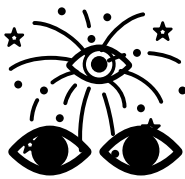


Twelve Secrets of Spirit

With prayer and practice, your capacity to connect with Spirit will grow.

1. Prior to engaging in mediumship, it is advisable to scan your body and inner state to obtain a baseline of what is yours, as well as opening to loving vibrations. Clear any mental clutter that might interfere with your inner clarity.



be able to tap into your Clairvoyance on command. Utilize method learned in first Intensive to pinpoint your exact Spirit Vision reception area (this varies person to person).

3. Our visual memory of an event or situation contains a whole set of feelings, interactions, and warnings. With mediumship, clairvoyance can either utilize or bypass symbolism. Four examples include Abstract Picture or Symbol (somewhat vague, similar to a daydream), Visual Mental Memory (images from the past), Literal Visual Image (you can translate the incoming signal into an exact image or scene), and Premonitional Vision (view of the future).
4. Using clairsentience, a medium can feel the presence of spirit, along with the size, bulk, stance, physical conditions, emotions, and personality. Gently request more and more pieces of information until you have built enough evidence of Spirit.
5. Remember what is yours and discern what is someone else's. Utilize the body scan prior to engaging with the energy of others.

BONUS BOX

Discerning the signals takes practice.

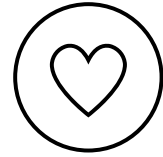
Critical thoughts can undermine receptivity, so put your critical thoughts to the side during practice-time in Circles and classes.

Be kind to yourself as you make your way in your mediumship development.

Accept yourself and your perceived weaknesses as GIFTS to provide you with new INSIGHTS that may have not been discovered.

Raise the vibration and have fun!

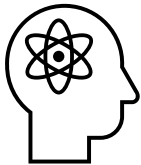
6. Like music sets the tone in a movie, there is an emotional energy underneath the other evidence that tells the story of Spirit.



7. Of the Soul Senses, clairsentience is the easiest to develop, while claircognizance is the fastest in transmission.

8. The central fissure of the brain (aka the Crown Chakra) provides the most direct and unobstructed pathway to the massive nerve bundle that interconnects the two hemispheres of the brain. Shifting your focus to that area increases alpha-brain wave activity helps you have the ability to be intuitive on command and channel information directly from a spirit loved one.

9. Divine Knowing is a wonderful way to channel information directly from the spirit loved one's "mind". Also, it enhances your Sacred connection. More advanced option: One way to know whether you are receiving a true spirit impression versus ESP (picking up other people's thoughts) is for spirit to give you information the client/sitter doesn't know.



10. Do not assume that divine guidance flows only when you are in need of help. Guidance continues to flow whether or not you have problems. Divine knowing will show up in amazing ways in mediumship readings.

11. Clairaudience is frequently mistaken for talking to yourself because both use the same internal circuitry of the brain. To tell the difference, notice where your perception of the sound originates.



12. Clairaudience will help you hear "between the lines" --- the things no one is verbalizing. To enhance clairaudience, focus your attention above the level of the ears. Focusing AT ear level seems to inhibit clairaudience. Those strong in clairaudience can also project clairaudient impressions (thought projection).

SPIRIT IS WORKING WITH YOU IN BEAUTIFUL WAYS!