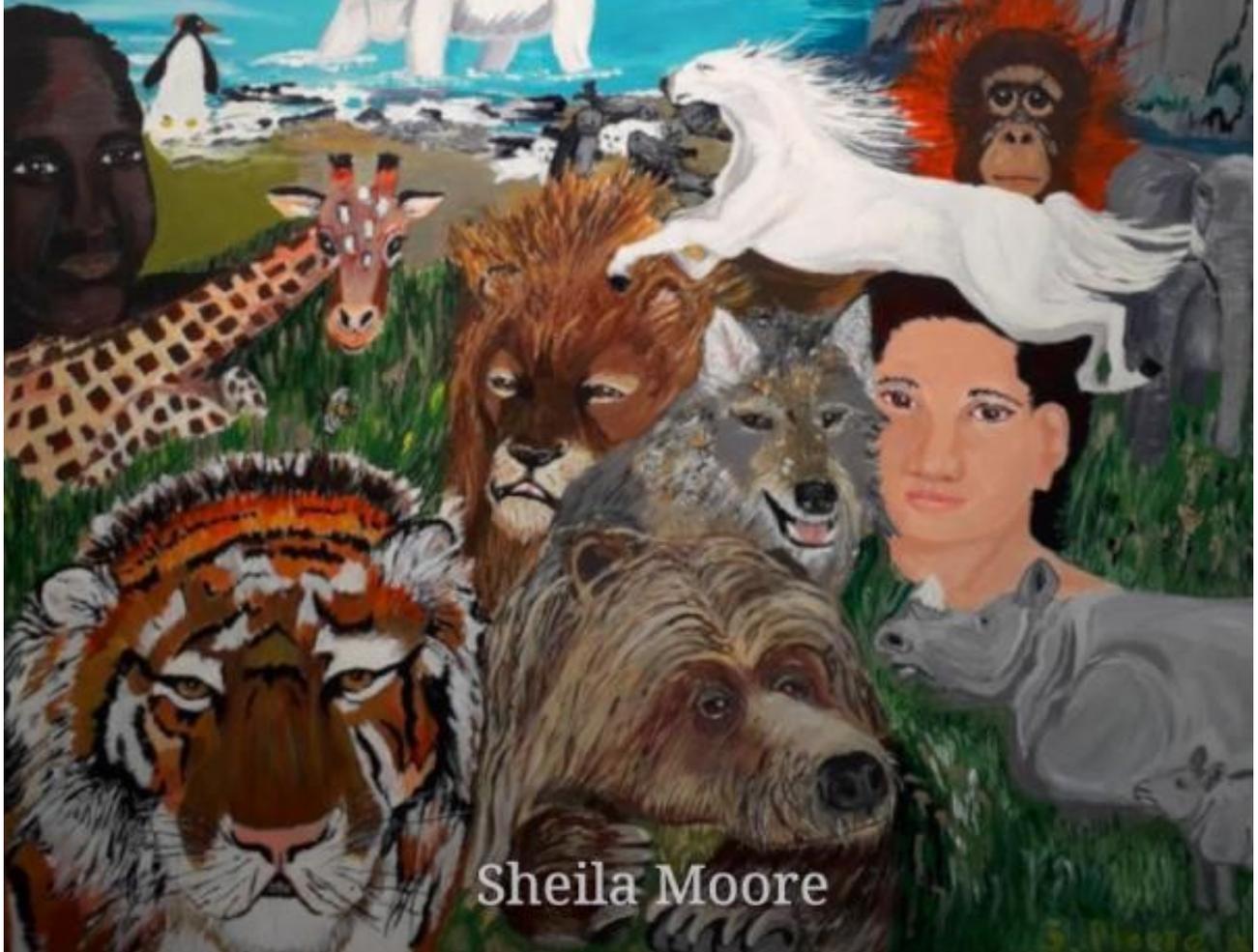


How Psychic Art Can Help You

Bring Clarity and
Insight Into Your Life



Sheila Moore

Contents

Introduction.....Page 3

What Is Psychic Art?.....4

How Does It Work?.....5

How Do Psychic Artists Develop Their Ability?.....5

How Can Psychic Art Help?.....6

Do I Have a Spirit Guide?.....7

Psychic Art and History.....8

Starting To Draw Psychic Art.....10

Psychic Art and Animals.....13

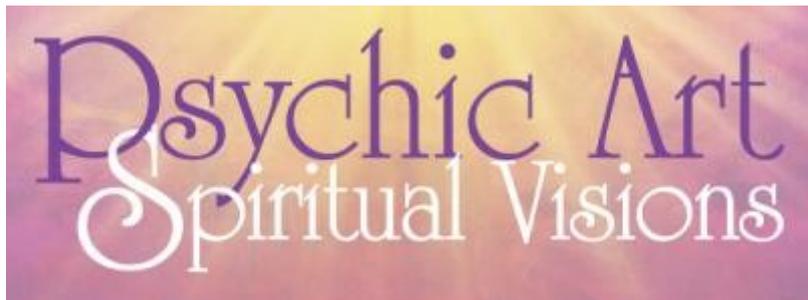
Spiritual Art.....14

Something To Help You Relax.....15

Here Is A Free Gift For You.....16

Psychic Art Readings.....19

How To Contact Sheila.....20



psychicartspiritualvisions.com



Hello. Congratulations for taking the first step to finding out about Psychic Art, what it means and how it can help you to find answers to many of life's challenging situations. It can help you to find direction, connect with source, receive messages from your spirit guides and loved ones (including pets), leading you towards inner peace, abundance and well-being.

Introduction

My name is Sheila Moore and I'm a Psychic Artist, also a Reiki and Spiritual healer for people and animals. I have studied Crystal and Colour Healing and I give Spiritual and Tarot readings. I first became interested in spiritual matters in my thirtieth year, when as a driving instructor at that time I began having very persistent dreams. It was one of my driving pupils who suggested I go along to a spiritualist church to find answers and that's just what I did. For the past 36 years it has become an important part of my life. My spiritual journey has led me to develop my psychic skills of healing, intuition and by working with my spirit guides to be able to channel messages from the spirit world through my psychic art.

I have been very privileged to have been guided and mentored by the people I've met at the Billericay Spiritualist Church and I would like to share my appreciation and special thanks to Bob and Muriel Johnson for the love and encouragement they gave me. Bob passed over several years ago, he was a natural artist and a brilliant medium, he helped me to build my confidence in all spiritual matters and I am truly grateful.

Today, I specialise in psychic art as it enables me to channel messages from your loved ones and interpret them in a way to help you gain insight into your current circumstances. Every one of my psychic art-forms is unique and individual with its own special message from the spirit world and your psychic guides, bringing you direction, healing, increased abundance, clarity and insight to your life.



I am here as your guide and healer for your special journey.

What Is Psychic Art?

Psychic art is another way in which loved ones and energies from another dimension can make contact with you.

It can come in the form of a picture of themselves or as a picture of a place, or a pet that has significance to you. It can also help you to deal with problems by connecting to universal energies with the help of symbology and colour.

The picture below is of Findhorn Bay in Scotland, the home of a spiritual and ecological centre. This is a picture that I was inspired to do because it is a place where one can merge with the scenery, and absorb the peaceful energies. It represents an area where anyone can find their own spirituality.

As you look at it imagine yourself alone on that beach relaxed, listening to the sound of the waves and allowing yourself to feel the universal healing energies.



Findhorn Bay, Scotland

How Does It Work?

In the past psychic art has often been used throughout the centuries by psychics to give guidance to help with healing or to give special messages for insight or comfort to loved ones.

However, I use a combination of my ability to channel with the spirit world and connect with your spirit guide/s to gain insight into your current situation or problem and then convey this to you in picture form with the special messages and interpretation of their meaning to provide help and guidance.

At times I will also use the tarot cards in combination with psychic art to gain a full reading for you.

How Do Psychic Artists Develop Their Ability?

I have always been interested in art, particularly portraiture. The first psychic picture I did was of my father-in-law. I had never met him as he had passed over just before my husband and I met.

My husband recognized him, and the message that was given with the drawing was amazing confirmation that he was around us and knew what we were doing.

Among other things he told us that my husband's name was engraved around his RAF medal; and so it was, my husband had never realized this before.

At that time my own psychic gifts were emerging and my husband was very apprehensive about it all. This picture gave him the confidence that it was alright to follow this path and from then on he supported me in all that I did.

This was really the beginning of my using my unique psychic skills and being able to express the messages in this way to help others.

How Can Psychic Art Help?

Sometimes the psychic artist will be present at an evening of clairvoyance and will draw whilst another person delivers the relevant message, or it may be that they are given the message themselves whilst the drawing is taking place.

One of my early examples of this took place about 30 years ago. I was doing a picture of a young soldier who had passed in the Second World War and I could not draw his neck properly, it just wouldn't happen.

I knew who needed to receive the drawing; it was an elderly gentleman and tears poured down his face as I gave him the picture. As I apologised because I could not get the young man's neck drawn properly he said "NO it's alright, he was my friend and he had been shot in the neck, I held him in my arms until help came."

The message was just a plain "Thank you", I felt incredibly privileged to have been able to put these two old friends together.

Another way in which psychic art can help is when someone is grieving for a loved person or pet that has passed on. Whilst it is lovely to get a verbal message, when an actual picture comes along it shows that the loved one was able to impress their image on a person who did not necessarily know them.

There are several ways in which this can be done. One way is that the artists hand is guided to draw the shapes and another is that the artist is impressed to draw them.

Now and again I am impressed by someone in the spirit world who had been a cartoonist; and I find myself doing funny little caricatures of people. These pictures are done very fast, just taking a moment to do, and I can always feel the laughter that goes into them.

Do I Have a Spirit Guide?

Yes, you do, we all have them: and they present themselves in many different ways. Artists are often inspired to draw and paint Spirit Guides. Sometimes a particular guide will present themselves more than once to have their portrait done. These pictures are often very beautiful examples of the energies that exist in 'other worlds'.

Spirit Guides whether they present themselves as human, or maybe in animal form come to help us learn our lessons along the way. They cannot make us do anything: and likewise, they cannot stop us doing anything but they will try very hard to bring us guidance.

We may see them ourselves in our 'mind's eye' or another mediumistic person may be able to describe them to us because they can see them clairvoyantly.

They may use colour to emphasise a situation for us and this would present itself within your psychic/spiritual artwork.



Psychic Art and History

The more involved you become with Psychic/Spiritual Art the more the Spirit world responds. Those energies from the past enjoy being remembered.

Such a thing happened around 2014 when at a Mind Body Soul event I suddenly heard the word 'Queen, Queen' reverberating in my mind. I was too busy to respond at the time but on the way home it came again with another sound like Tik-Tik and then quite clearly the word Quaztelcoatl. That was a word I recognised as the name of a South American bird. I had at some point seen a film about the ancient Mayans. It was also the name of one of their gods.

The first thing I did on arriving home was to draw the picture of a rather beautiful young Queen, before researching any information. Always do the art first because information can come through to you whilst actually drawing.

Then, when I started researching queens of Mayans, there she was a Queen of Tikal, and she had been young when she became Queen. She was six years old when she took the throne (April 19th 511) and reigned for 16 years.

There is no picture available to compare her likeness too, but the information was correct, and it was a good exercise.

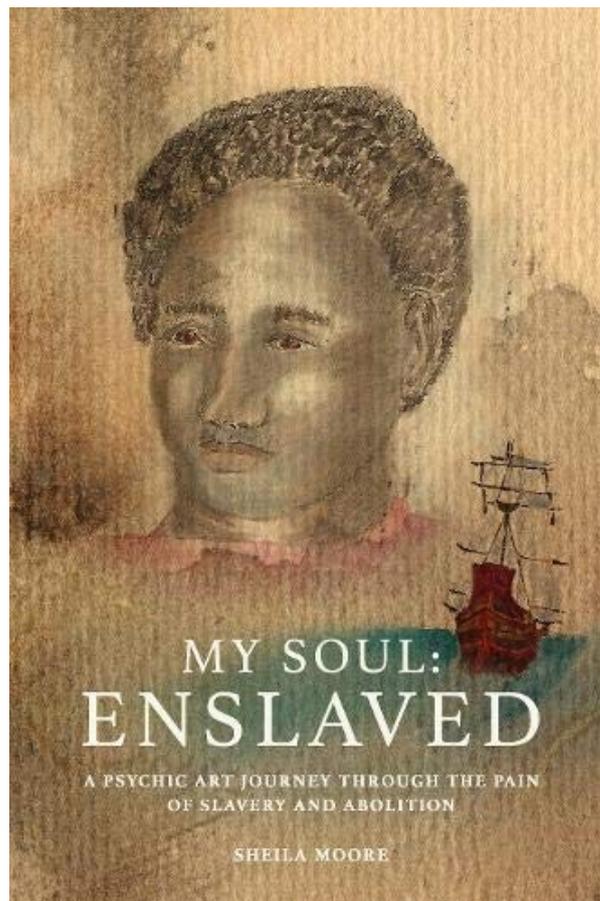
I featured her story in my first book. '[Unexpected Art and Words of Spirit Wisdom](#)'.



The second really good example of this has been my latest book, '[My Soul: Enslaved](#)', which investigated the subject of slavery from many angles.

When the first pictures came through, and I found that they were of politicians from the 18th and 19th century I was very puzzled. Then, as the subject matter became clearer, and I realised that they were all abolitionists, the long journey began.

It became clear that I had been receiving many pictures over the years of people involved in slavery.



It was not possible to show all of those pictures in the book but the raw emotion I felt emanating from some of the drawings had a lasting effect on me. I would suggest that if you have an interest in drawing that you keep any sketches you do, however good or bad, because you may not know at the time what they are trying to tell you.

The fact that you show an interest will soon attract attention from the Spirit world. Sometimes they want to make a point which may add to the beliefs we hold in this century, and the fact that we can use so much technology adds to the interest.

Starting To Draw Psychic Art

So, how about you starting to draw?

1. Using the rough guide I am giving you on the next page, find some A4 paper to start with and draw a sort of egg shape taking up three-quarters of the page.
2. For practice, draw a faint line across the middle of your shape and that will be the point marking the centre of the eyeball. Then half again will be the base of the nose, and half again will be the mouth area. This is very basic, there are other ways of balancing the face.
3. As you draw try to relax and clear your mind. If any words come into your mind jot them down even if they do not seem relevant.
4. Remember you do not need to be artistic to do Psychic/Spiritual Art, in many cases a Spirit contact will take over and guide the pencil or paint. Some of the best psychic artists shut their eyes whilst working. The main thing is to have fun.
5. Once you have the basic eyes, nose, and mouth positioned you can add hair, perhaps put a bit of ear showing. A little bit of shading down the sides of the nose and behind the eyes accentuate their shape. Don't try to be too precise, allow your intuition to take over. Have fun.
6. You might want to add some jewellery or a scarf, maybe a hat or something in the hair. These things will all be relevant. It is the person you are drawing telling you something about themselves. Sometimes it may seem that a particular feature (such as a birth mark or damage to the face) just will not come out how you want it. Go with your intuition it may be an important aspect that can identify the person.

Most of all have fun and never throw away a rough sketch.

WIDTH BETWEEN EYES = 1 EYE

IRIS AND PUPIL ALWAYS CIRCLE

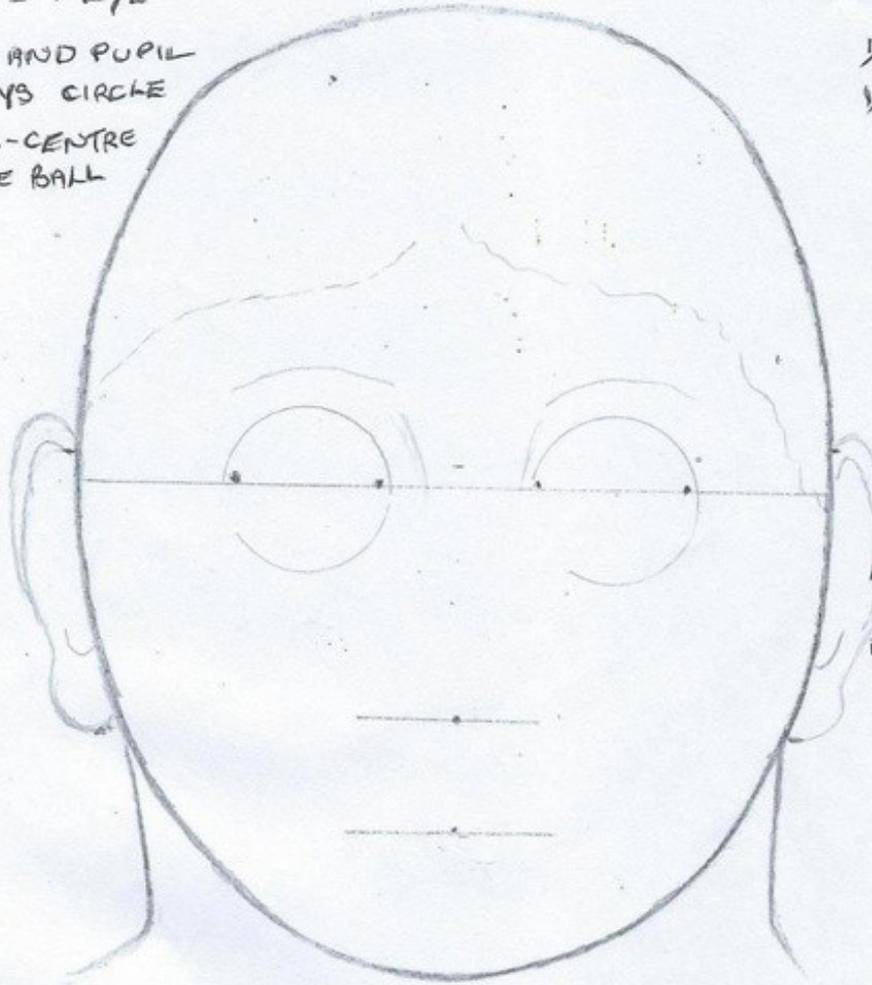
PUPIL-CENTRE OF EYE BALL

CENTRE OF SHAPE = CENTRE EYE

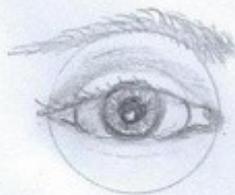
1/2 AGAIN = NOSE
1/2 AGAIN = MOUTH

FEMALE NOSE NOT QUITE AS WIDE AS MALE

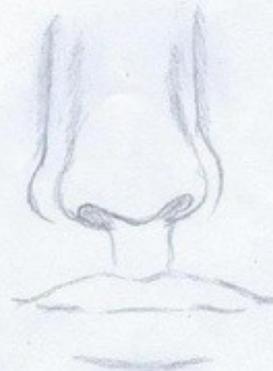
EARS = ROUGHLY EYEBROW TO END OF NOSE



FOR THE CIRCLE ROUND THE EYE USE A £1.00 COIN.

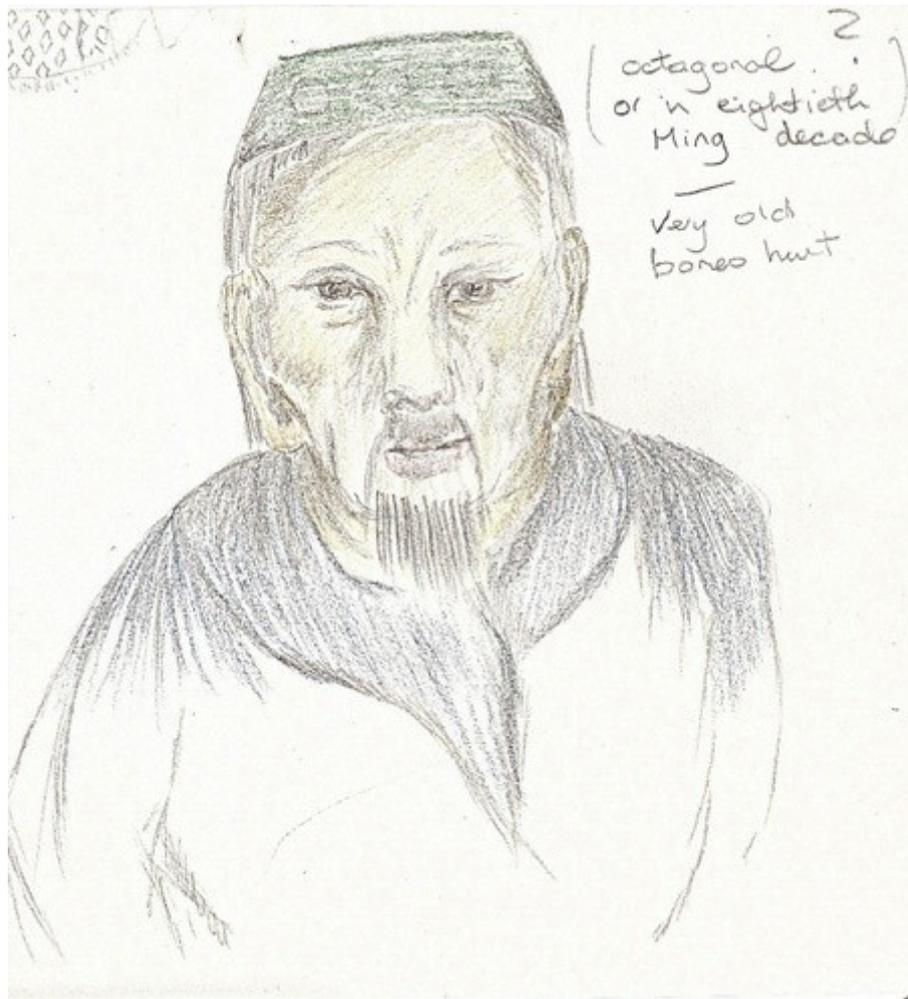


LADIES NOSE SLIMMER THAN MALES



Rough Sketch

This next picture was a very rough sketch that I did around 2012. Six years later he has appeared as a guide in a trance circle I attend, not through me but through another lady I had not met at the time of the drawing.



So never dispose of your rough copies.

Another thing to remember is that people love to have pictures of pets that have passed over. The grief experienced when a beloved pet dies can be as intense as that felt for a human companion.

Psychic Art and Animals

I have already mentioned how people enjoy receiving a picture of their pet but you may feel inspired to draw a particular wild animal.

Many people feel that an animal may represent a sort of guiding spirit, a 'Totem' and the meaning behind that animal's presence could be helpful in a life situation at that time.

For instance. The Flamingo.



General meaning:-

It would be helpful if you were involved with a large group of people.

See a full description in [Stephen D. Farmer's book of Animal Spirit Guides](#).

Whatever animal you were inspired to draw there is always a meaning, as I looked up the Flamingo it mentioned calling on him if feeling isolated, and here, as I write in 2020, we are engaged in Corona Virus lockdowns. Psychic art with animals can be such fun: and you could either look up the meanings on the Internet or find one of the books that explain.

Spiritual Art

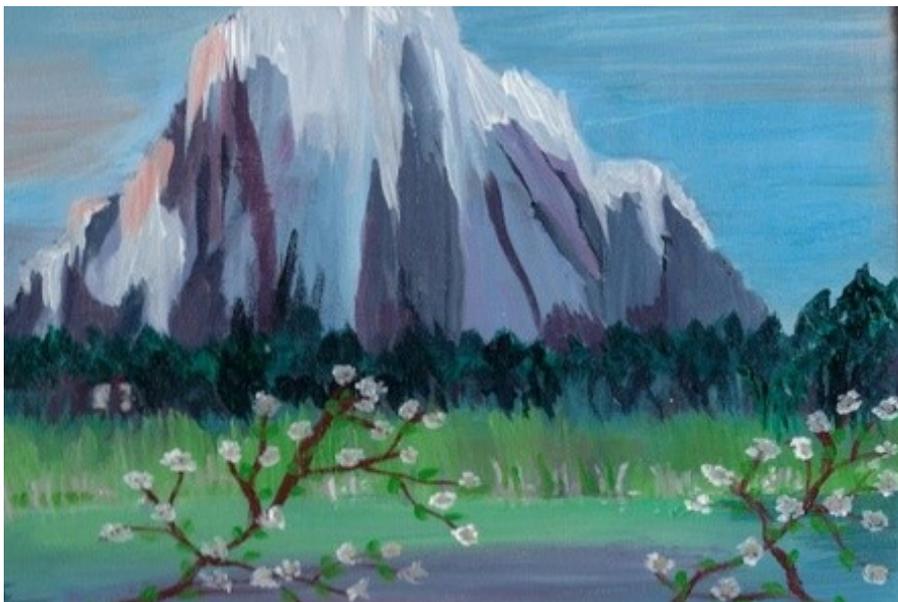
Spiritual Art can be many things. It can be completely abstract because it represents what your mind needs to express itself at a given time, or it could be a portrait of a guide. It may represent one of the known religions and beliefs, and it may give you an insight into Shamanism or Paganism. There are no rules.

It can also be very therapeutic to try different mediums (as in acrylic, water colour or oil paint, paperwork, shells, crystals, and many others), in a way you could call graffiti Spiritual Art.

It could also be a memory or a dream that had meaning for you. For example: this next picture came as a result of something usually referred to as 'journeying'.

I was meditating one night, it was very peaceful, when I felt the sensation of an out of body experience. There was a distinct tug of energy in the solar plexus region and I had the impression of sailing out into the night among the stars, although I knew I was in my bedroom.

It was as if a hand was holding mine and we travelled across the sky over water and lands unknown to me. There was a distinct sensation of passing over Mount Shasta although I have never been to America. I felt myself return to my physical body and everything was fine. I wanted a memory of that incident whatever it was and painted the picture.



Something To Help You Relax



Wolf Meditation

*Sit quietly, or even lie on the floor
Breathe deeply several times and more.
Listen to leaves rustling in the breeze, imagine the sky - be at ease.
You find peace.*

*He comes gently to you with trust in his eyes,
In your dream state you move and arise.
You follow the path as he leads the way, there is no rush, no end to the day.
You find peace.*

*Through bushes and trees the path gently winds.
Birds are not startled and sing as he finds
pathways to show you the colours that thrive,
nature rebuilding, replenishing, renewing, alive.
You find peace.*

*Wake up from the dream, your companion has gone.
Back to the woods and the lands he came from.
He was part of the story, a whisper from the past,
when nature ruled all and memories were cast
Be at peace.*

A Free Gift For You

I'm giving you an exercise to help you channel to your spirit guide.

On the right is a picture entitled 'Energy Patterns' and I want you to imagine as you do this exercise that you have a personal angel or guide who helps you to perceive that unconditional love and forgiveness for yourself are the most important lessons you can learn. Because, firstly you must love and accept yourself as you are, you are unique, you are not 'like' another relative, or friend or person. You are YOU.

Once you have achieved that, you can love others unconditionally (as yourself). The picture represents the spinning chakras of energy that connect us to the universal energies.

Begin the exercise as follows. Firstly ground yourself, visualize your feet going deep into the ground, you are connected to the earth our planet. Just below your feet you have an energy point, a chakra usually known as 'The Earth Star' and this is often depicted in brown or gold.

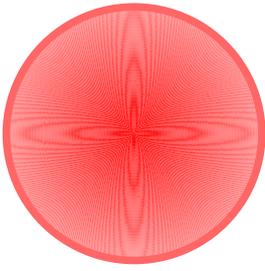
Chakras are the spinning vortexes around our bodies through which energy moves; there are 7 main ones but many are around various parts of our bodies in what is known as our 'subtle bodies'. They each have a colour that is relevant to them. Everything on this planet is energy and everything reacts to colour.

We do this 1st - emotionally, 2nd - Intellectually, 3rd - Physically

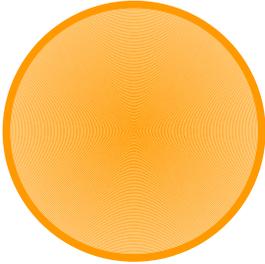
There are many ways to ground yourself. As I mentioned some people like to imagine that they are like a tree with roots going deep into the earth, a reiki trained person could use symbols, and others might like to use a crystal. There are several crystals that are useful for grounding one's self. Practice breathing slowly in through your nose and out through your mouth.

Now are you ready to start?

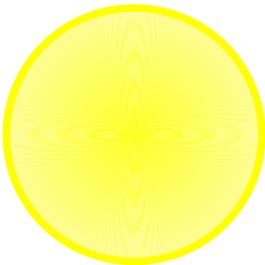




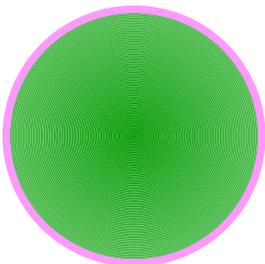
In your mind imagine a beautiful clear red such as the field poppies. It represents your base chakra which is situated near the base of your spine. This area deals with our sense of survival and how we relate to our family and 'tribe'. Hold that colour for a while just breathing gently in and out.



Next move into the orange, see the colour as the orange fruit. It is warm and represents joy and happiness and is situated around the sacral area. The sacral area deals with the ways we conduct our lives, how we cope with the necessary aspect of living as in relationships, money, parenting etc. Hold that colour breathing gently.



Following the yellow, on the right, think of sunshine and buttercups, this chakra is in the solar plexus area. This area is the energy point that we experience values, wisdom and where we can feel the energy of other people(gut feelings). Your own intuition energy talks to you through these gut feelings, don't ignore them. Again hold the colour breathing gently.



Now we move up to the heart chakra, this is green sometimes tinged with the pink that represents unconditional love. The more we are able to embrace unconditional love the more relaxed we are and the more freedom we have. Visualise a beautiful green field and then surround it in shades of rose pink. Hold this image as long as you wish breathing gently.

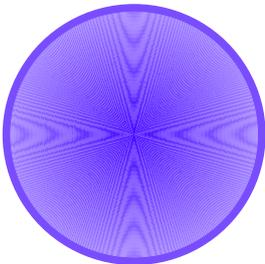
Think about your own feelings relating to love and freedom. Are there things you need to let go of, hurts from the past that you have been holding on to, allow yourself the freedom to let them go and forgive yourself. Just for the moment consider the world you live in could it be easier if there was more kindness, more compassion. If, instead of seeing another's failings you concentrated on their virtues, can you forgive those that have hurt you?

Forgiving someone does not mean that you agree with what they have done, it just means that you are not going to allow it to hurt you anymore. While you think about it surround yourself in a beautiful pink. Then once again imagine that you are back in that beautiful green field and that you are balanced and calm.

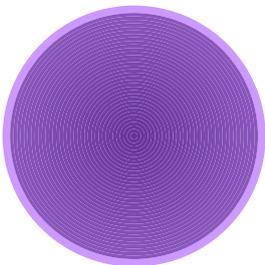


Now move on to light blue, the blue of the sky this is the throat chakra.

Breathing gently, imagine that you can communicate anything you need to in love and fairness.



Move up to Indigo, situated roughly between our eyes this area is what is known as 'The Third Eye'. Think of the night sky, think of the stars and planets and how we are part of a whole. This is your area of intuition, the calmer you are the more your intuition will work for you. Rest awhile in that sky and then breathing gently move on to...



The spiritual centre, known as the 'Crown Chakra', always in shades of purple and amethyst. Imagine swathes of those beautiful colours swirling around you and relax right in to it. Really visualize the colours, feel yourself breathing the colours in and out and your body being infused with the healing energies from them.



Using the symbol of the lazy 8, the infinity symbol, let your energies move around and then imagine a beautiful firework of colour exploding from the top of your head which gradually becomes pure white light, this is your universal energy bathing your whole system, renewing and replenishing.

As this fades start moving across from the right, come back through the colours to the left, and back to your Earth Star. Give thanks to your angel/guide and the universe. It might be a good idea to ask your helper to give you a name that you can call them by, and go with whatever comes into your mind. Do this exercise whenever you feel tired, stressed or unhappy and allow the universal energies to heal you.

Psychic Art Readings

How Can I Find Out About My Spirit Guide And Receive My Unique Spiritual Message In Art Form?

Now that you have an idea of what psychic art is and how it will help you, here's how you can find out more and [book a session with me](#).

I offer two types of Psychic Art readings:-



A Pencil Drawn A4 Portrait

Size: approx. 8" x 11" (21 x 30 cm)

This will be a portrait of whoever chooses to come through. It may be a guide, relative or someone for future contact. This includes a written reading relevant to the message the drawing is bringing.

This is **£50.00** inclusive of postage. [Book here](#).



A Painted Picture

(acrylic on board)

Size: approx. 12" x 16" (30 x 40cm)

This will be in the form of an Auragraph which is a pictorial message. This includes a written interpretation which will be relevant to current situations around the recipient.

This is **£80.00** inclusive of postage. [Book here](#).

[Click here to Book a Psychic Art Reading with Sheila](#)

How To Contact Sheila

Contact me today by any of the following:-

Website: psychicartspiritualvisions.com/contact

Email: sheila@psychicartspiritualvisions.com

To book a reading: psychicartspiritualvisions.com/book-a-reading

I look forward to being of service to you.

With love and blessings,
Sheila Moore

