



**ASCEND**  
Healing Arts + Mystical Gifts

INTUITIVE DEVELOPMENT & MEDIUMSHIP MENTORSHIP CERTIFICATION PROGRAM  
Instructor: Alexis Prince, RMT, CCH, Certified Psychic Medium,

# Mediumship

## Module 2 Power Building: Unfolding Your Soul's Senses.

*You must find the place inside yourself  
where nothing is impossible.  
- Deepak Chopra*



## Your Vibrational State of Being

We often here people say “raise your vibration” followed by a meditation and most typically don’t discuss what it means exactly to raise ones vibration and it has become a catch phrase. So many people I run into are not exactly sure what it actually means or what they are supposed to do in order to raise their vibration or if they really need to.

As described by Cassandra Sturdy\*; "Your ‘vibration’ is a fancy way of describing your overall state of being. Everything in the universe is made up of energy vibrating at different frequencies. Even things that look solid are made up of vibrational energy fields at the quantum level. This includes you."

From a scientific and metaphysical perspective, Sturdy further explains that we are a ‘being’ that is made up of different energy levels: physical, mental, emotional and spiritual. Each of these levels has a vibrational frequency, which combine to create your overall vibration of being. So when we speak of “raising our vibration” we are really talking about balance. Most humans are out of balance physically and mentally not to mention spiritually. So raising your vibration is not a state of meditation or the “inner high” feeling but it is a process of balancing the mind body and spirit.

### A Few Ways To Raise Your Vibration

- Become conscious of your thoughts.
- Find something beautiful and appreciate it
- Be conscious of the food you eat.
- Drink water
- Meditation
- Be Grateful
- Practice acts of kindness
- Get your blood pumping
- Spending time in nature forests, rivers, ocean.
- Epsom Salt and Crystal Baths
- Affirmations
- Say something nice to a stranger
- De-clutter your living space

### Some Foods To Raise Your Vibration

- Fresh Berries
- Green leafy Vegetables
- Nuts and Seeds
- Fresh Herbs
- Sprouts
- Teas
- Beans & Legumes

### More ways to raise your vibration:

- EFT
- Meditation
- Breathing exercises
  - See multiple breathing exercises in the class resources such as:
    - Alternate breathing
    - “Edgar Cayce Readings recommendation” exercises:
      - Breathing exercises for purifying the body.
- Cross Crawl
- Wayne Cook Posture
- The Crown Pull
- Jangle
- Head and neck exercises
- Qi Gong
- Tai Chi
- Yoga



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## Raising Your Vibration: Spiritual Daily Practice

**Your Daily Spiritual Practice is about you and your connection to the universe.**

We tune into energy through feelings. Being able to “feel” what’s going on around you. When we hear someone laughing and feel we need to join in, our vibration becomes higher. When we feel in danger, and we turn around lower our heads to protect our heart or curl in more like a ball- our energy vibration is lowered. In order to raise our vibration we have to have experienced low vibration, but that doesn’t mean you have to stay there.

Have you ever noticed that a particular person that when you are around them you feel it right away? It makes you feel better or drawn to them? Think Deepak Chopra or the Dalai Lama. That type of energy.

**How can we learn to raise our vibration? or rather maintain a high quality vibration**

Daily Spiritual Practice.

This is a choice. Choose a time each day that you meditate, do yoga or Qi gong, perform an energy healing session, state affirmations, as a few examples. Keep it going throughout the day. Invite yourself to recognize that intention throughout your day. It is so easy to drop down to a lower frequency. (real world setbacks).

A Daily Spiritual practice is setting positive intentions in your mind and coming back to them throughout the day to remind yourself of them and receive any internal guidance that is being offered to you. Through maintaining a daily spiritual practice you will begin to raise your vibration so that you will give off bright light and positive energy and experience the peace you seek for a happy, peaceful life.

### Thoughts

Everything you think and feel is moving out into the universe and creating the path before you- literally.

Thoughts create waves in your life, like ripples or waves, so your thoughts come back to you.

Choose thoughts that are working for you not against you.

Thoughts are expressions of feelings- think about it, when you think about something you love you feel good inside!

Raising your vibration includes replacing our thoughts that you have about life, about yourself, about others or that you run over and over in your mind with better ones.

By raising our vibration we are making a decision to move into a place that is filled with unlimited potential. We are choosing to accept the unlimited energy the universe is willing to offer us and thereby are able to have a never ending supply as well as create anything we like in life.

**Change your thoughts, Change Your Life (book)**

**- Wayne Dyer**



## Raising Your Vibration- continued

### Spirit Soaring

The feeling you get when you see someone you haven't seen in a long time and you just want to grab them and hug them- that is a reminder of your natural state. Which is why it feels good to love and be loved. Love is a very high vibration and it's what the universe is operating on. Anything that is not love like fear or negative energy makes us feel on edge or like we want to flee.

### Gratitude

Very high vibration state. Doing something we love or when we are surrounded by people we love, we move to a state of being grateful.

That phenomenal recognition of what we have and it makes us feel full, seeing the cup not just half full but overflowing. It is a blessing. You can always raise your vibration by THINKING about something you are truly grateful for.

### Begin to connect to Spirit by raising your vibration:

Before I begin a session with anyone or even teach a class I am sure to have followed my daily "ritual" including many of the items mentioned in this section. But just before someone comes for a sitting I will sit in silence, ask for clarity and protection, clear the space, do some breathing exercises, maybe some EFT, or the Jangle for example.

### Here are a couple of tips to help raise your vibration as you begin to connect or go into a meditative state in order to connect:

- Imagine seeing someone you truly love and saturate yourself in the joy of seeing them, hugging them, laughing with them. Feel what that feels like.
- Think of something you truly feel great gratitude for. Immerse yourself in that natural state of love.

### THEN...

#### Opening to Spirit

Imagine that golden white light or a light in your mind's eye, surround it with pink, so that only love can come in and you only radiate love out. Grow the light throughout your body, filling it.

Grow the light outside your body, raise it up to a higher frequency of love and light.

See the light fill your auric field, grow that field larger now, feel the lightness of its weight and energy body.

Ask your spirit guide and gatekeeper guide to come in. You will feel a shift when they enter your energy field.

Acknowledge them and thank them for coming to assist in your connection with Spirit.

Listen and see what their response feels like.

#### Closing

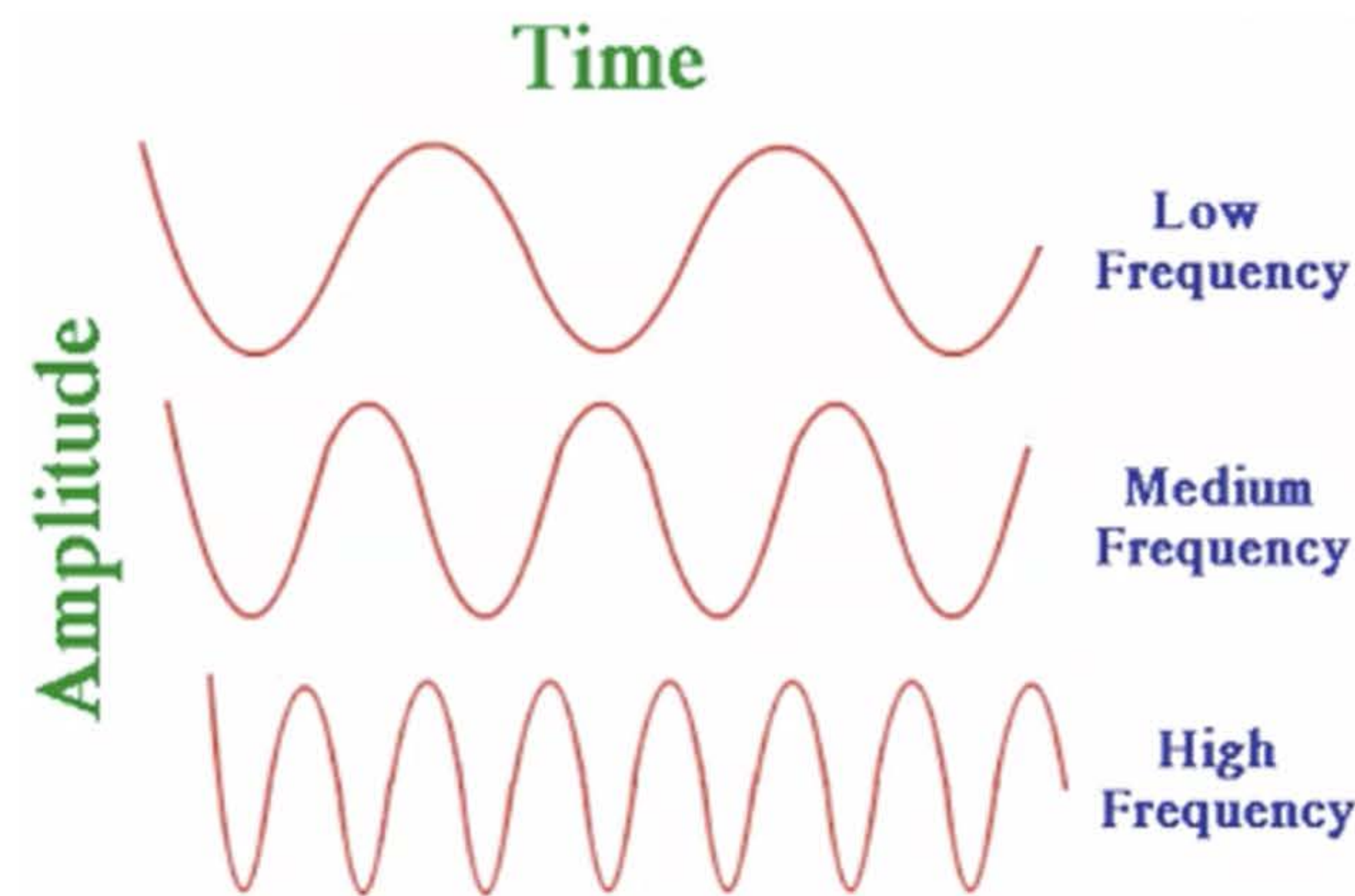
Thank the sitters spirit for coming today and send your spirit guide thoughts of love and thanks and ask them to now move the sitters loved one to move back out of your space.

Ask that your Spirit guide that the energy built up in this session now be released into the universe to be used for good. See your energy bubble slowing and bring it back in, shrinking it down and disconnecting. Thank your Spirit guide and gatekeeper guide for assisting you here today and state that you are now closed from communicating at this time. I usually make a crossing motion with my hands by my throat as if to say "cut."



## Take a Deep Breath and Raise Your Amplitude

So every time I say “raise your vibration” I cringe a little. Scientific study shows that the human vibration ranges from 5-9. The Earth’s vibration is about 7.8. We know that a high and stable frequency (how frequently information is conveyed over time) the stronger the information or energy. If we “raise our vibration” super high, we might be a ball of stress! Have you ever noticed that in argument or stressful situation you feel like you are vibrating really fast and its much harder to focus, pay attention, or communicate, right? So lets look at it this way. Frequency (vibration) is based on time and amplitude. The frequency or how frequently the wave of energy moves through time defines if it is high or low vibration. If we maintain a vibration close to that of the Earths vibration we remain more grounded and balanced- greater stability affording better more clear information. If we then RAISE our AMPLITUDE (turn up the volume) We are able to increase the field of our energy while maintaining the stability as well as stay grounded and transmit and receive more information more clearly.



**Table 1 Human resonant frequency**

Slab Modal Mass	Human Weight	Human Posture	Frequency (unoccupied)	Frequency (occupied)	Human Frequency
331kg	76kg	stand	7.03	7.62	4.78
331kg	76kg	sit	7.03	7.54	4.54
331kg	76kg	stand stiff	7.03	8.14	5.90
331kg	47kg	stand	7.05	7.42	4.73
331kg	47kg	sit	7.05	7.23	3.67
331kg	70kg	stand	6.80	7.30	4.53
331kg	70kg	sit	6.80	7.20	4.19
230kg	70kg	stand	9.00	9.23	3.44
230kg	76kg	stand	9.00	9.28	3.62

47 kg= 103 lbs

70 kg= 154 lbs

76 kg= 176.551 lbs



## Spirit Link Exercises

### Exercise: #1 Focus

Look at the sitter, focus on them. Try to work with your eyes open. This is to focus YOUR energy. Notice anything you might pick up from the sitter and how you picked it up.

### Exercise #2: Open the connection.

#### Open to Spirit then...

Ask for three things (note how you receive them, clairs)

Don't think, just sense. Write them down.

Trust.

Close.

### Exercise#3: The Spirit Link:

Close your eyes

Ground yourself (learned in week 1 exercise)

Open the Connection with Spirit ask for a loved one of the sitter to come in, asking your guides to assist (see previous page)

Feel as that spirit comes in, acknowledge them and thank them for coming.

What that feels like?

NOTE: how did you receive them. Feeling knowing, hearing, tasting, seeing?

#### Ask the loved one:

Male or Female (how did they come in, where did they come in from?)

What relationship are they to the sitter?

How did they pass?

What is their name?

Can they tell us something about themselves? What did they do for a living here on Earth or a hobby they had, a special moment the sitter would remember?

Do they have a message for the sitter?

Close.

### Exercise #4: A gift

Close your eyes

Open the Connection to Spirit

Call in your spirit guide and ask them to show you or give you a flower.

Try to look at it in your minds eye. However you "receive it" note the details.

Do you know what type of flower it is?

What color is it?

does it have thorns?

Is the stem straight?

Is it open or closed?

Close.

Open your eyes and verbally relate what you were given and see how that relates to the sitter or yourself.



## The Clairs: Clairsentience

### **Clairsentience (French. clair=clear sentience=feeling)**

Clairsentience refers to the ability to get information through feeling psychically, which includes sensing feelings, emotions and energy. Typically thought of as having to do with picking up on other people's emotions, a particularly clairsentient person is called an "empath." Women are thought of as being naturally empathic. And you are probably familiar with being taught that women can be emotional but men cannot. In this we find men have stifled for the most part and not developed this sense or felt safe expressing their emotions. Though that is not to say that is true for all men its just something that is ingrained in the psyche of boy or men throughout their lives. Its part of the veil. So my hats off to those men who are able to function as the light that they are despite these obstacles.

Clairsentience is also involved in touch. Psychometry is related to clairsentience in that psychic information is gained by holding an object and feeling its energy. Energy workers are using clairsentience, particularly when they sense the energy and vibrations in a client's body.

### **Clairsentience Exercise 1:**

Everyone has healing energy in their hands to some extent. This exercise will increase your psychic sense by increasing your body awareness.

Rub your hands together for 30-60 seconds- to wake the nodis. Hold your palms facing each other about one to three inches apart. What do you feel between your hands? Lightly pump the energy in the space between your hands or blow into that space and feel the energy expand and push your hands out farther.

What did you feel? Journal it.

### **A different spin on a healing touch exercise:**

Take a moment to sit and go within, relaxing your body and invoking the GWL (golden white light). You should be comfortable in your power and feel protected. As you scan your body do you notice any area that could use some attention, healing or love?

Now lets rub our hands together waking the nodis in our palms. Bring Chi in from source, the center of the universe, see if flow through your crown Charade down your head, shoulders and arms and into your palms. Move your palms now to the area that needs some attention and send the energy to it. Sit with this and sense what you are feeling. Can you feel the distress of the area, can you feel the chi flowing to it? Do you receive any messages through feeling related to this area.

You will know when the healing is complete, at that time disconnect from it, thank it. To disengage do something like swipe your hands like you are wiping dirt from them, or shake them off, some type of movement or statement to clarify that you have finished and are disconnecting.

What was your experience? Journal it.

### **Exercise 2:**

This next exercise you can do with a participant, a pet or child. (children are easy to read). Sitting close to each other or in the same room, send a strong emotion to the other person or pet, such as anger, or love. Visualize an experience when you had this emotion and send that experience to the participant. Disconnect when you are done, getting up and going outside and grounding with the earth or washing your hands is a good way to do this.

What was your experience? How did they respond?



## The Clairs: Clairsentience

Signs that your clairsentience needs better boundaries:

- you feel like the emotions of others are yours, you take responsibility for their emotions and or you are overly affected by others emotions.
- You are fatigued and drained after being around people or when doing psychic work.
- You eat more when around demanding people.
- You give and give and then give some more and don't give enough to yourself.

Using clairsentience is something for you to decide whether or not to use. The risks of using your clairsentience is that you can become enmeshed in other peoples emotions and even their physical ailments. Clair sentience requires strong, healthy psychological boundaries and the ability to be aware when your boundaries are being violated or when you may be crossing the boundaries of others.

The most important thing is to stay within your own body and psyche while you use your psychic abilities, so that you don't become overwhelmed by emotions or physical body issues. You want to be so balanced and strong in your mind body and spirit in all the work we do here in this course, so that you remain in your own power, and are not emotionally affected by the emotions of others.

I can remember a time when my clairsentience was out of control, literally I had not control over it, if I so much as made eye contact with a person walking down the street I could feel their entire life to date move through me like a mist of emotion and I knew every single experience they had in their lifetime up to that moment or well the most important ones, and overwhelmed me and brought me boughts of joy and sorrow in seconds as it passed through me. I had chosen to isolate myself at that time and do the work to seal any holes in my ability to control this and maintain my energy as separate from theirs. It has improved greatly, much more so than I would have expected, however if I fall off my game even a little bit, it can blindsides me. So it is work.

### Exercise 3: Where your boundaries begin and end.

Closing your eyes, relaxing and going within. Relax your face, your shoulders, your arms, relax your entire body down to your feet. Breathing naturally but focus on it for a moment. Extend your awareness now into your field of energy around your body. Be with this energy for a few moments. See it, feel it, be with it.

Place your hand now over your solar plexus, what happened to the energy?

From time to time throughout your day bring your awareness to your energy. Where is it? Is it in your body? Out in the room? Running a hundred miles an hour just in front of your body? Is it out in the room with another persons energy? Or perhaps you don't know where it is! Find it. Once you have found your energy place your hand over your solar plexus. Your energy will likely return to you and you will be aware of it inside your body. This exercise will increase your body awareness and that is psychic awareness.

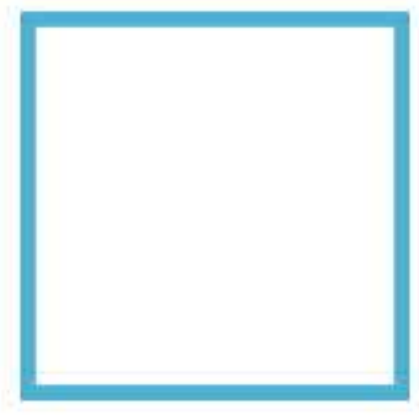
How do you feel right now? Where is your energy right now? Try the Jangle exercise (see extras) shaking your whole body then relax. What does your body feel like now?





## Power Building: unfolding Your Souls Senses & Connecting with Spirit.

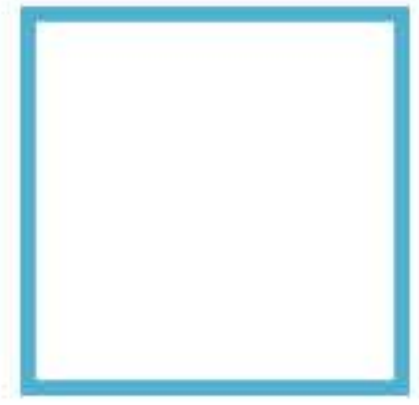
\*\* Remember that “your daily practice” INCLUDES becoming familiar enough with the golden white light meditation for protection and connecting in order to invoke it at a moments notice. It should become a “feeling” or sensation around you that you can recognize in your energy field, it should feel like power and protection. It should always feel good as well as safe.



If you do not already have a daily practice for raising your vibration take a look at the material in both modules 1 and 2 then create a Spiritual Daily Practice for yourself. If you already have one, see if there are a few items presented in this module, that you can add to what you are currently doing. Remember to meditate and journal.

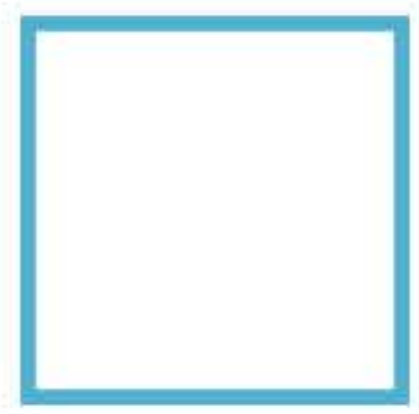
Day 1

Be mindful to practice the clair exercises for clairsentience.



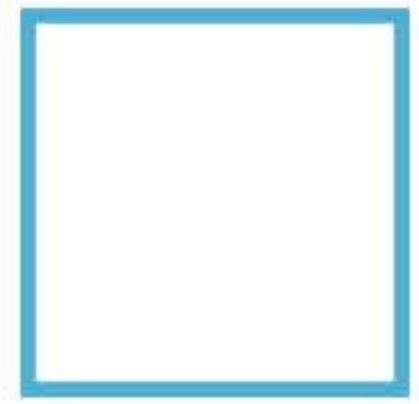
- Take time during the day to do some breathing exercises and practice acts of kindness.
- In your daily practice how are you doing with the golden white light mediation for connecting and protection? You should be getting quicker at invoking it as a feeling in a moments notice. Its OK if it takes a while. but remember to practice.
- Check in with yourself to keep your vibration (amplitude) balanced with positive thoughts,etc. (see class notes for ideas) note which are working for you.
- Where is your energy right now? Bring it back to you. Note in your journal any progress or changes you are feeling.

Day 2



- Meditate and to do your daily practice. Work on invoking the GWL (golden white light)
- Now that you have a new sacred space or have re arranged your sacred space take some time to de-clutter other frequently used or walked by spaces in your home and office. This includes clearing your computer desktop and inbox .
- Add live plants to your surroundings.
- Place some black tourmaline, shungite and smokey quartz in front of your computer. Remove any quartz that may be near any electronic devices.
- Practice the spirit link exercises- at least one. Its good to work with one until you feel clear about the answer you receive.

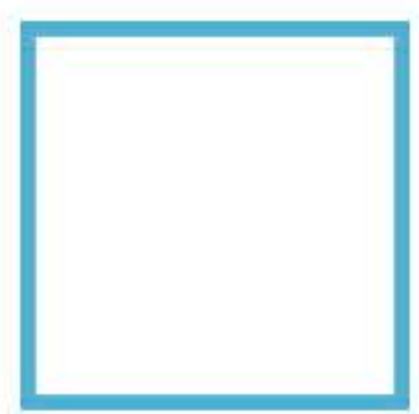
Day 3



- Review your diet and exercise, how are you doing? If you are already eating consciously GREAT! If not give it a try and see how it effects your vibration.
- Be sure to spend time out in nature. Go outside during times in the day that you might not typically do so.
- Maintain your daily Spiritual practices.
- Practice the spirit link exercise (s). REMEMBER to protect your sacred space and yourself as well as closing the session. Even in practice this is extremely important.

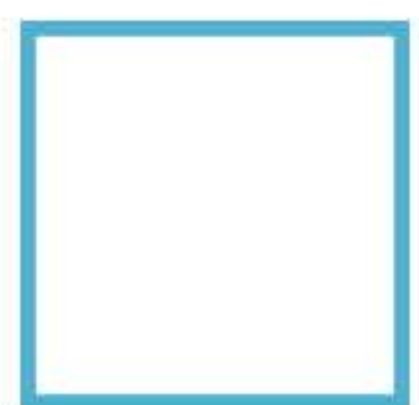
\*\* Be sure to contact me if you are experiencing any anomalies.

Day 4



Spend a little time familiarizing yourself Mediums of the past and present to see who has made an impact /contribution (see resources for a list). Record in your journal anything you found particularly interesting. We will have a brief review on Mediumship theory later in our studies together. As well as your daily spiritual practice try practicing some of the mediumship spirit link exercises. Familiarize yourself with this practice.

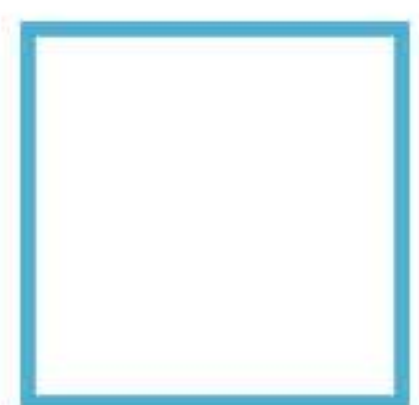
Day 5



After your morning practice take a few moments to walk into different rooms in your home. How do they feel? Do any feel heavier than others? Lighter? Take note in your journal. Now take a walk around your neighborhood. Notice as you pass people and houses, how do they feel? Light? Heavy? Did you get a gut sensation? Journal! Yup I said it again :)

Day 6

-Practice receiving information for different sources today as mentioned above. Try listening to plants, pets etc.



Rest, relax and reflect on your weeks work. Make notes in your journal on your thoughts and how you feel and what you may have experienced through this week. And remember you are perfect.

Day 7