

Practice Your Clairvoyance: Daydream

Relax, close your eyes, check out for awhile like you did when you were a kid. Focus on your third eye area — the space between your eyebrows.

Ask yourself and your Higher Power to see beautiful, peaceful images. Don't try to control what you see, or think too much about what shows up. Just let your mind wander and allow yourself and the life force to connect with you through clear seeing.