

Maintaining Your Body Temple

In working on spiritual development, maintaining your body temple is important. You must make sure you are getting the right nutrition, eight hours of sleep, drinking water, keeping your energy clear. This can not be taken for granted. You always want to honor your body, as you do this work. You utilize your body for messages, as it is a barometer for all that is happening around you. Therefore, you must give it the best environment for spirit to communicate to you. This will allow the best essence of you to come through for your family and loved ones.

The Essence of Your Spirit

Being a great medium is also about the essence of your spirit. I want you to think about what makes you unique. You are the culmination of all your life experiences that make up who you are, and your self-development has added to the essence of your being. When delivering messages, you want to deliver from the highest, most authentic, and purest form of yourself. This is what makes my mediumship—and everyone’s mediumship—so unique. It is why people are drawn to you. They feel connected and they feel the sweetness of your spirit. When you are delivering your messages and blending with spirit, you are now spirit, so feel it, embrace it, and allow this to be shown to your clients. If you are judging yourself, not feeling worthy, or have ego involved in any way, the essence of your being will not come forth. You really must be connected and allow it to flow from your being naturally. People will feel this and connect with it naturally. There are skeptics, but you do not have to allow their attitudes to change who you are or your connection with spirit. If you keep your connection with spirit and do worry about someone else’s perception of you (again, this is ego and left brain, so don’t go there), trust spirit

to create the sweetness in the room. They will experience something unique and beautiful that only spirit can create through you.

We have spent a lot of time on process, but I assure you that after allowing spirit in, and blending with spirit, the essence of your being will flow so beautifully. It takes practice, and spending time in meditation to develop, but your unique essence will make this experience unique and beautiful for the recipient.

Self-Development

Understanding psychology is so important. Having a wealth of knowledge is also knowing of where to guide people to get additional help. This might include other practitioners, healers, and other places that you know are certified to help these individuals. You must be committed to your own self-development, as a medium, as a person, and making sure your life is in order, and not a “train wreck.” How can you possibly guide clients if you haven’t taken care of your own life? For example, when I was younger, I practiced martial arts, and I learned that the instructor should be a role model for his/her students. For example, don’t ask your students to do fifty push-ups when you personally can do only ten! They must model the behavior that they expect of their students. So, if you expect fifty push-ups, you’d better be able to do 150 yourself.

Model the behavior of self-discipline, dignity, and accountability. If you have money issues in your life, for example, spend time learning about money, the flow of money, your relationship with money, the universal and spiritual principles about money, and expand your consciousness about money before you give financial advice. See areas of your life which you need to overcome and start working on those areas, so you can be a role model. Your goal is to be a role model for spirit and represent spirit well.

Practice Being Articulate

It is always recommended to keep a journal and express what you are seeing, sensing, and feeling after meditation. Spirit gives us all kinds of information while we are driving, doing mundane tasks, or while we are in meditation. Make sure you write it down, so you can grab on to the thoughts and pictures they are showing you. If you don't write it down, you will not remember, as spirit inspiration tends to leave us after it is given. I've heard this referred to as psychic amnesia.

Commit to self-development. Educate yourself, and continually work through life issues; this is crucial to our work with spirit. Sometimes spirit brings people to you who are working on the exact life issues which you have mastered. Know that you are spirit too, and spirit brought them to you because you have practical ways to help them through the negative thoughts, emotions, or life experiences. This is where you are spirit, and you guide them and give them practical solutions and a path forward. Spirit is trusting you to do this. Spirit can also bring clients that are going through a similar life circumstance, and they give you the solution, along with the client. After doing many readings, I have found that because of my business experience, and being a single parent for many years, spirit brings me these two types of clients regularly. Just remember where you were when you were going through a similar crisis. Embrace it, and feel it, because this is exactly where your client is and you must meet them where they are, not where you are since you overcame the issue. You might have the key to the step-by-step process to lift them out of their life circumstance. Reading for them is great, but you also want to give them tools so when they leave you, they can continue to grow and stay uplifted and positive. Have a

list of books or resources that might help guide and navigate them through this life issue.

Continue your development, reading, and ongoing study. You want to constantly keep learning how to best help your clients with books, articles, and information that they can read and research long after their session.