



ASCEND
Healing Arts + Mystical Gifts

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

Mediumship

Module 5 Inner Knowing: The Heart of Intelligence

Spiritual growth requires the development of inner knowing and inner authority. It requires the heart, not the intellect.

- Garry Zukav



Recap...

So far in this course we have covered:

Essentials, Natural Laws, vibrational signals, raising your vibration, clairs, affirmations, connecting with spirit, setting intention, Aura, Chakras, meeting your spirit guides and learning to speak the language of symbols, began working with color, symbols and numbers, mental focus and astral projection.

In this section we will focus on exercises for developing mediumship skills on different levels:

- Communicating with our guides in terms of: connecting, asking questions, working together to communicate symbols and evidential communications for sitter.
- Determining which guides to call in and which to focus on for what purposes.
- Connecting with your Guides, Universal energy, and loved ones in Spirit for the sitter (process)
- Getting and understanding the messages and EVIDENCE.

We will start this week with a recap of your last weeks experiences with astral projection and any q and a.

Do a Meditation to bring you to an experience with being one with the universe. Feeling the freedom of that energy. Collecting evidence and understanding the message.

Connecting with Spirit exercise 1:

Connect with spirit (ground, protect, connect) and send a message in thought to your guide to stand close by you in your "space" (auric field).

Send out thoughts to your guide to bring a loved one of the sitter into you space, ask for:

1. Male or Female (you should already have established what this feels like with your guides- if not lets work on that)
2. Relationship to sitter (you should already have established what this feels like with your guides- if not lets work on that)
3. Ask for three things that the sitter needs to hear at this time.

Connecting with Spirit exercise 2:

Connect with spirit (ground, protect, connect) and send a message in thought to spirit to stand close by you in your "space" (auric field).

Send out thoughts to your guide to bring a loved one of the sitter into you space, ask for:

1. Male or Female (you should already have established what this feels like with your guides- if not lets work on that)
2. Relationship to sitter (you should already have established what this feels like with your guides- if not lets work on that)
3. How did they pass
4. Age at passing
5. Can they give you a name
6. Can they give you a memory that will mean something to the sitter- EVIDENCE
- ** If not ask them (guide or spirit loved one) to put something in your hand- explain it to sitter
7. What did they look like, how did they dress, glasses ? What do you see?
8. A Message for the sitter

Thank Spirit for coming as well as the loved one in spirit and ask that they step back as you are now closing the session.



The Universal Mind:

The Universal Mind is an intelligent energy force into which we can all tap if we develop the consciousness to do so. How do we connect with it?

The entire world of matter, everything we know with our 5 senses, including our brain and the chair we are sitting in is really just energy. That energy has formed molecules and atoms that have gathered in numbers and patterns of movement to create the brain and well the chair you are sitting in. The same is true for all things such as cars, trees, humans and animals.

Physicists also tell us that energy can neither be created nor destroyed it can only change (water, ice, steam), We take energy that has been turned into matter and rearrange it all the time. Thus we have the physical world that we live in.

Quantum physics tells us that there ultimately is no matter- no molecules or atoms. They can be smashed in particle accelerators until there is nothing there but pure energy. And that includes our brains. Medicine has documented on many occasions at the instances of brain death that there is no activity what so every, however people return from this “death” and reveal the same or similar recollections of their experiences.

If everything is energy, what do we call that pure energy? Some call it God, some source, etc., They then give “God” attributes such as “he” set all things in motion, stays involved by hearing our “prayers,” created the universe and remains a detached observer. Others call this energy “first cause” a force that sets everything in motion. I myself prefer Universal Mind or Source Energy which I use interchangeably to describe an intelligent Mind/Energy force into which we can all tap if we develop the consciousness to do so.

I think its important at this point to point out that Ki, Chi, Qi, and Prana are all a part of this energy and are tapped for many reasons particularly healing, power and life (as in the ability to be alive- the breath of life).

We are all Connected to the Universal Mind.

If we are energy and the Universal Mind is energy, then we are all connected to it and with that connection, we have, through consciousness, access to all the intelligence that is the Mind. Now, most of us have a pretty poor connection to it because we live in what is often referred to as the “race world” or societal vale, with its “race” consciousness. Those accept lack, sickness and disease, conflict, problems, anger and hatred. In the Universal Mind this does not exist. For anyone who has experienced a particular level of NDE or astral travel know this. It is our incorrect thoughts and beliefs that make this real to us in the here and now- in this plane of existence. Once we become aware, and begin to clear up our connection to the Mind’s energy we have a connection that can manifest all the good that correct thought ad belief can manifest.

[The universal Mind is neutral. It is our consciousness that determines how the Mind manifests in our lives.](#)

Wayne Dyer who I adore, wrote many books, but this one is very relevant for this particular conversation. The book title is “The Seven Faces of Intension” The premise being that there is only one force in the Universe, an energy fore called Intention. He wrote and spoke about this connection that we all have to this force, in of course, varying degrees.



The Universal Mind continued

Thoughts and beliefs that we must nurture until they are dominant and all of the ego thoughts have been dissolved.

1. We must first surrender to this force and understand that our body and our brain are not in control – only our thoughts are.
2. Accept that within this energy of the Universal Mind is creativity and that you can connect to that creativity. Visualize your connection as a hose or funnel and as creative thought and energy coming through that and into you. This is where inspiration comes from, where you find your “calling,” and where your next “big idea” resides.
3. Practice kindness. There is no need to give into those old ego thoughts that have been residing in that memory portion of your brain. You don’t have to be unkind to anyone or any creature. High consciousness comes when we understand that kindness benefits us as much as the other person.
4. Love. It comes from kindness, really, and it means that we give up our need to judge and to be angry or resentful. We recognize that everyone is on his/her own path to enlightenment. We will all get there eventually because we are all connected through the Universal Mind. How can we not love ourselves?
5. Beauty. Focus on the beauty all around you. When you do this continuously, you can see the beauty in others and in a maggot. Everything is as it should be and in that there is beauty.
6. Expansion. We expand our consciousness with our correct thoughts and realize that there are no limitations in the Mind. There is an unlimited supply of energy for us to increase our awareness.
7. Abundance. This is just like an expansion. If there is only energy and it cannot be created or destroyed, then we have an unlimited supply of that energy to bring abundance to ourselves. We are just re-arranging that energy.
8. Receptivity. We must be receptive to the unlimited supply of energy that is ours to tap into. This goes back to the initial idea of surrender. And with us comes peace – beautiful peace.
9. Meditation, staying at peace, replacing all negative thoughts with the understanding that the Universal Mind is an unlimited supply of energy and intention – these are the things that will raise our consciousness, keep the connection clean and bring us joy.



Next Up Connecting to Universal Energy Meditation

Connecting with Universal Energy Exercise:

With all the work we have been doing over the last few weeks connecting with Guides, you now know what it feels like when they are present in your auric energy field (your space).

For this exercise you can work with your eyes open or closed. You will want to become comfortable (for mediumship) to be able to work with your eyes open as well as closed.

That being said...

1. With your eyes open or closed perform your pre-connection affirmation statement, ground, protection, connect, then, send out a thought to your spirit guide asking them to help you connect to Universal Energy.
2. Ask that you be connected at a higher rate of vibrations and your Guides will do this for you.
3. Take a moment to take in the experience.
4. Now ask that the Universe gives you a message for the sitter, that they need to hear at this time in their life. This will come to you as a Clair.
Releasing, letting go and just taking in what is given. As with all mediumship transmissions it is best to give all that you receive and then put it together as a message. Go completely with how you feel it is to be interpreted. You will know...exercise claircognizence.

As you move forward know that when you connect, you ask your guide to be there and they can connect you to Universal (source) energy as well as loved ones of the sitter. They will aide in the use of Clairs (the language of spirit) to bring you the message(s). You choose how you want to communicate and with practice you can go back and forth between these methods at will.



Remote Viewing

Remote viewing can be defined as the ability to perceive information, events or people from a far off location. You use the mind to find information that may otherwise be out of reach due to physical constraints such as distance and time.

Examples would be to explain what is in a room inside a building that is in a different location. You could also try and explain a situation that occurred in the past or simply tell what is inside a box.

Those who practice remote viewing do so by entering into a state of trance where they project their energy to the target to obtain the information they need.

Compared to astral projection where one has to leave their physical body, in remote viewing you are fully in your physical state. You will need to focus your energy onto the thing in the direction you want to obtain information from. Once you do so, you will then be able to relay this information.

How to practice remote viewing

It's important to be in the right state so that your remote viewing can be a success. For this reason, any feelings that could distract you should be avoided. This could be anxiety, pain or a simple lack of concentration.

In order to get into the right state of mind, you can practice meditation or concentration exercises. Once having rid any distractions and you are totally relaxed you can now get into the real action of remote viewing. Let's consider the basic steps below.

Step 1: Pick a target or goal

With the help of an assistant, get them to put a message into an envelope. You should not be aware of what this message is. You can try sending them either to a different room or outside the building. If you don't have someone to help you with this activity simply focus on something different such as the weather.

There are a few basic tools that you will require during the exercise. These will help you in recording the reports of your findings. You can use a pen and paper, or a voice recorder.

Step 2 : Let the information come to you

As the information starts to come to you, it may not always be rational. Sometimes your own personal way of interpreting what you don't understand may get in the way. Do not try to understand the process; simply allow the data to come to you.

It's now time to enter into deep meditation. You can use different methods to gain a connection or deeper look into your target. For example, you can imagine looking through a magnifying glass with your target on the other side. You could also imagine looking through a window and viewing your target on the outside.

In this trance like state, pick up your pen and paper and start jotting down the first thing that comes to mind. Do not think, just put down what is going on in your mind. You could also draw images. It all depends on whichever style you prefer.



Inner Knowing: the Heart of Intelligence

Today continue to work with your connection with spirit. First spend several minutes sitting in silence- either by listening to meditation music or total silence. You want to practice sitting with your soul, then sitting with spirit.
NO QUESTIONS FOR SPIRIT JUST AWARENESS.

Day 1

After your morning spiritual ritual, affirmations and setting intension spend some time working with your master guide. Asking them what it is you need to know at this time. Record in journal.

Day 2

Today you will spend another day with your Master Guide. Revisit the questions from yesterday that went unanswered. Also practice having your guide step into then out of your space getting a clear feeling of that guide. Ask for a name or what you should call him or her if you have not already established that. Record in your journal.

Day 3

Take this time to meet another guide! Begin with your normal ritual and ground, protect, connect, then call in your Master guide and ask him/her to bring in one of your other guides who you should be working with at this time. Try to learn about how this guide feels in your space, get a name etc. End by bringing your master guide back in and closing appropriately don't forget to thank them for coming. Record your experiences in your journal.

Day 4

Today proceed much like yesterday but today request to meet your Mediumship helper guide. After messages from your Master Guide, ask to meet the guide that will be assisting you with mediumship growth and development. Record your experiences.

Day 5

Yes... IF you feel you are ready its astral projection day. Follow the instructions on either of the two provided methods. If you snap back in do not try to go back in again at that time, wait until another day when you can follow the methods of starting after naturally waking from sleep. Record your experiences in your journal. * This is not a mistake or over sight, if it feels right to you repeat this process of astral projection this is something that will take a lot of practice. If it is not something that feels right to do then continue working with your guides and ask for your gatekeeper guide this time.

Day 6

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 weeks process. Take a look back at some of your notes from previous weeks. And remember you are perfect.

Day 7