

*How to Talk to the
Other Side*

**LEARNING TO COMMUNICATE WITH
LOVED ONES, SPIRITS, AND ANGELS**

DR. GARY FEARN, D.D.

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How to Talk to the Other Side

Learning to Communicate with Loved Ones, Spirits, and Angels

by

Dr. Gary Fearn, D.D.

• Medium •

TRAFALGAR

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*You are a God Force
and can do anything.
All things are possible.*



ABOUT THE AUTHOR

Beginning at the age of seven Medium Gary Fearn displayed a remarkable psychic ability. He has helped thousands of people worldwide. With his uncanny ability to connect to the Other Side, he can bring forth messages from loved ones' families and friends.

Gary also connects to people's guardian angels to help with everyday life decisions. He is an ordained minister, and was awarded a Doctor's Degree in Divinity in 1988 by ULC.

Currently he has two meditation CDs available: Empowerment Meditations, RED and Empowerment Meditations, BLUE. He has a private mediumship practice in Colorado, and also travels giving workshops and lectures helping people connect to the Other Side and also helping open their own natural God given psychic abilities.

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For Gary's travel schedule for workshops and lectures or a copy of his latest book and CD visit his website at <http://www.spiritmessenger.com>.



DEDICATED TO

All who want to connect to the other side.



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A special thank you to my wife Beverly for all her support and help during the development and writing of this book. I truly appreciate your understanding of the importance of this book. I also want to thank you for your understanding with all the spirits that come and visit us at all hours of the day and night. Thank you for being a part of my life and the adventures in life we share together.



THE TEACHER

I love all creatures large and small, humankind, nature,
and all around me.

I help all heal that want to be healed.

I accept all as they are and what they want to become.

I seek to understand what they feel, need, want.

As for me they forget I have needs, feelings, wants.

They forget I am only human; that I need help to heal or to understand
that which is around me.

They forget that sometimes I get lost and need help.

For I am the teacher, lover, friend, and stranger in the night that helps.

For I am the one that gives a kind word, but never receives one.

I am the one who they forget in the good times, but remember in the
bad times, when help is needed then.

I am the one they remember when it is too late and I am gone, unable to
receive their love, friendship, and kind words.

I am the one who watched over you, until you were strong enough
to go on.

- Gary Fearn -



INTRODUCTION

As a medium I affect people every day: Every action I take. Every sentence I speak. The written word is even more powerful, because it is a manifestation of energy and thought, a magickal seal.

From one spirit to another, I truly thank you for allowing me to share this wonderful process with you. I truly hope you realize your full potential in life. To all I have met and touched through my readings, workshops and lectures thank you for allowing me to share some of your life in this book. I am deeply grateful.

Loved ones and spirits on the Other Side suggested I write this book. And gave me the following message to share with you.

We here are not far from your laughter or cries of pain. We have never forgotten you. You are part of us, and we are part of you. We come by often to give you support and love.

Please don't think of us as dead. The Other Side, heaven, the final resting place, the Great Hall - Is just a few feet away from you on another level of existence. Here we learn, work, and play.

We will soon be together again. Don't let our passing hinder your lessons or duties there on earth. We are but a thought away. We know what you are doing. We are there for your special events. Listen closely and you will hear our support and love for you.

When the time comes, we will be there to greet you. Rest assured, death is not the end but is only a return home for the spirit. Your body is just that, a body. Your spirit and soul are what make you who you are, and this will continue on after death. All we do is leave the physical world and come back home to the spiritual world.

This wonderful place is much like earth in many ways. We have homes. We learn. We have gatherings, and beautiful gardens and landscapes to walk through and enjoy. Here there is a strong connection to all, to the universe. The best way to describe this is a unity.

Please talk to your loved ones there on earth, so you don't have regrets. So you live to the fullest. Pull together and support each other. Petty bickering isn't worth the stress and heartache it will cause you later. Please heed these words and put them into motion.

From your loved ones and spirits on the Other Side.

People ask, how do I do this? How do I get messages? Some say, it's a gift. At first I thought it was really neat, but growing up I found my gift more of a burden. I even called it a curse. People didn't understand me, and I didn't either.

Here is an example of how close a loved one is on the Other Side.

Both you and your mother are in the kitchen getting dinner ready. She leaves the kitchen to go set dishes on the dining room table. Now, just because she left doesn't mean her love stopped, doesn't mean that she no longer exist. She still exists. She is just in another room of this great universe. Please remember you can do anything. Anything is possible for you, because you are a SPIRIT with a

connection to all that was and all that will ever be. May your spirit be fulfilled with all you came here to experience.

Bright Blessings,

Dr. Gary Fearn, D.D.

The exercises and questions at the end of each chapter are designed to help you connect to the Other Side more easily and to grasp what the information can mean for you. There are also note pages to write your personal inspirations.

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• PART I.



GETTING STARTED

CHAPTER ONE



AWAKENING YOUR PSYCHIC SELF

CONNECTING TO THE OTHER SIDE, WHETHER PERSONALLY OR PROFESSIONALLY, begins with awakening your natural and inherent psychic self.

Welcome to this fascinating journey of self discovery, a discovery of what all of us have within and without.

You use your psychic self every day, though you may not realize it. At least up until now.

You do have a psychic ability. Don't believe me? Ever thought about a person all day, then they called you out of the blue? Ever want something from the grocery store and someone brought it, though you never told anyone you wanted it? You've probably done something like this at sometime. Have you ever gotten involved in a situation that, when it went wrong, you had known from the start it would? DING DING DING. Your psychic self was speaking to you and you weren't listening.

In my lectures and workshops at metaphysical fairs and book stores, I come across many people doing the same thing over and over. They feel they have some kind of power but don't think they are good enough to be a psychic in a fair or to do this type of work. Here is my steadfast answer: "Everyone has psychic ability. Like anything else, you have to use it to make it stronger and have it grow with increasing accuracy."

Don't get hung up on the word psychic. Call it what feels right to you - your feelings, gut feeling, sense of knowing. There are hundreds of ways and combinations of ways that make up one's psychic ability. For some reason, the word psychic makes people think you have to be some type of super hero to have the ability. I am here to tell you no, you do not have to be a super hero. We all have this ability. Some are better at it than others only because they make a conscious effort to use it daily.

If you are ready, let's get started and awaken your psychic self.

ARE YOU PSYCHIC?

As a psychic and medium, I hear the "I can't" statement all day long. Western civilization limits our growth by our self-limiting belief structures.

I see adults telling their children who have goals of great importance that they are not smart enough or strong enough, that their dreams are just bombs waiting to blow up in their faces and will not become a reality. These children grow up thinking they can't when they really can!

I'm not saying you need to blame your parents for all your life's wrongs. I'm saying, TAKE RESPONSIBILITY for your life, career, love, and spiritualism. Get out of the limitation our culture has imposed on us. Anything is possible! With hard work and determination, you can accomplish many great things.

YOU ARE IMPORTANT

Each person on this planet is important. You are, too.

You may not have a blueprint for being president, a figure head, or an action hero, but that doesn't mean your life and actions don't affect people around you, or that you and your life are useless. It's not true!

The ocean, massive in size, flows to the shores with specular grandeur. It could not do this without the trillions of tiny water droplets that make it what it is. Some of the droplets carry oxygen, some food for all the life that exists in the ocean, others evaporate into the sky and become rain somewhere else. Each droplet is important and each affects the others. Each of us is important and affects others.

Your whole entire purpose may just to be in life to affect one person or to effect one incident. This is no less important than being a head of state. As a head of state affects outcomes of laws, issues and events, you with your one purpose also affect an outcome. Without you being here, the influence would be missed and the outcome would be different.

This is an over-simplification to help you understand we do affect each other and the world we live in. Please do not forget this. **DON'T FORGET: YOU ARE IMPORTANT.**

My spirit guides tell me we are all down here for a reason we put into our soul blueprints that we helped design before birth, to give our life direction and meaning. This is BIG, but with our overwhelming range of emotions, we often get overwhelmed and forget **WE ARE SPIRITS HAVING A PHYSICAL EXPERIENCE, NOT PHYSICAL BEINGS HAVING A SPIRITUAL EXPERIENCE.**

To communicate with your loved ones, angels, and spirit guides is nothing more than like making a telephone call. It's not even long distance! We are constantly connected. Most of the time we have the receiver off the hook and the other side gets a busy signal when they try to reach us.

RECONNECTING

Sounds too easy doesn't it? Well, it is easy. All you need to do is listen and reconnect yourself. This book, will help you do that. These guidelines will to help you open your psychic abilities.

Many people put down books like this, saying, "I can't get information like that." They get discouraged and feel they don't have any ability - when they do. They just happen to receive their information differently. The main thing is listen to your messages no matter how you get them.

Are you ready to open your psychic ability? Are you looking for the key to unlock your psychic abilities? Remember, you have always been connected... just not listening.

Why are psychics denounced? The condemnation of spirit communication can be traced to Moses. He declared it was against religious law of the time for a person to communicate with spirits for reasons other than helping the nation of Israel. This pronouncement became part of Judaic law and ultimately Judeo-Christian doctrine.

It is not my purpose to try and make you believe. It is my purpose to help people who are willing to listen to reconnect with the other side and their natural given psychic abilities. You and only you can decide what is right for you.

As children we have a direct connection to the other side up until about the age of seven years old. After this, if that psychic connection is not encouraged it slowly closes down by the system of our left brain (analytical, prove it to me) thinking, and less and less right brain (creative, I'm unique) activity.

Think back to your childhood. Did you have an imaginary friend? Did you just know things you were not told, but found out later you were correct?

I also hear a lot of people say psychic work brings in demons or is against the Bible. Below are Bible scriptures taken from the New American Standard Bible, Reference Edition, and Concordance published by Collins Publishers, showing that mediumship and psychic work have been around and were accepted - even in the Bible. Here they are. Decide for yourself.

PALMISTRY

Isaiah 49:16 "Behold, I have inscribed you on the palms of My hands; Your walls are continually before Me."

Proverbs 3:16 "Long life is in her right hand; In her left hand are riches and honor."

1 Samuel 26:18 "He also said, why then is my lord pursuing his servant? For what have I done? Or what evil is in my hand?"

MEDIUMSHIP

1 Samuel 28:7 "Then Saul said to his servant," Seek for me a woman who is a medium, that I may go to her and inquire of her." And his servant said to him, "Behold, there is a woman who is a medium at En-dor."

HEALING AND PROPHECY

1 Corinthians 12:9-11 "To another faith by the same Spirit, and to another gifts of healing by the one Spirit, and to another the effecting of miracles, and to another prophecy, and to another the distinguishing of spirits, to another various kinds of tongues, and to another the interpretation of tongues. But one and the same Spirit works all these things, distributing to each one individually just as He wills."

Luke 9:1-2 "And He called the twelve together, and gave them power and authority over all demons, and to heal diseases. And He sent them out to proclaim the kingdom of God, and to perform healing."

DIVINATION AND FEES

Numbers 22:7 "So the elders of Moab and the elders of Median departed with the fees for divination in their hands; and they came to Balaam and repeated Balak's words to him."

Acts 16:16 "And it happen that as we were going to the place of prayer, a certain slave-girl having a spirit of divination met us, who was bringing her master much profit by fortune-telling."

WARNING AGAINST FALSE DIVINATION

Ezekiel 13:9 "So My hand will be against the prophets who see false visions and utter lying divinations. They will have no place in the counsel of My people, nor will they be written down in the register of the house of Israel, nor will they enter the land of Israel, that you may know that I am the Lord God."

NOTES

CHAPTER TWO



HOW TO MEDITATE

HOW DO YOU AWAKEN YOUR PSYCHIC SELF? The first thing is to meditate daily. I know, you're saying to yourself, "I can't."

I'm telling you, "Yes you can."

Throughout this book, I give simple meditations to do. It only takes ten minutes a day to become more connected to yourself, your family, friends, and the universe.

Meditation is difficult at first because the mind will just not shut up for a few minutes. Trust me, in time it will quite down to a dull roar, then finally to stillness. Personally I was never able to meditate. I was using my psychic abilities at the age of seven and didn't start to meditating until age thirty-seven.

These meditations are easy to follow. You don't need to twist yourself into any shape, or dance around the room - I'm not saying this doesn't work. It's just not for me.

EASY GUIDELINES FOR MEDITATION

1. Turn off all pagers, cell phones, telephones, doorbells, etc.
2. Set a timer for ten minutes. This way you don't have to think about when the ten minutes is up.
3. Wear comfortable clothing and kick off your shoes. The main meditation is to be a relaxing experience.
4. Do your main meditation at the same time each day. Main meditation! Yes. A main meditation to do your psychic work. I will also give you some quick meditations that take a minute or two that can be done at work or play.
5. Do the Main Meditation in the same place each day. This teaches your body that in that place it is time to quiet down and relax.
6. Sit or lie in a comfortable position. Don't cross your arms or legs. (Crossing the arms and legs slows the energy flow and can even block it.)

Following these simple steps gives your body approval to meditate. As you do this daily, after a while you will look forward to this time.

CREATING A MENTAL PSYCHIC ROOM

You create a psychic room in your mind. In this mental space, you will conduct all of your psychic abilities. You also can call on this room to help you have the energy to get through a bad day. You will be going to this mental room during the meditations - To find answers, or just to relax from the world.

I recommend that you record this meditation, so you can play it back to yourself during meditation.

When you are ready to begin the meditation, remember to follow the guidelines listed above.

MEDITATION

Close your eyes.

Breathe in through your nose to a count of six.

Hold the breath to a count of two.

Release the breath through your mouth to a count of six.

Keep doing this through the entire meditation.

Inhale 1-2-3-4-5-6.

Hold 1-2.

Exhale 1-2-3-4-5-6.

Again Inhale 1-2-3-4-5-6.

Hold 1-2.

Exhale 1-2-3-4-5-6.

Inhale 1-2-3-4-5-6.

Hold 1-2.

Exhale 1-2-3-4-5-6.

Keep this breathing pattern through the entire meditation.

See a glass elevator in front of you with open doors. Walk toward the elevator. Step inside, and voice command the elevator to take you to the top floor.

The glass doors close, and the elevator begins to lift upward at a slow and safe speed. As it lifts upward you start to enter a red color. It surrounds the elevator cab. You marvel at the color. You feel safe and calm. The elevator stops and the glass doors open. The red color floats in and circles around you. Each breath, you take in you take in the red color. With each exhale, you release

negative thoughts and feelings. The doors close and all is calm. It is like being in a perfect ruby.

As the elevator continues upward, the red color begins to fade and you begin to enter an orange color. The higher the elevator lifts upward, the orange glows brighter and brighter. You can feel the orange throughout your entire body. The elevator stops and the doors open. The orange color swirls around you taking away stress and worry. You feel safe, warm, and secure.

As the doors close and the elevator begins to move upward again you start to see the orange fade and the elevator enters a light yellow. As the elevator continues upward, the light yellow gets darker and brighter like the sun. It warms your body and soul. The elevator stops and the doors open; as the doors open the bright warming yellow comes into the cab and circles around you. You feel happy and at peace with yourself. The doors close and you are thankful for this wonderful feeling.

You start to feel the elevator move upward again, leaving the yellow behind as you rise higher and higher you start to enter a green color. The elevator continues up and you can see the green is now getting darker and brighter to the color of an emerald. The elevator stops and the glass doors open, it is like you are in a perfect emerald. Everything is clear to you. It is the most beautiful deep green you have ever seen.

The glass elevator doors close and the cab begins to move upward through the dark emerald green. As you look down you can see the green fade and become lighter and lighter. As you look up you see another color starting to appear in the distance. At first, it is too faint to tell which color you are approaching. As you get closer, the color is a baby blue, light in color and slowly growing darker and brighter in strength. The elevator stops at this perfect blue color. You feel light, as if you could fly, without a care in the world. As the doors open the blue light enters the cab and it feels as if it is hugging you.

The doors close and the elevator continues upward. The blue begins to fade in color and brightness, as you look above you see that you are approaching a purple light. As the elevator enters this purple you, feel connected with every living creature. The purple feels so good to you that you could stay here in this color for days, connected to all, and at peace with all. The elevator stops and the doors open. You and the purple are one. Take in three deep breaths. The doors close and you know you are a special and spiritual being.

As the elevator lifts upward and the purple fades, the cab of the elevator fills up with the whitest white you have ever seen, gleaming and sparkling a happy warm feeling comes over you. It is as if you have found your true home. The doors open, and the white light sparkles as if in a diamond with the frill colors of the rainbow around you, above you, and below you.

You step out of the elevator into this safe and inviting place. You see a door. Walk toward the door. If you have any worries or fears, feel this rainbow of colors remove the fears from you, before you approach the door.

Walk toward the door, with each step you take the door opens wider and wider until you are in front of the threshold of the door. Step inside.

Once inside feel yourself stepping into your mental psychic room. At first this room is empty,

but on your command, anything can be added. So let's add a couch, you choose the color and shape, this is for the spirits on the other side when they come to visit you.

Now let's add large wall speakers that stretch from the floor to the ceiling, so you can easily hear the other side talk to you. Once the speakers are up, add a big screen TV so you may receive symbols and messages from the other side. In front of the screen there is a keyboard so you may communicate with the other side along with a large yellow note pad and a sharpened pencil, for all are not trained on the computer.

Beside the screen is a switch that indicates OFF - ON - STANDBY. Turn the switch from the off position to the on position. Feel the speakers and the big screen TV power up. Now, one last thing to add, a table so you may do your own psychic healings.

You have now created your psychic room. And psychic state of being. You will come here when you want to receive psychic information or communicate with the other side.

At this time add your own personal touches, color the walls, add plants, or add whatever else makes you happy. Remember, you can change any of these items upon a simple thought.

Before you leave your psychic room walk back over to your switch and place it in the standby position. This switch will allow you to turn your psychic abilities ON, OFF, OR ON STANDBY. (Once the switch has been placed in the on position, I recommend never turning it off but placing it on standby. For if you turn your psychic senses off, that's what it means - Off, it is not picking up anything.)

Once the switch is placed in the STANDBY position, the door to the room opens. You walk through the door and back to the elevator that is waiting for you. As you walk through the door it gently closes behind you. Once in the elevator, the glass elevator doors close. As you look down you can see all of the colors below you, like a sea. Purple turning to blue, turning to green, turning to yellow, to orange, and then to red. The elevator starts downward through the colors to the ground floor where you started. Your mind and body are relaxed... and energized at the same time.

After your room is set up, do you have to follow this meditation exactly? No. This exercise is just to get you started. You can modify it to suit your personality. Add things, take things away. Now that you have created your psychic space you may go here whenever you want to do any type of psychic work. All you have to do is this meditation beforehand, and when you are in your room turn the switch from the standby position to the on position. This will put you in control of your psychic senses. Remember, on the Other Side, there is no anger, hate or hostility, so you must be able to leave any of these feelings behind to connect. The Other Side know these emotions exist, but they are at a higher level of consciousness and in the oneness.

QUESTIONS

1. Did you make it all the way through the Psychic Room meditation? If not, what hindered you and how can you correct it?
- 2 What extra items did you put in your psychic room? Why?

NOTES

CHAPTER THREE



USING YOUR PSYCHIC SENSES

WHAT TO DO WITH YOUR NEW FOUND ABILITY. USE IT! Next question... OK, I will explain. This ability is here to help you in everyday situations, not just in a psychic reading or seance. For example use your natural psychic instincts while driving a car. Slow down when you sense it. Get into another lane when you feel it. If you feel someone at work needs your help, inquire.

One comment on human nature, humans have a tendency to lie. Think about it. How many times have you not been doing well or feeling well, and you have said, "No, everything is fine..., I feel fine." Everything wasn't fine or you were not feeling well at all. Remember this when talking to people.

Animals on the other hand do not know how to lie. It is the same with spirits and the Other Side. They don't lie. Spirits on the Other Side are in a different space and time where there is no need to lie.

On earth, when using your psychic ability, trust it... and keep this comment in the back of your mind: "People don't always tell the truth when they should."

I tell everyone who is opening up their psychic abilities that at first they may feel like they're nuts. This feeling is normal. Psychiatrists and psychologists agree that shamans who go into trance and talk to tables, chairs, rocks, and plants are not crazy and know the difference between the two realities. Ours and theirs.

When people ask what I do for a living, I say, "I talk to dead people." I know I am not crazy and that what I do for a living is real. People's doubt rattled me in the beginning. At the time, I was a gifted card reader, and saw and drew auras. That was fine and acceptable. Then I was told by my spirit guide who I trust fully, and why not, I have trusted her with my soul, that in two years I would no longer use tarot cards; I would communicate with the dead. "Are you sure you have the right person?" I asked. I wondered, what would people think? My family already thought I'd lost my marbles. My spirit guides response was one of support and I knew this was what I was going to do. Then I thought, what a great way to help people.

You can choose to tell people what you are doing, or you can keep it quiet. The choice is yours... and only yours to decide, because when you open this new gift, it comes with a large responsibility.

Am I scaring you? Good. Once you open the doors, there is no closing them and there is no turning back. Once you open your psychic ability, you become no longer satisfied with the old way. You also inherit the responsibility to use your insights wisely and act upon it when you receive information. To quote hundreds of people: "you have been enlightened."

One of the great responsibilities when you have opened up to your psychic senses comes when you pick up on information about people (when you are doing a psychic reading for them). You are faced with the dilemma of whether to tell all the information or only a part of it. I tell everything I receive, because if a message comes through, it definitely is meant for the person to hear. I feel it is an obligation of the medium to give all information received to the sitter.

I have at times, been given information for complete strangers, received from their loved ones or

spirit guides. That is an awkward position. Once when I was in a restaurant, the waitress' deceased grandmother communicated messages for the server. I waited for the appropriate moment, when she wasn't busy, I then passed on the information. Three weeks later, she thanked me, saying the information was correct.

TRUST

Once your psyche is open, the hardest part begins: TRUST. Don't allow other people to tell you that you cannot do this. I was taught this way: That I had a gift. No one else could do what I did. Unless they had the same gift. We all have the psychic gift!

In doing readings, I have found that many of my sitters have the gift. Thus, I have come to understand that we are all connected. We all can communicate with each other... and on all levels. Not just verbal or body language. We are all spirits having a human experience. Not humans having a spiritual experience.

HOW TO USE THIS GOD - GIVEN NATURAL ABILITY

1. Ask your question(s) out loud, or in silence.
- 2 Become quiet within to receive the answer.
3. The first feeling, impression, or thought heard coming into your mind, is the answer.

Trusting your first impressions is the hardest - for professionals as well as for people just starting out. The left side of the brain has a tendency to get in the way and will try to second guess. Giving in to uncertainty or doubt, or trying to figure it out, can cause incorrect or misinterpreted information.

For example, say a tall brown-haired lady, with pearls around her neck and left wrist, wearing a silk dress, fur coat and carrying a Gucci handbag, comes up to you for a psychic reading. She looks like a millionaire. Yet - you get a psychic impression of a worm farm. How do you tell this to the woman? This is how: You swallow hard and say, "The first impression I received when you sat down was worm farm. Your sitter looks surprised, then smiles and says, "Yes, I just purchased one. How did you know?" Never question the information - no matter how odd it may seem. Just because it doesn't mean anything to you does not mean that it is not the proving factor for your sitter. By the way, the above example really happened.

As a medium, it is especially important to go with the first feeling, impression, or thought that comes across. The Other Side and spirit guides speak softly... and to the point. Their information is 100 percent correct. If you're not sure what you are feeling or have received, explain it to your sitter. More than likely he/she will know exactly what you mean.

DON'T INTERPRET

The hardest thing not to do is interpret what you are receiving. Do not add more than you feel, see, hear, or just know. However, the information comes through, pass it on to the sitter. When you start adding your two cents is when you get things wrong.

Make sure you tell your sitter what is going on, but try not to add more to it."Sometimes a car is just a car, nothing else ?"The only way to get good at this is practice. Journal what you do, and practice on friends or family who will be honest. Remember, many people will lie when you get to things they don't want to talk about.

Most importantly, remember you may be wrong. When starting out, you could be way off base because you are learning the process.The more you practice, the more you'll will feel comfortable with the process.

I still learn new things daily. If the universe or Other Side is correct, how can I be wrong? EASY. You could receive a message incorrectly, or read into it more than what is really there.

A true story:

During a reading, a medium, was seeing a person jumping from a bridge in his mind's eye. So he said to the sitter," So your brother jumped off a bridge and died."The sitter said, "No, he died of cancer." Oh, boy! Was the medium off base! But the medium continued on saying,"He is showing me he jumped off a bridge. I do not understand."The sitter smiled. "Yes, that was his hobby - bungee jumping off bridges."

See how easy it is to get the correct message but deliver it to the sitter incorrectly.

In the psychic realm, the medium must receive information from the person who has crossed over... and make sense of it. Not all spirits are good communicators, and they rely on the medium to get the message across without losing anything in the translation.As a medium, you must raise your energy and the spirit world must lower their energy for the communication process to take place.Think of it this way:You are at the bottom of a twenty - foot deep pool and your loved ones who crossed over are trying to swim down to you to pass on messages.At times these messages come in a bit confused and in short fast blasts of information.

When you first start out using your psychic ability, you may come across people who just don't believe.When this happens, follow the three rules.

First: Ask the question in silence or aloud.

Second: Connect yourself to your guardian angel.

Third: Tell the sitter your first impressions.

You'll not only surprise yourself with your accuracy but you'll surprise the sitter as well.

We, as a society, assume we are at the height of our communication with each other, but we still receive information incorrectly from one another. Why? Here is an experiment to do with five or more

people.

One person writes a phrase on a piece of paper.

Have the group stand in a circle and whisper the phrase to the person to their left, starting with the person who wrote the phrase and going around the circle. Make sure all participants understand they are not to add or take away from the phrase.

When the phrase comes back to you, is it the same? Has the phrase been paraphrased? Or changed in any way? Is it even close to the original phrase? Share this with the group, and enjoy the laughter.

Every time I do this in a workshop, the phrase always comes back

changed. This is humans passing information on to humans. You can see how easy it would be to misinterpret the Other Side and the spirit world. Their communication channels with us are not as clear.

In workshops and lectures, people often ask me which divination system is more accurate: tarot, playing cards, channeling, or some other form. The answer is simple: the system used is as accurate as the psychic.

What truly makes a psychic or medium accurate? Getting the point across just as it is received; no less, no more. If you have found a psychic or medium who is correct in your readings, trust the source; this is information you can rely on. If you are not fully satisfied, however look for someone who is accurate with you.

Don't do psychic hopping. (Going from one psychic to another until you find a psychic that will tell you what you want to hear). Save your money. A friend will tell you what you want to hear for free. You might not like what a psychic or medium has to say, but if it is correct and current, what more do you want? You were told the truth and it was correct, or it came to pass, keep this person for you know the next time they can give you information that you can rely on.

I don't understand why people during a seance/mediumship say everything is correct, then weeks later they are back to their same old skeptical self. BE OPEN! Life is grand and so is the Other Side! Grandma comes through, it is great at the time, you have the proof it is her; you know in your heart and you leave feeling at peace with insight. Then as the weeks creep by, you start to doubt. "Well, I guess it was true." Even when the session was recorded.

QUESTIONS

1. Have you ever known something was going to happen before it did? How did you know? (e.g., feeling, seeing, sensing, tasting etc.)
2. Are you afraid of your own psychic self? Why?
3. Do you believe in angels, life after death, spirit guides, a universal connection? Why, or why not?
4. As a child, did you have an invisible friend you talked to? Write what you remember.

NOTES

CHAPTER FOUR



CONTACTING THE OTHER SIDE

The Aramaic word for death translates:

Not here - Present elsewhere.

Lets, meet your loved one on the Other Side, without the assistance of a medium.

The first phase of this communication is the elevator attunement given when you developed your mental psychic room. It is repeated here fully to make it easier for you to follow.

MAKING CONTACT

To start the communication process, close your eyes.

Breathe in through your nose to a count of six.

Hold the breath to a count of two.

Release the breath through your mouth to a count of six.

Keep doing this through the entire meditation.

Inhale 1-2-3-4-5-6.

Hold 1-2.

Exhale 1-2-3-4-5-6.

Again Inhale 1-2-3-4-5-6.

Hold 1-2.

Exhale 1-2-3-4-5-6.

Inhale 1-2-3-4-5-6.

Hold 1-2.

Exhale 1-2-3-4-5-6.

Keep this breathing pattern through the entire meditation.

See a glass elevator in front of you with open doors. Walk toward the elevator. Step inside, and voice command the elevator to take you to the top floor.

The glass doors close, and the elevator begins to lift upward at a slow and safe speed. As it lifts upward you start to enter a red color. It surrounds the elevator cab. You marvel at the color. You feel safe and calm. The elevator stops and the glass doors open. The red color floats in and circles

around you. Each breath, you take in you take in the red color. With each exhale, you release negative thoughts and feelings. The doors close and all is calm. It is like being in a perfect ruby.

As the elevator continues upward, the red color begins to fade and you begin to enter an orange color. The higher the elevator lifts upward, the orange glows brighter and brighter. You can feel the orange throughout your entire body. The elevator stops and the doors open. The orange color swirls around you taking away stress and worry. You feel safe, warm, and secure.

As the doors close and the elevator begins to move upward again you start to see the orange fade and the elevator enters a light yellow. As the elevator continues upward, the light yellow gets darker and brighter like the sun. It warms your body and soul. The elevator stops and the doors open; as the doors open the bright warming yellow comes into the cab and circles around you. You feel happy and at peace with yourself. The doors close and you are thankful for this wonderful feeling.

You start to feel the elevator move upward again, leaving the yellow behind as you rise higher and higher you start to enter a green color. The elevator continues up and you can see the green is now getting darker and brighter to the color of an emerald. The elevator stops and the glass doors open, it is like you are in a perfect emerald. Everything is clear to you. It is the most beautiful deep green you have ever seen.

The glass elevator doors close and the cab begins to move upward through the dark emerald green. As you look down you can see the green fade and become lighter and lighter. As you look up you see another color starting to appear in the distance. At first, it is too faint to tell which color you are approaching. As you get closer, the color is a baby blue, light in color and slowly growing darker and brighter in strength. The elevator stops at this perfect blue color. You feel light, as if you could fly, without a care in the world. As the doors open the blue light enters the cab and it feels as if it is hugging you.

The doors close and the elevator continues upward. The blue begins to fade in color and brightness, as you look above you see that you are approaching a purple light. As the elevator enters this purple you, feel connected with every living creature. The purple feels so good to you that you could stay here in this color for days, connected to all, and at peace with all. The elevator stops and the doors open. You and the purple are one. Take in three deep breaths. The doors close and you know you are a special and spiritual being.

As the elevator lifts upward and the purple fades, the cab of the elevator fills up with the whitest white you have ever seen, gleaming and sparkling a happy warm feeling comes over you. It is as if you have found your true home. The doors open, and the white light sparkles as if in a diamond with the full colors of the rainbow around you, above you, and below you.

You step out of the elevator into this safe and inviting place. You see a door. Walk toward the door. If you have any worries or fears, feel this rainbow of colors remove the fears from you, before you approach the door.

Walk toward the door, with each step you take the door opens wider and wider until you are in front of the threshold of the door. Step inside.

Once inside feel yourself stepping into your mental psychic room.

To the right of you there is a couch with a person sitting on it with their back towards you.

You are not scared or startled. You approach the couch and circle to the left to have a seat next to them. They turn, and you can fully see who they are. You sit down next to them, and they hug you.

At this time ask your loved one any questions you would like. They are here for one purpose and one purpose only, to talk to you and answer your questions.

When you are finished talking to your loved one get up from the couch and thank them for coming and sharing with you.

Place your switch in the STANDBY position, the door to the room opens. You walk through the door and back to the elevator that is waiting for you. As you walk through the door it gently closes behind you.

Once in the elevator, the glass elevator doors close. As you look down you can see all of the colors below you, like a sea.

Purple turning to blue, turning to green, turning to yellow, to orange, and then to red. The elevator starts downward through the colors to the ground floor where you started. Your mind and body are relaxed... and energized at the same time.

You have made contact with the Other Side. Each time you do this exercise, it will get easier and stronger. Different people may come to you. You may visit with more than one while you are there, though one at a time. You will grow in your understanding and in your ability to listen and observe; and you will become more proficient at what kinds of questions to ask and how to receive detailed responses. Remember, your loved ones can always meet you here. It is your place to share and stay in touch.

Also, do not worry if you do not see the person clearly. You may only feel the presence or hear the communication. How you experience this contact is individual. Also, your techniques may change and develop over time.

Write down this experience!

QUESTIONS

1. Who did you meet?
2. Describe your experience and messages that were shared.
3. If you did not meet anyone on the Other Side what was holding you back?
4. What can you do to release what is holding you back?
5. Do another session to meet a loved one that has crossed over and describe your experience. Was it

different?

NOTES



• PART II.



LIFE PROTECTION TECHNIQUES

CHAPTER FIVE



LETTING GO OF LIMITATIONS

WE ARE BOMBARDED DAILY WITH NEGATIVE NEWS that gets us in a frightful state and adds to our everyday stress. Fear, tension, and anger lower our auric energy, allowing depression and disease.

Also in our modern day, most people raise their children to be failures. They say things like, "That's impossible ... You can't sing.. .You wouldn't know a musical note if it hit you on the head.. .You're not smart enough. . .You could never do that." Hundreds of such statements tremendously damage children's self-worth.As they grow up, they hold onto these ideas which limit them.

These self-limiting ideas they believe are actual fact. Case in point, children can see auras.You can tell this from their drawings.The family dog is orange, Dad is purple, Mom is blue, Big Sister is red, Grandma is green. When you ask,"Why is Daddy purple?"The child doesn't know.That is the color.

A well-meaning parent may correct the child and say the dog is black not orange, and Daddy is really more of a peach color.

The colors the children see are the auras, the colors of the emotions and the energy. Make yourself a promise.The next time you correct your child - or yourself - change the wording. Rather than say "Dummy... Stupid... Fool", change to positive words. Yes, admit the error, but affirm it won't happen again."Next time I will pay better attention. . .I will find that proposal or get another one...I knew better and I will listen to myself from now on." Instead of a negative, you are bettering yourself and your child.

LETTING GO EXERCISES

Take a few minutes and think about the self-limitations that were placed on you as a child. Write these down. Then put the list into an envelope and put it away for now. You will come back to it later.

Next, think about self-limitations you have placed on yourself as an adult and write these down on a separate piece of paper. From this list, cut each limitation out as a separate strip. You will begin working on this list tomorrow. Place all of these strips into another envelope.

If you don't remember any limitations, continue on each list until you find at least one. Everyone has at least one.

When doing the following releasing exercises, drink plenty of water. It will help flush your body of toxins being released from your body, mind, and spirit.

RELEASING CURRENT SELF-LIMITING BELIEFS

Pull out the envelope of strips with your adult self-limitations. Take one of the strips of paper; either choose one to work on, or randomly select one. Now sit with it. Think about what you wrote. How has that belief limited you spiritually or physically? You may write down your thoughts and feelings if you wish. With your new realization, tell your body you now allow this limitation to be released from your physical being and aura. If you are not ready to release the limitation, find another self-limiting belief in the envelope. You can come back to the other later. Also, by releasing a different limitation, you could inadvertently release the first limitation! A bonus!

After giving your body, mind, and spirit permission to release this self limitation - and you fill complete - take that strip of paper and burn it completely. (In a safe place like your kitchen sink.)

There, you are done! Doesn't that feel great!

Day two. Pick another false belief from the same envelope and follow the same procedure as above.

Continue (daily or weekly) until all of your self-limiting beliefs have been released.

RELEASING CHILDHOOD LIMITING BELIEFS

Once all of the adult limitations have been released, get the childhood limitations envelope. Cut these into strips, with one limitation each. Pull one out (by choice or randomly). Think about how this belief has limited you spiritually and physically. Again, after you give body, mind, and spirit permission to release the limitation - and you fill complete - completely burn that strip of paper.

Continue once weekly until they are finished. It's only once a week because childhood beliefs are deeply rooted and take time to fully release out of the body, mind, and spirit.

AFTER EFFECTS OF RELEASING

Don't be surprised if your body feels like it's going through the flu or a cold for a few days after releasing, especially when letting go of childhood limitations. When I released a major childhood limitation, I felt great, my soul felt great, and my energy was high, though for three days it felt like I was coming down with the flu and my feet broke out in a bad case of athlete's foot. The limitation I released had been with me almost thirty-one years, since the age of seven. Imagine the toxic build-up in my body! The limitation had been unfairly imposed on me and I knew I had to get rid of it, because accepting the limitation as truth was limiting my spiritual growth and true happiness.

When I released this false belief - that using my psychic ability was evil and the devil's work - my psychic ability took a major leap forward, and communication with the other side became much easier.

Throughout my life, I had heard some form of this false belief which added power to the idea that I was evil - though I was also told I had a gift from God. This contradiction confused me. I even got a tattoo symbol meaning devil or demon.

As stated in the introduction, the Bible describes spiritual gifts in I Corinthians, 12:9-11. One and the same Spirit works all of these gifts.

Despite the biblical support, the people around me were not convinced I was not evil. This imposed limitation was so strong that I even retired out of psychic work for four years. At the time, I thought it was burn out. The true reason was I was ashamed of my gift.

I lived with that cloud over me until the day I did the release exercise. I am no longer ashamed. I no longer shudder when people ask me what I do for a living. I can say with pride (and a touch of tongue-in-cheek humor), "I see auras and talk to dead people." I can proudly say I am a medium. At times I get odd looks, but it doesn't bother me anymore. It's who I am.

Society generally fears what it does not understand. The dominant belief is: If something is strange, kill it, tear it apart, instead of watch it and see if it can teach us something.

Have you noticed children, teenagers, and adults getting more short - tempered and more unfriendly? Why do you think this is? Some say it's caused by a lack of God in our lives, some say a lack of discipline, others say it is the Devil. Could it be that among all of our advancements, we have forgotten we are all connected and impact each other?

I see all the time people wanting to make amends with loved ones who crossed over, or spirits on the Other Side who want to apologize to a sitter because they didn't express love, thanks, forgiveness, or even appreciation to the other person. It is sad that people need a medium to do this, that it wasn't done while they were alive and could enjoy the feeling or comfort.

Open up to those around you. Show them you care. Love them so they can feel that feeling of comfort while they are still on earth. Talk to your loved ones.

So many times I hear, "We never talked, we hardly ever talked."

You are on earth - in life - to feel and experience. Open up and start to experience. Time has a way of slipping by.

NOTES

CHAPTER SIX



INVOKING THE GOD FORCE

ONCE You HAVE RELEASED your self-imposed and childhood imposed limitations, DO NOT bring them back. Do not feel you should have that limitation and put it back on yourself. Remember you are a GOD FORCE. You have natural abilities that allow you to impact your world positively.

You can do anything you want. Miracles happen daily all around us, though most of the time we are too busy to see them. As a society, we focus on the negative. Just watch the evening TV news or read the morning paper.

When there is a positive report on the news about spirituality, it ends with a negative connotation. A perfect example is a news story on James Van Praagh, a medium who also helps people connect with their loved ones who crossed over. Immediately after the news report, the program interviewed a psychic de-bunker who denounced James Van Praagh (instead of letting people make up their own minds). Yes, I know - the news needs to show both sides. Could we at least end on a positive note? Not always on a negative one.

Remember we are spiritual beings first and foremost, having a physical experience. The next time you get depressed, remember you signed on for this life to experience it. So do it! Enjoy life!

Don't say you can't. You are a spiritual being and a god force. You allow what you can and will do. Your life does matter - because you impact ALL with which you come into contact.

With this knowledge, you can connect to the Other Side, because they are spiritual beings too. That contact, no matter how small, can be the largest leap for the receiver (you). A little message sometimes has the biggest validation the sitter needs to hear.

Please remember you have a great impact on all you meet. You can build or destroy in a second. Most of us forget this and say things we don't mean, or we play games with people's lives. As a god force, we acknowledge that we have great innate power... and that with it comes a great responsibility.

As in life, even more so as a psychic reader or medium, whether parttime or full-time. We have a great responsibility - both to the sitter and the loved ones on the Other Side - to pass on messages and to help people understand their roles on earth.

MEETING YOUR GUARDIAN ANGEL

Now let's meet your guardian angel, who will help you open your psychic ability. This being helps you through this lifetime. It is not an easy job, nor is it taken lightly. You may even find you have several guides, possibly even thousands, yet there is always one who is your main guardian angel and guide to whom you have entrusted to watch over you until you return home to the Other Side.

MEDITATION

Start by sitting or lying in a comfortable position.

Breathe in for a count of six seconds. Inhale 1-2-3-4-5-6. Hold for a count of two. Exhale for a count of six. Repeat inhale... hold... exhale.

While you are doing this, feel your physical body getting heavier and heavier, and your aura and spiritual body getting lighter and lighter. Keep breathing long slow deep breaths until your physical body is as heavy as cement and your aura and spiritual body feel light as a feather.

See yourself inside a cabin in a forest. Walk to the cabin door and open the door and step outside. As you do, a white light of protection surrounds you, feeling safe within this bubble of light, start walking through the green meadow. To your left are some deer. As you walk past, look into their eyes; see the white light reflecting in their dark brown eyes. Feel them welcome you to this magical place.

As you look around, see the large multi-colored butterflies. For a moment, you are inside a rainbow of colors and butterflies. As you turn from this magnificent array of color and energy, you are met by a spirit animal. This animal will guide you, and protect you, on your meditation journeys.

Offer your love and thanks to the spirit animal, because it will take you to meet your guardian angel. Let the animal know you will follow. The animal guide leads you through a winding path in the meadow, then turns onto a less clear path. The animal guide looks at you, then looks at the less clear path, and starts down that path. You know you are safe, you trust the animal guide, so you follow.

In the distance you see a clearing. As you approach it, the animal guide sits and tells you telepathically all is okay. It will wait for you while you meet with your guardian angel, then will escort you back.

Across the clearing, you see a house with a small stream running beside it. Focus on the house. This house represents where your guardian angel resides. Your guardian angel is inside waiting for you, knowing you come with questions and seek answers.

You realize this guardian angel has led you in your life.

You start walking toward the house. As you get closer, notice its size, shape, color and the general feeling you get as you approach.

Once at the front door, take a deep breath, then knock. Know that when the door opens, standing before you will be your main guardian angel.

See the door slowly open. Remember that your guardian angel is here to watch over you. Enter the house and sit on the couch in the middle of the room. Ask your guardian angel what he/she wants to be called. Don't be surprised if it's a common name.

Ask what you need to know Ask what role the guardian angel plays in your life.

Once your questions are answered, see your guardian angel leave the room. While your guardian angel is gone, look around the room; make mental notes of what you see.

Your guardian angel re-enters the room, bringing other spirit guides, one or up to one hundred or more. Ask the same questions of each guide. Ask if you have known them before, such as in past lives, and how they are to help you in this life. Each has a different task or job.

When finished with the questions, thank the guides for joining you. Get up from the couch and head toward the door. Again thank them, then go outside back to the clearing.

Your animal spirit guide is there and happy to see you. It leads you back to the cabin in the forest. As it turns to leave, it says goodbye. You watch it walk away. Know the animal guide is with you, to protect you, in any meditation you do.

Now enter the cabin in the forest. Then slowly become aware of where you are right now.

When fully out of the meditation, write down the experience and all of the details you remember.

QUESTIONS

1. Were you able to meet your spirit animal? Describe the animal and any other information.
- 2 Who was your guardian angel?
3. Did you have any other guides, and how are they to help you?
- 4 What one thing stood out above all of the rest in this meditation, and why?
5. Do you feel you are important? Why or why not?
6. Are you (have you) releasing your self-limitations and childhood imposed limitation?

NOTES



CHAPTER SEVEN



PROTECTION TECHNIQUES

IT IS IMPORTANT TO PROTECT YOURSELF, AS A PSYCHIC AND A NON-PSYCHIC, from the bombardment of negativity and psychic vampires in the world. Psychic vampires? Let me explain. This relates to friends, co-workers, family members who may or may not even know they are doing this to the people around them. A psychic vampire is a person who gives you an uneasy feeling and a sense of your energy being drained away. That's right, they are taking your power. For example, if you run around with them, when you are finished you are wiped out completely; you have no energy.

Most vampires are good in the guilt-trip areas, to get you to do things for them you don't really want to do; they make you feel like it's your obligation to do this for them. Psychic vampires, consciously or unconsciously, steal your energy for their own use. They don't ask for it. They just take it. This is a type of person you don't want to have around. The vampires who do know what they are doing are excellent at it. I have one in my family.

PROTECTION EXERCISES

So how do you protect yourself from these people? The easiest way is not to be around them, or not even talk to them. Since this isn't always an option or easy (a co-worker, boss, or close family member), here are some simple, short visualizations to help you against psychic attack of any kind.

Exercise # 1

Close your eyes. Visualize mirrors all around you, facing away from you. See the mirrors standing from the ground to above your head. See them reflecting all negativity back to the sender(s).

Exercise # 2

See a white light coming out of the sky from the universe, going into your crown chakra (top of your head) and creating a ball of white light around you to protect you from all harm. (This visualization is also good to do in traffic, to help protect you).

Exercise # 3

Visualize a cord attached to you from the person who is taking your energy. See yourself unplugging the cord, patching the hole, then plugging the cord into the universe so that person can receive the love and understanding they need. The universal love is an endless supply line to help people who are lost.

These simple methods can protect you against being victimized by a psychic vampire.

Also, keep items around you that make you feel strong, happy, and vibrant. Music is great; also, candles, waterfalls, crystals, pictures, and likeminded people. This will raise your personal energy and make you feel alive, not just living like a plow horse plowing a field and never seeing the end of its chores in life.

Besides keeping things around you that make you happy, take ten minutes a day to meditate. This will help, slow your mind and help you feel at least a few minutes of peace, instead of rush rush rush. Try to do a meditation at the same time each day so you get into the habit.

After a month, increase the meditation time to fifteen minutes. Each month, add five more minutes to your meditation until you are meditating thirty minutes a day.

A great meditation to do daily is the Meet Your Guardian Angel Meditation given earlier. This meditation will not only help you connect to the Other Side and develop your psychic senses (if you wish); it will also calm your mind and body. Five things accomplished in one simple meditation!

DARK BEINGS

When beginning the journey, there is always the question of becoming possessed or the worry of communicating with dark beings. There is no need to fear. When doing mediumship or channeling, you are a light being who is contacting other light beings. While doing this work your vibration is too high for a dark being to enter. Dark beings do not stand a chance with all this LIGHT coming into you and all the light you are emanating. You are at a higher vibration and they are not able to touch you physically or spiritually.

You also have a guardian angel protecting you.

With all this protection, you need not worry about dark beings, though they do exist. If for some reason you feel you have encountered a dark being, command it to leave; you are at a higher rate of vibration and it has to obey.

Where the dark beings get us is in our physical world. Over and over they tell us, "You can't do that. . . You are not that good. . . You do not have the talent to do that... You are stupid... You couldn't do that if your life depended on it... You have no purpose."

These same old songs play around and around. When we listen, they do work. Depression and anger are very low energies that attract dark beings. This is why it is so important to keep people and things around you that make you happy. The best way to do this is to remove things and people out of your life that make you feel unhappy or angry. The more you meditate, the higher your vibrations will become and the further depression and lower vibrations dissolve from you. Items like music, art, colors, and crystals can help keep you feeling happy. Dark beings mostly only confuse. As long as you are happy, your spirit is up. You physically vibrate higher and higher - so dark beings cannot touch you.

Please do not confuse dark beings with devils or demons. Dark beings are lost souls who have been hurt so much in life, and lied to so much, that they no longer know what is right. Higher beings search for them and try to help them to the light on the Other Side. This isn't an easy job, because these souls no longer know what to believe; all they know is pain, suffering, and lies.

This is not your job, so please don't. Let the higher beings and angels do this. Lost souls must cross into the light of their own free will.

QUESTIONS

1. Do you have any psychic vampires in your life?
- 2 How will you protect yourself from these psychic vampires?

NOTES

• PART III.



THE LIFE OF A MEDIUM

CHAPTER EIGHT



TYPICAL SESSIONS WITH A MEDIUM

This fun chapter will give you insight into the typical day of a medium. Some of the sessions are funny, others serious. All are experiences of souls on earth and the Other Side. I have changed the names of the sitters to protect their privacy and identities.

When I do a session, I completely open myself to the messages of Other Side and the guardian angels of people who come to me. I never know fully what will be revealed until a session starts. Sometimes a loved one will show up in the days prior to a session, as shown in the first example.

FATHER

I was scheduled for an appointment with Mary. The day before the appointment, when I was doing my daily meditation, a spirit with a dog approached me. He was Mary's father and had come for her session. I informed him I would check my appointment book, but that as far as I knew I had not booked any sessions for today. He looked bewildered, then said, "Early? No problem. I will wait."

The next day, the same spirit and the dog approached again. "I am ready for the session and have brought the gun shot victim, Grandma, and others." I said to him, "Stop, wait until the reading this afternoon." He vanished, then returned with the message, "She will bring another," then vanished again.

Mary showed up thirty minutes early to her appointment. I guessed it ran in their family to show up early. Also, she had brought her mother.

When I started the session, the father figure again came in. I said to Mary, "I hope you came to connect with your father."

"Yes, I did," she said. Her mother next to her looked surprised, but said nothing.

"Who is John?" I asked.

"That's my father!" Mary said.

"He's telling me the dog you were so close to is with him, and so is the person who died of the gun shot. Does this make sense to you?"

"Yes, it does"

"He says he wants the credit for opening the gate and allowing everyone through today. I don't know if this is the way he was when he was alive, but he wants to validate he has been visiting Brandon. Who is Brandon?"

"That's my four-year-old son."

"He says he is close to Brandon."

"Oh, yes, Brandon is always talking about him."

"Have you noticed Brandon talking to someone not physically present?"

"I haven't noticed that, but he is always talking about my father."

"Your Father is also wanting you to know he is around you, and that both you and your mom know this but at times refuse to believe it."

"Yes, at times we think it's our imagination."

I added, "I am to tell you congratulations on the new vehicle."

"Wow, I was just looking at buying a new car."

"Well, it's going to happen. I am also to wish you a happy birthday, Mom" I turned to Mary's mother.

"My birthday is next month!" The mother answered.

"Who just had a baby in the family?" I asked. "A congratulation goes out to them."

"My sister-in-law just had a baby," Said Mary.

"See," I said, regarding spirit, "They keep an eye on the family and know what is going on." I continued. "I have a woman with hand or finger problems and a male missing part of a finger."

"The woman is my grandmother," said Mary. "I don't know who the male is."

"Take the tape and pass it to other family members," I suggested, "Who will be open to this process. I am sure someone will know. Your father is also giving me the name Carl."

"Carl is my brother," said Mary.

"Who has the drinking problem?" I asked.

"That's James, She said.

"Get a message to James that if he does not turn this problem around, he is in for serious health problems." I added, "Who died in the accident? No, let me state that again. The person had an accident but passed away because of complications from the accident."

"That was Charles" said Mary. "They had to use the 'jaws of life' to get him out of the car."

I then turned to Mary's mother, "This is directed at you, Mom. He is handing you a white rose" I added, "Whenever I see this symbol, to me it shows 'I love you' It has a truce attached, a white flag. Does this make sense to you?"

"Yes," she answered.

"This means he wants to put problems to rest," I said. "Do you understand?"

"Yes, I do," she said.

"Who just got a new carpet?" I asked.

"That would be me," said Mary's mother.

I continued."I hope this statement makes sense to you: Change in money."

"No," she said.

The messages continued to Mary's mother. "He also says to check your legal documents, that things are wrong."

"I just refinanced my home. But I don't understand the change in money."

I said,"I am asking him to use a different reference. He keeps saying, change in money."

"Nothing I know of," she answered.

"He makes me feel as if you should know this, like the legal document statement, make sure you check for errors."

I then asked her, "What is the California connection?"

"I don't know," she said.

"There is a California connection."

"I'm not sure."

"He keeps telling me there is a California connection."

"His cousin lives there!" she exclaimed, with astonishment at the realization.

"The money change is with the legal paperwork. Make sure you check into this.And who is moving?"

"I've been thinking about it," said Mary's mother.

"You are going to.Who is Carol?"

"My sister."

"Who is the B name like Bob?"

"Bob is his brother."

"Here is the move statement again."

"I don't know if I should move," said Mary's mom.

"I keep getting move."

"So, I shouldn't get used to my new carpet?" She asked.

"I don't feel you should." I shifted back to Mary." Now for you, Mary, he is showing me a dozen red roses. This means to me 'I love you' - but an 'I'm sorry' is attached to it."

Mary's eyes filled with tears. "Yes, I know what it is."

I said to her, "Please tell the family this was his way of coming through and showing his love. Please tell the other family members whose names were not mentioned that this does not mean he does not love them. For some reason, and only he knows this, they need some type of validation." I finished. "I hope this process has helped you."

"Thank you, Gary."

"Yes, thank you."

I paused. "One last message. He wants to let you know someone took something from his casket. A flower or something off the casket, not from inside it."

"Nothing we know about," Mary said.

"He's telling me you will copy this tape and the person will get the message. He wants them to know he knows they have it"

It is always wonderful for me to see that people do feel the presence of a loved one who crossed over, because they do come and visit with us all the time.

THE FRIEND

A tall dark haired woman, wearing a red blouse and black skirt, walked into my office with another female wearing almost identical clothing. I walked up to them and introduced myself. "Hello, my name is Gary."

"Hi, Gary," said the first woman. "I'm Sue and this is my friend, Becky."

"Sue and Becky, it's a pleasure to meet you both."

As we walked into my reading room, Sue explained that she and Becky shared everything and she wanted Becky to sit in on the session. That was fine with me. As we sat, an odd feeling came over me. I asked Sue, "Are you sure you want Becky to sit?"

"Oh, yes, I hide nothing from her."

I said. "Okay. I am ready to begin but, before we start, you're sure you want Becky here?"

"Yes, without a doubt."

"Ok, then... about this affair you've been in for the last few months."

Sue stopped me and turned to Becky who had a very surprised look on her face."I think you'd better wait in the other room."

It's fine to bring a friend, even a family member to a reading, but make sure they know all that is going on. I sense nothing. If a message is important enough for the spirit world to bring it, it's important enough to pass on. I do not know how Sue explained that statement to her friend, or if she ever did. But I do know one thing, it had to be a very interesting ride home.

THE SMALLEST DETAIL

In this session, the smallest thing meant the most to the sitter.

"Hello, Angie," I greeted. "How are you today?"

"I'm fine."

"Have you, had this type of reading before?"

"No, I haven't."

"Let me explain a few things before we get started. I can make a mistake on a name, but I always get the first initial. If I say John, it sounds like that and has the hard J sound in the name. To your side, think sister, cousin, brother, friend. Above you, think father, mother, grandfather, grandmother. I will be as specific as possible. Are you ready?"

"Ready."

"Okay, I have a grandmother coming through on your mother's side. Do you understand this?"

"Yes. 11

"She's giving me the name Martha."

"That's her name."

"She says she is proud of you and that you two are close. Does this make sense to you?"

"Yes, I didn't know her that well but always felt we were close. I don't know why."

"That's okay. This is just a validation for you. She's also telling me you will be changing jobs in the fall."

"I just got this one, but with me anything is possible."

"You just moved?"

"Yes."

"She doesn't like the current relationship you're in. She would like to see you out of it."

"I was wondering if he was the one for me."

"No,... and you will be leaving the relationship."

"I will leave the relationship?"

"Yes, that is correct."

"Funny, I am getting bored of it already."

"See, they watch over us and know what is going on."

"I guess so."

"She's worried about Mom."

"Yes, my mom hasn't been doing well."

"Your Grandmother is concerned."

"I will tell my mom."

"Also, you are not eating right."

Laughing, Angie agreed. "I do need to watch that. I've been grabbing a bite of food here and there."

"She's also telling me you need to drink more water and that one glass is not enough for you."

"I will try to watch this"

The session went on like this for another fifteen minutes. We were just about finished, when her grandmother told me to tell Angie the word pizza.

"I hope that this makes sense to you," I said.

Angie Laughed and turned bright red. "Yes, it does."

I knew it hit home, because when Angie left my office she forgot her coat and briefcase. A week later, when Angie came back to pick up her personal items, she told me that she had been telling everyone in the office where she works about the session and about the pizza. I never asked, what it meant, I just knew by the way that she talked about it that out of the entire session that was the most important part to her. Pizza, still today I have no idea what it meant.

DON'T DO IT

Some sessions stand out above all of the rest. Here is part of a session from when I lived in Las Vegas, Nevada.

"I have a female coming through who is telling me to tell you `Do not do it. Do not do it. Under no circumstance. Do not do it' Does this make sense to you?" I said to Sally, the sitter."I don't know what you have planned, but whatever it is, don't do it."

"Yes, it makes sense, She said.

"I feel I need to really get this across to you - no matter what you've been thinking of doing, you should not do it."

"Okay."

"Please pay attention to this. She is making me feel this is serious."

A few days later Sally's physical mother came to visit me. She thanked me for the reading I had given her daughter. Earlier on the day of the reading, Sally had talked about going home and killing her husband. Sally's mother, Ruth, had begged her daughter not to do this. For some reason, Sally had come to me that night for the reading... and was told not to do what she was considering.

As a medium, it's always nice to have the gaps filled in.

GO TO THE HOSPITAL

The appointment was a guarding angel reading for another psychic.

As soon as she came into my office, I looked at her and said,"Go to the hospital now." She laughed.

"No, I mean it. Go now.You have water in your lungs."

She insisted she was fine, just that she wasn't feeling well. With her insistence, we went ahead and did the session.

At the end of the reading I said,"Now, don't go home. Go to the hospital and get checked out."

A week passed. My psychic friend called me."Gary, how did you know about the water in my lungs?"

"I felt it in my lungs. Why?"

"I didn't take your advice and went home after the reading. Later that night, I was taken to the hospital by ambulance. I had walking pneumonia. I didn't feel that bad"

"Are you better?"

"Yes, but I wanted to know how you knew."

LIGHTS OUT

Here's one of the more interesting readings I've done. It was in Arvada, Colorado inside a metaphysical book store called Cosmic Soul.

David was referred to me for a reading. During this reading something strange happened.

At the beginning of the session, I was telling David, "They're telling me you aren't getting the point they're trying to make."

He said, "I understand."

Right then, all the electrical power went out. I wasn't concerned, because my tape recorder is battery-operated.

"No, I do not think so," I said to David.

"Think about it. Then tell me if you understand."

After a few moments, he replied, "Yes, I do get it now."

We were at the end of the session. Just then the power came back on.

Sometimes, the Other Side profoundly impacts our lives. At times they are desperate to get their messages across to us.

SAY WHAT?

Even I do not listen at times. I was told I would move back to Colorado from Las Vegas, rather than back east like I wanted. I am currently living in Colorful Colorado!

NOTES

CHAPTER NINE



COMMON QUESTIONS

FOLLOWING ARE THE MOST COMMONLY ASKED QUESTIONS DURING LECTURES, workshops, and private readings.

Remember, ordinary people are transforming the world.

I hope that you also become one of these people by developing your mind and psychic awareness for the enrichment of the human race, for you truly are special.

SOUL MATE

Q: Will you ever meet your soul mate?

A: You do not have just one soul mate. You are on earth to feel and experience life at this level. We have many soul mates: every relationship we enter into. You may want to experience a relationship again that you had in a past life, or a completely new relationship; but none of these is the single *soul mate*.

Q: You cannot find your *soul mate*?

A: We do not have just one soul mate. We have many soul mates in a single lifetime.

Q: You want to meet that *special someone*. Can you do this?

A: Yes, you can. Write down the qualities of the kind of person you want a love relationship with. BE SPECIFIC. Relationships are a learning experience for everyone involved.

RELATIONSHIPS

Q: Were your relatives part of your past lives?

A: This is possible. We tend to come to earth with spirits we have known. This depends on you, however, and what you wrote into your blueprint.

Q: You're having trouble with a boss, co-worker, or a friend. How can you deal with the person on a psychic level?

A: Contact your *guardian angel* during a meditation, such as in the mental psychic room you created, and ask to talk to the *guardian angel* of the person you are having a problem with. Explain what is happening and why you feel it is wrong. Convey to the *guardian angel* how you would like the situation resolved. (You will be surprised at the result.) Note: When using this method, be *specific* on the outcome and the situation. The spirit world takes everything literally.

Q: What if your family doesn't agree that your psychic ability is a good thing?

A: I have people in my family who won't fly in a plane if I know about it. They fear I will make the plane crash using my psychic power. I have other family members who think all I do all day is sit on top of a mountain and stick pins in dolls. Some family members and friends will just refuse to understand, no matter what you tell them. I have come to realize and accept this is their current path; they need to walk theirs, and I need to walk mine. I keep doing my psychic work.

ANIMALS AND PLANTS

Q: Do animals cross over to the Other Side?

A: Animals, like us, do cross over to the Other Side. Many mediums and psychics can let you know if your favorite pet is there. In many sessions, the family pet is with the loved ones who crossed over.

Q: Is your pet psychic?

A: Animals have an abundance of psychic awareness. Their awareness is not censored by opinions or social limiting beliefs.

Q: Do animals have souls?

A: Yes, of course they do.

Q: Can an animal be healed with *psychic healing* like a human?

A: Yes, in the same way. We are all spirits.

Q: How does a pet know if their master is going to die?

A: Remember, animals are spirits too and also have psychic abilities.

Q: Do plants have emotions?

A: Yes. There are many great books on this subject.

KARMA AND FUTURE

Q: How do you pay-off your karma?

A: I believe the way the Native Americans look at it. "Karma equals shit happens." Another way to look at karma is: TAKE RESPONSIBILITY. And know that every action you take will have a reaction; this is a law of nature.

Q: Can you change your future?

A: Yes - by changing your blueprint and releasing your limitations.

Q: What is *like* attracts like?

A: We actually create our environment by our thoughts and what we image will happen. A good example is: worrying about money creates a *thought form* that helps take away your money. Remember the old saying: "Be careful what you wish for, you just might get it." *Thought forms* manifest. Think positive, and positive things will happen. Think negative all the time and negative will happen. We attract what we put out. Don't underestimate your ability to manifest what you put out.

Q: Can you escape your *karma*?

A: Yes. Take responsibility for your actions.

GUARDIAN ANGEL

Q: What is a guardian angel?

A: There are many guides. A *guardian angel* is a spirit on the Other Side to whom you entrusted your soul and who watches out for you. This being guides you in your life here on earth. Remember, I said, *guides you*. They do not interfere; they believe in free will.

PSYCHIC READINGS AND MEDIUMSHIP

Q: What is the difference between a medium and someone who channels?

A: A medium is a psychic who has fine-tuned his/her extrasensory perception to communicate with the spirits of loved ones on the Other Side. Channels are becoming very popular. They usually bring messages from beings who may or may not have lived on earth. In many cases, their bodies are taken over by these beings.

Q: Who comes through in a mediumship session with loved ones?

A: No one knows for sure until the session begins. Whoever does come through is important and needs to communicate.

Q: Where do *trance mediums* go when they are in a trance state?

A: Some mediums have no recall. Others say they wonder the astral world, without any concept of time, and wait to return to their bodies.

Q: Do I, as a medium, censor any information that comes through during a reading?

A: No, I do not censor any information.

Q: What should you bring to a reading?

A: If you are coming for a mediumship with loved ones, just yourself. If you are coming for a guardian angel reading, make a list of questions so you don't forget them during a session. For either kind of reading come with an open mind and try not to have any expectations.

Q: Why do some mediums speak quickly during a reading?

A: The spirits send blasts of information. To make sure the medium doesn't miss anything being given, they repeat the information just as quickly as they receive it.

Q: Is there anything to fear during a reading?

A: No, nothing at all. *All* the information comes from LOVE on the Other Side and the heavenly realm. You are completely safe. Remember, your loved ones wish you well, and your guardian angel is the *guardian angel* who protects and guides you.

YOUR PSYCHIC LIFE

Q: Is being psychic a lifetime power?

A: It can be. However, you can shut it off, or keep it on.

Q: Is it physically possible to know if someone is telling the truth?

A: Yes. Once you develop trust in your psychic ability, it is easy to distinguish a false statement; also, it shows up in the person's aura. If the aura is close in and tight next to the person's body, that individual is not telling the truth.

Q: You can hear or feel a loved one's present who has past away. Is this normal?

A: Perfectly normal. They're just letting you know they're around you and they are fine; that they really haven't died, they've just moved into spirit form.

Q: You dreamed about your mom who had pasted away. How can you know if this was a real visit or just a dream?

A: A dream fades. If the *dream* was vivid, felt real, and is still with you today (just as vivid and real as the day you had it – like a true memory), you had a visit from the Other Side. Contact from the Other Side in a dream leaves a lasting impression.

Q: Are women psychics better than men psychics?

A: Male and female psychics are equally able. The only difference is in who has more fine-tuned their abilities.

Q: Are children better psychics than adults?

A: Children are natural psychics; although they may have no idea what psychicism is because society teaches us to close the door, saying "It was only a dream" or "It's just your imagination."

Q: What can interfere with psychic awareness?

A: Illness, stress, fatigue, nervousness, anxiety, and *second guessing*.

YOUR SPIRITUAL LIFE

Q: How can you live a spiritual life in a materialistic society?

A: Follow your *bliss*. Follow your heart's desire. Release fear, doubt, and self-limitations. These actions will bring about positive change – but you must be ready for this change.

Q: What is an alter state of consciousness?

A: This state of mind is different from the waking state of consciousness. An example is, being totally absorbed in a book or project. Meditation is another great example of an alter state of consciousness.

Q: What is the best altered state for psychic phenomena, and to receive intuitive information?

A: The period just before falling asleep, or as you just wake up.

Q: Why did we come to earth?

A: This is a very complex question. In a summary, to experience, to feel, to learn. Life is full of emotions that are not experienced on the Other Side. As psychic Sylvia Brown says, "We get bored."

DEATH

Q: When we cross over is our illness and pain taken away?

A: Yes. The physical is left behind.

Q: Do you need a physical illness to die?

A: No. There are many ways to cross over to the Other Side, though many do choose to take the long, drawn out route of physical illness. We put into our blueprint how we will cross over. We selected five exit points at which we can decide *when* to cross over. *Suicide is not accepted.* We choose an exit point when we feel we have completed, or learned, or did, all we wanted to. We can always take a later exit point. People who have a *close call*, or a *brush with death*, or a *life-after death experience* decided at the last second not to cross over yet. We placed the exits points at certain stages in life.

Q: Why did your child die?

A: This can only truly be answered case-by-case. It is extremely hard for a parent to lose a child. Please remember we are all spirits having physical experiences. The soul achieved what he or she wanted to feel, know, or do. Thus, the soul was done with that body and returned home to the Other Side, no matter how short a time he or she was here on earth. Following that soul's blueprint, he or she had decided the goal(s) was accomplished and to take the next *exit point* back home to the Other Side. I hope this answer gives you some comfort.

Q: How far is the Other Side?

A: About three feet. Heaven (the Other Side) is not millions of miles away. It is *vibrating higher*, yes, but is very close. Think of it this way: You are in the bedroom of your home, and the livingroom is the Other Side. Not very far.

ABOUT ME

Q: What was my religious background when I was growing up?

A: I don't look at it as *my* religious background so much as my family's when I was growing up. Southern Baptist.

Q: Do I look at my psychic ability as a gift?

A: No. We all have this ability - because we are all spirits first. This is a natural ability that *we all have*. I just fine-tuned mine.

Q: Am I suppose to be afraid of the Devil?

A: There is no Devil. I have seen the Other Side (heaven), and I was told that there is no Devil.

Q: There is a rumor that I studied Divinity.

A: No rumor. This is true. I find all religions extremely interesting and have an Honorary Doctor's Degree in Divinity.

NOTES

CHAPTER TEN



SAFELY CONDUCTING YOUR OWN READINGS

TYPES OF PSYCHIC ABILITIES

Now THAT YOU KNOW (OR SUSPECT) THAT You HAVE AN ABILITY, what do you call it? Humans have come up with a label for everything. The psychic arts is no different. Following is a list of different psychic abilities and the ways to divine the future.

Don't get hung up on titles or labels though. That will only hinder you. Please note, this is not a complete listing of all abilities or ways to contact the spirit realm and divine the future.

Aeromancy Casting dirt or sand into the wind; determining answers by the direction the wind carries it

Apantomancy Observing objects that appear haphazardly

Aura Reading The ability to see the aura by physical site, psychic site, or in the form of a photograph by an aura camera. Based on the colors of your aura around your body. A reading reveals what is to come and what is going on in your life at the time of the reading.

Automatic Writing A person sits in a meditative state, lightly holding a writing pen to a pad of paper. When spirit contact happens, the psychic starts to write messages being received. This method has been used to contact loved ones who crossed over; to get answers to questions, and in past-life regressions.

Belomancy Divining the flight of arrows

Benge Oracle poison found in Africa. A red paste related to strychnine, considered a supernatural agent. Given to an animal with the question. Whether the animal lives or dies determines the answer.

Bibliomancy Randomly consulting a passage or line in a book

Bisba Reading the character and personality of women by the size, shape, and other configurations of their breasts

Catoptromancy Divining through a mirror or lense

Ceromancy Dropping melting wax into water, and observing the shapes and actions

Channeling The ability to receive information from another dimension or heavenly realm, from a spirit or being that may or may not have lived on earth.

Clairaudience The ability to hear spiritual sounds that are not hallucinatory in nature and may or may not be heard by another person. These sounds have a supernatural origin.

Clairvoyance Ability to see things that are to come or have happened

Cosmogony Divining by the type of weather on a given day

Crystalomancy Divining by a clear globe, pool of water, mirror, or transparent object

Direct Writing Direct written communication from the spirit world without the use of a medium (not *automatic* writing)

Dowsing A “water witch.” This person can locate hidden or underground supplies, such as water, gold, oil, gas, silver.

Geloscopy Interpreting a person's laughter

Geomancy Divining based on special shapes of the earth revealed randomly

Glossolalia “Speaking in tongues.” Spirit communication in which the spirit has the medium speak in a foreign language.

Gyromancy Spinning around and falling to the ground, leading to oracles

Hepatoscopy Observing a sheep's liver

Hydromancy Divining using water

Intuitive Receiving messages from an extrasensory source

Medium (Mental) This type of medium is the sole mouthpiece of the spirit world at the time of the reading. This type of medium does not enter into a trance state.

Medium (Physical) Specializes in readings with some type of physical phenomenon attached when the reading is finished. With this type of mediumship, it is not uncommon for tables, lamps, and other physical objects to float or move about the room.

Medium (Spiritualist) ... A person reputedly able to make contact with discarnate spirits or a *specific dead person* while in a trance state.

Metroscopy Relationship of the human forehead to the planets

Myomancy Studying the entrails and movement of rodents

Oenisticy Studying the flight of birds to predict answers and the future

Onomancy Divination technique that rearranges letters in a name

Ooscopy Using an egg to determine the gender of an unborn child

Palmistry Reading the lines in a person's hand

Pedomancy Reading the lines in a person's foot

Phrenology Studying the contours and bumps on a head

Physiognomy Using human facial features for divination

Precognition The intuitive sensing of a future event. May come as a vision, hearing information, or through a body sensation.

Premonition Knowledge that something will happen; comes in many ways, most commonly in dreams or a *knowing*.

Psychic Ability to receive information about a person or place not connected with this person or place before the reading.

Psychometry Through the emanations of energy off an object, the ability to feel or sense the history of an object or the person to whom it belongs.

Pyromancy Using fire or smoke for divining

Rhabdomancy Divining with the aid of a rod (dowsing)

Sensitive Person who can communicate with the dead, a
medium

Tasseography Reading tea leaves

Visionary A mystic; sees the past, present, and future

Xylomancy Observing twigs on the ground and their positions
for guidance

QUESTIONS

1. How do you receive your psychic information?
2. Have you tried some other types of divination? Which ones?
3. What have been your results using your psychic abilities?
4. What type of divination suits you? Why?
5. How would you explain your abilities to another person?

NOTES

THE PREPARATIONS

This section is for those of you who wish to develop and practice as a medium or psychic reader - either for friends and family or professionally. Do not feel you must. It is not a requirement or necessary for your personal growth, nor for you to communicate with the Other Side. Primarily, this book is meant to help you attune to your own psychic abilities - to help you as a powerful life tool in your own everyday life.

To get to the point, of practicing mediumship or doing psychic readings, you will have to start releasing fear, doubt, and disbelief because these will hinder you greatly. Remember the story about the worm farm? If there was doubt, the message would have never been given to the woman and it might have been an important message to her. As a reader, we just never know, the true importance of messages to our sitters.

Protecting yourself from negativity is very important - not from the spirits but from the humans - especially when doing readings. People come with self-doubt, fears, stress, and grief. You don't want this to interfere with the reading, so you protect yourself. Most mediums use a special room. They also use candles to absorb negativity or ground it out.

1. Both a white and a black candle in the reading room. They help to create balance in the room. Black has all colors in it, and white is void of color. Most readers have these candles on each side of their table or in the room. I have seen some readers use only white candles because they believe black candles are evil. That is a misconception. However, if that is what you believe, use white; there is no need to have your readings hindered because you are worried about the color of a candle.
2. In my sessions, I have a glass of water in the room to absorb the negativity. For my sitters, it is nice to have something take away the negativity around them. The glass of water will start to have bubbles form in it, like a glass full of 7-Up; the more bubbles, the more negativity captured. Some days, the glass hardly has any bubbles in it; other days, hundreds or thousands of bubbles form. At the end of the day, I pour the water down the toilet and wash the glass. The water also helps pull negativity off me. Whatever you do, do not drink this water, give it to your pet, or water the plants with it. The negativity it picked up would transfer.
3. Before giving a reading, do a quick meditation or prayer this will build your energy to a higher vibration. Mediums, in particular, need to raise their energy; as I said before, each time spirit comes to communicate with us it is like we are at the bottom of a twenty foot pool. Think of the energy they have to expend to reach the bottom. The spirit world lowers theirs so communication can take place. It takes a great amount of their energy to communicate with us. This only proves their love for us. If you do a prayer, ask for guidance and the energy to do the session. I personally meditate to raise my energy, chakras, and ask my guides for help.
4. Smudge the reading room every day to clear the energy. You may pick up a smudge bundle or wand of desert sage or white sage at a metaphysical store or most any natural health food store.

Smudging is a simple ritual to cleanse, balance and purify yourself, others, the room, or any metaphysical or non-metaphysical tool you may use. To smudge something or someone, light the bundle and gently blow or fan the lit embers. Have a heat resistant plate (most people use a sea shell) to lay the smudge wand in and to catch any falling embers. While smudging, if you have a

lot of sparks coming off the sage, this is the negativity the sage is removing. Direct the smoke over the item or person. When doing a room, make sure you get the corners where the energy doesn't move much. Smudging is not a new concept; the Native Americans smudge before rituals and ceremonies.

5. Now that you have protected yourself and the reading room has been cleansed, let's give the room a personal feeling you like and can work in. Have the walls in a calming color, soft or bright lights (whichever you prefer), and comfortable chairs. Have pictures, crystals, music, candles, fountains, whatever makes you happy. This will help automatically raise your energy by giving you joy. Do all of these, none of these, or part of these - whatever makes you happy. You are doing this for you, not anyone else. These items are for your overall feeling of joy and happiness. When you are comfortable the sitter will be also.

People ask me how crystals help. In summary, depending vibration, each crystal helps with different metaphysical and non-metaphysical aspects of your life. Each crystal in the world has a vibration and these vibrations affect us. I have found that people are drawn to crystals they need in their lives at that time. As spirits, we are naturally drawn to the things that can help us, though most of the time we don't listen. One good reference book on stones and their qualities is *Love in the Earth* by Melody.

Open yourself up. There is a wonderful world around us.

THE SESSION

You reading room is ready. You have meditated and feel ready. Let's meet your sitter.

First, explain to your sitter what you do. Explain what to accept and not accept. Most sitters only know about mediums and psychics from TV shows and movies, and not all mediums and psychics work the same. Describing your personal process will help relax your sitters. Ask them if they have any questions before you begin. If the sitters seem nervous, have them do a quick meditation with you to calm their nerves. A large part of this process is making the sitters feel safe.

Once you feel a sitter is comfortable, start the session. Go with your first impression. Remember, you may feel it, see it, taste it, hear it, or know the information. This is not the time to question why the information comes a certain way.

However you receive information, pass it on to the sitter(s). Be respectful. And DO NOT ADD MORE INFORMATION than given to you from spirit. Just pass it on.

Where most mediums make mistakes is adding to what they receive or trying to interpret it. Try not to do this. You are only the messenger, not the writer of the messages.

If you do not understand a message, let the sitter know. This is not a weakness. Describe what you are seeing, feeling, tasting, or just knowing.

Most of the time, the sitter will know exactly what you are trying to pass on. It does not have to make sense to you. The message is not for you. It is for the sitter.

BETTER CONNECTION

Some mediums do one of the following to connect to their sitters:

Option 1. Ask for a piece of jewelry or a personal item. Hold the item and start with what comes to you. This is a great technique when starting out, because it connects you psychically to the sitter and helps raise your energy level to contact the loved ones. Also, the sitter gets more relaxed and at ease with your ability, because you are picking up personal known information.

Option 2. Before you begin, have the sitter do a short meditation with you. This helps relax the sitter who is very nervous, and also calms the energy in the reading room (so the Other Side can communicate more easily and effectively).

Option 3. Start right into the reading. Take a few deep breathes before you begin, to set yourself.

With all readings, make sure you have Kleenex and a pen and paper handy for the sitters. Personally I record all of my sessions, so the sitters can listen to the session again; also, the overall experience is less stressful for them. In addition, if there are parts of a reading they don't understand, a family member may. Family members often can fill in the gaps.

I had a mediumship session where, halfway through, a female communicating from the Other Side wanted to pass on information; she had hung herself. Everything in the reading made sense to the sitter except this. I suggested the sitter make copies of the tape for her family members who might be open to this type of communication; somebody in the family might know who the female was.

The sitter did just that. She gave a copy to her mother, who agreed that everything in the reading was correct except the part about the female who hung herself. More investigation was needed.

The tape went from family member to family member until a suicide was revealed - and it was a hanging! It was the sitter's mother's first husband's sister! Because of the nature of the death, the family hadn't talked about it; all that was ever said was she had died. (I have noticed that the Other Side loves to test our genealogy knowledge of a family.)

In a another reading, a man had come hoping to connect with his mother who died the year before. However, received information from a male who was very apologetic. The soul went into great detail about what he had done to the sitter by not keeping his promises. The sitter could not place the person.

The sitter went home and threw the tape in a kitchen drawer, feeling the whole session was a miss, a waste of time. A few weeks later, his wife found the tape and listened to it. To her the message was crystal clear. The soul was her husband's boss who had died.

Like a light coming on in a dark room, now the reading made sense to the husband.

At times, sitters get overwhelmed with information and they can't process everything right away. With a tape recording, they can listen to their sessions again, and pick up information they missed before.

When doing a reading, ask the Other Side for validation points, specific things the sitters can validate. This gives the readings a more realistic feeling. You never know when the smallest thing said in a reading will have the largest impact.

With mediumship, most mediums speak at a fast pace. This is because the spirit world gives the information at a high speed.

Once a session is complete, the sitter is your main concern. He/she may be in disbelief, or extremely relieved to know the loved ones are still around. I usually finish by saying, "I hope I have helped you. Thank you for allowing me to share these messages with you"

Sometimes when people leave, they forget their personal belongings; this is normal. When they come back for the item, I let them know this is usual.

Remember, every sitter is different, so each session is different.

Also, I restate: Everything you read in this book is a guideline, not a law or firm rule. Why do I remind you of this? When I was trying to see auras, I went exactly as the books said, without success. I wasn't using the books as a guide. Then I realized I had been seeing auras all along, but not like the books said. Although I do see auras with my regular vision, generally I see auras in my mind's eye, and symbols in the aura field. Both to me are correct. It's how your abilities develop. A lot of what I have written, you may say "That is just what I needed to know" or "I am really not crazy!" Please feel free to adjust, learn, and grow while doing this type of work. That's what it's all about. I learn new things every single day. It is an experience I am pleased to be a part of each and every time.

THE PROCESS

Mediumship is a personal process. Your process will grow and expand as you grow and expand spiritually.

Can you stop or hinder the process? Yes. Remember, as a child you had this connection and for some reason you shut it down; perhaps due to fear, disbelief, because it wasn't an acceptable religious belief, any number of reasons. When you start awakening your psyche within, these reasons will resurface. When they do, you'll need to deal with them. If you don't they will hinder, even stop your personal growth. Every medium and psychic learns to release their self-imposed and self-imitating beliefs.

The process of mediumship is wonderful and mind-blowing. It's experienced this way, because it's not fully accepted by western civilization.

MEDIUMSHIP GUIDELINES

1. Meditate before you begin.
2. Release your own self-imitating beliefs.
3. Honor the process.
4. Protect your aura - all of the time.
5. Admit you can be wrong. You can misinterpret a message or not understand what is being given to you.
6. If you don't understand a message, tell the sitter what you are feeling, seeing, hearing. Often the sitter know exactly what you are trying to convey.

Mediumship and psychic readings are a serious undertaking and a service; it is not a game. Give the highest quality you can to everyone who comes to you.

THE PROFESSIONAL'S FEE

If you are choosing to do readings professionally, the question of fee and how much is a necessary issue.

Some psychics do not charge. Some charge a straight fee. Others ask for a donation. You should do what feels right and comfortable to you.

I charge for readings. This is my source of income, just as if I were a builder, painter, stock broker. I charge for my time, like any other service. How much to charge depends on how new you are and how experienced, as well as what the average is in your community. Only your heart can tell you what is right for you.

I put being a medium into my soul blueprint. It is part of my soul contract for this life, for how I would contribute to society. If I don't like the life of being a medium and psychic I have no one but myself to blame. Yet mediumship has been my teacher. It keeps me open to change. Through allowing, trusting, and experiencing the process, I release fear, self-doubt, and disbelief.

This doesn't mean I go blindly into situations without thinking! Nor do I allow people to lie to me or take advantage of me. It means I fully trust my guides. I do at times swallow hard and say, "Oookkk" I am human too and feel the pressures and fears of society; this is the experience the world gives us that we can't get on the Other Side but I know Spirit has my best interests in mind.

QUESTIONS

1. Do you believe you have psychic abilities? Why or why not?
2. How can using your natural psychic ability benefit you life?
3. What did you use to protect yourself against negativity before doing the psychic reading? How well

did it work?

4. Describe how you felt before the reading.
5. Describe how you felt after the reading.
6. Were there messages that came through clear for you sitter? If not, how can you as the medium make them more clear?
7. Did you remember to ask the Other Side who, what, where, when, and how?
8. Who came through during the session?
9. Were the spirits who came through easily identified by the sitter?
10. What were the sitter's overall comments about the reading?
11. Was the reading session a confidence builder for you? Why or why not?
12. Describe how you can improve your next reading.
13. How have you grown by reading this book?
14. THINK CAREFULLY - After reading this book, what has started to change in you life?
15. Which exercises in this book were the hardest for you to complete? Why?
16. Do you feel you are important? Why or why not?
17. Do you feel you affect everyone around you?
18. What were your feelings toward death before you read this book?
19. What are your feelings toward death after reading this book?

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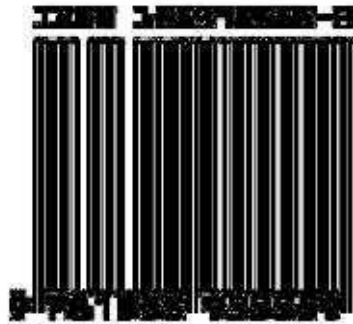
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