

MEDIUMSHIP CONNECTION

7 STEPS

- 01** Ensure you have a quiet place where you won't be disturbed
- 02** Say your Prayer of protection
- 03** Do a body scan to note what YOUR energy feels like.
Ask for all other energies to step outside of your space
- 04** Ask the person in Spirit to come into your space. See if you can notice any shifts, change of energy, or notice any visions that come to you.
- 05** Ask them to show you if they're male or female.
Continue on with asking them questions.
- 06** Pay attention to any thoughts, impressions, feelings, etc that you get.
- 07** Once done, close yourself up by setting the intention, thank the Spirit for coming to you today, and ask the Angels to cut any cords that do not serve you.

