

CLASS TWO: MEDIUMSHIP

Tips before you begin

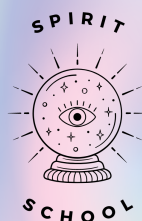
Mediumship is communicating with frequencies/spirits that are beyond our own 3D frequency.

Allow yourself to be open and receptive to the messages and connection, while simultaneously protecting/shielding yourself.

You want to release the ego (who will try to control the messages and questions), and just surrender.

You want to get yourself into a trance like state through meditation at first to soften any resistance and connect.

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Tools to help you connect

Breath work; to help get you into a trance-like state.

Visualising (anything that feels like a safe space for you in your mind's eye).

Speak out loud to spirit; it can be open dialogue (like a conversation).

Use bells or chimes to help connect.

Be patient with the messages; it takes time and practice.

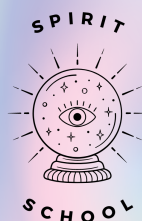
Don't focus on the outcomes or expectations, but instead just interpret the energy and go in with intention.

You may experience physical sensations, pay attention to them.

Use Divination Tools to help interpret the messages.

Use Automatic Writing (step-by-step on the next page).

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Automatic Writing

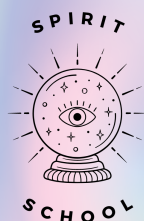
Automatic writing is a really easy and effective way to **receive intuitive guidance** (channeling) from your guides, Source or the spirits you're connecting to. The process is simple, and only requires a notebook, a pen and a place where you can meditate.

Get yourself into a really calm state. **I recommend a 10 minute meditation.** Listen to a 528hz Soundtrack or some Binaural Beats (4-8hz). Black out light (I use an eye mask). Take deep breaths into your bod and release any tension or resistance fully. You want to clear your mind and all conscious thoughts for this practice.

Straight after meditation, have your notebook next to you, and with your **dominant hand, write down a specific question** you want answered.

Then move the pen to your **non-dominant hand**, and **start writing** (this writing is automatic and not from your conscious thoughts). Don't analyse where the messages are coming from or what is being written down. You can interpret the messages later. The words don't have to make sense to you at this stage.

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Automatic Writing cont.

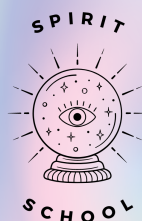
Return the pen to your dominant hand to write another question if you have one.

Repeat the process until you've asked all your questions.

You shouldn't have to "think" about questions. If they aren't in your field of awareness straight away, they aren't for this session.

Once you've asked and answered all questions, **read over your answers.** Most will be one-worded or just a few words and will be easy to interpret. Others will offer your clues that you should look out for. And others will ask you to tap into your intuition for further clarity. Almost always the messages channeled are easy to understand.

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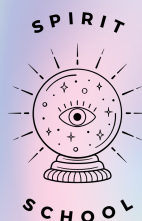
**Connecting with spirits that have transitioned or
spirits tethered to earth:**

Step One: Protect Yourself

(Use the class video to make your own notes to create
your own practice)

Visualise white light and protection light around you.

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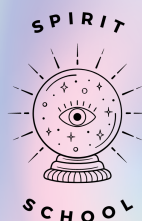
Step Two: Limit distractions

(Use the class video to make your own notes to create your own practice)

Burn incense, sage, palo santo or bioregional plants to smudge and clear your space.

Be in a space conducive for this kind of work.

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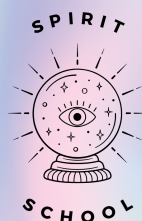
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Step Three: Sound Frequency

(Use the class video to make your own notes to create your own practice)

Use a Tibetan Singing Bowl, Sound Bowls or other Sound Frequency to heighten sound waves and create a conducive frequency to welcome in energies on various frequencies.

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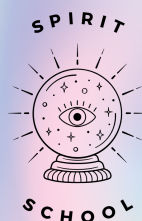
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Step Four: Affirm Your Call of Light

(Use the class video to make your own notes to create your own practice)

Spirit Guides come in, may I be of light. I am of light and I am a channel for [insert name].

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Step Five: Start Small and Don't Be Too Pushy

(Use the class video to make your own notes to create your own practice)

Spirit has its own way of communicating.

At first, your intention is just to connect, build a relationship and start translating the language of energy.

Use signs, symbols, images, smells, totems to start building a connection.

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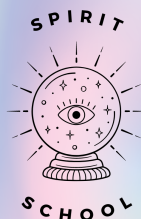
Step Six: Use Tools

(Use the class video to make your own notes to create your own practice)

To strengthen connection you may wish to start using Divination Tools such as a pendulum, an ouija board (or you can make one by hand), tarot or oracle cards.

Over time you will strengthen your ability to channel and receive intuitive guidance and messages.

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CLASS NOTES

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CONNECT WITH OUR SPECIAL GUEST
LAURA SALADINO



**[CLICK HERE TO
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