

Personal Mediumship *PLUS*

With

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Connecting with Your Guides and
Loved Ones Across the Veil



Syllabus

SESSION 1

INTRODUCTION

- Welcome
- Why "Personal Mediumship"
- Goals and benefits of the course
- Administrative details and course overview
- Can anyone do this?
- Dealing with expectations

THERE IS LIFE AFTER DEATH

- Evidence of the afterlife
- The keys to connecting
- Why belief is important
- Dealing with fear and other filters
- What the afterlife is like

SESSION 2

HOW THOSE IN SPIRIT COMMUNICATE

- Physical vs. soul senses
- The "clairs"
- Signs and synchronicities
- Cultivating trust

THE UNDERLYING REALITY

- Metaphysics and the spiritual path
- Understanding your True Nature
- Understanding the Web

*** **Exercise:** "Say Hello to a Loved One"

SESSION 3

THE UNDERLYING REALITY (CONTINUED)

- Self-inquiry and non-duality

*** **Self-inquiry exercise**

- Understanding the Flow and "the Power"

SESSION 4

THE UNDERLYING REALITY (CONTINUED)

- Understanding the Flow (Continued)

THE IMPORTANCE OF DIRECT EXPERIENCE

- What is "real"
- How to know the connection is not your imagination
- What can affect connections across the veil
- Giving the "green light" to the spirit world

*** **Exercise:** Feeling what you radiate

SESSION 5

CHANNELING SESSION WITH SANAYA

SESSION 6

ALIGNING WITH THE FLOW

- What is "The Light"
- Understanding the "Holy Shift"
- Tips for greater alignment with Spirit
- The chakras and keeping them clear

*** **Guided chakra exercise**

SESSION 7

EVERYTHING IS ENERGY-INFORMATION

- Understanding subtle energy
- The spectrum of Consciousness
- Understanding resonance and coherence
- Using "The Sign Game" for evidence of connection

INTUITION: YOUR INNATE INNER GUIDANCE SYSTEM

- What intuition is
- Tools for increasing your intuition and connection
 - *** **Exercise** with divination cards
- Discerning "yes/no" answers from within

POINT OF VIEW IS EVERYTHING

- Understanding the shift in POV
 - *** **Exercise:** Focus shifting
- The Sign Game

SESSION 8

MEDITATION: THE CRITICAL KEY TO ALIGNING WITH SPIRIT

- How and why meditation helps you connect
- Yes, you can meditate: a new way to make it easy
 - *** **Exercise** – “A SIP of the Divine”
- Creating coherent brain wave states

SEVEN STEPS TO CONNECTING WITH HIGHER CONSCIOUSNESS

- The BLESS ME method in brief

SESSION 9

SEVEN STEPS TO CONNECTING WITH HIGHER CONSCIOUSNESS (CONTINUED)

- The practice of automatic writing explained
 - *** **Exercise:** Using the BLESS ME Method and connecting with a loved one with automatic writing.
- (Have pen and paper ready)**

FROM SEVEN STEPS TO THREE: THE “BEST” METHOD OF CONNECTING

- What’s really going on when you connect across the veil?
- The three steps

SPIRIT GUIDES

- Who they are
- Where they are

- How they help you
- The importance of asking for their help
- How to connect with your guides
- How their guidance comes

WRAPPING IT ALL UP

- Living a consciously connected and guided life
- Understanding The Lucid Zone
- Practicing mindfulness and spherical awareness
 - *** **Exercise:** Ocean breathing
- A practice for instant coherence: the ARIA acronym

Namaste!