm & wonder! I unconsciously let out a sigh and felt a wave of ease pass from my head down through my chest and then I felt my body relax. If I were to hear sounds with this picture, I'd hear a gentle breeze, grass swaying & swishing, cows/horses munching grass nearby, bees buzzing & birds singing.

I get a sense for where she is (outside)...I begin to build a 'picture', an **understanding**, a **map** or a **puzzle** in my mind – I get a sense for how old she is (4-5 years), how big she is (little), where she is located (a farm or acreage during the summer months), what time of day it is (late afternoon or evening – just before the sun goes down)...

...overall, I've built or created an understanding in 'my mind' that this picture portrays a happy little girl who lives on a farm and enjoys gathering up her Mom's ducklings and carting them all over the yard – completely lost in the day, oblivious of 'time', just loving the experience.

- Do you see 'how' we build an image, a picture or an **UNDERSTANDING** in our mind from the components of what we visually observe, take in or pick up on from our sight?
- Did you 'catch' where 'my' mind **added** details from my own experiences and perceptions from my own life? (her mood, her activity, her sense of play, timelessness)

INSIGHT...Our mind thinks in 'questions' (whether we're aware of it or not!) ...Our Being is constantly in a state of seeking to understand the world that is going on around us. We are constantly in a 'subconscious' state of asking questions and piecing together the answers to develop an awareness or understanding.

However, we are generally unaware of our 'seeking to understand' and 'asking questions' because the process of assessing and piecing together our physical environment has become **AUTOMATIC**.

From a spiritual perspective, we 'see' or perceive the world around us based on similar aspects (but using slightly different sensory tools). Spiritual sight – just like physical sight – is **also** like building a picture or an understanding within our mind; except, rather than using our physical eyes to perceive 'physical details', we are using spiritual sight to perceive 'spiritual' details (**to sense BEYOND the physical**).

We can sense beyond the physical by **tuning into** and perceiving different aspects of energy, spiritual or 'fast moving' psychic information around us. It's from these insights or details that we begin to build a story, create a picture or piece together an understanding of spiritual reality in our mind (that we can then share with others or integrate into our lives).

Tuning-In to Spiritual Sight

I know, I know...spiritual sight may < at first > seem 'complicated' and nothing like physical sight - seeing with our physical eyes seems effortless – we just open our eyes and 'see', right?

I want to say yes to this, but I think we'd be ignoring a few key, important details and denying the truth of how our sight happens.

We are born with the ability to 'see', however, as a newborn, we don't see at the same level as we do now.

We develop our physical sight
during our childhood

We learn through trial, error and experience **how** to perceive the physical world around us through our eyes, our senses AND our experiences.

Our sight develops **alongside** our other senses; our sense of touch, hearing, taste and smell all play into how we perceive the physical details of the world. Over time, we learn to **integrate** all these senses together – as if they are ONE sense (instead of 5 senses!). And, our sight becomes effortless – as if it is happening all at once (rather the combining of various details!).

It is the same with our spiritual sight – we develop an understanding of **how** to perceive the spiritual world around us through trial, error and experience. This begins with learning the individual pieces or components of spiritual 'sight', which then leads to experiencing spiritual sight as a 'whole' experience.

Just like we can look at the room around us in this moment and almost **instantly** perceive the 'whole' picture, spiritual sight develops in this same way until we reach a point of picking up on & perceiving psychic information quickly and effortlessly.

Tool #2

Reflect

***Take a moment to reflect on what you've just learned and discovered using the reflection questions below.**

1. What are you realizing about spiritual & intuitive awareness and insights?
2. If you were to let go of a belief or expectation(s) around your psychic/intuitive/spiritual abilities, what might you let go of?
3. If there were a fear sitting in the back of your mind around developing intuitively, what might that be? How do you feel about it now?
4. If you were to recognize within yourself a natural intuitive tendency (based on your insights & perceptions from our first exercise), what might that tendency be (visual detail, smell, sound, feeling, emotion, touch)?

How Spiritual Sight Works

There are two types of energetic information that surrounds us in any given moment:

1. Slow moving information
2. Fast moving information

Both types of information are a form of 'energy', however, slow moving information is the 'stuff' of the physical world while fast moving information is the 'stuff' of the spiritual world.

In the physical realm, we use physical parts of our bodies (eyes, nose, ears, hands, mouth) to pick up on and perceive physical, slow moving information. This information is slow moving because it is a denser form – the more dense, the more physical.

In the spiritual realm, we use spiritual parts of our energy body to pick up on and perceive spiritual, fast moving information. This information is fast moving because it is less dense – the less dense, the more spiritual in nature.

The spiritual 'parts' we use are our 'Chakras'.

Sensing through the Chakras

Our chakras are picking up on spiritual bits of information moment to moment. Each chakra has a front and a back side to it that extends forward in front of our body and backward behind our body.

Once, activated, our chakras act as funnels (like a satellite dish!) that pick up on specific types of information and then channel it into the center of the chakra where it is translated and manifested into a physical understanding within our body (thought, feeling, knowing, picture, taste, smell, spatial awareness, etc).



Photo Credit: Unknown

Our 'translation' or 'integration' of these details from spiritual into physical understanding might show up as one of or a combination of the following:

- A **physical sensation** in our body (pain in our knee, aching in our shoulder) #root
- An **emotional feeling** or sensation (Ex. sudden anxiety) that may manifest physically as pain or discomfort in our abdomen (gas, diarrhea, sharp pains, etc) #sacral
- A sense of feeling **mentally** insecure & uncertain OR secure & confident #solarplexus
- A sense of overwhelming love/grief/anger washing through us #heart
- A feeling of our throat being blocked/tight or open/sense of ease #throat
- A wave of shimmering <blue> sparkles that crosses our sightline #thirdeye
- A sudden wave of **knowing** or understanding #crown

When we purposely 'tune-in' to someone, we may experience a **sequence** of spiritual 'hits' or insights (as they're coming in, they'll likely seem disconnected or unrelated).

It may begin with noticing a physical pain or discomfort in the body, then shift to feeling or sensing an emotion or a knowing, then we may feel ourselves being pulled backwards in time, then come to find it feels like we're wearing a tunic and tights along with a knowing that we are 'male' in energy...and the story, picture, map or understanding will **'build'** from there.

It's as if we're processing, asking questions,
feeling/observing details and piecing them

Please note: there are SO MANY ways that intuitive insights show up and manifest in our physical awareness – the above are just a sampling of a few ways that insights may show up for you. Insights are translated according to our individual experiences, understandings and skillsets in life – so be sure to track your understandings in your intuition journal!

Overview of the 7 Chakras

Each chakra is dedicated to storing, picking up on and processing a specific type of information in a *specific* way. So, the more we know and understand each of the chakras, the easier it becomes to understand what it is that we're picking up on and how it all pieces together to create an understanding or visual.



Root 1st Chakra:

Senses & reveals information around beliefs, our sense of security & survival, feeling supported in life, money views, sense of belonging, family issues & origins – the 'physical' body = security.

Symbol (red): downward pointing triangle within a square within a circle...symbolizes our Spirit connecting with the Earth/physical, grounding and our earthly – physical – existence.

Psychic Info is Like: physical sensations in the body (ex. Aching shoulder or a sudden headache when tuning into someone, sense of feeling overpowered in life or a an insecurity or mistrust towards money, etc)



Sacral 2nd Chakra:

Senses & reveals information around emotions, sensuality, sexuality, relationships, creativity, play, pleasure, well being and feeling our outer and inner worlds – the 'emotional' body.

Symbol (orange): A crescent moon within a circle...symbolizing the connection of the moon with water and our emotions. (hint: there's a connection between the phases of the moon,

the fluctuations of Earth's water (tides) and the fluctuations of our emotions & moods (feminine cycle).

Psychic Info is Like: wave of emotion (ex. Sadness) passes through you while tuning into someone.



Solar Plexus 3rd Chakra:

Senses & reveals information around thought, processing of information, will power, taking responsibility for one's life, decisions & choices, self discipline and confidence – the 'mental' body.

Symbol (yellow): an inverted golden triangle within a circle...traditionally the inverted triangle symbolizes fire and the transformative power of fire in our lives to create momentum & change.

Psychic Info is Like: sudden feeling of being controlled or of controlling someone else, feeling stuck or glued to the spot or confused about something, a sense of how one thinks and processes information or Life.



Heart 4th Chakra:

Senses & reveals information around compassion, empathy & Love, forgiveness & acceptance, resentment, anger, grief & guilt – it is the 'bridge' between the lower chakras (fear) and the upper chakras (Love) and thus our center of discernment and integration.

Symbol (green): hexagram (inverted and upright triangles interlaced), symbolizing the coming together or union of opposites, spiritual & physical, male & female, spirit and matter.

Psychic Info is Like: a mix of sensing emotion, feeling, hearing and sight combined together (like a memory) of a person or place (while tuning into someone)



Throat 5th Chakra:

Senses & reveals information around communication, expression, the ability to speak our Truth, to feel heard and to listen to & value others.

Symbol (blue): Circle within an inverted triangle within a circle with 16 lotus petals. The circle represents spiritual understanding (Truth) being brought into the physical – but a living from spiritual truth instead of physical truth.

Psychic Info is Like: hearing a thought, word or phrase in the midst of reading for someone, hearing a disembodied sound (cat meowing, sound of someone walking by, a voice, music)

Third Eye 6th Chakra:



Senses & reveals information around intuition, wisdom, self knowing, seeing oneself and others from Truth. It is the center of perception & vision.

Symbol (indigo/purple): Inverted triangle within a circle with two lotus petals, symbolizing the merging of duality & our perception of black/white, right/wrong, judgement and separateness into Oneness, neutrality and acceptance.

Psychic Info is Like: seeing a visual symbol, person, color, etc with eyes open/closed or having the impression of a symbol or person come to you while reading for someone

Crown 7th Chakra:



Senses & reveals information around consciousness, limiting patterns or lack thereof, feeling supported, guided and connected in Life and receiving Divine inspiration and guidance.

Symbol (white/luminescent): Circle with a thousand petals symbolizing our unending, ever-evolving spiritual awakening.

Psychic Info is Like: a sudden knowing or understanding of what's going on for a person, what's coming, how to navigate something (from a higher understanding) while in the midst of reading for someone.

We sense the spiritual in layers, beginning with our sense of self knowing, progressing to our sense of spatial, environment or time awareness and expanding to our sense of self in relation to the situations, circumstances and people around us.

Stages of Spiritual 'Sight'

1. Self Knowing

- **Sense of physical self:** stature, weight, orientation (male/female; person/object/animal/Being), color & length of hair
- **Sense of what we're wearing:** dressed/naked, shoes/no shoes, type/style of clothing
- **Sense of emotional state:** sad, happy, afraid, delighted, etc
- **Sense of mental state:** confused, confident, insecure, etc

2. Spatial Knowing

- **Sense of when you are:** time in history (1000 AD, pre-history, future), cosmic location (mars, Earth, etc), their home or surroundings in everyday life, etc
- **Sense of where you are:** planetary location (mountains, city, farm, etc), on a rock creek bed, in a back alley, in a stall of a barn
- **Spatial sense:** sense of where you are in relation to your life (at home, far away – traveling or lost), in your place of work/comfort/other

3. Circumstantial Knowing

- **Sense of who you love/trust:** a knowing that builds indicating that you cherish and trust a certain person, that you fear a certain person, that you serve a certain place in relation to a community/your family/your master
- **Sense of what your mission is:** a knowing that builds indicating that you hold a certain awareness or skillset (& how others view or perceive you because of that), an awareness that builds indicating what you're afraid of, denying or avoiding in that life, etc

*A 'knowing' may come in the form of a visual image, a feeling, a thought or a memory. Trust however the information comes through for you.

Is this exactly how spiritual information will come to you? Nope! We are each unique Beings and as a part of our uniqueness, we naturally pick up on and process spiritual information in our own unique way. This 'overview' (above) is more of a format or an example so that you have a process to follow until you get comfortable (if you're needing/wanting one!). It's simply an example of 'how' to recognize what you're probably <already> picking up on.

Tool #3:

INTEGRATE

*Take a moment to reflect on the various insights that have been offered in the previous pages.

1. Think of a recent experience where you were confused, frustrated or overwhelmed (or other!) during conversation/interaction with someone else. Jot down an overview of what went on.
2. Thinking back on the moments right before you started feeling that way, recall what was happening/what you were talking about. Recall the 'moment' when those feelings of confusion, frustration, overwhelm (or other) ignited. What emotion was it? Where did you feel it in your body (location)? What did it feel like? Was this emotion yours or someone else's? If someone else's, whose?
3. Imagine looking around the room and recall who else was there. Feel into it – what emotions or sensations do you pick up off of them? Where did you feel it in your body?
4. Are your spiritual senses just igniting or have they been with you all along?

Tool #4:

RECONNECT

After learning about spiritual sight, I'm feeling:

****Circle all of the words that apply to you**

Relieved

Curious

Clear

Motivated

Overwhelmed

Intrigued

Irritated

Determined

Excited

Other: _____

As a result of understanding more clearly physical vs spiritual sight & how we tune into or perceive spiritual information, I am:

****Fill in the blanks**

Curious to learn more about _____

Excited to implement _____

Going to change this _____

This Week's Daily Affirmation:

I am embracing _____ and letting go of _____

so that I may experience _____ on my soul journey & awakening.