



The Evidential Medium

Expressions of My Soul

Chapter 1

Soul Letter

- Start off by writing a letter to your soul with your thoughts, ideas, or worries in your journal or notebook.
- Close your eyes. Take a few deep breaths allowing yourself to become relaxed. When you are ready begin writing. Write whatever comes to you. Do not worry about if it is you writing or if it is your soul. Just write.
- It is common for your mind to interfere at first. Keep going anyway. Eventually, your soul will take over and your mind will step back. It may take weeks or even months. That's okay. Set your intent and keep going.

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Chapter 2

Discussion with Group

- Using the checklist as a reference, discuss how the reading went with the sitter.
- In what ways was this exercise similar to how you have been working?
- How was the exercise different than your normal way of working?
- What aspects came easy to you?
- Which aspects did you find more challenging?
- Moving forward, what goals can you set for yourself?

Journal

- Write a reflection on how you feel about your reading today.
- Share any emotions that may have come up or any struggles.
- Write what you felt were your strengths and where you had more challenges
- What was your gold nugget, the best bit of the reading?
- Close your eyes, take a few deep breaths and ask your soul what wisdom it wants to leave with you today. Wait for it to come and start writing.

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Chapter: 3

Discussion with Group

- What emotions came forward not knowing who sat down behind you?
- What was the level of difficulty working in this way? Was it harder or easier not getting responses?
- What areas gave you the most difficulty?
- Were you able to keep the information going without too many pauses? Why or why not?
- How did you handle the no's? Did you keep going?
- Could you feel your energy drop?
- What was your gold nugget, the part where you are most proud or your best piece of evidence?
- What is one area, you'd like to chat with your spirit team about to get help or understanding?

Journal

- Write a reflection on how you feel about your reading today.
- Share any emotions that may have come up or any struggles.
- Write what you felt were your strengths and where you had more challenges
- What was your gold nugget, the best bit of the reading?
- What seed did you plant today and how do you plan to nourish it in the future?
- Close your eyes, take a few deep breaths and ask your soul what wisdom it wants to leave with you today. Wait for it to come and start writing.

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Chapter: 4

Group Discussion

- Compare and contrast the types of reading. Which parts felt different? Which parts were harder or easier?
- Were you able to identify the spirit communicator?
- Did you have any unusual information come forward?
- What was the golden nugget? The bit you are most proud you were able to do.
- What areas do you feel you need to still work on in the future?
- What would you like to chat about with you guide or spirit helpers?

Journal

- Write a reflection on how you feel about your reading today.
- Share any emotions that may have come up or any struggles.
- Write what you felt were your strengths and where you had more challenges
- What was your gold nugget, the best bit of the reading?
- What seed did you plant today and how do you plan to nourish it in the future?

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Journal

- Write a reflection on how you feel about the meditation today.
- Share any emotions that may have come up or any struggles.
- Write what you felt were your strengths and where you had more challenges.
- What did you become aware of about the communicator?
- Close your eyes, take a few deep breaths and ask your soul what wisdom it wants to leave with you today. Wait for it to come and start writing.

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Chapter: 6

Discussion with Group

- What stood out as your strengths?
- Which was easier to do, psychic or mediumship? Explain your thinking.
- What areas will you place your focus on for the next time you practice these exercises?
- Looking ahead, what is your plan to bring mind journeys forward as an option for your clients in the spirit world?
- Will you continue to practice?
- What kind of chat will you have with your spirit team about how they can help you?

Journal

Write a reflection on how you feel about your reading today.

Share any emotions that may have come up or any struggles.

Write what you felt were your strengths and where you had more challenges

What was your gold nugget, the best bit of the reading?

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Discussion with Group

- Take a look at the handout together.
- Were you able to bring evidence forward that the sitter was wanting?
- If yes, were you able to go deep within the evidence?
- Were there any pieces of evidence the sitter was able to coach you to go deeper?
- If yes, were you able to go deeper?
- Did a story begin to form from your evidence? If yes, which parts were key. If no, what could you have done differently?

Journal

- Write a reflection on how you feel about your reading today.
- Share any emotions that may have come up or any struggles.
- Write what you felt were your strengths and where you had more challenges
- What was your gold nugget, the best bit of the reading?
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Discussion with Group

- Were you able to feel the subtle shifts in energy?
- Did you know a new communicator had stepped forward in a different way?
- How did it go moving between two communicators? Was it difficult? Was it a smooth transaction?
- What goal do you have for moving forward with this task? Should you keep practicing or should you wait until you're more solid with blending and surrendering?
- What were you most proud of during the reading?

Journal

- Write a reflection on how you feel about your reading today.
- Share any emotions that may have come up or any struggles.
- Write what you felt were your strengths and where you had more challenges.
- What was your gold nugget, the best bit of the reading?
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Discussion with Group

- How did it feel to evaluate your partners? Was it hard to mark them less than perfect?
- What value did you get from the process as the medium, recipient and recorder?
- Were there any wow moments or gold nuggets?
- Will you continue to use the forms to evaluate your progress?
- What are your goals as you move forward?

Journal

- Write a reflection on how you feel about your reading today.
- Share any emotions that may have come up or any struggles.
- Write what you felt were your strengths and where you had more challenges
- What was your gold nugget, the best bit of the reading?
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Journal

- Write a reflection on how you feel about today's assignment.
- Share any emotions that may have come up or any struggles.
- Close your eyes, take a few deep breaths and ask your soul what wisdom it wants to leave with you today. Wait for it to come and start writing.

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Chapter: II

Discussion with Group

- Take a look at the handout together or alone. You may want to do this evaluation by yourself. It's your choice.
- Were you able to bring evidence forward that the sitter was wanting?
- If yes, were you able to go deep within the evidence?
- Were there any pieces of evidence the sitter was able to coach you to go deeper?
- If yes, were you able to go deeper?
- Did a story begin to form from your evidence? If yes, which parts were key. If no, what could you have done differently?
- Watch the first video doing this exercise. What areas do you see growth?
- Which area do you feel needs more work going forward?

Journal

- Write a reflection on how you feel about your reading today.
- Share any emotions that may have come up or any struggles.
- Write what you felt were your strengths, where you had more challenges, and the growths you could see after watching the first video.
- What was your gold nugget, the best bit of the reading?
- Reflect on where you were at the beginning of this book, where you are now, and where you'd like to go next.
- Reflect on your plan going forward. Close your eyes, take a few deep breaths and ask your soul what wisdom it wants to leave with you today. Wait for it to come and start writing.

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