



# The Voice Box

*Seeking to Establish Knowledge and Understanding*

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## *Psychometry*

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### **Reading by Touch:**

The psychic and the medium has a variety of ways to receive information; Tarot, Crystal Balls, Ribbons and of course the human aura for example. But some are drawn to certain methods that work better for them, and so we come to Psychometry. Psychometry is a psychic skill, as opposed to a spiritual skill used by the medium, and involves the handling of objects in order to pick up information about the objects history, or the events or emotions of people connected with the object.

### **What is Psychometry?**

It is a combination of normal psychic awareness plus the ability to read the energy patterns that we all leave on the objects around us. But it also acts as an aid to the psychic, helping him/her to tune in better to their sitter. (If you have read the section on Tarot Cards, this is something similar.) Most psychics who use this method tend to prefer metal objects, such as rings, bracelets, watches or other jewellery. This could have a lot to do with the fact that these objects are more in contact with the subject on a more regular basis and do therefore, retain more information. But it can be almost anything, some psychics are good with cloth, such as clothes, but again these items are in regular contact with the subject. There are no rules, it is simply a matter of what works best for the individual psychic.

Psychometry is also the method that a lot of psychics use when working with the police, especially when trying to locate a person. The psychic or medium will be given an object which belonged to the person, or a photograph of them. The handling of an object here, helps create a psychic link to that person.

### **How does it Work?**

Whenever we handle an object we are laying down information about ourselves on that object, it is a bit like an animal laying down scent to mark out his territory, but for us its unconscious scenting. Our bodies give off magnetic energy fields so it can also be likened to a recording on an audio tape. But, it is important to remember that an object could have been handled by more than one person, so its history may reveal things that are not relevant to the sitter. If for example the object has been passed down through

the family, it will contain information about its previous owners. But back to our tape recorder, the psychic can then be thought of as a tape player, playing back the information stored on the object.

As our page on 'psychics' explains. The information is picked up by the sub-conscious mind. The 'signatures' of objects are imprinted onto the sub-conscious and then transferred to our conscious thinking. Here is another way to explain how it works. Imagine that you are reading a book; the TV is on in the background. Your conscious mind is involved in what you are reading but you suddenly hear something on the TV that interests you, you look up to see what is happening on the screen. Your sub-conscious mind was monitoring the output of the TV, and registered the information. Although not a perfect example, it should go some way to show how information arrives.

Strong emotions seem to be stored well on objects, psychics are often able to pick up on these signatures. The imprints left on objects could relate to any information, a location, a time, a feeling – all seem to be stored.

A medium may choose to start a reading with the use of Psychometry, to help make the link with the person they are reading. This person will enable some basic details to be picked up about the person and help gain some trust from them. As the reading develops, it may well be that the medium turns the reading into a spiritual reading, when spirit communicators come through to give a message.

### **Try Psychometry for yourself!**

All though you will deal with this subject on the course, try it out for your self. Ask a friend to help by proving you with an item to read, a watch, a ring, a cigarette lighter, anything that they are in regular contact with. Find a place that is quiet and as peaceful as possible. Place the object in the palm of your hand, and place your other hand on top. Now sit quietly for a few moments and try to relax. Try to step back and relax, almost like meditating, after few moments or so, you might find an image pops into your mind, so for now, just mention this out loud to your friend.

Don't try to process these images at first, just say what you see. Most people when trying this for the first time may see every-day things, but are surprised how relevant that they can be to the owner of the object they are reading. For example; you may see something as simple as a kettle, on mentioning this you might be told that their kettle decided to pack up and stop working to-day. So, the point here is, just make sure you say everything that you see. You might also sense feeling about that person too. You may also find that much of what you describe can not be placed, don't expect miracles! Accept that there will be times that you will be wrong but be prepared to keep trying.

The fact is, the more you try the better you will become, you should start to get better results as you mind becomes 'used to seeing' the information and your atunement becomes more acute.

As with all mediumship or psychic skills; NEVER guess, NEVER make things up. Your catch phrase should always be 'RESPONSIBILITY'.