Learn To Connect To The Spirit World

Three-Lesson Online Course with Psychic Medium and Spiritual Teacher, John Holland

Hay House Online Course Companion

- Have you ever wondered if a loved one who has passed is trying to send you a message, but yet you’re unaware of how to recognize the signs?

- Have you ever wondered how a medium connects and actually communicates with those in the Spirit World?

- Do you think you may have a special ability to communicate with Spirit, but lack the confidence or tools necessary to create a connection for yourself?
Course Outline

Throughout the online course, John will impart the skills and specific techniques required to enhance your abilities to “Connect With Spirit.” He will also share his philosophy on psychic foundation upon which mediumship is built. Following the completion of this course, you will gain a better understanding the gifts you possess and learn some specific exercises to continue practicing and developing your abilities.

As an important and vital part of your development, John will conclude by teaching the ethics and responsibility of the work of being a medium, and the expectations for yourself. He will leave you with a clear path for your spiritual growth and how to continue your personal development in this field of work with a set of practical safe tools, so that you can learn even more!

This Online Course will include:

- The signs you should be aware of to determine if you have the basic skills and abilities of a developing medium.

- A number of practical exercises to help you develop your own individual style of mediumship to connect with the Spirit World.

- Understanding the core differences between psychic messages (intuitive nudges) and what is true mediumship.

- John’s step-by-step techniques to connect with a Spirit; affirm its identity and communicate its intent.

- The main differences between clairvoyance, clairsentience, clairaudience, and how to combine them, or use one, as the primary method of communication.

- Special meditation to help you tap into your innate mediumship abilities.

- The “Do’s and Don’ts” of Spiritual growth and your continued development to link with Spirit while moving past your blocks and challenges.
Lesson 1:  
The Foundation – The Importance of Learning the Equipment

During this first session, John will share his vast knowledge and personal philosophy on the psychic foundation upon which mediumship is built.

Topics discussed will include:

- You are the equipment: Using your abilities safely and for the highest good.
- Chakras: Their individual function and the roles each play in developing mediumship.
- The Aura: How to raise your vibration, which is essential to initiate Spirit communication.
- Your unique and individual psychic strengths: John explains the different types of mediumship, and the differences between clairvoyance, clairsentience, and clairaudience.
- Psychic vs. Mediumship: The difference between receiving psychic information versus true Spirit communication.

You are the Equipment

Before you can use your abilities, you have to take the time to know the equipment, because you ARE the equipment! A great way to start is by affirming that you are psychic, because you ARE! Here's a great affirmation to use: “I know I am psychic and can see and hear sights and sounds beyond my ability.” Say it; post it; read it; believe it, because it's true!

All of us have an Etheric Body, which contains seven major energy centers, called chakras, and two auric layers. Etheric Energy can be seen as well as felt, and this divine energy source is designed to give us vitality, health, life and organization. When you connect with your Etheric Body, you are making yourself sensitive to a higher vibration.

Remember this: The price of sensitivity IS sensitivity. If you’re feeling emotional, or going through a difficult period, then it's best to practice using your psychic and mediumship abilities when you're feeling positive and in a good place in your life.

By using your chakras and aura, you can learn to open and close your abilities. You are in control of it – meaning your awareness – IT IS NOT in control of you.

Always remember that you’re working with the highest of light and vibration, so only positive energy can come to you. Many people ask me if I’m afraid of bad spirits. My response is simple: “I am a good person, I only work in the light and have NEVER EVER attracted so called bad spirits!”
Over the years, I have experienced three types of psychics; those with an uncontrolled gift, those who are partially developed, and those who have recognized their potential and are in control of their abilities.

1. **UNCONTROLLED GIFT**
   Those who respond on an emotional level and are an open beacon to those in Spirit, or to the outside influence of others.

2. **PARTIALLY DEVELOPED**
   Those with little or no knowledge of the mechanics of their ability, and have a hard time separating genuine psychic ability from their own stuff.

3. **THE MASTERS**
   Those who appreciate the mechanics and level of their psychic strengths, and understand how to work in partnership with Spirit. They are in control their abilities at will, and are trained, qualified recipients of Spirit communication. They are the Masters and not the mastered.

You have an amazing etheric body that is sensitive, and to be psychic is quite simply to have the ability to raise your vibration beyond the rate of physical matter, and to become aware of information coming to you whether its feelings, sight, or sound (clairvoyance, clairsentience, and clairaudience).

Before we go any further, I want to ask the ultimate question: Why do you want to be a medium? There should be only ONE answer: To be of service and to help others. That’s it. Not because it’s cool, or to be famous. It’s to be of service to the Spirit World and those here that are going through bereavement. This is not meant to be for fun; it’s a serious commitment to you, to Spirit, to those on the Other-Side. Whether you’re developing mediumistically or psychically, it takes work and commitment.

So many people want to connect with Spirit or a loved one – *know your spirit first*. And how do you do that? By sitting in the silence.

Make the commitment to sit and meditate for 5 - 15 min every day. Not wanting anything – just sitting in the silence. Breathing in and out. Letting the thoughts come in and go out. Spirit makes a commitment to work with you, so you also have to make the same commitment to Spirit.

Years ago I was sitting in the silence doing a meditation, and these beautiful words came to me. I know these words were a gift from Spirit, since I’m really not a poet!

> “Your gifts are like a rose unfolding. You cannot force the bloom. When the rose is opened, then and only then, will you see it, feel it, and finally know it.”
Chakras

The chakras are the energy centers of the body, but I often refer to them as our “Spiritual Batteries.” The word chakra is a Sanskrit word meaning “wheel.” Some people prefer to imagine them as beautiful lotuses with unfolding petals, while others who have developed their psychic sight, may see chakras as vortexes of swirling light.

Evidence of these energy centers has been documented for thousand of years in the East and more recently in the West. We’re now investigating and researching this precious energy system of the body, and discovering that the body is a vehicle of consciousness. Everyone I’ve ever met or studied with over the years, as I’ve developed my psychic and mediumistic abilities, have all come to the same conclusion. It’s one that I firmly believe, which is: Man’s anatomy is engineered by a complex network of etheric wiring through which energy flows, and the chakras are the organizing centers, for both the reception and the transmission of life energies (chi/prana), which are essential to our body, mind, and spiritual development. These seven centers are the link between your physical body and your aura.

Each chakra is represented by a color of the rainbow, and here is a listing of the seven major chakras, their location, and the corresponding color:

- **Base or Root Chakra (red):** Located at the base of the spine.
- **Sacral Chakra (orange):** Located just below the navel.
- **Solar Plexus Chakra (yellow):** Located just below the breastbone.
- **Heart Chakra (green):** Located in the center of the chest.
- **Throat Chakra: (blue):** Located at the top of the throat.
- **Third Eye Chakra (indigo):** Located between the brows in the center of the forehead.
- **Crown Chakra (violet):** Located at the top of the head.
Your psychic ability is intricately lined to the chakras. They relate to how you interact and live and can be opened and closed, balanced, stimulated, and healed depending on your need.

Imagine each of the seven centers as a small, colored, bright light. As you visualize these lights growing and shrinking in size, you are actually opening and closing your chakras. By practicing this simple exercise, you are not only infusing your chakras with vitality and energy, but you are also heightening and expanding your psychic awareness. Using the image of a colored light for each chakra, along with just sending the thought to open and close each one, will often be enough to raise and amplify your psychic power. Please keep in mind as you do the following exercise that there are a few important rules to follow: Always open your chakras in sequence – starting with the base or root chakra and continuing to your crown chakra; take time to be aware of each chakra, and close down each chakra when your done.

Here is an exercise you can do while “sitting in the silence” that will help you nurture this precious energy system:

**Exercise**

Begin by sitting down with your spine straight, and get comfortable. Take a few slow Complete Breaths in and out; relax. Now I want you to visualize a red light at the base of your spine. See the light begin to expand and grow in size. As it does, imagine that there’s a brilliant white light coming up from the earth through the soles of your feet, up your legs, and eventually merging with the red light at your base chakra. Take your time here—this exercise is highly powerful and shouldn’t be rushed.

Since the chakras are connected, I’d like you to now visualize a small orange light in your sacral center and see it begin to slowly expand and grow in size. As before, bring up the white light again; but this time, it should move through your red base chakra, and into your orange sacral chakra. Continue to do this one by one with all your chakras—and always bring up the white light from the earth, through your base chakra, and then through all your chakras one by one in sequential order. Your breath will help raise the energy to each center.

Once you’ve opened all the chakras, take just a moment to run the energy from your spine right up to the top of your crown chakra. Take note of the amazing feeling, in which all your centers are open and pulsating simultaneously. Now place your awareness on your crown chakra and imagine that there’s a big funnel reaching out to the universe. This time, see a new bright-white light begin to form above and slowly pour down through this center, as it meets and merges with the white light from below. Allow these two white lights to blend and become one, and let the intensity of light fill your psychic centers with even more energy. Take a moment to notice how your aura expands naturally so that you feel as though all the natural boundaries just disappear. This is what’s known as being open.

You can remain this way until you’re ready to start the closing-down process. Once again, you’re going to use the power of thought to close down each chakra, one by one. When you’re ready, let the white light from above continue to pour through your crown chakra, which remains open. Now bring your awareness to your third-eye chakra. Make the expanded indigo light (the corresponding color) smaller and smaller—you should feel the power begin to diminish as you move down to your throat chakra and its pale-blue light. Focus on this light getting smaller, and then move on down to the heart, solar-plexus, and sacral centers. All the different colored lights should be smaller now, resulting in what’s known as being closed. (But remember that you need to keep the crown and base chakras open for a continued flow of energy throughout your system.)

Opening and closing your psychic centers is an essential exercise if you wish to continue to safely develop your psychic and intuitive abilities—there’s no way around it. This is the number one exercise that I’ve learned and now teach regularly in my workshops. I also use it myself, before and after all psychic work. (Additionally, the CD included in this book will guide you through a more enhanced version of this exercise, and will assist you in your ongoing journey toward true inner awareness.)

**Affirmations:**

“I am pulsating with psychic energy.”

“I open and close all my energy centers properly and efficiently.”
Aura

Have you ever met someone for the first time, when out of nowhere, images and feelings just poured into your mind? It's times like these, when you just know whether you're going to like that person or not. It's often such a strong feeling. You may form a picture of them, or have a sense of what they do for a living. Equally, you may pick up certain people and conditions that are around the person. In that split second during that first introduction, you'll get a total download of all sorts of information, as your mind begins to try to decipher what you're receiving. What's really going on is that you're actually reading and interpreting their aura.

We've all seen religious paintings of saints and angels, often depicted with golden halos around their heads. These images represent the spiritual light of the aura. However, you don't have to be a saint or an angel, for we all have our own unique aura. Over the years, auras have been described in a variety of diverse ways. To put it as simply as possible, it's the energy field that surrounds all matter. The human aura, which surrounds the body, emanates in all directions, and is usually oval in shape, manifesting itself as a magnetic field. This energy constantly flows and changes according to our moods, emotional, mental and physical states. Even our personal history gets imprinted in our aura, such as our memories, ideas, goals, physical ailments, and who we really are. No medical record could ever contain so much information.
Aura (cont.)

The aura is comprised of various Auric Layers and the more psychically sensitive you are, then it’s likely that you’ll be able to see and feel more of the layers within the human auric field. It’s a fact that we all sense auras of both people and places, but few of us ever realize that it’s happening. Here are a few examples:

- Have you ever felt someone staring at you from across the room?
- Have you ever been standing in line and sensed when someone got in line behind you – without turning around? Do you feel uncomfortable when that person gets too close to you in line?
- Do you notice when you feel comfortable or uncomfortable in certain rooms? Have you said to yourself: “I don’t like the feel of this room,” or “I love how this room feels.”
- Do certain colors affect you in different ways?
- Do certain people make you feel great, while others drain your energy?

There are all signs of your aura working, and later I will be discussing how those in Spirit use your aura to connect from the Other-Side. But as you spend time focusing on “using your equipment,” you can also learn how to expand and contract your aura. You can both expand and contract your aura through the use of breath, meditation, bringing color into your aura, or thought. There are many reasons you would want to expand your aura. Perhaps you’re doing a psychic reading, or just want to heighten an experience. By expanding your aura, you’re giving your inner guidance a chance to give you some psychic insight that may be quite useful.

You can also contract your aura if you want to be less sensitive. If you’re feeling overly sensitive, or you’re in a crowded situation, simply image your aura tight around you, and by doing that, you should feel calmer and less drained.

I will go over this in detail during Lesson 2, which is devoted to “Linking with Spirit,” but I just wanted to mention briefly that in addition to you having an aura, those in the Spirit World have one too. When your aura is expanded, or should I say when you are open, those in the Spirit World can step close, and your aura, that sensitivity, feels it. This is what I call a link, and this is how I blend with those in Spirit. Also in the next lesson, I will cover techniques to raise your energy to increase your aura, which is essential to initiating spirit communication.
Psychic vs Medium

Psychics perceive and Mediums receive. By this I mean that in a psychic reading, the reader will perceive the aura of the sitter as well as their thought forms, moods, emotions, what may have happened in the past, and is yet to come in the future. It is a two-way communication between the reader and the sitter.

Mediumship involves a three-way communication between the medium, the sitter and those in the spirit world. The vibration is higher, and the medium’s energy actually blends with those in spirit as the medium receives information from the spirit world. In the world of mediumship, there is Mental Mediumship and Physical Mediumship, Automatic Writing, Healers, Trance Mediumship, and Inspiration.

There are other ways a medium may communicate with those in spirit: Through art where the medium can draw the person they are connecting to in Spirit, through music and in writing.

**Your homework until the next class – “Sitting in the Silence” for at least 5 minutes every day to affirm your commitment to Spirit. Practice this every day – controlling your breathing while listening to what your soul has to say. Start with just 5 minutes, and try to expand to 15 minutes of just “Sitting in the Silence.”

Remember - it’s essential that you know your Spirit first, and that you know more about your chakras and aura – your equipment to connect to the Other-Side. As I’ve said before, YOU are in control of your abilities – it is not in control of you!
Lesson 2:
The Techniques – Linking with Spirit

This session will deal with the various forms of linking with spirit and how to blend with their energy, by recognizing the signs and symbols being presented to you.

Topics discussed will include:

- Discovering which of the three “Clairs” you are using, and finding and learning to use your own “on and off” switch, which will enable you to access Spirit.
- The “Do’s” and “Don’ts” as you begin to communicate with Spirit and deliver messages from the Other-Side.
- Mental mediumship and telepathic connections, as well as the way Spirit uses your own thoughts and memories to communicate.
- Identifying the Spirit Energy.
- Receiving the evidence and validations.
- Guides.

Once you are familiar with the energy centers and what they do, you will find that you will begin to discover whether you are clairvoyant, clairaudient or clairsentient.

When I first started receiving messages from Spirit, I was primarily clairvoyant and clairsentient, but now I’m more clairaudient and clairsentient. Just like me, your abilities will change and grow as you continue to develop.
The 3 Clairs

Let’s discuss the three most common “Clairs.” Each one corresponds to a particular area in the physical body where psychic energy and vibrations are received and identified. It’s quite natural that some of you will be more proficient in one area over another, but with time, practice and patience, you’ll be able to use all three when connecting with Spirit.

- Clairvoyance (clear seeing): If you are receiving images, pictures, symbols and colors, then you are clairvoyant. This isn’t about seeing with your eyes, it’s about using your inner eye – better known as “the third eye chakra.” Through time and practice, the same symbols will repeatedly come back to you, and you’ll learn how to interpret them by drawing your own analogies. It’s important to keep track of these symbols in your journal, and to create a “psychic dictionary” for interpreting clairvoyant information. Here are some indicators that you may be clairvoyant: Do you often experience vivid, highly memorable dreams? Are you good at picturing exactly where to place furniture to enhance the energy or design of your home or office? When you’re speaking with people over the phone, can you envision what they look like even though you’ve never met them before?

- Clairaudience (clear hearing): If you have the ability to hear names, dates, certain sayings and songs then you are clairaudient. Clairaudience can be a little confusing because it takes practice to differentiate between your own thoughts, and those being received from Spirit. This ability is accessed through the throat chakra, and clairaudients can increase their abilities by focusing on this area. It’s always important to ask yourself, “Is this information coming to me or from me?” Here are some indicators of being clairaudient: Do you always think inside your head instead of our loud? Can you tell when someone isn’t telling the truth? Do you usually have music playing in the background no matter what you’re doing? Do you ever hear what others are thinking?

- Clairsentience (clear feeling): This is the sense of inner knowing. Many people who are “feelers” will also receive other people’s “stuff,” both positive and negative, and sometimes this can have an effect on your own outlook. Clairsentients naturally pick up on other peoples’ emotions, so if you’re suddenly feeling down for no reason at all, perhaps you are reflecting what’s happening to someone close by. Clairsentients also need to touch and feel things physically, and here are some indicators of having this ability: Are your feelings hurt easily? When you meet someone, do you intuitively know that something is wrong? Are you the person everyone goes to when they’re feeling down or when they need to get something off their chest?
On and Off Switches

In order to access Spirit, you need to find and learn to use your own “on and off” switch. This is what I do: I get on my knees before doing readings and say a prayer asking my guides to draw close so I can help as many people as possible. I ask Spirit to be loud and clear with their communication, and I always end with the following: “Please let me help from my will to thy will.”

What’s key is that I go through the same routine every time, and you will have to develop a routine that works best for you. Do you pray, do you “sit in the silence,” or do you meditate?

I’ve been doing this work for so long, that I don’t need to spend a lot of time opening myself up before doing readings. I do know that some mediums meditate beforehand, and using meditation can be tool to opening and closing yourself to Spirit.

I do offer a meditation entitled “Raising the Power” in the back of my book “Psychic Navigator,” and perhaps this meditation will be helpful in discovering your own “on and off” switch. I created this meditation to open your energy centers and aura in preparation to receive mediumistic information. It’s vital that after you open yourself to receiving Spirit communication, that you close yourself down so that you can go about your daily life and not be a psychic sponge.

Remember – never meditate while driving or doing something that requires your undivided attention. You should be in comfortable clothes and be sitting or lying in a comfortable position.
The “Do’s” and “Don’ts” for Communication with Spirit

The DO’s

- Do remember YOU ARE THE EQUIPMENT
- Do - if you are a beginner - take psychic development classes to further your foundation and enforce it
- Do always call in for the highest and best Spirit
- Do or say whatever prayer you wish
- Do call in the light
- Do meditate before you start to clear your mind
- Do help others
- Do realize there are precious lives in your hands
- Do study or take a few bereavement classes; also a psychology class could help.
- Do get out of the way – meaning less of you - MORE of Spirit
- Do stay grounded when doing this work
- Do keep learning and growing
- Do keep watching other mediums
- Do study or watch different types of mediumship, healing, psychic art, inspiration, mental mediumship, etc.
- Do give yourself a break! You may be just beginning – you may get some “no’s” from people when you practice – but the more you do practice – the less “no’s” there will be

The DON’TS

- Don’t embellish a message
- Don’t put your “stuff” into the message – some messages are sprinkled with the mediums views and opinions.
- Don’t emulate another medium-perfect and use your own style
- Don’t just walk up to someone and deliver an unsolicited message
- Don’t predict a death. I have never been given this information during a reading, but I have said to someone, “Go visit your Grandmother.” Well three months later her grandmother did pass and if I hadn’t said that, the visit wouldn’t have happened before she passed.
- Don’t force the subject of mediumship or your mediumship on anyone. Respect others beliefs! They are exactly where they are supposed to be. Your vibe maybe higher, but maybe they keep you grounded.
- Don’t let this subject or practice run your life – it is meant to be just a part of your life – and not consuming your life. You are both a Physical and Spiritual being, and should honor both.
Mental Mediumship and Telepathic Connections

The most common form of mediumship is Mental Mediumship, where all communication is done with Spirit telepathically. This is a new form of communication as those in Spirit no longer have a body, and they are sending what they want to communicate to the medium by thought. These mental thoughts come as feelings, images, symbols or even words. The medium raises their vibration, Spirit lowers theirs, and a blending occurs. When this happens, the medium receives information from the Other-Side and delivers it to their loved ones here in the physical world. Mental Mediums are like the postal workers of mediumship – they deliver the mail! Although the medium’s main job is to deliver the messages they are given, it’s possible for the medium to ask questions and receive an answer. It’s important to remember that those in Spirit have a choice as to whether they will come forward and communicate through a medium – as I jokingly say during live demonstrations: “I don’t call them. It’s not like 1-800-Dial-Your-Daddy.”

It’s vital that the medium clears their mind and lets go of their own thoughts for this telepathic communication to be successful. Spirit uses the medium’s “databank” of information to get the medium to accurately communicate what they are trying to convey.

It’s easy for me to get names of those in Spirit when the name corresponds to someone in my life. My brothers are Danny and Joe, and I have two sisters, Rose and Tina. Spirit “shows” me in my mind an image of one of my siblings to get me to say that particular name. One of my brothers is also an operating room nurse, so Spirit may use that image to get me to mention the nursing profession.

It’s my job as a medium to be able to interpret the information Spirit sends to me telepathically, determine who it is for if I’m demonstrating in front of a large audience, and deliver the message as accurately as possible. I often say, “I’m a good mailman, but I don’t read the mail.” What I mean is that you should just give what you get from Spirit, and not try to change it to what you think it should be. It takes years of practice and experience to just take yourself out of the communication and to let Spirit use every experience of yours to deliver the best possible evidence from the Other-Side.

One of my favorite sayings sums it up: “Your loved ones are just thought away.”
When Spirit draws close to me and blends with my aura, I can sense their gender, their approximate age when they passed, how they passed, their personality, and their relationship to the recipient of the message. I deliver this information from the Other-Side as accurately as possible, so their loved ones here know it is really them! Sometimes I even sense facial hair, missing toes or fingers and whether the person was tall or short while they were here in the physical world. They don’t suffer from their illnesses or diseases anymore, but I will feel what it was like to be in their bodies and be able to describe to their loved ones what took them to the Other-Side.

Sometimes Spirit draws so close that I take on their mannerisms. It’s not like what happens when Patrick Swayze takes over Whoopi Goldberg’s body in “Ghost.” However, I have delivered messages that have included limping and even Irish Step Dancing!

I will also sense if someone has “helped themselves cross,” or if they passed suddenly from an accident, like falling through the ice, drowning in a boating accident, and falling from a great height, as with those who passed on September 11th. In my book “The Spirit Whisperer,” you’ll find the story called “I’ll Always Love You,” which was a reading done for a widow who lost her husband during that terrorist attack.

Whenever I receive tragic information, I do deliver it as given because it’s a major piece of evidence that I am connecting with their loved one. If it’s a truly tragic passing, I try not to be too dramatic in delivering the evidence, but I do give the information as accurately as possible. Go back and review “The Don’ts” as a reminder of how to deliver this type of evidence. Their loved ones here usually know all of the details, so you don’t need expound on the graphic details.

When you do deliver evidence like this, in some cases you are providing healing too. The evidence validates that they are really connecting with me from the Other-Side, and the experience may be a way for those here to truly understand that we don’t really die – we just transform.

**Guides**

Mediums work with their spirit guides, who play an important role in the communication process. Each and every one of us has our own guides, and I recommend you find out who your guide’s are yourself, instead of someone telling you who they are.

Your guides aren’t here to run your life; they are just here to assist you. If you are hearing anything negative, or if your guides are asking you to do things you normally wouldn’t do, or aren’t in your best interest, know that it’s not your guides, but it could be something psychological.
Lesson 3:
Putting it all Together – Doing the Work

This third and final session will cover Psychic Self-Defense, and the importance of closing down your energy centers.

**Topics discussed will include:**
- Moving past your blocks or challenges.
- Doing readings for yourself and others.
- Finding a mentor or teacher.
- How to continue your training and understanding what it takes if you’re interested in public demonstrations.

As an important and vital part of your development, John will conclude by teaching the ethics and responsibility of the work of being a medium, and the expectations for yourself. He will leave you with a clear path for your spiritual growth and how to continue your personal development in this field of work with a set of practical safe tools, so that you can learn even more!
If you are experiencing unwanted sensitivity, then go back to your foundation and see what you’re not doing. Are you opening and closing correctly? When you are “Raising the Power,” are you starting from the bottom of the spine (Base Chakra) and opening your other chakras in the correct order, ending up at your Crown Chakra? The foundations of mediumship never change no matter how your mediumship may change and grow, so repeating and reviewing the basic principles of development is extremely important in the early days of your development.

Know your chakras, expand and contract your aura, know your psychic strengths, whether it’s clairsentience, clairaudience or clairvoyance. Eventually over time, you will see what type of mediumship develops with you whether it’s mental mediumship, the healing arts, psychic art, or inspirational, to name a few. When you know how to use your equipment, you will avoid endless confusion and disappointment. (I can’t remove the line below – don’t know why it’s in this document – has no meaning).

Your conscious mind can also block your development. When you’re developing your mediumship or psychic abilities, your conscious mind will try to merge with the psychic or mediumistic information being received and interfere with its manifestation.

Why does this happen? Because you are training your physical brain to accept experiences with which it’s unfamiliar with. Your brain is trying to understand something it’s not familiar with, and then the doubt slips in. Try to accept that this isn’t a reflection upon the authenticity of your mediumship. I know this is hard to do, because most of you have placed a high expectation on yourself and your mediumship.

In addition to listening to your inner voice, taking care of your body and your health should be a top priority, especially if you’re developing your abilities. If you have a clean and healthy body, you stand a better chance of reducing “blocks,” which will greatly help you in becoming more receptive and open to Spirit.

Remember that doing this work can make you extra sensitive, so you may occasionally feel tired, especially a couple of hours after doing a reading. This typically happens to me. I tend to be very wound up right after I finish a mediumship demonstration, and then a few hours later, I’m absolutely exhausted. I don’t usually eat much before doing a demonstration, as I want to use my energy to connect to the Other-Side and not digest food, so my routine afterwards includes eating a healthy meal and then trying to get a good night’s sleep.

If you’re feeling overly tired after working with your abilities, it’s okay to take a break from your training for a few days. Go for a walk in the woods or at the beach and be sure to focus on breathing in what Mother Nature has to offer! You are here in the physical world, and it’s important to remember that you have to stay balanced and grounded with your physical life as well as your spiritual life.
Moving Past Your Blocks or Challenges (cont.)

It helps to identify your doubts and then work with them. Never be afraid to acknowledge a weakness, as long as you work on it to improve it and to make yourself stronger.

Let me share a quick story: I used to do groups of 35 in a bookstore many years ago in Cambridge, MA. I would sometimes be wrong with a message and doubt whether I was good enough to do this work. It happens sometimes and then I would be really hard on myself. Should I keep doing this? Why was I wrong with a message? What usually would happen is that the message was actually for someone else – usually the person sitting right behind the person I was giving the message to. I would find out about this the day after, when I would receive an email from the person who the reading was actually for. Even though I would tell the audience to speak up if they thought the message was for them, people just don’t want to interrupt. That being said, each and every time you use your mediumship in public or private, always try to stick to your psychic foundation.

This takes time, and remember that you’re a sensitive piece of equipment. Don’t rush your development. It will happen when it’s supposed to.
Doing Readings for Yourself and Others

It’s hard to do a reading for yourself because it’s difficult to differentiate between what are your own thoughts and desires and what’s real spirit communication. It’s always wise to seek out another medium to do a reading for you, but at the same time, always be open to receiving signs from your loved ones. Dreams are the most common way those in Spirit will communicate with you, but also look out for shiny pennies and dimes, a particular song that you keep hearing over and over, the scent of your mother’s perfume in the house, or a message on the license plate on the car in front of you in traffic. Nature is also big with those on the Other-Side, so be aware of everything around you – flowers blooming in the dead of winter, a hawk or owl sitting on your fence, finding a heart shaped rock on the beach or an abundance of butterflies, rainbows or ladybugs.

I’m talk more about this during when I discuss doing public demonstrations, because most of the information can be applied here too.

Finding a Mentor or Teacher

When the student is ready, the teacher will come.

You might get excited with a new teacher and a group or circle, but then the excitement and enthusiasm wears off. It’s okay if you are not resonating with the same teacher or circle or group. It’s always good to have multiple experiences and teachers and take from all of those experiences what works for you.
How to continue your training and understanding what it takes if you’re interested in public demonstrations

Sit in a group or development circle. You are never too experienced to sit in circle, and you will always benefit by doing this, no matter how experienced you are as a medium.

Before every reading, whether it’s a private reading or public demonstration, I always go through the same routine including “Raising the Power.” This will eventually become automatic for you, but take the time every time to be prepared. I always arrive with plenty of time to be calm and connected, and to make sure the reading room is ready. I then light a candle as a reminder that this work is not about me, it’s about serving Spirit, and then I spend a few minutes praying and sitting in the silence.

As for public demonstrations, I would suggest you start off small because you are responsible for the whole room. Start by doing a small group of 8, then an audience of 25 and so on. This is exactly how I started. I began my career doing readings in the back room of a bookstore, and as I developed my gift and became well known, doors opened and I was invited to perform my mediumship in front of thousands of people. This took years of development and dedication to my craft!

Remember - you are responsible for the whole room! If there’s a dip in the energy, it’s up to you to change it. Have people get up out of their chairs, stretch, meditate, and even use some stories to bring some laughter into the room. All of this helps to raise the vibration and help you stay connected to Spirit.

It’s also important to stay focused and to not be distracted. During one of my first large demonstrations, I noticed that a famous medium was in the audience. I said to myself: “If I’m more focused on that person, then I’m not blending with Spirit.”

And finally, I want to talk about using the C.E.R.T. Formula for delivering a message. I learned this from Stephen O’Brien, who is a medium in the U.K., and I practice the C.E.R.T. formula every time I do a reading. Here is what each letter means:

- **C = Confirmation:** Man or woman, child, age, confirming who the Spirit communicator is
- **E = Evidence:** How did they pass, illness, names, hobbies or any evidence confirming the identity of the Spirit communicator.
- **R = Return:** Why has the Spirit come back, what is the message.
- **T = Tie** up the loose ends and move on to the next reading

I have a great list of recommended reading on my website, and I would encourage you to do your research and read everything you can on this subject matter.

http://www.johnholland.com/aboutjohn/recommendedreadings
About John

John Holland spent a significant part of his life developing his abilities, including two intensive years studying in the UK, where he got the thorough grounding and training to become one of the most reputable professional mediums on the world stage today!

John never forgets the reason he chose this life and as a result, he now devotes his life to service and to Spirit. Holland states: “Mediumship is more than just delivering messages, it’s about the confirmation and validation that once our physical body dies, our ‘spirit’ lives on…but more importantly how the spirits of our relatives, friends, and loved ones are still connected to us.”

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For more information on John and to stay up-to-date on his appearances and events, please visit: www.johnholland.com