

Psychometry

This is a psychic skill that involves the holding of objects in order to pick up information on the history, events or the emotions of the person connected to the object. All objects soak up the atmosphere or energy of people and events that have gone on around them. Psychometry can be used on anything that has come into contact with people.



When we practice psychometry, a story unfolds that describes not only the events of a person's life, but also how the person is feeling, thinking and reacting to these events. In order to receive clear

information, the object should belong to and have been worn only by the person having the reading.

You can learn to interpret these energies with the exercises that follow.

How To Practice Psychometry

The following exercises are very basic in psychometry, but they will help you learn to develop your psychometric abilities. Everyone has this ability to some degree, but most of us don't focus on it consciously. With practice, you may become proficient in this and find this a helpful tool. It is important to remember to only use your gifts for your highest good. Any attempt to intrude on someone's life without their permission is not only inappropriate, but clearly an invasion of privacy.

Which Hand To Use

The hand you use to get impressions from objects is very important. Your dominant hand gives or relays information, while your non-dominant or receptive hand receives information. Your receptive hand is the correct hand to use.

The following is a simple test to find out which hand is most receptive. It is very important that you do

this, as you will always use this hand to receive impressions, at least until you have become so accurate that you can use either hand.

1. Hold both hands at chest level with fingertips pointing up and palms facing each other.
2. Rub hands together very lightly to stimulate the energy flow.
3. Move your hands closer together, then apart, feeling the flow of energy.
4. Whichever hand feels stronger, or that it is emitting stronger energy, that is your dominant hand. The other is your non-dominant or receptive hand. Always use your receptive hand in psychometry.

When you are beginning your work in psychometry, always pick up or touch an object with your receptive hand. If you pick up the object with your dominant hand, you may inadvertently transmit an impression as you do.

Form a habit of using your receptive hand to take things from others, and to pick up something you may intend to use. This will be a challenge in psychometry, as you are probably used to picking things up and holding things with your dominant hand, but this practice will help you to remember

to use your receptive hand for psychometry work.

This technique in psychometry develops your gift of feeling. It gives you the experience of learning to tune into another person's vibrations to discern what you are feeling.

Ask a friend for an object, something that they are in regular contact with. Hold the object in the palm of your receptive hand , take a few minutes to try to sense what feelings or energies you pick up from it.

Relate everything that you see in your mind, think of, hear in your head and any feelings that you have while holding the object.

Try not to process what you see ...just say what you see, be it an image or a feeling. You may pick up some thoughts, feelings, and symbols that seem meaningless to you but keep talking as much as possible about what is in your mind.

Sometimes, while practicing psychometry, the feelings associated with the object are vague and don't seem to bear much relevance to anything recognizable to the owner of the object. Don't give up be prepared to keep trying. The more you try the better it will become. In time more information

will come to you as your mind becomes used to 'seeing' in this way. Some people are more relaxed and trusting and so they get many messages immediately. Some people are afraid they will say or do it incorrectly so they get nothing. Don't worry. You can't do it wrong.

It is important to remember to never stop questioning, in your mind ask

Why are you seeing or feeling something?

How does what you see make you feel?

How do these thoughts and feelings connect?

Take your time with this, there is no rush and eventually you will be able to read someone by just touching them. Make sure you get their permission first though!