

Practice your Clairvoyance - Using a visualization exercise.

Visualization exercises will help strengthen and fine tune your third eye muscles. You can do this exercise with almost anything, but I like using flowers because they're beautiful and if you use real ones, they can smell amazing.

Simply place a flower in front of you and study it for a moment. Now, close your eyes and imagine the flower in as much detail as you can. Let the color, shape, size and any other details fill your mind.

Practicing this clairvoyant exercise will help you become a stronger and more powerful psychic. *10-min*