



Mechanics Of Mediumship

Week 1 - Get confident with Connecting and working with Spirit

Week 2 - Meet and strengthen your relationship with your Spirit Guides

Week 3 - Develop and interpret Symbols to give Powerful Accurate Messages

Week 4 - Give powerful readings with Accurate Evidence, and messages of healing, upliftment and reassurance

Week 5 - Closing the Door to Spirit

Week 6 - Components of a Great Reading

Week 1 - Get confident in working with Spirit

- Creating a Sacred Space for your spiritual practice - Bless this space with Prayer
- Practice Meditation Daily - a different way to meditate for spiritual work - Benefits of meditation. Fully understand why you want to become a medium.
- Your Purpose in Becoming a Medium
- Difference between being empath, intuitive, Psychic and Medium
- Energy, Frequency and Vibration - the Breath
- Brain versus the Mind, right brain vs. left brain - getting them to work today
- Ego vs. the Essence, Meditation- The right way to meditate to develop your practice
- How do I know I am connected with Spirit
- Setting Boundaries so you stay relaxed and feel safe to do mediumship work
- Your Spirit Guides Framework - Universal and Spiritual Law
- Judgement vs. Observing

Week 2 - Confidently Know that You are Connected to Spirit, How do we receive information from Spirit - Develop our own spiritual language

- Empath - Understanding and mastering your own energy
- Finding your Dominant Clair - Test to Find your Dominant Clair
 - Clairvoyance—having clear seeing, someone sees through the third eye between his or her two eyes. One sees flashes, images, or something like a movie film of what is happening in the past, present or future.
 - Clairaudience—having clear hearing, someone who hears information with the mind, not the ears. Basically, it is telepathic information coming into one's mind. Sometimes people will hear this as a regular voice as if someone is speaking to them.
 - Claircognizance—having clear knowing, someone has information or knowledge of something that he or she does not actually know. Thoughts come out of nowhere, popping into one's mind, and give information about something that might happen in the future.
 - Clairsentience—having clear feeling, someone can feel the information within him or herself. An example of this would be if someone is having an anxiety attack and the clairsentience person feels this in his or her own chest.
 - Clairgustance—having clear tasting, someone can taste something that isn't really there. For example, someone tastes chocolate but he or she is not actually eating any chocolate.

- Clairience—having clear smelling, someone can smell odors that are not present. An example of this would be to smell some perfume or a cigar, but neither of these things is present in that moment.
- Start a journal of symbols - meditate on these
- Gender (Male or Female) Age, Names, Numbers
- Relationship to Sitter Appearance/Description
- Personality Health & Passing Condition
- Family & Pets Likes & Dislikes
- Occupation & Jobs Shared Memories
- Hobbies & Interests Habits & Mannerisms
- Objects Specific Phrases (they always said that!)
- Names
- Flowers Learn them - Popular Flowers
- Spirit will teach you symbols
- Colors - Meaning
- Taking Care of your body temple - Using your body as a barometer

Week 3- Accurate evidence Develop and interpret Symbols to give Powerful Accurate Messages

Symbols to Identify Spirit

- Life Events
- Personality Types
- Timing of the year
- Hearing -
- Putting it all together -
- Literal vs. symbolic, Associations

Week 4-Give powerful readings with Confidence, and trusting Spirit

- Structure of a reading - evidence of the person and the message
- Opening the door to spirit with a prayer Trusting Spirit - Subtle nudges
- Using your body as a barometer
- Inviting spirit in to your energy and blending to use clairs
- Practicing and Giving Reading to a partner
- Method of Taking questions to your guides for your own life
- Revisiting your purpose of becoming a medium- your covenant with Spirit

Week 5 - Closing the Door to Spirit

- Prayer, giving thanks and gratitude
- Grounding and clearing
- Different methods of grounding and clearing
- Calling back your energy
- Expanding and contracting your energy. Learning where your energy starts & others begin
- Exercises for methods of grounding and clearing
- Meditation to understand expanding your awareness and consciousness

Week 6 - Components of a great Reading

- Know thyself, work on yourself, how spirit uses our life experiences to help others
- Physical Mediumship - different kinds. Practicing
- Trust spirit by allowing them to blend with our energy & allow them to walk you through their life. Allow your imagination to unfold
- Information comes through quick, subtle, grab on to it. Get the ego out of the way, and allow.
- Takes practice to trust what you are getting - so practice
- Using your body as a barometer allow the information to come into your consciousness
- Morals, Ethics, and Dos and Dont's of Mediumship

**When you finished the class - email me and we will set up 1:1 time
Facebook group with live videos
Practice Spirit Development Circle - Twice a month - Free**

Bonus #1: Includes workbook and additional supporting educational material and exercises to strengthen your mediumship

Bonus #2: Weekly Guided Meditations

Bonus # 3: Closed Facebook group with like-minded Heartfelt mediums

Bonus \$#4: Exclusive Heartfelt Medium Membership, which access to new content, guided meditations includes a weekly Development Circle calls after completing the 6 week course, and access to the The Heartfelt Medium Community.

Bonus Content includes: Physical Mediumship vs. Mental Mediumship, workbook, Energy Centers of the body and how to open them, and utilize them.

Understanding other forms of consciousness and becoming fully aware with the oneness of the universe.