

Welcome to the 24 week course on Psychic development *

Mission statement of the Course

- 1) To open and extend your psychic faculties in order to dismantle/ challenge mental egoic structures and facilitate a greater understanding of your subconscious, conscious and super-conscious self.
- 2) To open and extend your psychic faculties in order to be guided by your higher consciousness and those from the spirit world who make themselves available with love for your spiritual unfoldment.
- 3) To explore these aspects of your mind that lends itself to working within a specific discipline of mental mediumship. To be accepting of the role that you have to play within your own role of mental mediumship as determined by spirit who guide and not through your own wanting or personal ambition.
- 4) To provide opportunities for you to demonstrate your gifts as spiritual healers or psychic mediums in a public context at the completion of the course.

Cost of the course - \$20 per week**

Duration of the course – 24 weeks.

**All teachings and philosophy are based on the Arthur Findlay College.*

***Profits after tutor fees are donated to the Bodhgaya Development Association. Class fees are required to be paid on the night and also the following week if classes are missed due to absence.*

Week 1	Week 2	Week 3	Week 4
<p>7.20pm – Introduction to the 24 week course – aims and objectives. Examining psychic intuition – exploring psychic clairsentience and its relationship with physical energy fields. Defining psychic energy and its developments from intuitive abstract to psychic concrete.</p>	<p>7.20pm – Meditation</p>	<p>7.20pm – Tutorial – Classification of mental mediumship. Course Guide Examining spiritual intuition – exploring spiritual clairsentience and its relationship with astral energy fields. Examining the role that psychic energy plays in raising focus from physical to astral energy fields.</p>	<p>7.20pm – Meditation</p>
<p>7.45pm - Tutorial – Further explanations of last week’s discussion on how colour interpretation differs within different levels of the auric body. Examining the physical/emotional/mental/spiritual bodies</p>	<p>7.45pm - Tutorial – Spiritual clairsentience and its role in mediumship. Keywords – Blending – Overshadowment. Factors that influence and prevent effective blending. Accepting and understanding the level we are working at – psychic intuition or spiritual intuition</p>	<p>7.45pm - Tutorial – Further explanations of last week’s discussion on how colour interpretation differs within different levels of the auric body. Examining the physical/emotional/mental/spiritual bodies</p>	<p>7.45pm - Tutorial – Spiritual clairsentience and its role in mediumship. Keywords – Blending – Overshadowment. Factors that influence and prevent effective blending. Accepting and understanding the level we are working at – psychic intuition or spiritual intuition</p>
<p>7.50pm – Meditation – Guided</p>	<p>8.45pm – Readings around the world – The Human Aura</p>	<p>7.50pm – Meditation - Guided</p>	<p>8.15pm – Psychometry with objects</p>
<p>8.15pm – The Human Aura (Tutorial) – colour analysis – a sequeway into intuition at the psychic clairsentient level.</p>	<p>5 minute rotations - 30 minutes inner circle (receive) 30 minutes outer circle (give). Focus – feeling (intuitive – psychic clairsentience) what level-emotional/mental/spiritual</p>	<p>8.15pm - Auragraph readings – Readings around the world 5 minute rotations – 30 minutes inner circle (receive) 30 minutes outer circle (give). Focus – colour analysis and energy interpretation</p>	<p>Each student has the opportunity of completing 4 x seven minute readings in an intimate one on one setting. Focus – Clairsentience (psychic or spiritual) Perception as a tertiary strand of mental mediumship</p>
<p>8.45 pm – Readings around the world (4x5minute aura readings). Focus – extending psychic clairsentience into psychic clairvoyance/clairaudience.</p>	<p>9.25pm – Closing prayer.</p>	<p>9.25pm – Closing Prayer</p>	<p>9.25pm – Closing Prayer</p>
<p>9.25 pm– Closing prayer</p>	<p>9.30pm – Tea/coffee - please ask Sunny any questions concerning experiences or concerns.</p>	<p>9.30pm – Tea/coffee - please ask Sunny any questions concerning experiences or concerns.</p>	<p>9.30pm – Tea/coffee - please ask Sunny any questions concerning experiences or concerns.</p>
<p>9.30pm – Tea/coffee – please ask Sunny any questions concerning experiences or concerns.</p>	<p>Homework – <i>*Please bring your pen, paper and book to lean on for next week’s activity.</i></p>	<p>Homework – Please bring in 2-3 personal objects in a paper envelope. Bring in paper and pen</p>	<p>Homework – Please bring in 2-3 personal objects in paper envelope. Bring in paper and pen</p>
<p>Homework – Please read your philosophy sheet notes. Prepare questions for Sunny the next week if there are areas of concern.</p>	<p>9.55pm – Centre closed – please be punctual leaving the property.</p>	<p>9.55pm – Centre closed- please be punctual leaving the property.</p>	<p>9.55pm – Centre closed – please be punctual leaving the property.</p>
<p>9.55pm – Centre closed – please be punctual leaving the property.</p>			

Week 5	Week 6	Week 7	Week 8
<p>7.20pm – Tutorial- Spiritual Clairsentience and its role in mediumship (part 2) –Factors that enable effective blending with spirit – using throat chakra energy to lower alpha brain waves from high to low – hertz 13.5 – 9.9</p>	<p>7.20pm – Meditation - Guided.</p>	<p>7.20pm – Tutorial – Summary of course so far</p>	<p>7.20pm – Meditation - Guided.</p>
<p>7.45pm – Meditation – Guided.</p>	<p>7.45pm – Tutorial – Abstract intuitive v concrete psychic – how they work and on what levels. Applying this knowledge to the auric field and the brackets of thought forms commonly dissected during a 1:1 reading.</p>	<p>7.45pm- Meditation - Guided</p>	<p>7.45pm – Tutorial – Trance- Topics covered –How perception and healing both link into control. Mind to energy - mind to mind. The role of clairsentience as perfect blending leads into conscious trance and claircognisance.</p>
<p>8.15pm - Psychometry with objects Each student has the opportunity of completing 4 x seven minute readings in an intimate one on one setting. Focus – Clairsentience (psychic or spiritual) – talk – feel: using the energy of words to feel into information.</p> <p>Perception as a tertiary strand of mental mediumship</p>	<p>8.15pm -Psychometry with sand. Focus – clairsentience using a psychic link. Do you feel the energy change with overshadowment/ blending or is your clairsentience operating at the psychic level? Defining the energies from concrete psychic to abstract intuitive.</p> <p>Perception as a tertiary strand of mental mediumship</p>	<p>8.15pm -Psychometry with sand. As with last week, each student has the opportunity of completing 4 x seven minute readings in an intimate one on one setting. Focus – clairsentience using a psychic link. Do you feel the energy change with overshadowment/ blending or is your clairsentience operating at the psychic level? Defining the energies from concrete psychic to abstract intuitive.</p> <p>Perception as a tertiary strand of mental mediumship</p>	<p>The mechanics of trance and the roles of guides in conscious trance v unconscious trance. The brain wave states of trance from theta to delta. Types of trance control as old masters are examined – literature – Gordon Smith and Bertha Harris</p> <p>Control as a tertiary strand of mental mediumship</p> <p>Audio recording of Silver Birch</p>
<p>9.25pm – Closing prayer</p>	<p>9.25pm – Closing prayer.</p>	<p>9.25pm – Closing prayer</p>	<p>9.25pm – Closing prayer</p>
<p>9.30pm – Tea/Coffee – please use this time to ask Sunny any questions concerning experiences or concerns</p> <p>Homework – bring in paper and pen for next week.</p>	<p>9.30pm – Tea/Coffee - please use this time to ask Sunny any questions concerning experiences or concerns.</p> <p>Homework – bring in paper and pen for next week</p>	<p>9.30pm – Tea/Coffee - please use this time to ask Sunny any questions concerning experiences or concerns.</p> <p>H/work – Please bring your pen, and paper for next week. Also classification of mediumship sheet</p>	<p>9.30pm – Tea/Coffee - please use this time to ask Sunny any questions concerning experiences or concerns.</p> <p>Homework - Watch Gordon Higginson videos x4. (see links page on Sunny’s site). Watch Gordon Smith on Youtube- “talking to the dead” observe the clairsentient link he develops with spirit that furthers a deeper mind to mind connection. Paper and pen for next week.</p>
<p>9.55pm – Centre closed – please be punctual leaving the property</p>	<p>9.55pm – Centre closed – please be punctual leaving the property.</p>	<p>9.55pm - Centre closed – please be punctual leaving the property.</p>	<p>Watch Gordon Smith on Youtube- “talking to the dead” observe the clairsentient link he develops with spirit that furthers a deeper mind to mind connection. Paper and pen for next week.</p> <p>9.55pm – Centre Closed</p>

Week 9	Week 10	Week 11	Week 12
<p>7.20pm – Tutorial – Trance and the cabinet 7.40pm- Trance Workshop Combining trance control and perception as tertiary strands of mental mediumship The cabinet has been traditionally used as a tool to focus mental or physical trance energies of the medium while allowing the other sitters to perceive spirit overshadowment. Each student will be given the opportunity to spend 15 minutes in the cabinet (control as a tertiary strand of mental mediumship). Focus – sitter will explore mental trance energies as the spirit world focus their presence in the cabinet (trance control) while the audience members will focus their attention to perceive possible overshadowments of the cabinet sitter. This acts as a powerful lens to allow varying states of objective clairvoyance to unfold. Audience participants are encouraged to quietly share their observations as phenomena builds around the cabinet sitter (perception as a tertiary strand of mental mediumship)</p>	<p>7.20pm – Tutorial – Trance and the cabinet 7.40pm- Trance Workshop Combining trance control and perception as tertiary strands of mental mediumship Continuing from last week, each student will be given the opportunity to spend 15 minutes in the cabinet. The same format is followed. Whilst numerous sitters may clairvoyantly see the same phenomena it is never acknowledged as physical phenomena until every sitter sees the same thing – Typically this may occur through transfiguration (ectoplasm forming a mask over the face) although face changes above the nose (thickening and prominence of the forehead) is not linked to physical production of ectoplasm but is caused internally through transmigration of embryonic fluid to these parts of the body as a feature of deep trance mediumship (mental)</p>	<p>7.20pm – Meditation - Guided 7.50pm – Tutorial – Methods of delivery – participative mediumship versus direct. 8.15pm - Psychometry – Scrying Coffee, tea leaves, rice, crystal balls have all been used by mediums of the past to bring forward psychic information or to springboard and connect with a spirit entity. Students will do 4 x 7 minute readings. Focus – psychic clairvoyance lending deeper interpretation to psychic clairvoyance. During some readings those students who are working mediumistically may feel impressed to use the initial visual pattern of bowl contents to focus on the presence of spirit entity where the 3 ‘C’s may operate on the spirit rather than psychic level. The flow of focus moves from the bowl to what is around (side or behind) i.e. less from focal concentration of the third eye and more to the solar plexus/heart area of ambient feeling. Perception as a tertiary strand of mental mediumship</p>	<p>7.20pm – Meditation - Guided 7.50pm – Tutorial – Spirit articles – Gordon Smith, Mary Amour and Tony Stockwell. 8.20pm - 1: 1 healing – each student will experience one on one healing while being guided into deeper states of meditation. Repetition and intonation draw upon hypnotic suggestion to further these trances states while this is carried forth into multiple healings, each student swapping with the one adjacent to carry on healing while maintaining these states. Amazing energies can be built! Healing as a tertiary strand of mental mediumship</p>
<p>9.40pm – Closing Prayer</p>	<p>9.40pm – Closing Prayer</p>	<p>9.40pm – Closing Prayer</p>	<p>9.10pm Healing by proxy – Students will get to experience the powerful technique of healing by proxy.</p>
<p>9.45pm – Tea/Coffee</p>	<p>9.45pm – Tea/Coffee</p>	<p>9.45pm – Tea/Coffee</p>	<p>9.25pm – Closing prayer</p>
<p>10.10pm – Centre Closed – please be punctual leaving the property</p>	<p>10.10pm – Centre Closed – please be punctual leaving the property</p>	<p>10.10pm – Centre Closed –</p>	<p>9.30pm – Tea/Coffee – please use this time to ask Sunny any questions concerning experiences/concerns</p> <p>9.55pm – Centre closed – please be punctual leaving the property</p>

Week 13	Week 14	Week 15	Week 16
7.20pm – Meditation – Guided.	7.20pm – Meditation – Guided	7.20pm – Meditation Guided.	7.20pm – Meditation.
7.50pm - Tutorial - Inspired/automatic/spirit writing. What levels they work on. Each student given 10 minutes to work on a piece of inspired writing.	7.50pm – Tutorial – Automatic writing – looking at the work of Anthony Borgia – booklet provided.	8. 10pm - Psychometry with photos. Each student has the opportunity of completing 4 x seven minute readings in an intimate one on one setting. Focus – Using a clairsentient base to lend deeper interpretations to clairaudience and clairvoyance (psychic and spiritual levels) Finding your level during each reading - using psychic links via the photo to the sitter’s aura if spirit is unable to blend.	8.10pm – Psychometry with photos. Each student has the opportunity of completing 4 x seven minute readings in an intimate one on one setting. Focus – Using a clairsentient base to lend deeper interpretations to clairaudience and clairvoyance (psychic and spiritual levels) Finding your level during each reading - using psychic links via the photo to the sitter’s aura if spirit is unable to blend. Advice given throughout.
8.20pm – Psychometry with numbers. Each student has the opportunity of completing 4 x ten minute readings and the option of sharing some/all of these with the group. Focus – moving clairsentience into clairaudience (psychic and spiritual levels). How does each reading differ – are some overshadowed or some on a still more abstract vibration? Perception as a tertiary strand of mental mediumship	8.20pm – Psychometry with numbers. Same reading format as last week. Focus – moving clairsentience into clairaudience (psychic and spiritual levels). Are you able to feel the overshadowment of the communicators personality during those readings where a link is forged ? Perception as a tertiary strand of mental mediumship	Perception as a tertiary strand of mental mediumship	Perception as a tertiary strand of mental mediumship
9.25pm – Closing prayer	9.25pm – Closing prayer	9.25pm – Closing Prayer	9.25pm – Closing Prayer
9.30pm – Tea/Coffee – please use this time to ask Sunny any questions concerning experiences or concerns.	9.30pm – Tea/Coffee - please use this time ask Sunny any questions concerning experiences or concerns.	9.30pm – Tea/Coffee - please use this time ask Sunny any questions concerning experiences or concerns.	9.30pm – Tea/Coffee - please use this time to talk about experiences in meditation and to personally ask Sunny any questions concerning experiences or concerns.
Homework – Please bring your pen, paper, and book to lean on for next week. Practice inspirational writing after daily meditation. Allow yourself to be guided for the word - aim to fill one page of A4 paper.	Homework – Practice inspirational writing after daily meditation. Allow yourself to be guided for the word - aim to fill one page of A4 paper. writing. Bring in 2 photos of persons known to you (family or friends) who are deceased.	Homework – Bring in 2 photos of persons known to you (family or friends) who are deceased Paper and pen for next week.	Homework – Practice inspirational writing after daily meditation. Allow yourself to be guided for the word – aim to fill one page of A4 paper.
9.55pm – Centre closed – please be punctual leaving the property.	9.55pm – Centre closed – please be punctual leaving the property.	9.55 pm – Centre closed – please be punctual leaving the property.	9.55pm – Centre closed – please be punctual leaving the property

Week 17	Week 18	Week 19	Week 20
<p>7.20pm – Meditation - Judith Seamen CD on healing – self healing and absent healing using colour.</p>	<p>7.20pm – Meditation - Guided</p>	<p>7.20pm – Meditation – Guided</p>	<p>7.20pm – Meditation - Guided</p>
<p>8.00pm - Healing workshop Group healing using colour. Colour represents a psychic manifestation of thought based energy in the human aura either at the emotional (subconscious mind level) or mental (conscious mind level). In focusing on the negative implications of colour due to the reactive nature of mind these psychic interpretations can be developed into words that distil a positive outcome and focus.</p> <p>Healing as a tertiary strand of mental mediumship.</p>	<p>7.50pm – Tutorial – Looking at the mechanics of non- contact healing – thought elementals – the etheric body and the influence of mind on ether. The 4 properties of ether are discussed and related further to deep trance healing and psychic surgery</p>	<p>7.50pm – Tutorial – Exploring the different stages and progressions of trance healing from prayer attunement to deep trance states</p>	<p>7.50pm – Tutorial – “Classical mediumship” – building a relationship with one communicator through deeper levels of clairsentient blending. Sustaining this relationship so that mind to energy deepens into mind to mind communication. Honouring the emotional intent or sensibility of the communicator. Discussing the phenomena of still communications.</p>
<p>9.00pm-Tutorial – Judith Seaman trance CD on healing</p>	<p>8.20pm – 1: 1 healing – each student will experience one on one healing while being guided into deeper states of meditation. Repetition and intonation draw upon hypnotic suggestion to further these trances states while this is carried forth into multiple healings, each student swapping with the one adjacent to carry on healing while maintaining these states. Amazing energies can be built! Healing as a tertiary strand of mental mediumship</p>	<p>8.15pm Healing workshop – the group divides into two with one half focusing on a central team mate who will receive colour healing and psychic interpretation from each consecutive surrounding healer. The other half of the group will focus on giving healing to a team member who will be lying on the healing bed. Here the focus will be on using the palm chakras to sense cold and warm spots on the body (clairsentience) while offering a message predicated on colour interpretation of the aura/chakras and how it can be interpreted in a healing context</p>	<p>8.15pm – Psychometry – “Empty chair reading.” Another less common form of psychometry where the psychic vibration left in the chair may be used to springboard into spirit and bring survival evidence to the sitter. Focus – to feel the different levels of contact between each reading (chair) and if a communicator is able to impress upon your mind during each scenario. Perception as a tertiary strand of mental mediumship</p>
<p>9. 25pm Closing prayer</p>	<p>9.10pm Healing by proxy – Students will get to experience the powerful technique of healing by proxy.</p>	<p>Healing as a tertiary strand of mental mediumship</p>	<p>9.25pm – Closing prayer</p>
<p>9.30pm -Tea/Coffee – please use this time to ask Sunny any questions concerning experiences or concerns.</p>	<p>9.25pm – Closing prayer</p>	<p>9.25pm –Closing prayer</p>	<p>9.25pm – Closing prayer</p>
<p>9.55pm – Centre closed – please be punctual leaving the property</p>	<p>9.30pm – Tea/Coffee – please use this time to ask Sunny any questions concerning experiences/ concerns</p>	<p>9.30pm – Tea/Coffee – please use this time to ask Sunny any questions.</p> <p>9.55pm – Centre closed – please be punctual leaving the property</p>	<p>9.30pm – Tea/Coffee – Please use this time to ask Sunny questions</p> <p>9.55pm – Centre closed – please be punctual leaving the property</p>

Week 21	Week 22	Week 23	Week 24
<p>7.20pm – Meditation</p> <p>7.40pm E.S.P Night – Tutorial – Remote viewing and how this can be used in locating bodies of accident or crime victims. Techniques for remote viewing including compass and circumference from radial projections.</p> <p>8pm – Remote Viewing Exercises – Using different techniques students will practice object retrieval. Focus – psychic clairsentience with form, shape and texture to activate psychic clairvoyance. Students are encouraged to compile visual images through a series of sketches.</p> <p>9.00pm – ESP cards – Meditation on the 6 symbols – applying the energy of psychic clairsentience to lend deeper interpretations to clairvoyance and clairaudience. Worksheets provided with scientific interpretation of the exercises as the activity unfolds in a group context.</p> <p>9.40pm – Closing prayer</p> <p>9.45 – Tea/Coffee</p> <p>10.10pm – Centre Closed- please be punctual leaving the property</p>	<p>7.20pm – Tutorial – Trance and the cabinet</p> <p>7.40pm- Trance Workshop Combining trance control and perception as tertiary strands of mental mediumship</p> <p>The cabinet has been traditionally used as a tool to focus mental or physical trance energies of the medium while allowing the other sitters to perceive spirit overshadowment. Each student will be given the opportunity to spend 15 minutes in the cabinet (control as a tertiary strand of mental mediumship). Focus – sitter will explore mental trance energies as the spirit world focus their presence in the cabinet (trance control) while the audience members will focus their attention to perceive possible overshadowments of the cabinet sitter. This acts as a powerful lens to allow varying states of objective clairvoyance to unfold. Audience participants are encouraged to quietly share their observations as phenomena builds around the cabinet sitter (perception as a tertiary strand of mental mediumship)</p> <p>9.40pm – Closing Prayer</p> <p>9.45pm – Tea/Coffee</p> <p>10.10pm – Centre Closed – please be punctual leaving the property</p>	<p>7.20pm – Tutorial – Trance and the cabinet</p> <p>7.40pm- Trance Workshop Combining trance control and perception as tertiary strands of mental mediumship</p> <p>The cabinet has been traditionally used as a tool to focus mental or physical trance energies of the medium while allowing the other sitters to perceive spirit overshadowment. Each student will be given the opportunity to spend 15 minutes in the cabinet (control as a tertiary strand of mental mediumship). Focus – sitter will explore mental trance energies as the spirit world focus their presence in the cabinet (trance control) while the audience members will focus their attention to perceive possible overshadowments of the cabinet sitter. This acts as a powerful lens to allow varying states of objective clairvoyance to unfold. Audience participants are encouraged to quietly share their observations as phenomena builds around the cabinet sitter (perception as a tertiary strand of mental mediumship)</p> <p>9.40pm – Closing Prayer</p> <p>9.45pm – Tea/Coffee</p> <p>10.10pm – Centre Closed – please be punctual leaving the property</p>	<p>7. 20pm – Tutorial – Physical mediumship – stages of ectoplasmic production and development. Descriptions of physical trance. An historical examination of its applications. Booklet provided. Discussions of telekinetic – psychokinetic energy and its application for spirit communication (mental mediumship).</p> <p>8.20pm – Physical séance – Communicating with spirit using table tipping – building up psycho- kinetic energy for spirit communication</p> <p>9.20pm – Closing course discussion – feedback –</p> <p>9.30pm– Closing prayer</p> <p>9.35pm – Tea/Coffee –Sunny wishes to extend the warmest thanks to you all for supporting the course and for the humanitarian support that you have all brought to the children of Bodhgaya’s school orphanage in India. Target raised – 2,000 AUD.</p>