
How to Connect with the Spirit World

A Five-Day Guide



The School for Psychic Studies

1st Edition

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Introduction

If you are reading this ebook, you have decided to initiate communication with the spirit world. A person who engages in this type of communication is commonly referred to as a “medium.”

There are several reasons why people are drawn to become mediums. Most likely, you fit into one of these common categories:

- **Happenstance** - It may be that you had no interest at all in mediumship or the metaphysical, until one day you suddenly found yourself in the presence of a spirit being. This experience caused you to become anxious, and curious to find out how and why this happened.
- **Death of a Loved One** - Perhaps you have experienced the loss of a loved one or friend through the change called “death.” This loss has left you with a longing to see or talk with this person again, or to fill the void that this loss has created in your life.
- **Trauma** - You have experienced some type of trauma—an automobile accident, blow to the head, lightning encounter, etc.—and have suddenly found yourself aware of the spirit world around you. You feel a need to be able to control these encounters.
- **Metaphysical Practice** - You have always been drawn to the occult, and have been learning or practicing some type of healing or divination, such as Reiki or tarot. During your sessions you have noticed that spirit people connected to your client have been present. Or, maybe clients have asked you to make a spirit connection for them and you want to learn how.
- **Early Awareness** - You have been aware of spirit from an early age, but for one reason or another, you have decided to push it aside, only to find that it has resurfaced over and over again.

Regardless of the reason, if you find yourself drawn to know more about mediumship, you can be sure that the spirit world is knocking on your door.

Getting Started

To begin building a relationship with spirit, you will need to create a comfortable, quiet space where you can relax without being disturbed. You will use this space each time you want to communicate.

Make sure that you have a place to sit that is comfortable enough to relax in, but not so comfortable that you will fall asleep. Bring into your space items that have spiritual meaning for you, or are connected to loved ones in the spirit world. It's also a good idea to have drinking water, and a pen and pad, or recorder.

Day 1

You Are More Than a Physical Body

You are spirit!

In this busy physical world, it's possible to forget that you are a very complicated creature. You live, breathe, work, and play in the physical world. You become so wrapped up in your day to day ego experience, that you overlook the fact that there other aspects of your being that you are not acknowledging—*your spirit and soul*.

What are spirit and soul?

Your spirit is your connection with the Divine. It is the pure, wise, energetic essence of you that cannot be changed or wounded, is always uplifted and loving, and does not fade. It is eternal. In your spirit state, you are not an individual. You are part of and connected to all of creation.

Your soul is the aspect of your being that is the source of your purpose, or path. Unlike the spirit, the soul is vulnerable, and can be wounded, but it can also be healed. It can experience a lifetime, but does not die with your physical body. It holds deep and ancient memories, and can access past and future. Although your soul dwells within your body, it remains separate. At death, it is released from your body, and the spirit within is released with it.

Pursuing a spiritual path of study can help you to heal your soul of old wounds, and bring it more



into alignment with your divine spirit and purpose. As a medium, you can also heal others by helping them to release grief, fear, and other emotions that might be weighing them down. In the same way, you can heal a spirit communicator by allowing him or her to express and release emotional baggage involving issues that may not have been resolved before passing.

**In all of the following exercises, the word “spirit” refers to the part of a person that is non-physical.*

EXERCISE 1: *Become Aware of Your Soul*

If you feel you won't remember the steps to the exercises in this book, you can use a recorder or cell phone to dictate the exercise, then play it back.

- Take care of any pressing issues—hunger, bathroom needs, pet care, etc. Write less pressing, tasks and items on a list labeled “Things to do Later.”
- Sit in the space you have reserved for your communication. I will call this your sacred space, but you can name it whatever you choose—command center, spirit headquarters, etc.
- Get into a comfortable position. Begin to clear your mind by imagining a large closet with a heavy door. This door can be whatever style or color you would like. Include a large lock with a key.
- Open the closet door and begin putting any thoughts, worries, troublesome issues, along with your “to do later” list, into the closet. When you have everything inside, close the heavy door. Turn the key and lock the door, knowing that at the end of this exercise, the door will unlock, and all of the things that you stored will still be there for you to attend to. Now, turn away from the door.
- Return to your chair, and begin to relax by breathing deeply. As you breathe, become aware of your body. Focus on your physical body, and become aware of what it *really* feels like. Get in tune with your own “home energy” by paying special attention to the space around your body, and what it feels like against your skin.
- With your eyes closed, bring your focus up to the center of your forehead, between your brows. As you do this, you will feel your shoulders drop and your awareness shift from outside of your physical body inward, toward the center of your head. Here, you will begin to sense your inner self—your spirit. Stay focused on this feeling, and move deeply into your soul, to your spirit essence. Then, move your awareness to your heart. When you have reached this point, you may have an emotional release—joy, tears, or a feeling of deep love. Spend a few moments here, immersed in this emotion.
- Focusing on the inner you, and without moving your physical body, allow your spirit self to stand. This may take some effort at first, but stay intent on this movement until your spirit self is standing slightly in front of you. Now, turn, and look at your physical self.
- Practice this shift from physical to spirit a few times, until you feel very comfortable with the difference between the physical you, and the spirit you. It will be easier to recognize this difference each time you do the exercise. End the exercise in your physical state.
- Slowly bring yourself back into the room, becoming aware first of your physical form, then of the chair you are sitting on, and the room around you. Begin to slowly wiggle fingers and toes to bring awareness completely back into the room. Feel the chair beneath you and the floor beneath your feet. When you are completely back, open your eyes and record your experience in the journal pages at the end of this book.



Day 2

Step into the Spirit World

We tend to think of the spirit world as being up above us, but actually the spirit world is all around us—just existing in a higher frequency or energetic wave form. By shifting our awareness to our spirit state, then changing our energetic rate, we are able to enter the world of spirit. Today we will learn how to accomplish this.

To prepare for today's work, take care of pressing issues, then settle into your sacred space. Use your cabinet to store away distracting thoughts and situations, and begin to relax. You will repeat these steps at the beginning of each daily exercise.



EXERCISE 2a: *Attunement Exercise*

Resonant Tuning (You will need to be at your computer for this exercise.)

For the best results, you should use headphones with right/left separation. Make sure you have each pad on the correct ear. If you don't have headphones right now, you can still do the exercise, but you may need to increase the volume.

Use the YouTube link below to access a recording called *Resonant Tuning*. When the video begins, listen for a short time, then create sounds that match those you hear in the recording. The sounds create a frequency of 174 hz, which is the vibrational frequency of your heart center. It is love energy from the heart that facilitates a spirit connection.

As you begin to match the sounds, you will feel your "home energy" frequency change. This may feel like a tingling sensation in your body. Continue matching tones through the end of the recording (approximately 8 minutes).

This is a good exercise for learning to attune to a different energy frequency, a key skill used in spirit communication. It can be used on a regular basis to build this skill.

After you've completed this exercise, post your experience in the journal section, making specific notes about the feeling you had when your "home energy" changed rates.

Resonant Tuning Video

EXERCISE 2b: *Spirit Reunion*

Exercise for reuniting with spirit loved ones

- Enter your sacred space and set your intention to connect with loved ones in spirit. As you relax, allow yourself to become aware of your own spirit. Follow the steps from day one to the point of stepping out with your spirit.
- Begin to expand your energy outward, using your breath like a bellows to expand your energy field. As you do this, stay focused on the sensation of your home energy. Continue expanding until your energy fills the room.
- When you feel a change in the energy, attune to it as you did in the resonant tuning exercise. From your heart, express your sincere desire to be fully aware of the world of spirit and to move through it.
- Allow yourself to move through the energy, letting your own spirit light shine like a beacon. In a sincere way, ask for your loved ones in the spirit world to come and commune with you. Do not form a preconceived idea about how this experience should unfold. Just allow it to happen easily and naturally.
- When you feel your loved ones moving toward you, you will recognize them by their energy. Give them permission to enter into your energy and make their presence known, by inviting them to come very close to you. Ask them to hold your hand, or to embrace you. Pay attention to what these interactions feel like on your physical body.
- Spend as much time as you like with your spirit family. When you feel their presence fading, thank them for visiting with you.
- Begin the process of returning to full physical consciousness, as you did in the Day 1 exercise. Reuniting with loved ones can be a very emotional experience, so make sure to return completely, both physically and emotionally. Remember, you can repeat this practice at any time.
- Record your experience in the journal section, making notes about how their embrace or touch felt, along with any messages or communication that you received from them.



Day 3

Practice Makes Perfect

Like any other skill we want to learn and perfect, becoming a good medium takes practice and commitment. Great mediums are not made in a weekend, or a week. The world's greatest mediums have been developing their skills and technique for years in order to enjoy the level of accuracy that they have achieved.

To continue to advance your communication skills, you should commit to investing some time every day for your development. It's a good idea to practice at the same time and place every day. By doing this, you are letting the spirit world know where they will find you and that you are committed to helping them reach out to their loved ones.

EXERCISE 3: *Spirit Meeting*

Exercise for communication.

- From your sacred space, relax and allow yourself to become aware of your own spirit. Follow the steps from day one to the point of stepping out with your spirit.
- Begin to expand your energy outward, using your breath like a bellows to expand your energy field. As you do this, stay focused on the sensation of your home energy. Continue expanding until your energy fills the room.
- When you feel a change in the energy, attune to it as you did in the resonant tuning exercise. Express your sincere desire to be fully aware of the world of spirit and to move through it.
- Ask for a spirit person to come and communicate with you. Do not form a preconceived idea about how this experience should unfold. Just allow it to happen easily and naturally. Be aware of anything you see, hear, or feel.
- When you feel a spirit moving toward you, give permission to step into your energy field and make his or her presence known, by saying, *"Please come very close and blend with my spirit, so that I may know you."* Ask this person to place their hand on your shoulder. Feel the difference in energy and attune to it. Remember that you are blending on a spirit level. You are not asking for them to move into your body. You are just staying aware of any bodily sensations as you blend.



- Though you are blending on the spirit level, you will feel the effects of this in your home energy and on your physical being. Be aware of anything that happens during this time. Does your body feel different in size, weight, gender, general physique? Is the person male or female? Lighter or heavier than yourself? Taller or shorter? Take a few steps forward. What does the person's gait feel like? Is it a wide or short stride? Is there a limp or specific movement? What other information do you receive?
- Begin a conversation by asking questions of the spirit person and waiting for an answer. Be aware of all of your soul senses. You might see, hear, feel, or know the answer. Spirit will use whatever means they can to get the information to you.



- Continue the blending process until you have a good sense of what this person was like in his or her life, or until the energy begins to fade.
- Thank your spirit visitor for working with you, and bring yourself back into full physical consciousness.
- Record your experience in the journal section. Make specific notes about how you received the information and through which sense it came.

Day 4

Focus and Discipline

In addition to commitment, the practice of mediumship requires focus and discipline. In order to stay connected and blended with your communicator over a period of time, both of these abilities are required.

Today, you will begin a practice for developing the ability to stay focused. This is more difficult than it might seem. Within one minute, several thoughts can pass through your mind and distract you from your communication. This will cause you to lose the connection with your communicator.

By practicing focus exercises you will acquire the ability to maintain a strong connection throughout your contact. Repeat the candle flame exercise below until you are able to hold your focus for at least seven minutes. You will need to be at your computer for this exercise.

EXERCISE 4a: Focus

Candle Flame Exercise

Watch the 10-minute candle flame video below. Stay focused on the flame. Pay attention to the movement of the flame, colors that you observe, aura of the flame, etc. As soon as you realize that you've lost your focus, stop the video and note how much time has expired. Try the practice again and see if you can hold your focus for a longer period of time. This exercise can also be done using a real candle.



Candle Burning Video

EXERCISE 4b: Daily Spirit Contact

Repeat your daily communication by entering the spirit world and asking for a person to come forward and blend with you. Strive for a closer connection and try to receive more information than you did in Day 3. Record your experience in the journal pages, noting anything new in this session.

Day 5

Working with a Recipient

Now that you've practiced making a spirit connection and holding it, it's time to bring your new-found skills into the physical world. For this exercise, you will need to work with a living person who will receive your communication. In a reading, this person is called a "sitter" or "recipient."

Ask a friend to practice with you. Explain that you are learning and would like his or her help in a practice session. Choose a person that has not shared information about loved ones who have crossed to spirit. Instruct the person to give notice to the spirit world by inviting spirit loved ones to participate for at least a few days before the session.

If you can't find a person to sit with you, you can use a photo of a living person for your sitter as long as you have his or her permission to use it. The same instructions apply.

EXERCISE 5: Working with a Recipient

Spirit Communication Exercise

Spirit communication is a 3-way conversation between the medium, the recipient, and a loved one or friend from the spirit world. A medium must be able to multi-task by holding a connection with both simultaneously. This is where your focus practice pays off.



When your sitter arrives, go through the following procedure.

- Prepare your sitter by telling them how you will proceed, and asking them to respond with only “yes, I understand,” “no, I don’t understand,” or “I don’t know.”
- Sit facing your recipient, and take a moment to relax together with a few deep cleansing breaths. Begin to expand your energy outward, as you did in the communication exercises, except this time, expand your energy to blend with your sitter. You may both close your eyes during the blending process if you wish.



- Once you have made an energetic connection with your sitter, shift your attention to the energy directly around you while still maintaining a connection with your sitter. Invite the spirit world to join you.

- If your sitter has done the homework, you will find a spirit person there, waiting for your contact. If not, expand your energy outward, “feeling” for a spirit presence around you. Once you have found the spirit visitor, begin the blending process. Continue by seeking out information about the spirit person as you did in practice. At this point, you should open your eyes.

- Once you have given 3 or 4 pieces of information, ask your recipient if they can understand who the person is. If they do not know who it is, go back to your spirit communicator for clarification.
- Continue the session, communicating in this way until you feel the energy has faded. Thank the spirit person for coming, and end the session.
- Thank your sitter for working with you, and get feedback about your reading.
- End by releasing the connection to both your sitter and the spirit person.
- Record your results in your journal pages.

What if your sitter doesn’t recognize the person?

If your sitter doesn’t recognize the person, don’t panic or feel down. You can thank the spirit person for coming and ask for someone to step forward who your sitter will recognize, or you can end the session.

It’s not uncommon for beginning mediums to misunderstand information or communicate with a spirit person that is not connected to their sitter. Practice for a few more days and try again. Don’t let the experience discourage you.

Remember, mediums aren’t made in a week.

Next Steps

As I mentioned earlier, mediums are not made in a weekend or a week. The process that you have learned in this booklet is just the beginning of the journey.

If you have enjoyed this five-day experience, and are truly interested in becoming a medium, your next step is to find good training.

At the link below, you can find information about my six-month **Mediumship Certificate Program**. In this online program you will receive complete training in the ethics and practice of mediumship, the support of a group of students with whom you can develop, and personal mentoring.

Feel free to contact me with any questions that you have about the program.

Good luck with your development! The spirit world is ready and waiting to work with you.



Lin Hunter

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Journal Pages

Print this section and use it to record your experience with each day of training.



JOURNAL - Day 1

EXERCISE: Become Aware of Your Soul

Your Storage Closet

Describe your closet door, lock, and key:

Home Energy

Describe the feeling of your home energy. What is it like against your body?

Moving Spirit Outward

What was your experience like with this exercise? Was it difficult or easy? How many times did you practice? Were you able to distinguish the difference in feeling between each state?

JOURNAL - Day 2

EXERCISE 2a: Attunement

Describe your experience with this practice. What did it feel like when your home energy changed?

What else did you experience during the practice?

EXERCISE 2b: Spirit Reunion

Describe your spirit reunion. Which relatives or loved ones came to greet you?

What did their energy feel like?

Describe the sensation of an embrace or holding hands.

What message did you receive from your family and friends?

JOURNAL - Day 3

EXERCISE : Spirit Meeting

Communicator

With whom did you communicate? Describe the person, listing individual pieces of information that you received. Next to each item, note the sense through which the information came.

The Soul Senses

List the total number of pieces of information that you received through each sense.

Seeing

Hearing

Feeling

Smelling

Tasting

What did you simply “know?”

Review the Experience

Write about your experience with this exercise.

JOURNAL - Day 4

EXERCISE 4: Focus

Describe your experience with the focus exercise. How many times did you start over? Do the exercise for seven consecutive days. List the total restarts for each day. Did you improve?

Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____ Day 5 _____

Day 6 _____ Day 7 _____

EXERCISE 4b: Daily Spirit Contact

Describe your experience with this exercise using the Day 3 questions as a guide.

JOURNAL - Day 5

EXERCISE 5: Working with a Recipient

Describe your experience with your spirit communication reading. Were you able to communicate with a loved one for your sitter?

List the information that you received to describe your communicator. What was this person like during his or her life?

What was your sitter's reaction to the communication? Was there a message? If so, what was it?

How do you feel about the communication session? Did it go smoothly?

What next steps will you take for your development?