The background features a dark blue gradient with faint technical diagrams. On the left, a large circular scale is visible with numerical markings from 140 to 260. Several circular diagrams with arrows and dashed lines are scattered across the page, suggesting a technical or engineering theme.

MEDIUMSHIP APPRENTICE PROGRAM WEEK 1

EMILY STROIA: INSTRUCTOR

COPYRIGHT 2016

COPYRIGHT © EMILY STROIA 2016, All rights reserved.

CLASS OUTLINE

In this series of videos you will learn:

- Why we practice Mediumship
- How to Discern Spirit from Ego
- Gifts of Mediumship
- Mechanics of Mediumship
- Exercises & Meditation

WHY WE PRACTICE MEDIUMSHIP:

- Personal reasons, i.e. connect with passed loved ones
- Feel a Personal Calling for It
- Know & Understand Life after Death
- Access divine wisdom & guidance
- Faith in a higher power
- Overcome fears & insecurities around gifts
- Help others with grief/loss

HOW TO DISCERN SPIRIT FROM EGO

Spirit manifests in different ways:

- Spontaneous or random at first
- A sense or “knowing” of someone else with you
- Signs/Symbols that catch your attention
- Information comes back to you until you deliver the message or write it down.
- Awareness shifts from the person’s energy to a presence near you
- Persistent
- May seem to not make sense or that you are making it up.

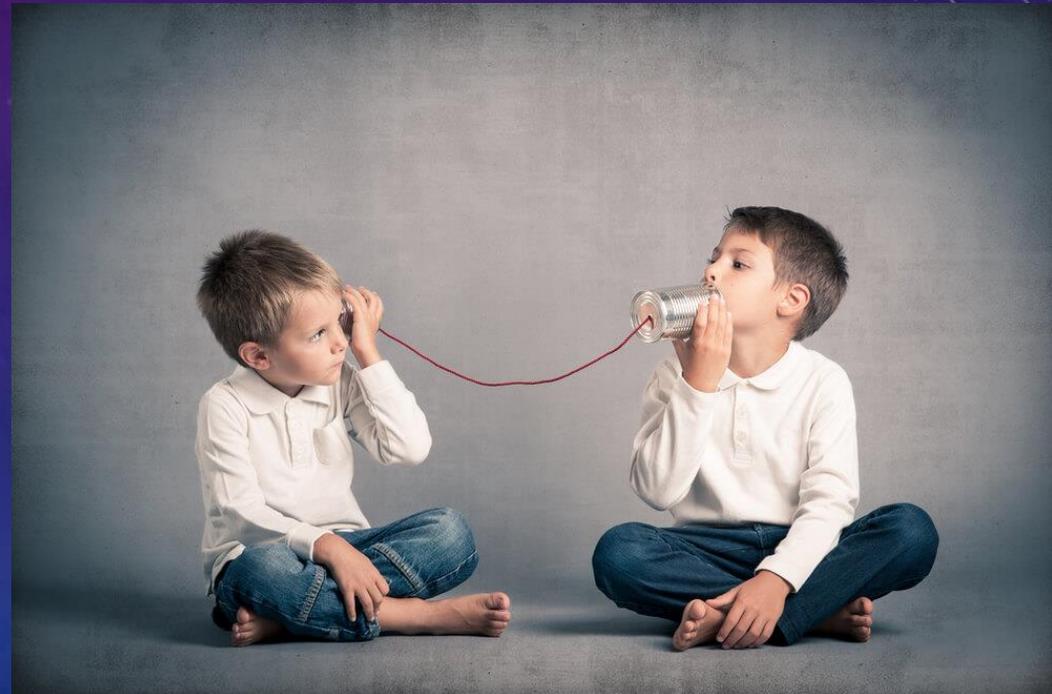
HOW SPIRIT MANIFESTS

Think about your first spirit phenomena experience. What happened? How was it?

- Dreams
- Seeing/feeling a presence in the home/bedside
 - Feeling spirit after loss/grief
 - Inspirational thought
 - Synchronicities/Encounters
- Gifts/Apports, i.e. coins/feathers/gemstones/flowers

MEDIUMSHIP IS....

- Spirit = consciousness, divine intelligence
- Soul = divine imprint for each person, unique DNA designed to you
- Mediumship is a blending of two souls, telepathically communicating.
- Physical & Etheric merging to download/receive information



WHAT DEFINES SUCCESSFUL MEDIUMSHIP?



- Ability to connect with “Spirit” & accurately connect by delivering evidence & message to the recipient that resonates
- Evidential mediumship, shows life after death continues

MECHANICS OF MEDIUMSHIP

GIFTS OF MEDIUMSHIP INCLUDE:

1. CLAIRVOYANCE - SEEING
2. CLAIRGUSTANCE - TASTE
3. CLAIRSCENT – SMELL
4. CLAIRAUDIENCE – HEARING
5. CLAIRSENTIENCE - FEELING
6. CLAIRCOGNIZANCE – KNOWING



WHAT TYPE OF MEDIUM ARE YOU?

- Emotional; thoughts/feelings
- Visual; memories
- Factual; names/dates/numbers
- Inspirational;
- Audio
- Work with your natural-born gifts



OBSTACLES TO MEDIUMSHIP DEVELOPMENT

- FEAR
- Low Self-Esteem
- Lack of Confidence
- Religious beliefs, i.e. devil's work
- Not trusting the information
- Comparison
- Impatience
- Perfection



HOW TO BUILD YOUR LINK TO SPIRIT

- Maintain mind/body/soul balance
- Let go of the idea of perfectionism
- Build a relationship with Spirit, i.e. Universe is a loving parent who would never harm you.
- Quickening of information you will receive & decipher
- Understand the language & you are an instrument they are working with
- Practice!!!!



BASIC MEDIUMSHIP

TELL THE STORY

STORY = LOVED ONE'S LIFE

BASIC FACTS:

1. SEX: MALE/FEMALE
2. AGE: YOUNG/MIDDLE-AGED/ELDERLY
3. HOW THEY PASSED: INJURY/ACCIDENT, TRAGIC, I.E. SUICIDE/MURDER, ILLNESS
4. MESSAGE
5. MEDIUMSHIP IS THE MIRROR OF THE MIND



EXERCISE: TELL THE STORY OF YOUR LOVED ONE

Imagine for a moment your Spirit Loved One in your mind.

Bring him/her to life.

Write down the basic facts:

Male/Female

Age

How they passed

What would they want to say to you? Message?



CONNECTING TO SPIRIT

1. CLEAR YOURSELF ENERGETICALLY
2. SET AN INTENTION & PRAYER
3. FOR THE MOMENT RELEASE FEAR, ANXIETY & IMAGINE YOU ARE LIGHT
4. VISUALIZE YOU & SPIRIT MEET IN A SACRED SPACE OF LIGHT.
5. MEET IN THE MIDDLE.
6. FEEL/SENSE/KNOW/ASK
7. INFORMATION WILL BE RECEIVED.
8. DO YOU FEAR THE WIND?



CONCLUSION & SPIRIT ASSIGNMENT

- BEGIN TO BUILD A RELATIONSHIP WITH SPIRIT
- DAILY CHECK-INS: MORNING & EVENING RITUAL
- PRACTICE:
 1. SIT WITH SPIRIT MEDITATION
 2. PEER READINGS: BASIC MEDIUMSHIP READING CONNECTING WITH A LOVED ONE VIA A NAME

MEDITATION: ACCESSING SPIRIT



COPYRIGHT EMILY STROIA 2016