

Agreements and Boundaries: Feeling Safe as You Begin Your Mediumship Work

Agreements are set up with your guides, which will help you feel good and safe as you develop your spirit muscle to connect. I believe that protection is rooted in “fear.” It feels to me that it stops the natural flow of spirit. Protection means you are feeling fear. Remember, you have a guide that is a protector, so you are already protected. If you need to protect, are you really trusting your angel guides? As we work with spiritual law, you don’t want to project any fear as you work with spirit and your guides. Universal law states, “like attracts like,” and if we keep our heart open to unconditional love, then we will attract more of the same. Therefore, you can set up agreements with your guides, which are like guard rails, so you feel safe and good as you develop your mediumship. Agreements are boundaries that help you develop and feel safe as you are working with your mediumship. You want to stay in the highest vibration while doing this work. And with spirit, there is no fear. I believe that like attracts like. I don’t believe that opposites attract. Therefore, to attract love, you must be loving.

Instead of “protection,” a better way to think about this is to give yourself a construct that makes you feel comfortable, that doesn’t create fear. Setting up agreements with your guides will allow for a natural flow of “feeling good.” As you develop your mediumship, agreements allow for unfoldment to occur. Once you fully develop, you will no longer need boundaries. This will help maintain unconditional love in your heart as you work with spirit. For example, when I first started my mediumship, I had an agreement with my guides that I don’t want to be bothered from 10:30 p.m. until 6:00 a.m. Unless there is an emergency, this is my time. They want to come through when our brain is at a relaxed state, when we are sleeping, as this is the time where we are most receptive. But this is your time, and you decide when and how you want to work. You

can say things like, “I only work with spirits that are of the highest vibration, that are my guides and my close family members.” Because spirits are bound by spiritual law, you have dominion over all of this. A saying in the Christian religion when you want something to depart is “In the name of Jesus, you need to leave.” You have the same power and dominion, as this is spiritual law.

On this earth, you can also set boundaries with humans about what is acceptable in your life.

One way to set healthy boundaries and adhere to them is to make a list of the things that people may no longer do around you, do to you, or say to you, and what is acceptable—this applies to both spirit people as well as humans.

Another example of a boundary is not allowing spirit to touch you. For me, I want to be able to give the clearest evidence for clients, and I allow it, as long as it is about the essence of the spirits’ ailments or if it is significant to the evidence of the person coming through for my client.

You must determine if this is okay for you. Hopefully, you understand the construct of boundaries and agreements, as they are there to serve you, and your guides help with the adherence to these agreements. Once you are ready to expand yourself to the next level of your mediumship, your guides will know, and you will naturally expand your boundaries to allow additional experiences from spirit.