

Format for Observations on Psychic Energy

Here is the way we record observations on psychic energy and suggest it for anybody to use. We recommend this way of recording because it is based on the five recognized senses and makes it possible for most people to relate and compare experiences.

1. Use clear, concise language to describe the experience. This will include the five known senses of

- Touch (tactile feeling, temperature)
- Sight/ Visual (internal visuals)
- Sounds (internal sounds)
- Smell and
- Taste

2. Note any **thoughts**, prior to or after the observation. (Keep a separate notebook entry for things that are private, or just for you.)

3. Note the **place** where you were when this observation was made.

4. Note what you were doing (the **activity**) at the time, for example meditating, working, etc.

5. Note the local atmospheric conditions, temperature, humidity, space conditions* <http://www.swpc.noaa.gov/forecast.html>

Sample entry format:

Name _____ Date of entry _____

Time _____ (Include am or pm, and time zone)

Location (ie: city, country) _____

1. **Observation:** _____

2. **Thoughts:** _____

3. **Place:** (in home, outside, etc.) _____

4. **Activity:** What were you doing at the time of entry? _____

5. **Atmospheric conditions:** _____