

Claircognizance for Mediumship

Communicate With the Other Side. All clear senses. (1) Open your gifts, (2) Spirit map, Signs & Symbols, (3) psychic detective & pet mediumship and (4) Souls on Other Side.

Section 1 & Beyond

- **Section 1: Open your gifts,**
- **Section 2: Spirit Map**
 - Family Relationship Chart
 - Once Contact Is Made
 - Grief
 - Setting Symbols
- Section 3: Psychic Detective, Pet Mediumship
- Section 4: Souls on Other Side Mediumship

Family Relationship Chart Story

- It was a beautiful fall day in Florida. I had four students in my home studying the fine art of mediumship in a mentorship program.
- Today was the day I introduced the Family Relationship Chart. One of the best students, using me as her subject, took her hand and went around the energy field of my body.
- When she got to the area just about the right side of my head, she exclaimed in pain. “Wow! Feels like a hurricane of energy! Ouch!”

Family Relationship Chart Story

- She pulled her hand away almost in pain. She had entered the area my mother would be. Apparently my mother was there, sitting pretty and sending out energy.
- I told my talented student to keep her hand in that area and receive. She did. My mother sent her several facts about her passing, her personality, appearance and life. All were correct.

Family Chart Training Tool

- For a long time I used this method to bring in loved ones from spirit. It was clear to me, defined and there was no guessing. You either got a hit of energy in a specific area around a subject or you did not.
- More advanced psychic mediums simply receive the presence of someone from spirit without any tools. However, the Family Relationship Chart is a great tool, to help develop. I highly recommend.
- It follows on the next page.

Family Relationship Chart

Father's Side of Family.

Right side of subject's body

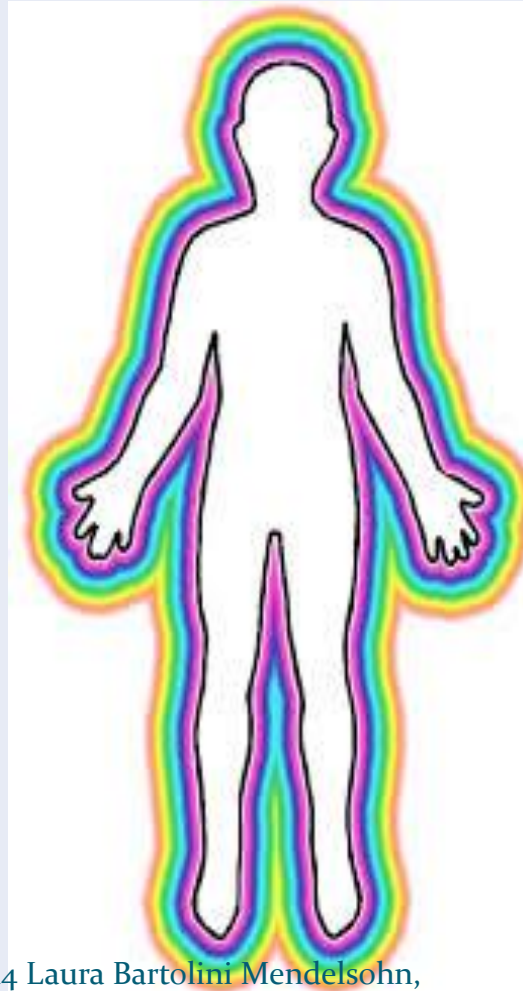
Neck Area:

Grandparent's

Arm/Shoulder

Area: Uncles, aunt's, nieces, nephews, cousins, etc.

Above The Head
Father Mother



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Mother's side of family.

Left side of subject's body

Neck Area:

Grandparent's

High Shoulder Area:

Spouses, Lovers, Friends, Uncles, Aunt's, nieces, nephews, cousins, etc.

Arm Area: Children

Before Continuing

- Open &/or print Family Relationship Chart. Get HERE: <http://SpiritMediumLaura.com/FRC.pdf>
- Open &/or print Mediumship Pallet. Get HERE: <http://SpiritMediumLaura.com/mediumshippallet.pdf>
- Get partner for exercises. Instructor will assign in online class.
- Do LOVE formula. You will be led through this in next few slides to prepare.

LOVE Formula – Steps to Work

- Let go in meditation.
 - a. Theta Brain Wave Meditation. The most important secret to opening your miracle mind is through deliberate access to deep Alpha to Theta brain wave states. It is this brain wave state which is responsible for access to the miracle mind, collective unconscious or what physicists call “zero point.”
 - b. The easiest way I have found to gain access to this brain wave state is to use a “Deep Theta Meditation” found for free on youtube.com. If you do this daily for 8 minutes or before working psychically, you will have a significant advantage.
 - c. **DO THIS NOW**: Uncross arms, legs, sit back, breathe abdominally.

LOVE Formula (Cont'd)

- Open in prayer.
- *“Father, mother, god, all beings of the highest love and light, I thank thee for providing me clear, accurate messages for highest good of all for all sessions. Souls that come through, I thank thee for providing me a picture of what you looked like on earth, your name & any other names of significance, your cause of passing, your relationship to sitter and any message of personal significance to sitter such as how you communicate with them. [Adapt to your needs]. Please send pictures to my eyes, words to my ears, feelings to my body and knowing to my brain. Please try different vibrational frequencies to find the right one for me.*
- *I thank thee, oh infinite spirit, for providing me 100% accuracy, 100% of the time, as a clear and open Channel for God’s work.*
- *I thank thee for allowing us to only work in the highest love, light and protected space possible.*
- *I thank thee for automatically opening & closing spirit connection for each session.*
- *And so it is. “*

LOVE Formula(Cont'd)

- Vibration Alignment with sitter (subject of reading) by visualizing energy fields combining.
 - a. Close your eyes. Visualize your sitter. (Class aligns with whole class.)
 - b. Imagine they have an energy field coming out of them.
 - c. Imagine you have an energy field coming out of yourself.
 - d. Imagine both energy fields blending.
 - e. You should feel a click as you connect.

LOVE Formula (Cont'd)

- Entirely receive.
 1. Entirely receiving is the most difficult phase of this process for many people, but is critical to be able to do in order to access your miracle mind. You must be willing to allow yourself to report or accept anything that comes in as part of your psychic experience, even if it seems silly.
 2. Example. Got the name, Marg. I said, “Do you understand the name Marg, maybe Margaret, or something like that. Obviously not Maria, which is your name.” Sitter did not understand. I should have insisted, but did not b/c I had **empathically assimilated the client’s attitude of uncertainty**. Found out later, her brother in spirit’s name was Mark! DUH!
 3. **ALWAYS BE CERTAIN!** Give what you get and you will **GET much MORE!**

Demonstration of Map

- Next slide instructor is doing to demonstrate how to do using the family relationship map using past client or student in class. (Past class: Felt boy in spirit. Had illness, hospitalization, tubes all over his body, short brown hair with wispy bangs, lots of sadness, holding a stuffed toy for evidence.)
- Instructor will move into an area where numerous relationships in spirit could exist.
- Instructor brings in 5 pieces of information from this soul. Relationship, Appearance, Cause of passing, Names, Personal message of significance. (Signs & Symbols from loved one in spirit.)
- Instructor does NOW. Move to next slide and follow.

Family Relationship Chart

Father's Side of Family.

Right side of subject's body

Above The Head
Father Mother

Mother's side of family.

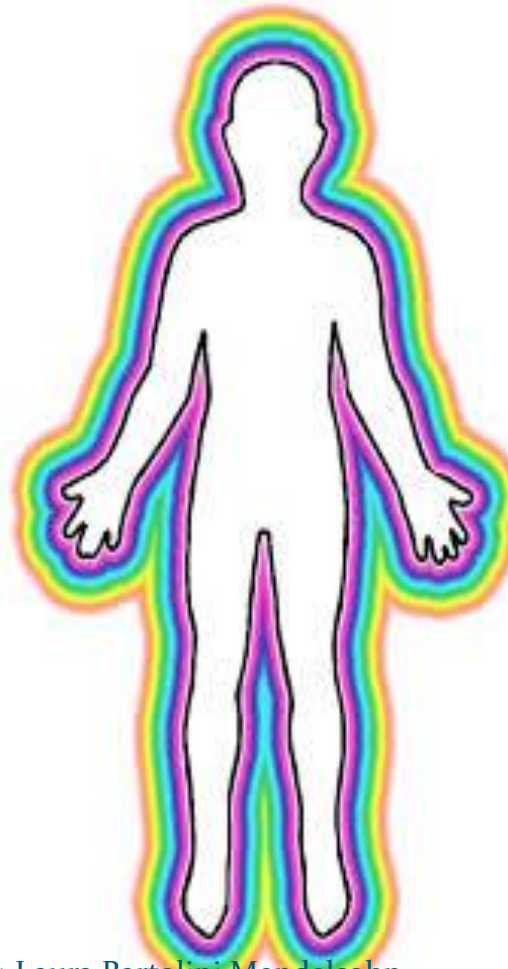
Left side of subject's body

Neck Area:

Grandparent's

Arm/Shoulder

Area: Siblings,
Uncles, aunt's,
nieces,
nephews,
cousins, etc.



Neck Area:

Grandparent's

High Shoulder Area:

Siblings, Spouses,
Lovers, Friends,
Uncles, Aunt's,
nieces, nephews,
cousins, etc.

Arm Area: Children

Exercise 1:

How to Use Relationship Map

- Vibrationally align with your partner.
- Draw rough outline of person's body on sheet of paper or if you had time to prepare use the chart you printed.

Chart located here:

<http://SpiritMediumLaura.com/FRC.pdf>

- Move your hand over the outline or chart. If you are in person, move your hand around the subject's aura.
- Stop at any area in which you feel a jolt or change in the energy.
- Try to get Relationship, Appearance, Cause of passing, Names, Personal message of significance (ex. signs/symbols).

How to Use Map (Cont'd)

- If you are in an area that could “house” a number of different types of individuals, sense the energy.
 - Male or female, Relative or Friend, etc.
 - Appearance, Cause of Passing, Message, etc.
- Deliver facts to paper for sharing later or deliver orally now. Fact List on next slide.
- Ask sitter, “Do you understand such and such?” “Please confirm, yes or no?” “Why do I feel, see or hear such and such?”
- **DO NOT STRAIN.** Wait to get answers.

How to Use Map (Cont'd)

- **FACTS to DETERMINE:**

- **Relationship** to sitter (instructor or exercise partner). Parental, Peer, Junior energy, male or female, drill down to detail.
- **Appearance:** tall, medium, short, hair, glasses, smoker, muscles, fat, thin, etc.
- **Name(s)** or letters.
- **Cause of passing & health issues.** Illness (Cancer, heart, etc.), accident, suicide, etc.
- **Personal Message** of Significance. **SIGNS & SYMBOLS** soul communicates with loved one on earth is a key personal message. Details on next slide.

Another Secret:

Create Info “Slots” In Your Head

- **MEDIUMSHIP PALLET**. Open Mediumship pallet. Go over info “slots.” Get Mediumship Pallet **HERE**: <http://SpiritMediumLaura.com/mediumshippallet.pdf>
- To get information you have to expect information! Very important!
- Prime your brain for info “slots” will help spirit connect that information to you.
- Ex. Read a book of Greek names if you are going to do readings in Greece.

SIGNS & SYMBOLS:

Ways Spirit communicates

- ADDITIONAL: Ask the soul in spirit how they are communicating with their loved one on earth. Use information on next slide to prompt your receptivity.
- Great book, “[Hello from Heaven](#),” by Guggenheim Get [HERE](#). Next slide summarizes this web page: <http://www.after-death.com/Pages/About/ADC.aspx>
- Communication might have already happened. Try to get that too as additional evidence.
- Or it might be you are setting this up for future. Ask soul which this is.

12 Ways Spirit Communicates

- 1. Sensing a Presence: Sentient ADCs,**
- 2. Hearing a Voice: Auditory ADCs,**
- 3. Feeling a Touch: Tactile ADCs**
- 4. Smelling a Fragrance: Olfactory**
- 5. Partial Appearances:** From mist to solid, quite a few in bedroom.
- 6. Full Appearances:** or image of a deceased loved one in a "picture" especially during meditation or prayer.
- 7. Encounters at Alpha: Twilight ADCs.** Falling asleep, waking up, meditating, or praying. When you open your eyes, your deceased love one there.
- 8. More Than A Dream: Sleep-State ADCs** more vivid, intense, colorful, and real than ordinary dreams. These are also called "visitation dreams."
- 9. Out-Of-Body ADCs :** leave your physical body and visit your loved one in a place nearby.
- 10. Person-to-Person: Telephone ADCs.** phone rings, your deceased loved gives short message.
- 11. Material Matters: ADCs of Physical Phenomenan.** Lights blinking; radios, televisions, stereos, mechanical objects, and toys being activated; photographs, pictures, and various other items being turned over or moved; things that go bump in the night. Messages are sometimes left on computers, telephone answering machines, and other electronic devices.
- 12. Butterflies and Rainbows: Symbolic ADCs** People ask for a sign. Common signs include: butterflies, rainbows, many species of birds and animals, flowers, and finding numerous kinds of inanimate objects, such as coins, feathers, and pictures.

Ways to Communicate: Dreams

- As you begin to do mediumship you will be asked by your own sitters if the dreams they had about their loved one in spirit are really communication with them. The answer is wholeheartedly, “Yes!”
- It is possible to have direct conversations with your loved ones through your dreams. If you ask in prayer before you go to bed to receive communications from your loved ones, you will find over time this channel to hear from them can be developed.
- Each soul has a level of skill in making this connection, so it is not infallible. However, if you ask for communication you have a greater chance of receiving it. Dreams from spirit are usually extremely vivid. When you have one you will not ignore or forget it.
- I have had a number of dreams from my mother. These dreams seemed almost like an out of body experience they were so three-dimensional. They usually woke me up.

STOP VIDEO: Share Findings

- Stop video now and share findings.
- Do this exercise again to find two more other side connections for your partner or a
- New partner or
- Using the teacher if you are doing this in a classroom environment.
- Share findings.



RESUME VIDEO

Once Contact Is Made

- The Family Relationship Map is useful for identifying the relationship to the subject or sitter. However, once you get a confirmed relationship from the Other Side it is time to begin the discernment.
- It is important to bring in enough validating information from the loved one in spirit before you begin a more conversational tone to your discernment.
- Bring in three or four facts which are validating first.

Validating Facts

1. Appearance of loved one in spirit when they were on earth (can be any time in their life).
2. Name(s) of anyone alive or passed recognizable. (Try for first letter of a name if you do not get entire name correct.)
3. Cause of passing. (Include feelings you might get in the body.)
4. Health problems while on earth.
5. Number of children or people in the family.
6. Where they lived.
7. What kind of neighborhood, house or lifestyle.
8. Shared memories. Signs soul is communicating.
9. More extensive list:
<http://SpiritMediumLaura.com/mediumshippallet.pdf>

Validation to Conversation

- Once you have three to four validated facts about the loved one in spirit to the satisfaction of your sitter, you may then begin a more PERSONAL MESSAGE & conversational phase of the communication. **When you get really good at this, the validation and conversational aspects of the discernment will blend.**
- Practice makes perfect. This is like riding a bicycle. You must do it to gain the skill.

Souls Easier Than Others

- It is common knowledge that not all mediums can bring in all souls. Some reasons: (1) vibrational match between the medium and the soul, (2) desire on the part of the soul in spirit to communicate , (3) skill level of both the medium **and** the soul in spirit, (4) confidence of medium.
- The easiest souls to bring in seem to be those who were energy aware on earth. If they did mediumship, or energy healing when on earth, they are usually extremely easy with which to connect.

Story About Discernment

- A beautiful example of this is a discernment I did for a man who had lost his wife. When the discernment began all I knew was that his wife had passed. Here are my notes about that reading. My questions to spirit are italicized. The names were changed to protect privacy.
- ***Who would like to come through first?***
- Your Father is getting close to passing. Your mother is still here on earth. Both grandparents paternal and maternal are deceased. You lost a child through abortion. Your wife is here. We will work with your wife.

Story About Discernment (cont'd)

- ***Physical description of your wife?***
- I said to the sitter, “I see long hair, a happy expression on her face. A tropical parrot is over her head and a monkey by her side. Another monkey appears.”
- His wife (named Lena) starts talking to me. In a stream of words into my head, she says she had brown hair, straight to slightly wavy. Her body was short, under 5’5”.
- She continues to reveal herself in a visual picture of herself transmitted to me as slender, pretty with dark eyes.
- Then his wife says, “This is me: Caramel eyes and hair.”
- I asked her if she liked animals, wondering at the appearance of the animals when she first came before me.
- She says, “Yes I did, I loved animals very much. All kinds. Here on the other side I take care of animals at times. This was my life’s work on earth. I worked with animals. I loved them so much.”

Story About Discernment (Cont'd)

- I asked her if she had a message for her husband, Charles.
“Dear Charles I do miss you but you must understand that this was all supposed to be. This is not a fluke or a mistake. This is the way we planned it for this lifetime.”
- “You have much to learn from this. The first lesson is how to be whole without me. I was a magical force, yes, in your life but I was only a crutch. Now it is time for you to release some of this and move on. Do not forget me. Just simply love me.”
- “Love me in all the things that you see that remind you of me. And know I still am alive and with you. I have not left and I am fine, whole, healthy and quite happy. Now it is time for you to be happy. Today is the first day of this new beginning my dear love. The first day.”

Story Cont'd

- His wife continues, “I want you to promise me to believe and to take an oath today to be happy like I am, for I am now very happy.”
- “Yes it was not easy leaving earth so early like I did. But believe me when I tell you this the spiritual world is quite beautiful and satisfying. I did not go to a bad place. I went to heaven.”
- “You know what I mean. You know that I know it is not exactly heaven but it is so beautiful here and I have this work, which I can do here.”

Story Cont'd

- “I care for animals that have passed and are without guides or help. I also assist animals on earth that are suffering. I come in and offer them healing and make them feel safe. It is a wonderful work.”
- By this time, Charles was crying heavily, overcome by the clarity of the messages and the known presence of his wife.
- Charles then explained to me that indeed his wife was a magical force in his life, being the spiritual one in the relationship, leading him forward on earth on this path. As well, she was an animal rights activist on earth, a vegetarian, and a spiritual healer!

Discernment Message 1

- This reading provides important information for all that read it. Firstly, it is important to know that those that have transitioned usually leave the physical easily when they let go.
- There is no pain in the actual passing at death.
- There is pain in illness and holding on, but the actual act of letting go and transitioning is a freeing of the limitations of the physical.
- This is validated in “Journey of Souls,” by Dr. Michael Newton. Hypnotically regressed individuals report it is far more “painful” to be born than it is to “die.”

Discernment Message 2

- **Grief is Not Constructive**
- Secondly, it is important to us who remain behind to not hold on in grief over those that have left. They do not want this for us. They need to transition to begin their new lives in the spiritual world. We need to let go to continue our growth here in the physical.
- We are here for a reason and it is not to grieve forever over a deceased loved one. This is not constructive.

Discernment Message 3

- **Pre-Life Planning**
- Thirdly, we come to earth with a life plan. It is important to live that plan. Our death is planned, as is our birth. Free will can change what we planned including the time of passing and other events. Illness is usually subject to our pre life plan. An unexpected accident could have more to do with free will.
- Acceptance of what happens on earth is important so that our continued growth and evolvment can occur. If you resist these planned events you remain stuck and do not grow. So acceptance of transition is key to healing and growth. Resistance provides no one any help.

Other Mediumship Secrets

- **CLOSED ENERGY.** An energetic link must be set up between the sitter (person receiving the discernment) first. If the sitter is closed off this connection could be weak or not made at all.
 - “Closed off” means this person is more centered in their ego existence on earth, survival issues and less on spiritual matters. They might not even believe in the spiritual realm. This can be overcome but does make it more difficult to set the link with the other side.
- **RELAX THE SITTER.** The key is to relax the sitter and create an energetic link between this person and myself. What I do to relax the sitter is to start with a short meditation.
- **MEDITATE** in beginning. Using meditation at the beginning of a discernment greatly improves the odds that most souls will be able to make at least a minor appearance.
- **OPEN.** I tell them to Let Spirit Lead and Be Open. It is almost hypnotic to them if I do this **DURING** the meditation.

Healing With Mediumship

- I believe one of the most healing things a human being can know is that we do not die. We just change form. Learning this through evidential mediumship, we are freed from the ego's fear of death.
- Fear is the most crippling of all human emotions. Without fear all things are possible, we can start living more fully, taking greater risks and fulfilling our passion, making the most of our time here.

Homework

Do the exercises in this section at least three times with three different subjects before going on to Section Three.

Next section: Psychic Detective and Pet Mediumship.