

CHANNELING & SPIRIT COMMUNICATION OUTLINE

SATURDAY: CHANNELING

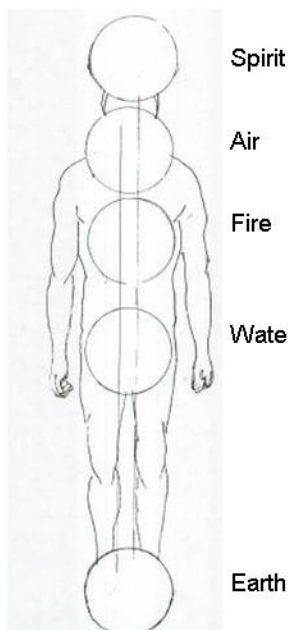
- 10:00 AM – Intro with Sandy & John
- 10:30 AM – Need for basic self defense in channeling
- 11:15 AM – Break
- 11:30 AM – Exercises; Chi Kung for throwing off energy. HO's.
- 12:00 AM – Lunch
- 1:30 PM – Channeling; What is it? Used for what? How do you enter the right state for it? What's the difference between channeling and spirit communication?
- 2:30 PM - Break
- 2:45 PM - *Meditation: White shell, worry box, 1-10, workplace, mantra, ask guides for help, reach for higher self*
Archangels and how to invoke them.
Yod He Vod He
- 4:00PM - Practice channeling information for a partner.

SUNDAY: SPIRIT COMMUNICATION

- 10:00 AM – Introduction, focus on ethics
- 11:00 AM – Break
- 11:15 AM – Need for psychic self defense
How did client pass? Violently? How recent?
- 12:00 PM – Lunch
- 1:30 PM - Spirit Communication principles
 - Summoning
 - Spirit retrieval
 - Healing – prayer
 - Depression
 - Opening
 - Why disconnect and how
 - Identification
 - Symbols
- 3:15 PM – Break
- 3:30 PM – *Meditation for control room*
- 4:00 PM – Platform work

SPIRIT COMMUNICATION, CHANNELING & MEDIUMSHIP

with Sandy Anastasi & John Maerz



OPENING YOUR CHANNELS

Spirit

At each point chant "Yod Hey Vod Hey" 3 times.

Air

The first point is just above your head through spirit energy. Chant 3 times.

Fire

The second point is at the throat through air energy. Chant 3 times. Feel a breeze pass you by.

Water

The third point is at the heart through fire energy. Chant 3 times. Feel heart throughout your body.

Earth

The fourth point is at the sacral & groin point

through water energy. Chant 3 times. Feel moisture all about your body.

The fifth point is at your feet through earth energy. Chant 3 times. Feel rooted in cool, calm, solid energy.

This should yield a picture of a shaft of light running from your head to your toes, inside your body with five points of light at each point.

INVOKE THE 4 ARCHANGELS

Facing East - "Archangel Rafael I invoke thee for protection."

Colors = Bright Yellow, Mauve

Feel a gentle wind penetrating the entire body.

Facing South - "Archangel Michael, I invoke thee for protection."

Colors = Vivid Red, Emerald Green

Feel an intense radiation of heat

Facing West - "Archangel Gabriel, I invoke thee for protection."

Colors = Blue, Orange

Feel a sense of moisture or flowing water.

Facing North - "Archangel Auriel (Uriel), I invoke thee for protection."

Colors = Forest Greens & Browns

Feel a sense of cool, calm rooted stability

SPIRIT DESCRIMINATION

Questions to ask the spirit: DO NOT ALLOW YOURSELF TO THINK. Answer the questions as quickly as possible and keep moving. Answer with the first response that comes through no matter how off it may seem to you. (For questions one and two first determine *who's* right and left you will signify with)

1. Male or female? (Left or right)
2. Father's or mother's side? (Left or right)
3. Which generation? (# of steps back)
4. Height? (show with hand)
5. Body type?
6. Hair color?
7. Eye color?
8. Wearing?
9. Doing?
10. Holding?
11. Name or initial?
12. How did they pass?
13. What's the message?

Do not attempt to make the answers detail oriented. This will pull you out of channel. Ask your client to hold questions until you are through with the reading.

MESSAGE DETERMINATION

"Are you here or crossed?"

"Who are you?"

"Who is the message for?"

"What is the message?"

Pay attention to every detail. All of this dialogue is with spirit. The language of spirit is almost instantaneous. If you have to think about it, you've lost it! All dialogue takes place within the first few seconds. Speed and accuracy improve with effort.

Always End A Reading with a Positive:

It is your job to encourage the person and help them to raise their vibration. Always find something positive to say. As a counselor you can be a healer with your words.

Receiving a Reading

- When you feel rejected, you shut the door. The door closes.
- You may get someone who you never knew.
- So, you could say 'I'm not recognizing the person, but I will think about it.'
- We have to keep an open mind when we are listening.
- A handout may even be a good idea to give the client an explanation in how you work and what to expect.
- Many times a reader will only allow you to come by yourself, for the simple fact not to get loved ones coming through for the person who came along.
- Healthy skepticism is essential.
- Depression is a stoppage of energy.
- Exercise or forcing yourself to get the energy moving within you is a good way to stop depression.
- Different mediums use different focus points.
- George Anderson draws circles to help himself in the alpha state. The circular patterns bring your focus inward.
- Energy going clockwise from your perspective the energy is moving away from you. Energy going counterclockwise from your perspective the energy is moving towards you.
- A Mandala is a good tool is focusing energy in or out. It has been used to walk someone to the Other Side.
- Do not force someone to communicate with you if they choose not to.

Psychic Self Defense for Mediumship

- If you are going to do a session with a client, ask if the person wants to contact someone who has died violently. Most of us do feel and it doesn't feel good when you pick up things you didn't expect.
- How long ago did they die? Someone who may have died less than three months ago may be very hard to contact. John Edward says, 'They're still on the train.'
- In a psychic session, many times we work through the sitters themselves in attaining information about the deceased. This is termed impersonation.
- Doing a double-jump to the other person helps to link up with the other person through the sitter.
- A psychic learns a strict code of ethics in their work.
- Be careful in your presentation as a budding medium.
- Any spirit you make a connection with potential can latch onto you. Stay away from Ouija boards.
- You need to perform protective exercises before any of this work. This includes putting yourself in the light, invoking Archangels, etc.
- When you find yourself obsessing over things unfamiliar to you, you may have experienced a spirit attachment.
- Dion Fortune is a good author to read.
- Induction is a physical law, but metaphysically very powerful and applicable. This is why it is a good idea to stay away from graveyards.
- Obsessing is encountered with lower level spirits.

- As a psychic, doing things such as going to hospitals, visiting a graveyard, visiting the sick, etc. we must stay very protected. We are too psychically aware.
- Protecting yourself a couple of hours before is a good idea.
- *As long as you keep the ego out of this work, then you are fine. When the ego enters, identity gets involved.*
- When you feel fully empowered and stable, this is when you start. Any shift must be looked at. This is term 'Taking Your Temperature.'
- Physically protect the environment you are in.
- If you have a bad feeling about the person before the reading, apologize and cancel the reading. Just say 'the chemistry isn't right so I don't think we should do this.'
- There are many who come for a reading who need a download of energy or they have none of their own energy and come for energy suck up.
- It is all right to say that you don't feel the client is ready for this and to come back when they are ready.
- The more you focus your life on the psychic realm, the clearer you become and the more likely you are to attract the lower vibrations.
- Cleansing yourself has to become a daily routine. Protection is the other thing you have to do.
- If you have any inkling that the person you are asked to contact had anything to do with Magik, don't get involved.

SPIRIT COMMUNICATION CODE OF ETHICS

- Be humble and thankful for the gift; affirm daily, with sincere gratitude, gift of life and your love for fellow beings – and for the ones who have departed.
- Never boast or exaggerate about your powers.
- Spirits must never be asked to do things against their will.
- The misuse of powers for sexual exploitation, excessive monetary gain and power over others is pure evil.
- Avoid using the powers for the sake of dramatic interpretations and staged events.
- Client and sitter confidentiality must be observed at all times.
- Fees, gifts and offerings must never influence readings.
- Advertising services in newspapers, magazines, television and radio are inappropriate; word of mouth and business cards are more acceptable. You can also use quietly-stated brochures.
- Be a “champion” of mediumship!

Taken from “Beginner’s Guide to Mediumship” by Larry Dreller

Eliminating Negative Emotions

FOCUS: Concentrate fully on Qi (internally just below navel). Let go of all negative emotions.

POSTURE: Stand with legs wide apart in horse stance position. With thumbs pointing back, place hands on thighs, achieving solid, balanced footing.

MOVEMENT: Gently rotate head and upper body in small circles in clockwise fashion 4 times (5a). Reverse and repeat rotation *counterclockwise* 4 times. Repeat same rotations but in *larger* circular movements (5b). Allow body to move naturally and loosely. (Again, 4 times in each direction) *Inhale to begin - Exhale when midway through circle in forward position.*

8 circles per set. Complete 2 sets.

