

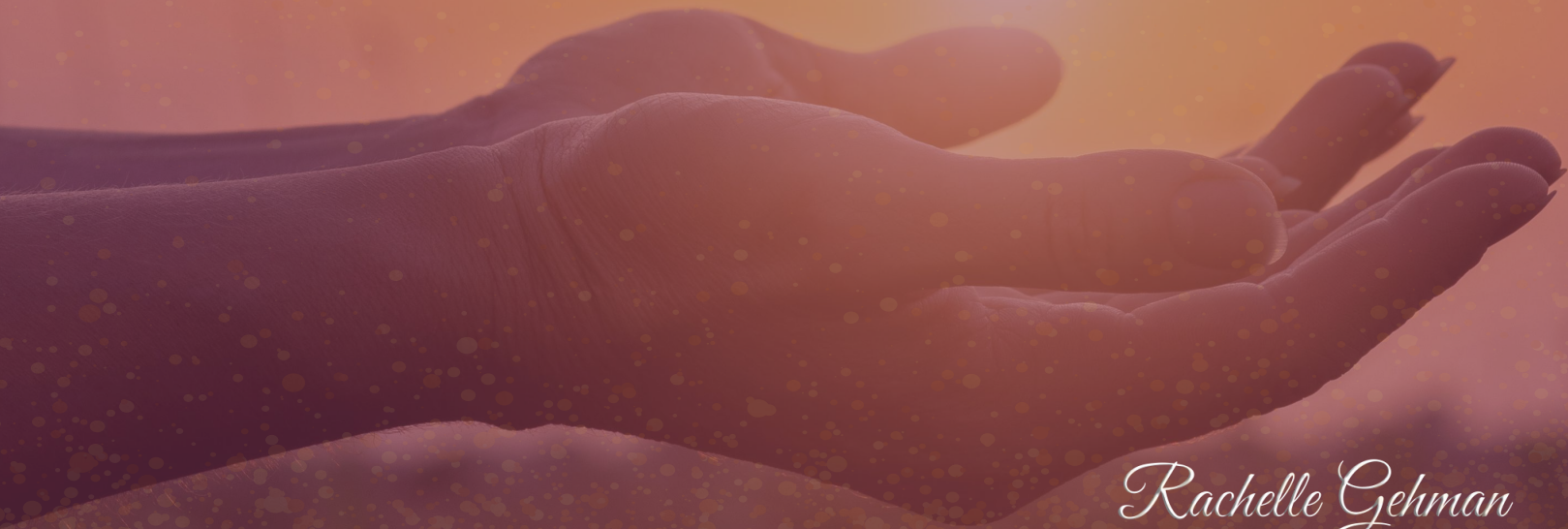


THE

Heartfelt

MEDIUM

WORKBOOK



Rachelle Gehman

Develop your own divine connection. Empower your spirit.



Table of Contents

LESSON ONE: *Creating a Wonderful Sacred Space*

LESSON TWO: *Energy, Frequency and Vibration*

LESSON THREE: *How Do I Know if I am Connected with the Spirit World*

LESSON FOUR: *Meeting Your Spirit Guides*

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

LESSON SIX: *Judgement vs. Observing*

LESSON SEVEN: *How We Receive Information From Spirit*

LESSON EIGHT: *Structure of a Reading*

LESSON NINE: *Practice in Meditation Taking Questions of Your Own Life to Spirit for Answers*

LESSON TEN: *Understanding Your Purpose and Why You Want to be of Service*

FINAL THOUGHTS: *Take Your Mediumship to the Next Level*



Disclaimer

In writing this book, any incidents apart from the author's experience does not refer to specific people or situations but are just coincidences of many coincidences of many characteristics and events.

Any resemblance to actual people or situations are purely coincidental. In this publication the author shares her spiritual learning and journey in becoming a medium.

This book is provided as a companion to The Heartfelt Medium as a journal for practicing medium techniques and for the purposes of learning and growing spiritually.

The author is not engaged in rendering professional services, and disclaim any responsibility for liability, loss, or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use or application of any contents of this book.

Welcome!



My purpose in creating this workbook is to empower you with knowledge and tools to help you on your psychic mediumship journey. To demystify mediumship, and to empower you to develop your own divine connection to God. It takes practice.

With practice, you will develop a deep connection with your guides, and then start to learn how to communicate fully with spirit. You will feel empowered, as we are all chosen to hear spirit.

We are all psychic and we all have the ability to connect. There is no death, and death is an illusion. We are all spiritual beings in a spiritual universe, and we are here to help each other, learn lessons and grow, and be of service to one another. I want this to be an empowering journey. This will take practice, consistency and discipline.

My hope is that you will be able to let go of ego, self-doubt, anxiety, and negative emotions, and step into your authentic spiritual self. This workbook is to be utilized in small groups for spiritual development circles for practice. There are many exercises to be completed with a partner.

It is my hope that you sense the pureness of my heart and know that you are light and love, and we are connected through the words of each page. I work with spirit every day in my work as a medium. I want to impart knowledge from mediums that have gone before us, and how they applied rigor, discipline, and consistency to become great instruments for spirit..

*Rachelle
Gehman*



Lesson 1: Creating a Wonderful Sacred Space

I encourage you to create your sacred space where you can explore these teachings in a sanctuary that you created. I recommend you meditate in this space, and surround yourself with the things you love. I want you to feel freedom in this space without outside influences (such as TV or electronics).

This environment should nurture your soul, and you should always feel at one with love and create harmony, beauty, peace and joy in this environment.

If your intent is to become a good medium, and unfold your spiritual gifts, you will need a space where it is clear, feels good and you can experience spirit and be of service to spirit.

The desire to become a medium is the desire to become more of your true and authentic self. You remember Who created you and what gifts have been entrusted to you.

It is important to re-establish the relationship with your true authentic self and re-establishing the relationship with your God Source and spirit.

Love is at the highest vibration, that created you and created the universe.





Lesson 1: Creating a Wonderful Sacred Space

Every time you visit this place in the home, you will feel supported and loved. Here are some ideas of the elements that might fit best in this space, and questions to answer so you can plan your space:

- What colors make sooth me and make me feel loved or happy or secure?
- What fabrics do I like for curtains?
- Can you imagine what this space would look like?
- What are the elements in the room?
- Would I have a candle, or potential crystals that I am drawn to?
- Would I put a statue of an angel or Jesus in the room?
- What pictures make me happy?





Lesson 1: Creating a Wonderful Sacred Space

I would recommend having a comfortable chair to support reading inspirational material, for meditation and prayer, and a surface like a table that has meaningful objects that remind you of Spirit.

Other items might be fresh flowers, books, pictures and anything that would remind you and be an expression of your continued devotion to God/Spirit. Make sure you clear the space of any old energy and set your intention of this room is for love only. Clear it mentally or with sage, or an essential oil spray to move in new energy.

Say a prayer:

*Divine Father Mother God,
I dedicate this room to you and to the
unfoldment of my mediumship, in order to serve spirit.
I lift this room up to the highest
vibration of love, where learning and development will occur.
I am empowered to learn the language
of spirit and receive evidence and healing during my unfoldment.
I ask that I receive your guidance,
upliftment, reassurance and healing to become the best medium I can be
to serve spirit and to be of service to others.
I give thanks for all the wonderful blessings both seen and unseen.
Amen.*





Lesson 1: Creating a Wonderful Sacred Space

Practice Prayer and Meditation daily.

As you meditate, contemplate and answer the following:

- What is your understanding of God or Spirit?
- What does it feel like when I am in the presence of God or Spirit?
- What does it feel like to express gratitude or give thanks to God?
- What does it mean to love?
- What does it mean to love God?
- What does it mean to observe versus judge?
- Did I ask God for help? What was my experience with God when I asked for help?





Lesson 2: Energy, Frequency and Vibration

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.

The law of the universe states that everything in the universe moves and vibrates. Everything vibrates at one speed or another. Nothing ever rests. Everything you see around you is vibrating at one frequency or another, and so are you.

There are different levels of vibratory frequencies. Hertz (or Hz) refers to the standard unit of measurement used for measuring frequency. Since frequency is measured in cycles per second, one hertz equals one cycle per second. (techterms.com/definition/hertz).

The higher the frequency, the lighter you feel in your physical body, as well as emotionally and mentally. You feel you have more clarity. By the same token, love is a vibration. Love is at the highest vibration and frequency.





Lesson 2: Energy, Frequency and Vibration

When we connect with spirit, we want to connect with the love vibration, which is where we become connected. I have been taught that the love frequency is at 528 Hz, which is also the vibration of the spirit world. The way we raise our vibration is to meditate.

There are energies within the body and around the body called the aura. 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. When practicing, or when we sit in a development circle with others, many times people can see the connection of others to spirit, as you can see color around the body and the color radiates upward and away from the body.

Some people just see a bluish white aura. You can see this with trees, plants, people, things, and animals. If you allow your eyes to lose focus, almost as they are lazy or your are trying to cross your eyes, and close them a little, the aura begins to form. The pictures represent the aura and the flow of energy around the body.

Using energy, you can expand your aura outward. Meditation raises your vibration and builds the power that helps you connect with spirit. It is vital for spirit connection. The aura is confirmation that this flow of energy exists within your body, and around your body. 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.





Lesson 2: Energy, Frequency and Vibration

When we connect with spirit, we want to connect with the love vibration, which is where we become connected. I have been taught that the love frequency is at 528 Hz, which is also the vibration of the spirit world. The way we raise our vibration is to meditate.

There are energies within the body and around the body called the aura. 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. When practicing, or when we sit in a development circle with others, many times people can see the connection of others to spirit, as you can see color around the body and the color radiates upward and away from the body.

Some people just see a bluish white aura. You can see this with trees, plants, people, things, and animals. If you allow your eyes to lose focus, almost as they are lazy or your are trying to cross your eyes, and close them a little, the aura begins to form. The pictures represent the aura and the flow of energy around the body.

Using energy, you can expand your aura outward. Meditation raises your vibration and builds the power that helps you connect with spirit. It is vital for spirit connection. The aura is confirmation that this flow of energy exists within your body, and around your body. 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.

Sense and feel the energy around the body. It is best to feel the energy when you are in meditation. Meditation helps to build the energy all around you, and it is the flow of the energy that moves around, and in and out of the body.

*"Meditation builds power and energy -
allowing you to connect to spirit."*





Lesson 2: Energy, Frequency and Vibration

Exercise:

1. Take your hand and put it up against a white background. Spread your fingers and look for the blue light around your fingers. What did you see?

2. Hold your hands with palms facing each other, about 1 inch apart, and feel the energy. Also, hold them up to a white background and see if you can recognize the aura. What did you see, or feel?



Lesson 3: How Do I know if I am Connected with the Spirit World

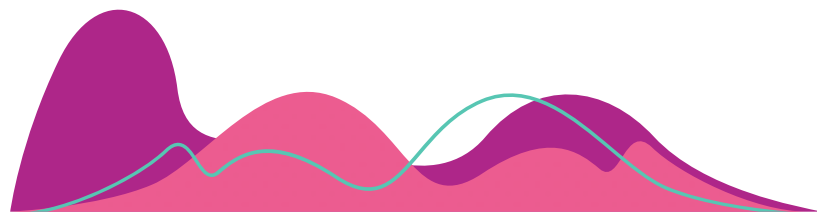
I have found that many mediums who have learned and mastered their connection set themselves up as gurus in the eyes of their clients, claiming to be gifted or somewhat unique. But we all have this ability to connect and receive information. We just need to learn the natural language of spirit, and how 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."





Lesson 3: How Do I know if I am Connected with the Spirit World

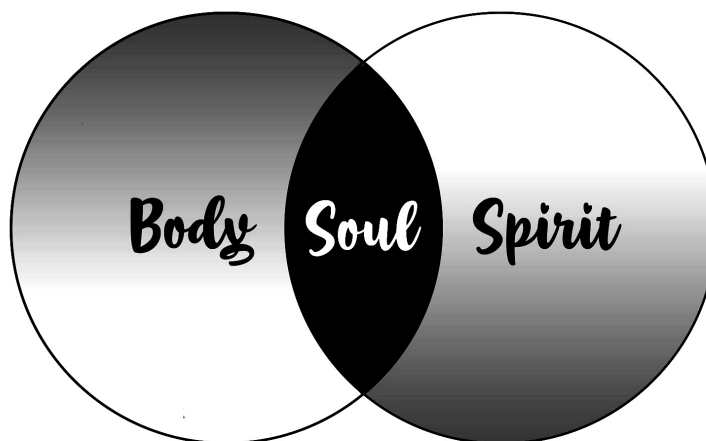
As a medium, we work with all three properties, and we work with them naturally. These three properties are the secret to healing, divine connection, and understanding everything that exists on this planet. I won't go into the properties from a scientific perspective, but I will explain how we use all 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.





Lesson 3: How Do I know if I am Connected with the Spirit World

As a medium, Becoming quiet in a busy world is difficult in the beginning. Everyone says, "I can't quiet my mind, as I have all these thoughts running through my mind." When you master this, you will grow to love meditation, as it is very intoxicating.

When you recognize that you can achieve the feeling of the purest love in meditation, you want more of it. Therefore, you become devoted to the practice, versus looking at it as something you must do. Living from your heart and your authentic self becomes easier and is enhanced by meditation. One of the difficulties that many people have in considering meditation is that they think it is one more thing that they have to do in their lives.

However, meditation is not an effort in non-doing. Connecting with God is to spend each day in that place inside ourselves in which there is deep love and peace. It is the most necessary component of our spirit work. The only way you learn this is by daily meditation and raising your vibration. Meditation provides the "energy" to hold the connection with spirit, so they can give us messages. Meditation is about letting go and allowing. It's about breathing and relaxing the body; as you notice and release tension in the body, you let it go by breathing through it. You start to feel your soul in your body, the operative word being "feeling."

When people first start out, I have them imagine someone or something, like a dog or a cat, something that they unconditionally love, with their eyes closed. Then I ask them to feel this love in their heart. Then send this love out into the room and then start to feel the love all around you.





Lesson 3: How Do I know if I am Connected with the Spirit World

Start to commune with this love vibration all around you. Now send that love upward out of your head and connect. Once you get the hang of the feeling of the love, you can then start by feeling that love and sending it upward, and then drop into your heart and send it out into the room. But when we first start, it must be the reverse. The reason for this is for you to feel the love. When we first start to meditate, we need to feel the love, get out of our left brain, and stop thinking. We need to feel the flow of the energy and feel the vibration of love and get comfortable with this feeling.

Meditation helps you to develop a connection with God, your higher self, and your intuitive mind, where all answers exist, and which is a place waiting for you to discover it. It is a place of limitlessness, if we just drop our ego and imperfect thoughts and vain opinions. We relax, breathe, and wait to experience the vastness of this place of love. Please consider establishing a regular practice. After about twenty-one days, it will become part of your daily routine, and you will never want to miss a day.

Practicing meditation in this way is like the fundamentals, the ABCs of Spirit Communication, as you are the interpreter or translator. To interpret the information spirit is giving you, you must be able to feel it, see it, hear it, and sense it, and be able to describe it to your recipient. At first, you may choose to try guided meditations, binaural beats, or soft classical music. 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.



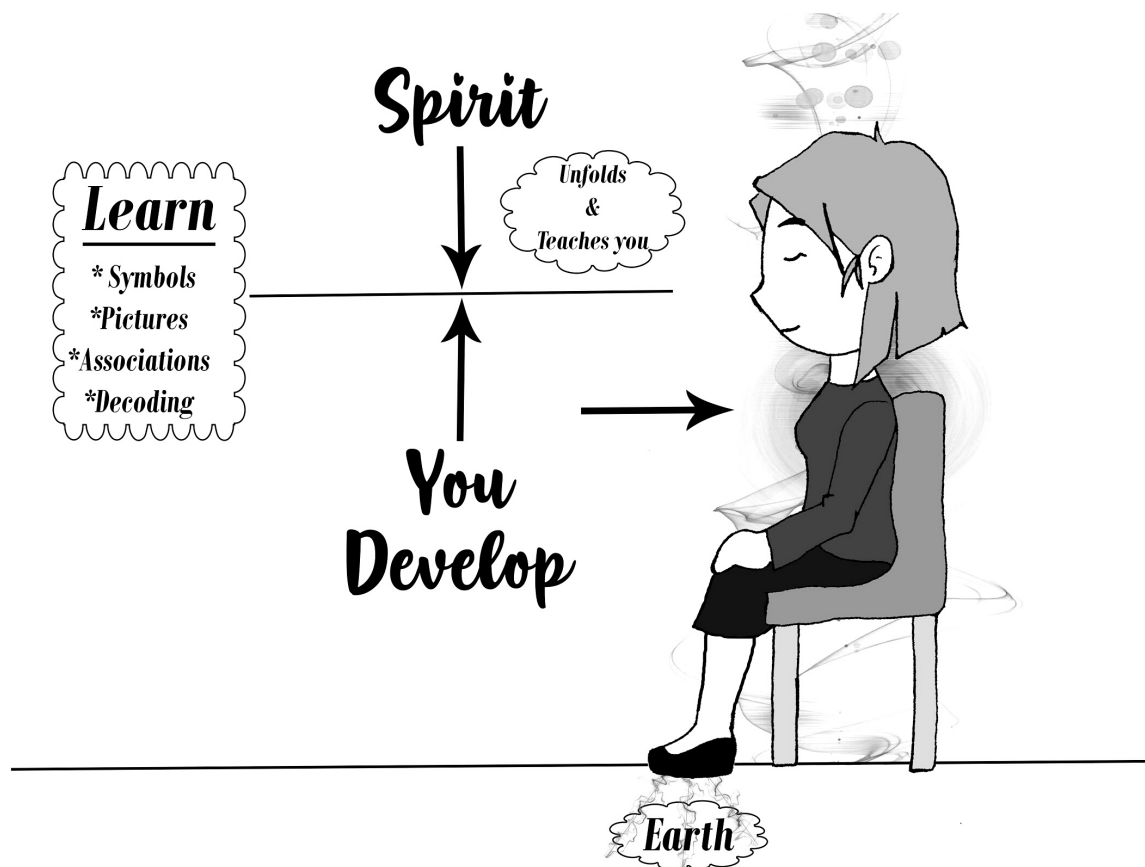


Lesson 3: How Do I know if I am Connected with the Spirit World

One added benefit to a regular meditation is that you won't need "things," or need energy from outside yourself, and you will stop asking for advice or looking for the physical world to fulfill your needs. They have already been fulfilled. You will feel the wholeness and not require validation from others, as you will have this from spirit.

When you meditate for an extended period, as you lengthen your time in your sessions, you will start to notice that you have been operating from your ego for most of your life. You will have a newfound sense of freedom with a regular practice of meditation.

Your ego has provided the illusion that tricks you into believing that all your desires and attainment of things will bring happiness, when in fact, these desires are really creating stress and suffering. To know our ego in this way, and to connect with your authentic self, you can totally change who you are and your interactions with yourself, with others, and how you respond to the world.





Lesson 3: How Do I know if I am Connected with the Spirit World

Meditation to Connect with Spirit:

- It is a personal preference if you would like to put on some calming meditation music.
- Have a writing instrument handy, as you will be jotting down your experience after the meditation.
- Comfortably sit in your chair, feet on the floor, relax your body, and place your hands palms up in your lap.
- Make sure you are comfortable, and close your eyes.
- Start your meditation by relaxing, grounding by breathing in, inhale and exhale.
- Imagine white light coming up from earth into the soles of your feet and breathing in this white light all the way up through your body. 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.

Nothing but love can come to you and nothing but love can go from you.

When you feel lighter and relaxed, then you are fully connected and can then start to allow yourself to communicate and receive messages. Using your body as a barometer, notice what you are sensing, what are you feeling? Did you feel a twinge or breeze? Is it warm? Do you see pictures in your mind? What are you hearing? Did you hear anything?

Make a note of all that you have felt, heard, sensed, seen, and smelled.

When you have completed around ten minutes or more, express gratitude from your heart to spirit for this experience and teaching you what you need to learn.

Start to bring your attention back into the room, by inhaling and exhaling.

Become aware of your body. Move your legs, feet and arms and open your eyes.





Lesson 3: How Do I know if I am Connected with the Spirit World

Post Meditation Reflection:

1. What did you experience overall and the feeling you have after meditation?

2. What did you see, hear, or feel? What did you smell? What did you sense?

3. What did the love feel like when you where connected with spirit?

4. Did you experience different things at the beginning, in the middle and at the end of your meditation?

5. Did you allow your imagination to come alive? What did you see in your imagination?

6. Did you receive a message for yourself? What was the message?



Lesson 3: How Do I know if I am Connected with the Spirit World

Exercise in Psychometry

One of the ways to start to explore your connection is through psychometry. Psychometry is reading the energy of an object and seeing, sensing and feeling the energy of the person that owned the object. Everyone's energy or aura carries information on historical events, location, and emotions. This energy is transferred to an object. A person can start to read the energy of the object. Everyone can be successful with psychometry. They can hold an object in their hand and start to read the energy.

I recommend doing this exercise with a partner. Ask for them to provide you with a personal object to hold in your hand. This is something they carry or wear on a daily basis, like a piece of jewelry, a wallet, car keys, etc. To do this exercise in psychometry, put the object in your left hand, and put your right hand over the object and close your eyes. You can tap the object and start receiving the information. Make sure your mind is open, and allow the information to flow. You will feel various physical aspects of it, and start to get pictures, symbols and start to sense all of the information. Start to deliver all the information you have received about the object, no matter how minuscule you think the information is to the recipient. You can also hold the object to your solar plexus.

You will see that by doing this, you will have great success. This exercise will build your confidence in your ability to start to read the information in the energy around objects. Give thanks for this experience, and write down all of the information you received.

What did I see, feel, hear, experience by holding this object:



Lesson 3: How Do I know if I am Connected with the Spirit World

Healing Meditation:

Soft relaxing music can be played in the background, if you prefer during any meditation. Sit quietly in your sacred space and take deep breaths to relax, and close your eyes, with your palms resting on your lap. Again, connect with the earth to bring up mother earth's white light through the body as you inhale. Release all tension and anything that no longer serves you as you exhale. Keep repeating this until the white light goes from the soles of your feet, until it spills out of your head and overflows into the room.

You are now covered and surrounded with white light. Now start to focus your attention at the below the navel and scan your body and see where there might be an area of your body that might need the attention of Spirit for healing. As you are scanning your body and looking for areas to be healed, a orange flame appears in front of you. This is a healing flame that is there to help the body and provide healing.

As you notice an area that might need some attention, direct the flame in this area. Allow it to penetrate your body and heal this area. See the flame, sense it, pay attention to any sensations that you have while it is healing this area. Repeat this in different areas of your body where there might need to be healing. Some areas to consider are the solar plexus.....the heart.....the throat, as these represent emotional and communication healing that need to take place. If you spend time analyzing deep concepts at work.





Lesson 3: How Do I know if I am Connected with the Spirit World

Consider healing your mind, and allowing it to relax.

Take your time to go through every area of your body and tell you feel that you have spent adequate time for healing. When you are ready, give thanks for spirit and express gratitude from your heart to God for the wonderful healing that you KNOW just took place. Then bring your awareness back into your consciousness in your body. Start to move your legs and arms, wiggle your feet, fingers and toes. Open your eyes.

What was your experience in this healing? Describe it through what did you sense, what did you feel, what did you see? What did you smell? Was there a unique experience that has been different than other meditations?





Lesson 4: Meeting Your Spirit Guide

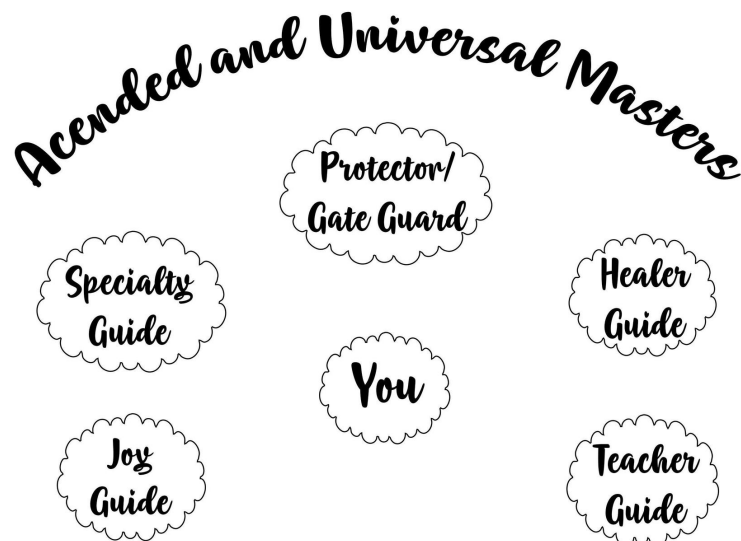
Each guide has a specific purpose.

They are the key to helping you learn to communicate with spirit. You learn, and there is an entire unfoldment that is occurring. They help change the energy, help you lift vibration, and bring forth the spirits that need to communicate with your clients.

They are so important to your work. They even will help directly channel information in a trance for others to hear and experience. Your guides are part of your spiritual experience, journey, growth, and unfoldment. You must provide the willingness to drop your ego and trust them. For example, if you are confused about something in your life, and everything looks great to the human eye, but the energy around you is heavy, your gut is twisted, then this is your guide signaling this is not a good situation for you.

Trust it and listen. If you are uncomfortable, then this is your guide signaling to you that this is not a good situation. You have a wonderful opportunity to meet your guides in meditation. You have guides that have been assigned to you for all of your days on this earth. Become aware of your guides in your daily life.

Having a loving relationship with your guides, you will realize you are never alone. Speak to your angel guides on a regular basis—when you are driving, at the grocery store, and around the house. They will help you find things that you can't find, lead you to things that are missing, and they will help you in your daily life. You will be amazed. Thank them for their help.





Lesson 4: Meeting Your Spirit Guide

Meditation to meet your spirit guides:

Either remain in silence, or turn on some wonderful relaxing, soothing meditation music. Sit in a quiet place in a chair, with feet on the floor and your spine straight. Close your eyes and place your hands palms-up on your lap. Close your eyes and focus on your breath. Breathe in and breathe out. Start to imagine, as you are exhaling, that you breathe out everything that no longer serves you. If you are feeling tightness or tension in your body, release it as you exhale. Take a moment to focus on your feet and relax all of your muscles in your feet and keep breathing.

Move your attention to your calves and relax your calves. Continue all the way up your body, breathing in to relax, and release any area that is tense, and breathe out any tension. When you inhale this time, imagine the energy moving all the way through your body, and up through the crown of your head, and connect with your God Source. Hold this and feel the love coming from God.

Now focus your attention on the heart, and start to express love from your heart, outward into the room. If this is difficult for you, think about someone, a son or daughter, or an animal that you love unconditionally. Imagine this person in front of you and express love from your heart to this person. Now start to express love from your heart into the room. Now hold this love and start invite your guides in and feel their love for you.

Start to blend with spirit. Feel spirit and feel your soul. Invite your guides in. Start to meet your guides. Ask them to step in. Ask them to show you what they look like and feel and sense their presence. Ask their names and let them know you appreciate them, and you are grateful for them. Start to have a dialogue, and ask them questions, and wait for their answers. Spend time with them and develop a loving, symbiotic relationship with them. This relationship, and the love they provide, will be more fulfilling than any other love relationship you could ever experience.





Lesson 4: Meeting Your Spirit Guide

Now, come back into your awareness of your body. Start to take deep breaths, move your feet and hands, and open your eyes.

What did I experience?

What Did I Sense or feel ? Emotions? Peace? Love? Anything?

What I did I smell? Anything?

What did I hear? Sounds? Anything?

Did I receive a message or a gift from my guide? Was there white light?

Other Insights from this experience:



Lesson 5: 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.





Lesson 5: Agreements and Boundaries: Feeling Safe as You Begin Your Mediumship 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.”

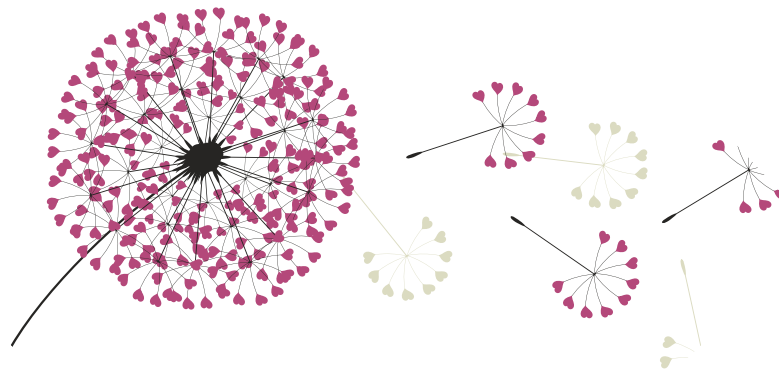
You have the same power and dominion, as this is spiritual law.

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.





Lesson 5: Agreements and Boundaries: Feeling Safe as You Begin Your Mediumship Work

List Your Boundaries:

What hours do you want to work with spirit?

In what context would you are willing to have spirit touch you? Ever?

I only work with spirits that are of the highest vibration or that are a vibrational match.
This makes me feel:

Think of some of the things that are acceptable and unacceptable from people on earth.
What are these boundaries?

Do these boundaries apply to spirit, as well? What other boundaries apply to spirit?





Lesson 6: Judgement vs. Observing

You must work hard to get rid of judgement, because when spirit comes through, it is with unconditional love. The definition of judgement from the free dictionary is a “personal belief or judgment that is not founded on proof or certainty; the cognitive process of reaching a decision or drawing conclusions. People want to be able to trust and able to share the information from the purest of heart. The point is to listen and deliver messages with the purest intentions and represent spirit in the way the message is intended.

Judgement can come from our own filters that are our life stories. If we can get to a place where we observe, and not react or judge, this is when we are pure spirit. Even when we are reacting, Dr. Wayne Dyer noted that there is a part of us that is observing the behavior. We have to come from a place of observing, or non-judgement.

As we develop spiritually, this is a place where we start to live our life and start operating from the purest form. Judging is a place where it is coming from our ego. Observation comes from our soul. We have to stay in this place of pure spirit, as this is where information from spirit comes through called messages. These messages have evidence that are crucial to us and to our recipients. This is going to be where you might need to be honest with yourself about judging versus observing. Observing is a neutral place with not deciding whether this is good or bad.

This differs from boundaries, as this is allowing people to come to you openly so they feel safe in your presence as you represent spirit, and you must remain in your highest and best.

This means no judgement and allowing.





Lesson 6: Judgement vs. Observing

As mediums, we have to understand that we see things through our life stories and our filters, when we are in our “human self.” We all have diverse experiences and perspectives that must be respected, welcomed and encouraged. It is important that you recognize your own biases and work to address them. This vulnerability is where you will open up to the possibilities of spirit and personal growth.

For this exercise, reflect on a past or current experience.

Take a moment to identify where you have judged versus observed.

Commit to change these judgements.

Could there have been a reasonable differing point of view?

As a medium, we are sensitive and we can turn this sensitivity inward. We turn this sensitivity inward to protect our heart. We want to make sure our hearts remain open to unconditional love, and that we turn this sensitivity outward toward others with compassion and empathy.





Lesson 6: Judgement vs. Observing

Looking at this situation, what are the key learnings from this situation in judging versus observing?

What did you feel, sense and saw when you were judging?

Thinking about this situation and applying empathy, what other possibilities could have been an opposing opinion? Are you able to connect with that? What is that and what does it feel like?

Instead of reacting, really listening, and going to a neutral place, or thinking about this situation after a meditation, what does it now look like to you? What does it feel like, what do you sense, hear? Do you feel compassion and empathy? Explain:



Lesson 6: Judgement vs. Observing



Practice meditation and you will begin to step into the wholeness of who you really are, and be fulfilled, needing less, and demanding less from the external world. You will finally have a sense of completeness and wholeness. They will help you in every area of your life.

Now that you have met your guides, it is time to start your mediumship work to help others, serve spirit, and serve humanity.

Meditation builds your power to hold the connection with spirit. Meditation allows the unfoldment of this divine connection to God, the Ascended Masters and angels, and your spiritual guides, which is good and omnipresent. As we spend time in meditation, we become more aware of God during our daily lives. There are many words to describe God, and these terms are used interchangeably. You may have heard God referred to as Spirit, Higher Power, Jesus, Mother Earth, Infinite Creative Intelligence, the Quantum Field, etc.

Mostly, we think of God in terms of a presence that is pure love, peace, and provides guidance. We are all trying to learn our own spiritual truth, and we ponder the text of the Bible and other ancient manuscripts from all religions to learn about God. 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. communicates when the mind is neutral. When the mind is open, thoughts, words, or pictures are almost dropped into our imagination. We know when it is spirit, because the mind is not reaching for anything—it just appears, or it is almost like it was “dropped into mind.” It happens quickly, as spirit is at a much higher vibration and the thoughts can come quickly.

Lesson 7: How We Receive Information From Spirit

Spirit will show us pictures and associations and speak in symbols, along with giving us a visual image of something literal. We can also hear words; the words are very few, but very profound. We must train ourselves to grab on to this information, no matter how subtly it comes into the mind. These are subtle flashes in your mind are from spirit, and we train the mind to grab it and hold on to it, no matter how subtle or how fast the information is delivered. We must be able to trust and allow. The communication becomes easier when we get ourselves out of the way.

Our communication pathway is built through the regular practice of meditation. Spending time in meditation is very important, as this builds the power and energy to connect and hold the link with spirit practice meditation daily. Meditation raises your vibration and is the power that helps you connect with spirit. It is vital for spirit connection. We also must learn how to articulate feelings and emotions, and describe things that spirit is giving to each of us. Think about how it will feel to learn your own spirit language and become a translator for spirit, and a great medium.

We also must learn how to articulate feelings and emotions, and describe things that spirit is giving to each of us. Think about how it will feel to learn your own spirit language and become a translator for spirit, and a great medium.

The way spirit speaks to us has somewhat of a structure as far as the information provided. If you are doing a reading, for example, spirit already knows why they came. The person coming for a reading is called "the sitter" or "the recipient." The structure of my reading is giving information or evidence first, and then I give the message from their loved one.

The information comes through is usually circumstances around their death, like an ailment or an accident, the essence of their being, or it could be a specific memory shared with their loved one. This is known as "evidence."

Lesson 7: How We Receive Information From Spirit

Here is a list of types of evidence or information that will come through:

Gender (Male or Female)

Relationship to Sitter

Personality

Family & Pets

Occupation & Jobs

Hobbies & Interests

Objects

Age, Names, Numbers

Appearance/Description

Health & Passing Condition

Likes & Dislikes

Shared Memories

Habits & Mannerisms

Specific Phrases (they always said that!)

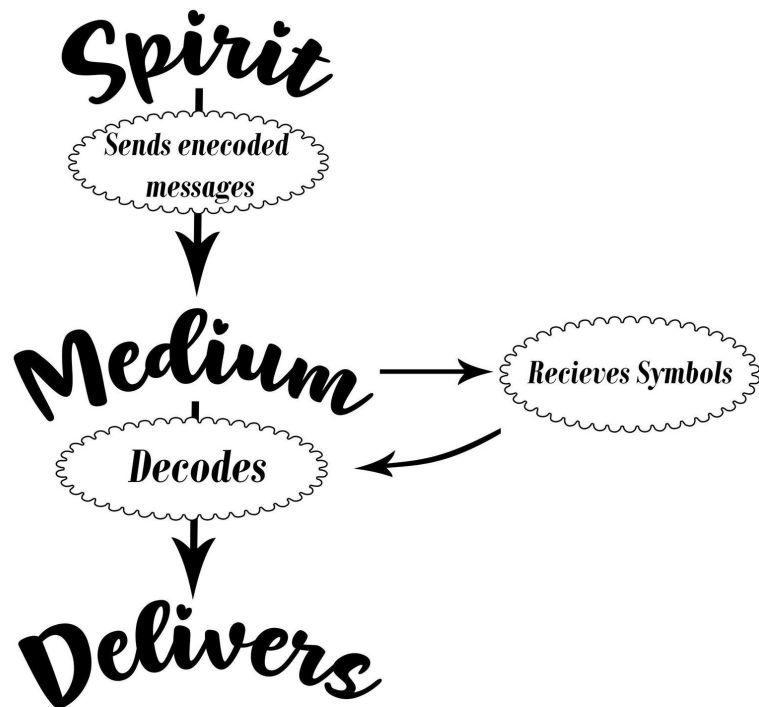
No two mediums work alike, nor receive the information the same way. This is what makes your mediumship so unique. The way a medium receives the information is by hearing, seeing, sensing, feeling, knowing by subtle nudges and cues from the spirit communicator. Your guides and the work you do to learn your “spirit language” takes practice, and your guides will teach you, as well as learn from you, and help you become an effective receiver of information. The key is trusting the information you are getting, and not analyzing it. When you start to analyze the information, your logical mind can get in the way, and then the message from spirit can be misrepresented. Because spirit is at a higher vibration, this information comes through quickly, and meditation will allow your senses to get stronger over time.



Lesson 7: How We Receive Information From Spirit

The way mediums receive information is through the “the clairs.” Clairs are considered types of mediumship, but I have discovered that spirit will use them all. Many psychics label themselves clairvoyant. You will tend to have roughly two dominant clairs, but all clairs can be used by spirit to present the evidence of their identity. In the beginning, your left brain, or logical thought will intervene and try to make sense out of it. You will question if you are creating this in your imagination. But this is the place where spirit speaks to us. This is where we have developed our connection in meditation to receive this information. This is where you start to utilize your mind and your body as a barometer, as spirit starts to provide information. It comes in the form of these clairs.

Why is this important? When you are sitting with spirit and they want to convey a message to their loved one, these clairs will start to be utilized. It is up to you, the medium, to start to immediately gather the information, and interpret the message to your client. The key is utilizing all your senses, and be aware of your dominant clair, and start to put the pieces of the puzzle together and deliver the evidence that you are receiving from spirit.



****Interpretation is key****

Lesson 7: How We Receive Information From Spirit

Clairvoyance

The term clairvoyance means “clear seeing” and is the term used when one can see spirit, pictures, or information, in the form of a vision in your head.

Clairaudience

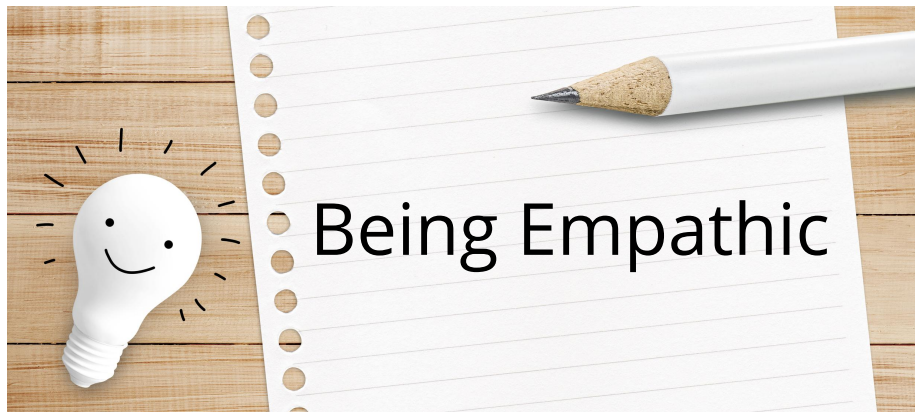
Clairaudience is “clear hearing” and is the term used when one can hear spirit. It may vary from a vague whisper to a strong and loud voice or other sound such as music or singing, etc. Clairaudience is hearing spirit internally or inside the head. Often, this internal “voice,” comes in the same form as your own inner voice.

Clairsentience

Clairsentience means “clear feeling,” and it is often called empathy. It is the ability to sense or feel spirit physically, emotionally, and energetically. You may feel spirit touch you; this can be anything from a light stroke to firm touch or even a prod or push. You may smell things such as cigar smoke or pipe smoke, or flowers or perfumes, etc. You may “energetically” feel the touch rather than physically feeling it. Likewise, you may become aware of the emotions of the communicating spirit, feeling their fear, anger, sadness, love, and indeed their happiness and excitement at making contact at last with their loved ones. Sometimes the emotions can be quite overwhelming if the medium is new.

The medium may briefly experience the feelings that the communicating spirit had at the moment of their passing, including the cause of their passing, and they may feel pain in a particular part of the body that represents the pain the person experienced in their last moments, such as chest pain for a heart attack, or head pain in a head trauma or stroke, or the pain of a tumor, or labored breathing for lung condition. None of this should be experienced for more than the moment to enable identification of the person and the cause of their passing. A medium can also experience pain in the right or left hip, where the person had an issue with their hip, even though they didn't pass from this condition. Every range of emotions and physical feelings imaginable can be experienced.

Lesson 7: How We Receive Information From Spirit



Empathy or clairsentience may be challenging for a developing medium that is empathic. When you first start to learn mediumship, you might feel a loss of control over this, but it is important to remember that you are always in control and should determine how much you wish to feel and when. You will learn to allow and control your energy. The loss of control is the resistance instead of allowing.

Once you allow and release the energy, you will realize it is not necessary to feel you have to control the process, as you have dominion over all this taking place. Guides will help you. This is part of the agreements you have with your guides and how you want to work. They will adhere to your requests.

Claircognizance

Claircognizance, or “clear knowledge,” is when the medium suddenly acquires knowledge of the spirit communicator without seeing, feeling, hearing, or sensing. It is knowledge that appears in the mind of the medium and appears to have no source. It is a pure knowingness without knowing where this sense came from, or how you know this.

As with clairvoyance, pictures are dropped into your mind through actual events, symbolic associations, or pieces of information. All spirit communication is based upon the law of love and the vibrational connection with the medium and with the recipient.

Lesson 7: How We Receive Information From Spirit

Test to Find your Dominant Clair

This test is to help you find your dominant clair. Realize that spirit will use all the clairs to get a message through to their loved ones. But we all have a dominant clair. We will then work on the other clair, to hone our other senses, so we are able to give the best messages from spirit.

Visual, auditory or feeling/sensing - answer right away don't think too long or belabor the answer, as it will skew the results. Answer quickly:

1) When you recall a wonderful vacation, what do you recall?

- A- The views and the way the place looked
- B- The sounds of the vacation
- C- The feelings associated with the vacation

2) When given a task or a job to do, it is easier to carry out if:

- A) I can see what is required and have a visual plan
- B) If it is clearly explained to me and I understand it
- C) I have a feeling of what's required and the sense of purpose about it

3) When faced with a decision, it helps me to:

- A) Visualize the situation and the choices in my minds eye
- B) Talk through the situation with friends or colleagues or as a dialogue in my mind
- C) Sense how I feel about the choices, and trust my intuition and gut feelings

4) During a discussion I'm most often influenced by:

- A) The other persons body language and how I see their perfect point of view.
- B) The other person's tone of voice, and how I hear what they are saying
- C) The other persons body language and how I feel about their point of view.

5) Which activities do you prefer?

- A) Watching films, visual arts and reading
- B) Music concerts and good conversation
- C) Physical activities, massage, craft work and reflection



Lesson 7: How We Receive Information From Spirit

6) When buying an article of clothing, the important thing is:

- A) Color or design and how I look wearing it
- B) The logic behind my decision to buy it
- C) The feel of the fabric and how it feels when I'm wearing it

7) When I think of about a special person, The very first thing I do is:

- A) See them in my mind's eye
- B) Hear their voice in my mind
- C) Recall my feelings for them

8) When I use mathematics, I verify the answer by:

- A) Look at the numbers to see if they look correct
- B) Count the numbers in my head or talk out the answer out loud
- C) Using your fingers or your gut feelings and sense that it is correct

9) My favorite subjects in school or based on:

- A) The images associated with them
- B) The sounds and words associated with them
- C) The feelings associated with them

10) At the beach, the very first thing that makes me glad to be there:

- A) The view of the sea, the sand and the sun
- B) The sound of the waves, the wind and the seagulls
- C) The feel of the sand, the sea and the salt air

11) Before going to sleep at night, it is important that:

- A) The room is nearly dark or pleasantly shaded
- B) The room is peaceful and quiet
- C) The room and bed feel right and are comfortable

12) In the morning, I especially enjoy awakening to:

- A) The sight of the sun streaming into the room
- B) Sound of the birds singing
- C) The feeling of a warm comfortable bed





Lesson 7: How We Receive Information From Spirit

13) Having rapport with someone is:

- A) Seeing things from a similar point of you
- B) Hearing them communicate in a way that resonates with me
- C) Feeling good about them and feeling that they are similar to me

14) When listening to a talk, I'm most interested by:

- A) The body language of the presenter, and the visual aids used
- B) The tone of voice of the presenter and how they speak
- C) How the presenter makes me feel, the vibes I feel, and whether I connect with them

15) When buying a car, I make a decision based upon:

- A) Color, styling, or how I look in it
- B) The sound of the engine, stereo, or how quiet it is inside
- C) How comfortable it is or how I feel when I drive it

16) I communicate what is going on with me mostly by:

- A) Where I look, and in my body language (the floor, off to the side, in someone eyes)
- B) The tone of my voice and the words are use
- C) The emotions and feelings I share

17) If I was going to give you a new piece of electronic equipment, would you:

- A) Look at the diagrams to see how it works
- B) Read the manual and instructions to see how it works
- C) Start using it and understand how it works as you go

18) When learning a new skill, which do you prefer:

- A) Someone to show me how to do it
- B) Someone explaining me how to do it
- C) Learning by physically doing it

19) Which is more appealing to you?

- A) Beautiful images, views or art
- B) Beautiful sounds music or voices
- C) Beautiful feelings and sensations

20) Who is most important to you when having people come to your home?

- A) It looks right and is appealing
- B) It sounds right with the right background noise
- C) It feels right and has a pleasant atmosphere

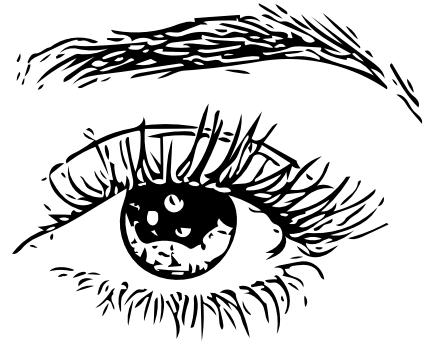




Lesson 7: How We Receive Information From Spirit

Results:

If you have selected mostly A's:
Your dominant Clair is Clairvoyance



If you have selected mostly B's:
Your dominant Clair is Clairaudience



If you have selected mostly C's:
Your dominant Clair is Clairsentience





Lesson 7: How We Receive Information From Spirit

Exercise with a Partner

After you both have meditated and connected with spirit, one person will stand behind your partner who is sitting in a chair. Ask your partner and get permission to put your hands on their shoulders. The person who is standing will close their eyes, as the person in the chair will remain open and send the person behind them love and lift the vibration. The person standing will start to sense, feel and see information. Keep your mind open. Don't try so hard, just allow the flow of energy.

Utilizing your clairs, make note of what you are feeling, any emotions? What are you seeing, sensing, feeling? Was there a slight twinge in your left knee? Make note of it. When you are done, then switch places.

Write your experience here. What did you experience? Think in terms of Clairs, what did you feel, sense, see? What did you know?

As you work with the symbols, for example, if your dominant clair is clairvoyance, then you will be able to see it clearly. You should have symbols for relationships, symbols describing personality, life situations, and timing. Many mediums use animals to represent traits of a person.





Lesson 7: How We Receive Information From Spirit

Here are a few examples, but you must come up with your own.

These are very personal, and you create your own symbols with spirit:

Symbol	Meaning	Seeing, feeling, hearing, sensing
Female	Communicator	Sensing vibration energy on left side
Male	Communicator	Sensing vibration energy on right side
Apron	Grandmother	Seeing a pink apron with flowers
Suspenders	Grandfather	Seeing a man with suspenders
My Dad with Hat	Father	Seeing my dad in a Hawaiian hat
My Mom	Mother	Seeing a pic of my mother at a fountain

Remember, these are YOUR symbols, and no one else's. You work with your spirit guides in advance. Meditate or also see what comes to mind, or it could be that you feel a certain way. Whatever way you receive this information, you should know this in advance—you should be able to describe what you are feeling. Just as you trust spirit, spirit trusts you to deliver the evidence to the recipient. The symbols are examples of my symbols. You can use these symbols or create your own. But you will need to practice delivering the evidence.

Take these relationships, life situations, characteristics of the spirit communicator, and string together the evidence. As the medium, it's like putting the pieces of a puzzle together to draw a picture. The evidence helps describe the uniqueness of this person, discern whether it is literal or symbolic, and describe the essence of the spirit communicator.

You also want to work out symbols for life situations, as well. Weddings, buying a new home, going on a trip. Now realize that spirit can give this literally. I teach my students to give this literally, and if they get a "no," then deliver it symbolically.





Lesson 7: How We Receive Information From Spirit

What are your symbols?

Symbol	Meaning	Seeing, sensing, feeling, hearing
ex: Lace, wedding cake	Wedding/marriage	I see lace, wedding cake - hearing bells
ex : Dafodils	Spring time	I see the flower, sense spring time



Lesson 7: How We Receive Information From Spirit

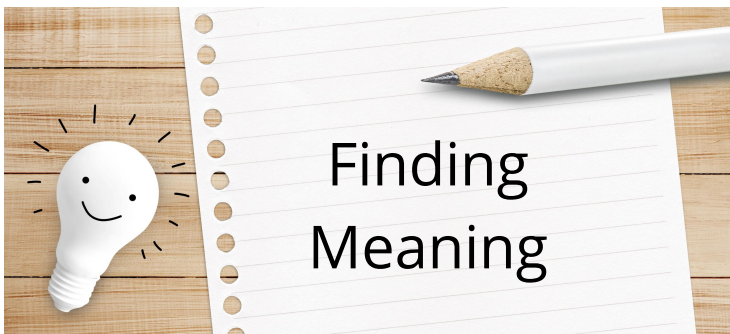
I have a journal of symbols that I visit in my meditation, so they become clear.

Activity will create the knowledge for you. For example, with my symbols, if I sense a male spirit, and I see suspenders, and then I see a teddy bear, I would say to the recipient, "I have your grandfather here and he is showing me a teddy bear. Does this mean anything to you?"

Maybe the recipient received a teddy bear. If they say no, you still must hold the link with spirit and revisit the meaning of a teddy bear. This meaning of a teddy bear is specifically for you as a medium, so if you have worked this out ahead of time and teddy bear is on your list, you can then deliver it.

So maybe I am sensing they are concerned about a health issue, or they are afraid because they will be going into surgery. The spirit communicator shows me a teddy bear. I know that they will be healing just fine and everything will be okay.

So, I deliver the message that everything will go well with their upcoming surgery.



You can also journal about animals and their meanings. There are great books on animal symbolism and their meanings. Also, getting a book of names to help you learn names. As well as other books that you are drawn to like gardening or flowers, to help you name specific flowers when spirit gives you this evidence.

Literal Evidence

Another way to add to your evidence is by reading books on different subjects like gardening or a book of names. Spirit can show you a particular flower, for example. Instead delivering the message of "spirit is showing me flowers," wouldn't it be more powerful if "a grandmother is coming through and she is showing me blue hydrangeas"?

Similarly, by studying a book of names, you can get names more effectively from spirit. You can certainly ask spirit for the name, but if you are more clairvoyant, you might see the name on the page that you read or studied.

As a medium, the more time you spend in studying various topics of life, nature, travel and other experiences, you will add value, giving the best reading for your clients.



Lesson 7: How We Receive Information From Spirit

Exercise in the Meaning of Color

Spirit can utilize color as a way of expressing information. Focus on each color and see what emerges for you. How do you perceive this color? Take this color and meditate on it. Record what you receive. You might think about limiting colors you work with in one sitting.

COLOR	WHAT I SEE, SENSE, HEAR, SMELL, TASTE	MEANING
EXAMPLE - WHITE	I see soft white, I feel peace	purity and wholeness
Example - Orange	I see a bright ball of light, I sense it is healing	healing energy, positive energy
Red		
Orange		
Yellow		
Green		
Pink		
Blue		
Purple		
White		
Grey		
Gold		
Silver		
Add more colors:		



Lesson 8: Structure of a Reading

When we sit down to do a reading, many factors enter into a good reading. The medium has to be prepared and be in a good place where they are in tune with the infinite consciousness (the God Source). This is the highest vibration of love. You know when you are attuned because you will feel light, and everything is effortless.

Start to see what you are getting for evidence. The evidence is very personal to the person, and will establish the essence of the person in spirit. You might want to jot things down. Once you write it down, you know you saw it, or sensed it, and you received the information. Then I give what you get. If you jot it down, then it is a way of building trust in what you are seeing, sending and feeling. If you wrote it down, it happened. Your left brain might jump in and analyze it. "Did I just see that?" "Did I really see that?" Uncertainty, fear and doubt would creep in and the connection would be lost.

We need to stay in connection with spirit. The information might come in quickly, as it is a higher vibration. You can ask spirit to slow down, or try to grab it quickly. This information comes through the part of your mind we label as your imagination. If a picture is dropped into your mind, then it is spirit. It is up to you, the medium, to translate the information.

DON'T FORCE IT. If you are not getting anything, it is ok. We might have to work on surrendering our ego, and become pure spirit and allow. This takes practice. Keep practicing.

Practicing giving and receiving information from Spirit with a partner

This is now time to practice receiving information from spirit. Let your spirit guides know that you are going to practice reading. Set your intentions to give good evidence. This can be done by a prayer. Invite your guides in to the reading, and invite the recipients guides in to facilitate the reading. Then, drop into your heart and feel the love of your heart expressing outward toward the recipient. I always say a quick prayer, as it helps me to connect with my recipients guides. I recommend always say a prayer that you memorize, as it is a ritual that you use to connect with spirit. I ask for them to say their name, to hear the vibration and then I say the prayer.





Lesson 8: Structure of a Reading

My prayer is:

“Father, Mother God, I come before you and give thanks and praise for all the blessings received, both seen and unseen. We are so grateful. I ask that my guides connect with (recipient's names) guides, and we bring forth evidence of loved ones, and messages of guidance, upliftment, healing and reassurance. And with this, I say, AMEN.”

Connect with the your partner's energy, after connecting with the divine, so you are holding both links. Ask your partner to send you love, as this is the highest vibration and it will strengthen the connection. Once these links are established, which only takes a few moments, the reading begins. Start to receive the information.

You start to receive the evidence or information from spirit. Then spirit always brings forth a message of guidance, healing upliftment, and reassurance. See, feel and know what is being communicated and deliver it. The delivery of the message is of a pure heart. You want to be able to trust and able to share the information from the purest of heart. I will speak more about this later on delivery of messages to your recipient. But the point here, is deliver it with the purest intentions and represent spirit in the manner in which the message is intended.

What is the information or evidence did I receive, see, felt, sense?

What evidence and message did I deliver?

Keep practicing readings over and over again. The activity will create the knowledge and spirit will teach you, as you are in meditation, practicing readings, and working with your symbols, colors, senses, evidence, and messages.



Lesson 9: Practice in Meditation

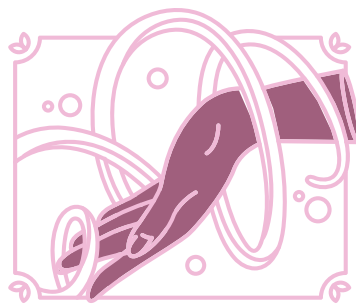
Taking Questions of your Own Life to Spirit for Answers

You are able to go into meditation and have a dialogue with your guides. They will give you specific answers to questions. I recommend keeping a journal of all of your meditations to see how your gifts unfold naturally. You can also practice inspired writing where spirit gives you a few words at a time. After connecting with spirit, you can ask a question and have pen and paper handy.

Ask a specific question. Write down your answer.

You can practice here by asking a specific question or asking "what does spirit want me to know?"

Write here what you are sensing, feeling, seeing and hearing:





Lesson 10: Understanding Your Purpose and Why You Want to be of Service

It is important to understand your spiritual path and why it is important for you to develop your mediumship. Is it to have a better understanding of energy, and being able to manage being empathic, or does it go deeper?

Do you want to step into the wholeness and your authentic self?

Do you want to grow spiritually?

Do you wish to have a deeper love relationship with family or partner?

Is it to understand universal and spiritual law and apply it to your daily life?

Is it for work and service of others and to provide healing, upliftment, reassurance and guidance?

What is your spiritual path?

Really meditate on this and make a covenant with your guides.

Your covenant should include that your behavior will be of the highest example for others to follow, with the highest ethics.

This means you don't give your opinion in your service work, but you are the voice of spirit.



Write your purpose and your covenant with spirit here:



Lesson 10: Understanding Your Purpose and Why You Want to be of Service

Grounding and Clearing

We all belong to the earth, and we must create balance again, by connecting to the earth's frequency. We will need to clear the energy by breathing. Deep breaths filling the body are so important, along with drinking water. Water is an element of the earth that helps re-establish our connection with the earth, where we belong.

After doing any spirit work, we need to ground and clear. Grounding helps to disconnect from the spirit world, and grounds me to the earth. Spirits are at the highest vibration, we must release and clear all of the energy that has been absorbed during the reading from the recipient and from the spirit world.

Every day we absorb energy and we send energy, whether it's on the telephone, on social media, or wherever we go. Doing this can drain you or cause you to have too much energy in your system. When you have too much energy you may feel ill or restless, or maybe you can't sleep. After a day of many reads, I have gotten sick the next morning. Depletion of energy is the opposite; you may feel depressed, sick, sad, out of sorts and extremely tired.

By learning to ground your energy and release it into the earth, and pull up energy from our earth, you can help to balance your life and feel much better right away.





Lesson 10: Understanding Your Purpose and Why You Want to be of Service

Exercise in Grounding and Clearing

Calling back your energy is important, and you can do this quickly. This is just one of many techniques. After three to five minutes, you will feel much better. The way you clear your energy, is to go outside, stand in the grass barefoot, and breathe. During the winter, I still go outside and stand on the ground; I lift my hands up the air in an arching motion, and take a big breath in, and drop my arms on the exhale. I repeat this four to five times.

I imagine mother earth opening a portal by my feet, and I send all the energy that doesn't belong to me into the earth for healing. I breathe deep breaths and send the energy through my body. This is simple way to ground and clear your energy.

I've also invested in a grounding pad, which is roughly \$250, which I have on my bed to help me ground. It has made a great difference in me being able to ground.

Also, make sure you drink plenty of water.

What did I experience by grounding and clearing? Make note of any sensations:





Final Thoughts

As you start on your journey, always thank spirit and express gratitude from your heart, knowing they are lovingly supporting you on your journey to become a great medium. Ask them to help you grow and leave your old ways behind, and embrace your future by being in the flow of spirit. Be transformed by the renewing of your mind.

Continually open yourself up to divine presence and guidance. Always know that all is well. Allow spirit to guide you in your service work. Practice, Practice, Practice!

Just like you can not read a book on "How to Drive a Car," and get in the car and start to drive it the first time. It takes practice and working on different things to become proficient. After reading this book, it is my hope that you will organize a spirit development circle with trusted friends. These often are held in a home or at some type of community center or church. There are many things that support your mediumship development, not only learning but practicing the skill of giving evidence and delivering the message from spirit.

I encourage you find a good mentor, and be a good mentor. A mentor should never be one that feels they are better than anyone else or think they further along on their journey. It should be someone that facilitates spiritual growth, and is able to identify your dominant type of mediumship and help you further develop that along with the other types to help you become versatile in your communication. As we venture on our spiritual journey, it is also a journey within the heart, exploring the root cause of any spiritual wounds, including healing from generational or family wounds. As mediums, this journey can not be overlooked, as it helps us understand ourselves, as well as develop compassion for humanity. Spirit is also able to utilize your life experiences to help others.

Once you understand yourself fully, and the world more fully, you begin to step into the wholeness of YOUR SOUL.



With this workbook, I hope you begin to fully understand your purpose and how you are loved fully by God and what that truly means. Once you understand this at the soul level, you will be able to be of service to others. This will be a spiritual journey of embracing your authentic self, for the purpose of understanding the true meaning of what it means to live your soul purpose. Revisit and practice these exercises many times, year after year, and you will become a great medium.



Take Your Mediumship to the Next Level

When doing any type of mediumship, we are working with energy, frequency and vibration. Always remember that love is the highest vibration in the universe. Love is nonjudgmental, and when we truly love, we can fully trust and accept the flow of things. We work to become harmonious with our surroundings, with a sense of peace. Always keep an open mind, and connect with joy, peace, and your creativity.

You will find additional resources on mediumship and other materials on my website at www.rachellegehman.com. You will find my blog and podcasts on topics that will help develop your mediumship, and ways to work with spiritual and universal law. My goal is to provide the best resources on mediumship, as well as tools to integrate the spiritual world with the physical world. It is about living from your highest and best, continually to study and read books on philosophy, and psychology. It is also about being accountable for your behavior, providing readings with the highest level of ethics.

To take your mediumship to the next level, it's not about just providing evidence and delivering messages, but it is connecting with the sweetness of spirit, and allow the essence of your being to help deliver messages to your recipients with your special uniqueness, that makes the time together a wonderful experience for your clients.

Additional thoughts to meditate on:

- *What does ego mean to you?*
- *Which universal and spiritual law do you connect with?*
- *What other areas of judgement about yourself or others do you need to re-visit?*
- *How does spirit see you?*
- *What is your gift?*
- *What is your purpose?*
- *Do you have a vision for your life? Ask spirit to help you with this vision.*
- *Do you sense what love is and know what love is in the purest form? Have you experienced it?*
- *Do you know where you energy stops and another person's energy begins?
Are these my feelings or am I sensing someone else's feelings and taking
ownership of these feelings?*
- *What do you see when you look at a picture of a stranger? What do you sense and feel?*





Spiritual and Universal Laws

It is important to understand universal and spiritual law and how to work with energy, frequency and vibration, as everything in the universe moves and vibrates at different frequencies. Understanding this universal law is key to understanding the flow of energy, as this is how information flows to us from spirit. I will also share with you issues that can happen when delivering messages, and how to work through them.

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.

The law of the universe states that everything in the universe moves and vibrates. Everything vibrates at one speed or another. Nothing ever rests. Everything you see around you is vibrating at one frequency or another, and so are you.

The higher the frequency, the lighter you feel in your physical body, as well as emotionally and mentally. You feel you have more clarity. By the same token, love is a vibration. 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 vibratory frequencies also manifest in sound and color. When practicing, or when we sit in a development circle with others, many times people can see the connection of others to spirit, as you can see color around the body and the color radiates upward and away from the body.





Final Thoughts

Universal Laws

Here is the list of the universal laws and below are spiritual principles to start to develop your spiritual practice.

The Law of Divine Oneness - everything is connected to everything else. What we think, say, do and believe will have a corresponding effect on others and the universe around us.

Law of Vibration - Everything in the Universe moves, vibrates and travels in circular patterns, the same principles of vibration in the physical world apply to our thoughts, feelings, desires and wills in the Etheric world. Each sound, thing, and even thought has its own vibrational frequency, unique unto itself.

Law of Action - Must be employed in order for us to manifest things on earth. We must engage in actions that supports our thoughts dreams, emotions and words

Law of Correspondence - This Universal Law states that the principles or laws of physics that explain the physical world energy, Light, vibration, and motion have their corresponding principles in the etheric or universe "As above, so below"

Law of Cause and Effect - Nothing happens by chance or outside the Universal Laws.. Every Action (including thought) has a reaction or consequence "We reap what we sow"

Law of Compensation- The Universal Law is the Law of Cause and effect applied to blessings and abundance that are provided for us. The visible effects of our deeds are given to us in gifts, money, inheritances, friendships and blessings.

Law of Attraction - Demonstrates how we create the things, events and people that come into our lives Our thoughts, feelings, words, and actions produce energies which, in turn attract like energies. Negative energies attract negative energies and positive energies attract positive energies.





Final Thoughts

Universal Laws, continued....

The Law of Perpetual Transmutation of Energy - All persons have within them the power to change the conditions of their lives. Higher vibrations consume and transform lower ones; thus, each of us can change the energies in our lives by understanding the Universal Laws and applying the principles in such a way as to effect change.

Law of Relativity - Each person will receive as series of problems (Tests of Initiation/Lessons) for the purpose of strengthening the light within each of these tests/lessons to be a challenge and remain connected to our hearts when proceeding to solve the problems. This law also teaches us to compare our problems to others problem into its proper perspective. No matter how bad we perceive our situation to be, There is always someone who is in a worse position. Its all relative.

Law of Polarity - Everything is on a continuum and has and opposite. We can suppress and transform undesirable thoughts by concentrating on the opposite pole. It is the law of mental vibrations.

Law of Rhythm - Everything vibrates and moves to certain rhythms.. These rhythms establish seasons, cycles, stages of development, and patterns. Each cycle reflects the regularity of God's Universe. Masters know how to rise above negative parts of a cycle by never getting to excited or allowing negative things to penetrate their consciousness.

Law of Gender - The law of gender manifests in all things as masculine and feminine. It is this law that governs what we know as creation. The law of gender manifests in the animal kingdom as sex. This law decrees everything in nature is both male and female. Both are required for life to exist.





Final Thoughts

Spiritual Principles

- *We believe in Infinite Intelligence.*
- *We believe that the phenomena of Nature, both physical and spiritual, are the expression of Infinite Intelligence.*
- *We affirm that the correct understanding of such expression and living in accordance therewith, constitute true religion.*
- *We affirm that the existence and personal identity of the individual continue after the change called death.*
- *We affirm that communication with the so-called dead is a fact scientifically proven by the phenomena of Spiritualism.*
- *We affirm the moral responsibility of the individual, and that he makes his own happiness or unhappiness as he obeys or disobeys Nature's physical and spiritual laws.*
- *We affirm that the doorway to reformation is never closed against any soul, here or hereafter.*
- *We affirm that the precepts of Prophecy contained in the Bible are scientifically proven by Mediumship.*



Remember that there is a world beyond this world; we strive to understand and comply with physical, mental, and spiritual laws of nature. Spirit communication between this world and the spirit world by means of mediumship is to bring forth healing, guidance, upliftment, and reassurance. Mental mediumship is pictures, using all of the clairs—your life experiences, visions, symbols, visions, associations, and feelings.