

How Do I know if I am Connected with the Spirit World

I have found that many mediums who have learned and mastered their connection set themselves up as gurus in the eyes of their clients, claiming to be gifted or somewhat unique. But we all have this ability to connect and receive information. We just need to learn the natural language of spirit, and how they uniquely speak to us. I felt compelled to dig deeper and explain this natural pathway within us. With guidance from spirit, I became passionate about how to demystify psychic mediumship and empower people to establish their own relationship with spirit. The more mediums we have, the better, as we can reach all of humanity for healing, upliftment, guidance, and reassurance.

We learn about the essence of God through our superconscious, not through our analytical brain. When we calm the mind through the connection of our breath in meditation, we start to connect with God, which is all around us. Love is the vibration we utilize to connect, and start seeing, feeling, sensing, and knowing our path.

There are energy centers within the body called chakras, and the third eye is considered one of those energy centers within the body. Connection is as easy as sending energy upward to connect with the highest vibration to your God Source, and then holding that connection while you connect to your heart. You will feel a rise in your energy. Feel the love energy and the peace that is all around you. Practicing this in meditation will build your ability to make and hold the connection.

As we start to discuss the connection with spirit, it would be helpful to understand energy, frequency, and vibration. If you understand the process and properties that govern the universe, the connection will be easier for you, as you understand the forces of the universe. Nikola Tesla said, "If you want to find the secrets of the universe, think in terms of energy, frequency and vibration." As a medium, we work with all three properties, and we work with them naturally. These three properties are the secret to healing, divine connection, and understanding everything that exists on this planet. I won't go into the properties from a scientific perspective, but I will explain how we use all three in mediumship.

Love is at the highest vibration and frequency. When we connect with spirit, we want to connect with the love vibration, which is where we become connected. The way we raise our vibration is to meditate.

Spending time in meditation is very important, as this builds the power and energy to connect and hold the link with spirit. The vibratory frequencies also manifest in sound and color.

Practice meditation daily. Meditation raises your vibration and is the power that helps you connect with spirit. It is vital for spirit connection. As long as let go of your mundane life thoughts, your ego, your identity, and all that defines you, and go within to realize you are spirit and you commune with spirit, your gifts will start to unfold. Keep your awareness on nothing other than love, and just relax. People have reported seeing white light, colors, and nothing. This is all normal. Notice if there are pictures dropped into your mind. Take time to sense and feel all that is around you. Once you set your intentions to connect with spirit, you are connected. The energy changes and feels lighter. This is when you know you are connected.

Imagine a white light is going through the center of your body, from the soles of your feet, all the way up through the top of your head, spilling outward, shooting up and cascading over your body. You are establishing that your energy is fully aligned with Source. When you feel lighter and relaxed, then you are fully connected and can then start to communicate and receive messages. One exercise is to sit down with a journal and start writing. Write three words at a time, as the words come into your mind. You will know they are divinely inspired.