

The Way of the

Mystic

8 WEEK COURSE

The Way of the Mystic is an 8-week experiential program designed to help you develop and refine your intuitive, psychic, and mediumship skills.

Learn the tools to SEE yourself and others, to KNOW yourself and others, and to CREATE whatever your heart desires.

Ready To Step Into Your Magic?



WITH
Sabrina Rising

Week 5: Introduction to Mediumship

Homework Objective:

This assignment focuses on establishing a strong foundation for mediumship by enhancing your connection with spirit through grounding, setting clear intentions, and building a personal relationship with spirit guides or loved ones.

Assignment Sections:

1. Setting Your Personal Intention (5-10 minutes)

- Reflect on why you wish to connect with spirit and what you hope to achieve in your mediumship journey.
- Write a clear, specific intention for this week's practice.

Example:

"My intention is to open my heart to receive clear and loving messages from spirit. I seek guidance and wisdom that will support my development as a medium."

Your Intention:

2. Personal Letter to Spirit (15-20 minutes)

- Write a heartfelt letter to spirit, addressing your guides, higher self, or loved ones on the other side.
- Be detailed about the relationship you wish to build and how you hope to collaborate mediumistically.

Consider including:

- What kind of guidance or support you seek.
- Any fears or doubts you wish to release.
- Specific areas of your life or mediumship practice where you need clarity or strength.

Example Opening:

"Dear Spirit, I am grateful for your presence in my life. I wish to build a deeper connection with you to serve others through mediumship. Please help me recognize your messages clearly and trust in our communication..."

Your Letter:

3. Grounding and Alpha State Practice (Daily - 15 minutes)

Grounding Exercise (5 minutes):

- Find a quiet space and sit comfortably.
- Take slow, deep breaths, focusing on the sensation of your breath entering and leaving your body.
- Imagine roots extending from your feet deep into the Earth, anchoring you to its core. Feel the stability and support beneath you.
- As you exhale, visualize releasing any tension or distractions into the Earth.

Inducing the Alpha State (5-10 minutes):

- Close your eyes and continue deep breathing.
- Focus on relaxing each part of your body, starting from your head down to your feet.
- Mentally count backward from 10 to 1, feeling yourself sink deeper into a relaxed, receptive state with each count.
- With each breath, affirm: *"I am open and ready to connect with spirit."*
- Allow yourself to energetically lean back and ask the spirit to come closer (there is always one available!)
- Mentally welcome them into your space, notice any temperature changes, chills, or physical signs.
- You may ask spirit to give you a sign that you are ready to work with it.

Things to notice during your spirit connection: being pulled forward or back/ sights, sounds smells, and

symbols. Stay in your body and feel the information. Try to avoid using the logical brain to interpret or create a story.

Questions for the spirit that presents: (if there are more than one you can visually put one in the waiting room or ask them to step aside)

"Who is present with me today?"

"What message do you have for me or for someone I know?"

"How can I better understand your energy and presence?"

Questions for Readings with Others:

"What does the spirit want the person to know right now?"

"How can this message bring healing or closure?"

"What symbols or images will you use to confirm your presence?"

"Are there any specific memories or details to share to validate this connection?"

4. Reflection and Integration:

● **After your practice sessions:**

- Journal any insights, messages, or emotions you experienced.
- Note any symbols or recurring themes that emerged.

Reflection Questions:

- How did you feel during the grounding and alpha-state practice?
- What messages or sensations stood out during your connection?
- How can you apply the guidance you received to your daily life and mediumship practice?

Affirmation for the Week:

"I am a clear and open channel for spirit. I trust the messages I receive."

Submission:

- Please bring your letter to spirit and journal reflections to our next class for discussion.

Instructor Notes:

- Be patient and gentle with yourself. Building a relationship with spirit is a journey of **trust, connection, flow and compassion.**

