



ASCEND
Healing Arts + Mystical Gifts

INTUITIVE DEVELOPMENT & MEDIUMSHIP MENTORSHIP CERTIFICATION PROGRAM

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Mediumship

Module 7 Symbols, Power, Contact, Knowledge & Evidence. Practice.

Symbolism is no mere idle fancy or corrupt degeneration;
It is inherent in the very texture of human life.
- Alfred North whitehead



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Our goal in this session is a little different than the previous sessions. Typically we discuss a new topics, do a few exercises and you are provided with inhuman amounts of work to get the job done. Today we are going to do a little more hands on work together.

Room prep: Sage spray, candle, cloth on table, bowl of crystals.

1. Prep:

Aura Clearing

Wayne Cook Posture

Open Heart Posture

Breathing:

The left nostril is the spiritual, or the easing; the right nostril is the strength. Two to three times through each nostril is the better way for the expansion of the lungs and for purifying circulation. Keep balanced. Then three times in through the nose out through the mouth. Tongue is pressed up against the palette and back of front two teeth on inhale and drops in the mouth on exhale.

Light jangle shanking int off

EFT

Energy work:

Wake the noddies

Sense energy in center of body, Chi position holding the ball, up by the head.

Shake it off.

2. Tools:

Sage on Third Eye

Mudras

Meditation with focus on Breath

3. Power:

Dan t'ian work

4. Connection

Ground, Protect, Connect

Mindfulness Meditation

5. Symbols & Knowledge:

Ask Your Guides

6. Evidence:

Mediumship



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Mindfulness Meditations

Sitting with the Breath and focused on breathing mediation

- Focus on the sensation of breathing

Sitting with the Breath and Body as a whole

- Focus on the sensation of breathing and expand the field of awareness to the whole body

Sitting/lying Body Scan

- Focus on scanning the body and taking note of how all areas, organs etc., feels

Sitting with Sound and Vision

- Noticing sounds and visions without thinking about them, just being aware that they are there.

Sitting with Thoughts and Emotions

- Let go of the breath and just watch the thoughts come and go
- Note how some thoughts can impact our emotions, feelings and reactions.

Sitting with Choice-less Awareness

- Just sit, do not hold anything, do not look for anything
- witnessing in the stillness and anything comes in to the field of awareness.



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Dan t'ian

Loosely translated as “elixir field” sea of qi or simply energy center. Dan t'ian are the Qi Focus Flow Centers, important focal points for meditative and exercise techniques such as Qigong, martial arts, and in traditional Chinese medicine. (Wikipedia)

Three Energy centers control and store energy and energy potential.

Three dan t'ian are each associated with one energy, collectively know as the three treasures.

1. The Lower Dan t'ian: (Jing) located two inches below the navel, it is the source of energy which builds the physical body and allows us to develop and us Qi and Shen.

2. The Middle Dan t'ian: (Qi) located at the heart, it is the energy created from food and air and relates to our emotions and thoughts.

3. The Upper Dan t'ian: (Shen) located at the center point just higher than the eyebrows, it is related to our spirit and or consciousness.



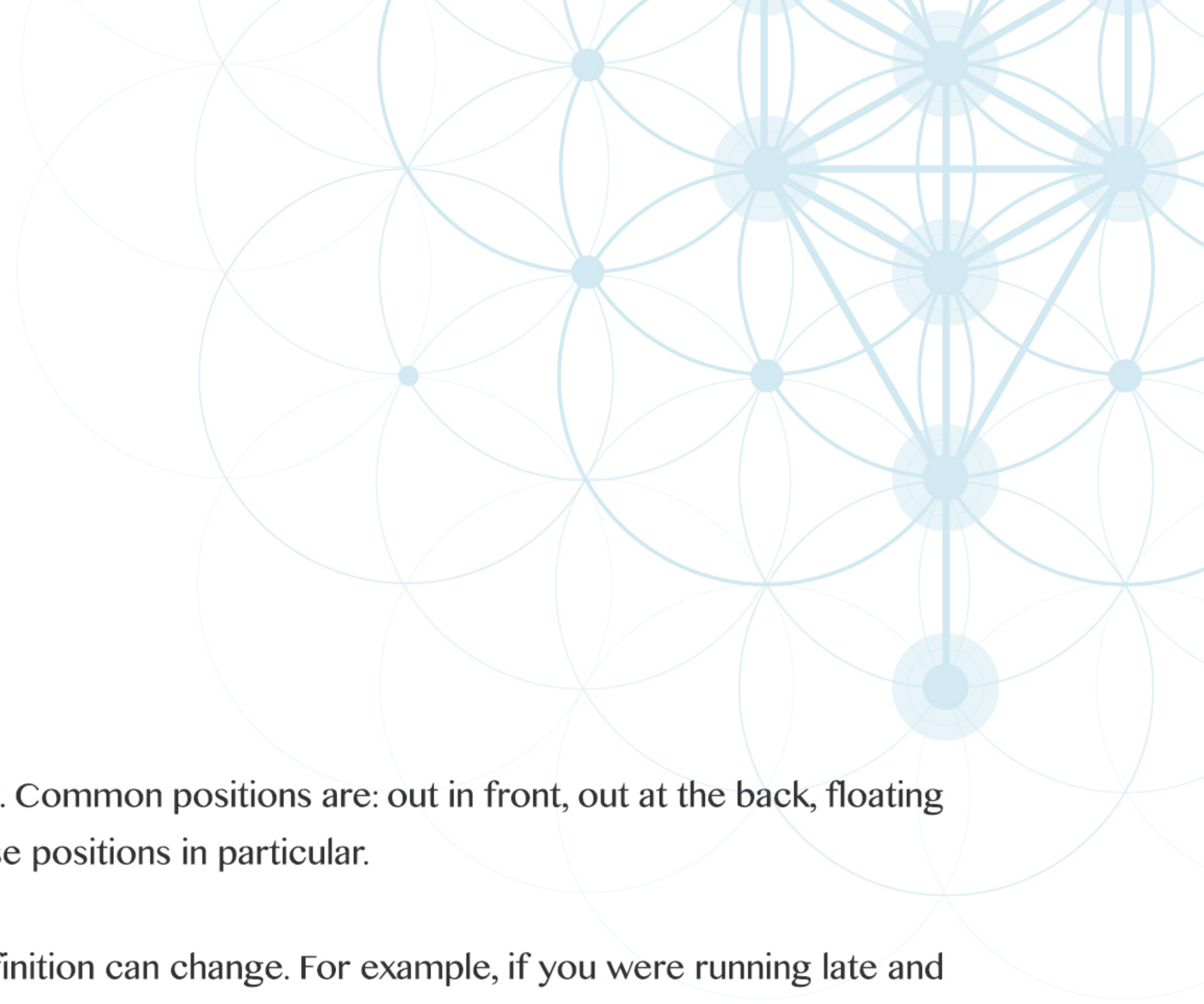
Any reference to the dan'tian is most likely referring to the lower dan t'ian unless a distinction is made. A few reasons why:

- It is the first and original source of Chi
- The other dan t'ians and most tai chi energy points in the body cannot be felt until enough energy has been built in the lower dan t'ian
- In martial terms it is the center for power.

The goal in tai chin an din Qigong is to build our energy within the body and increase the circulation of fluid.

How do we increase our energy in the three dan t'ians?

The two important principles that begin cleaning and building energy are posture and breath to (1) maintain good posture and (2) regulate breathing. Then (3) coordinate movements with breath and at an advanced level (4) move our energy internally with intention.



Auric Position

The Position of the Aura - How are you interacting with life.

Your aura position and aura definition indicate how you are interacting with life. Common positions are: out in front, out at the back, floating up above the body, and the centered aura. Generally you will favor one of these positions in particular.

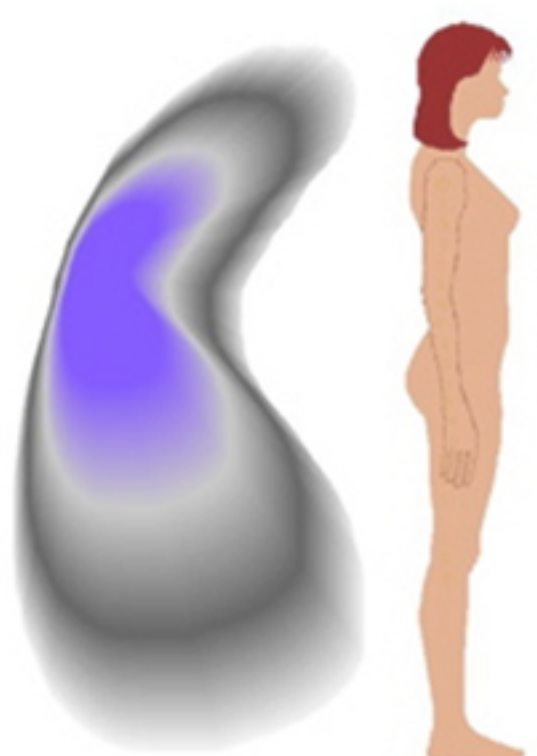
However, depending on what's going on in life, your aura position and aura definition can change. For example, if you were running late and rushing to get to a very important appointment...you probably would move your energy intensely forward and have your aura definition out in front of your body. If you ended up getting there a few minutes early, you would probably feel relieved and might allow your energy to return to its normal position.

While other variations are possible, the representations below demonstrate four more common patterns.



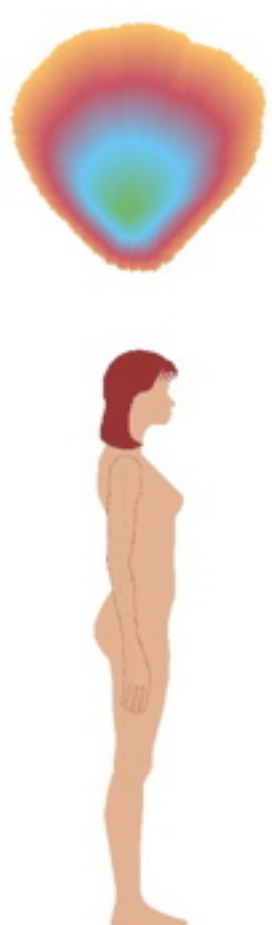
Aura at Front

If you are getting ahead of yourself and moving your energy out into the future, often your aura will move out in front of your body. This can be the result of stress and anxiety, and in turn it can also create stress and anxiety. You might find yourself temporarily doing this if you're in a hurry. Doing this on a regular basis can lead to posture problems and health issues. On a spiritual level, it can indicate living for the future rather than honoring the present.



Aura in the back

If you are holding yourself back by dwelling on the past, the energy of your aura will move out behind your body. Often this is the result of unhealed issues from the past and also fear of the future. This can prevent people from moving forward in life and result in further depression. It can also lead to posture problems. On a spiritual level, it can indicate making the past more powerful than present.

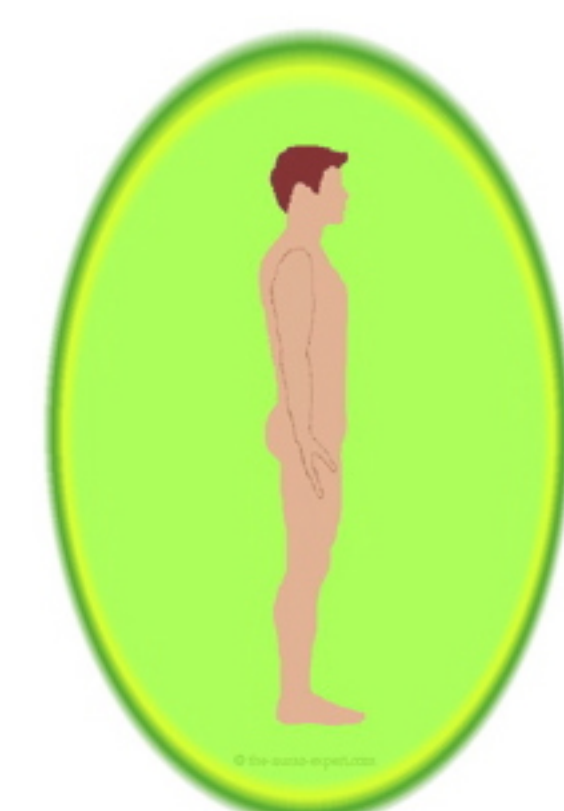


Aura Floating above Body

If you are trying to escape life and avoid facing reality, the energy of your aura will float up above your body. Often people who do this are living in a fantasy world. They may talk big, but may manifest very little. This is often the result of some kind of trauma and can also lead to further trauma through accidents, poor relationships, job loss, etc. On a spiritual level, it often indicates making fantasy more real than the present.

Centered Aura Position & Clear Aura Definition

If you are being present for your life and centering in the now, the energy of your aura will generally reflect that with a clear neutral aura definition and be balanced in and around your body. This supports health, personal empowerment, and having an aligned posture. On a spiritual level, it allows you to create your future without leaving the present. It also offers the ability to heal the past, without reliving it and getting stuck in it.





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Practice from instruction on page 1 of this module. Get as far as you can comfortably. Add and delete items as they feel right to you. Journal your experiences. Create a sacred ritual that works for you.

Day 1



Focus on energy work. Feeling energy in your hands, your power/soul, layers of your aura. Practice seeing aura when out gazing past people or even using photos. Practicing with photos will surprise you. Journal!

Day 2



Sit in mediation today focusing on the dan t'ian. Try to hold posture, focus on breathing and clear and draw power into the lower dan tien. Visualize moving it upward. Journal.

Day 3



Got Guides? lets chat them up a bit shall we? Ground, Protect, Connect...sit in your power, invite your master guide in, perhaps your mediumship guide- if you haven't been working with them would be a good idea as well as your gatekeeper. Practice having them provide symbols (Images, sound, scent, feelings etc) to answer your questions: Male or female, relationship to sitter, How old was the loved one when you passed? (show me what age looks like) etc.

Day 4



Start by using your ritual defined earlier in the week and Repeat day 4.

Day 5



Yes... AGAIN! Practice. Practice. Practice! 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 oversight, 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