

Exercise	Description
Blue Screen	PowerPoint blue screen <ul style="list-style-type: none"> <li>• Stand in front of blue screen so that your top half of your body fits.</li> <li>• Ask students to look for ETHERIC AURA</li> <li>• Expand your consciousness / aura out</li> <li>• Ask students if they see?</li> <li>• Ask students what they see, feel, know in your aura about you</li> <li>• Invite spirit to step in</li> <li>• Ask Students to notice any changes or any spirits coming in.</li> </ul>
3 Way Aura Push	Line up all #1's behind each other with some space 1, facing forward 2, facing the left shoulder of (1) about 1 foot away 3, facing the right shoulder of (1) about a foot away Ask #1 to project their aura/consciousness out When 2 and 3 feel the slight push of energy from #1 then they take a step back. Let them push out as far as possible And repeat until all have been #1
1 minute breathing	Set your timer for one minute. Allow them to fidget and get themselves comfortable before starting the minute Ask them to count how many controlled breaths come in and out of their body in that minute
Gaining Depth	Work in pairs Decide who is #1 and #2 The reader is going to stay on one topic, and gather as much information about influencing factors that have led to this situation. Focusing on the past, and present. Take a look into the future and gain more detail Look for: Personalities of people Careers of influential people Looks of people who are coming in Are they familiar to them now or not Ask as many questions in your mind to gather complete depth
Play time	Set up stations and they move around each station if possible swapping partners as they work. Pendulums Psychometry Cards Water Readings - Hand out available

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Phases of a Reading	<p>In pairs and timed</p> <p>The reader connects and stays only in PHASE 1 - Evidence</p> <p>At end of time student has to hold the connection for 1 minute of silence</p> <p>after 1 minute - PHASE 2 - Personality and memories</p> <p>Pause after allotted time - hold connection for 1 minute</p> <p>Then start PHASE 3 - Healing message and wrap up.</p>
Delivering a healing message	<p>Group is in a circle - the objective is NOT to receive a message but to give a message. Each message should feel complete to the student.</p> <p>Allow 5 minutes for them to write a message to one person in the group.</p> <p>Go around the group and allow each 'reader; to be heard with their message and allow them to feel the fulfillment</p> <p>Yes it's possible that someone may not get a message, but it's not in the receiving its the giving of the message that counts.</p>
Interviewing Techniques	<p>In Pairs</p> <p>#1 has to find out by asking as many questions as possible about the #2 morning/lunch or evening.</p> <p>The objective here is to get them to practice interviewing</p>
Interviewing Spirit	<p>In Pairs</p> <p>Connect with spirit, and allow spirit to tell you about a situation which is relevant</p> <p>'Milk' or question the spirit on that particular topic</p> <p>Remember to ask:</p> <p>Why</p> <p>Where</p> <p>When</p> <p>What</p> <p>How</p>
Recognize Spirits	<p>In Pairs</p> <p>Allow one person to be the client and bring a spirit in</p> <p>Using Clairsentience - allow the student to feel the vibe of the spirit or ask for them to give a sign using Clairvoyance</p> <p>Ask for another spirit to come in and the student can repeat the process and understand the vibe</p> <p>Repeat this so they have 3 spirits</p> <p>Allow each spirit to deliver a message or memory that is significant, but recognize them as they come in through the feeling or the symbol that they use.</p>

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Multiple Spirits	Repeat the recognizing the spirits exercise - but allow them to give 3 identifying pieces of evidence to determine that you have different spirits
Pushing through spirit	<p>In Pairs</p> <p>Reader, gains a connection with one spirit 2-3 pieces of evidence to determine that spirit.</p> <p>Park spirit to the side, and look beyond that spirit for another Connect with another spirit 2-3 pieces of evidence to determine the spirit</p> <p>Park the spirit and push beyond the parked 2 spirits Connect with another spirit Gain 2-3 pieces of evidence for each spirit.</p> <p>It's helpful if the students imagines a chair (or has a physical chair) that the spirit sits in when it's their turn to come through.</p> <p>When each spirits talks they move either closer to the medium or they sit on the chair.</p> <p>Tell the medium to move spirits around Feel the vibe and recognize them</p>
Blindfold Readings	<p>Variations</p> <p>Set the class up so that #1 are blind folded #2 sit in front of the student. #1 connects to spirit. #2 can either: tap yes or no on the knee of the reader Stay silent If silent you can move clients around half way through and see how the students work with the energy</p>
Speed Readings	<p>#1 in a line #2 are the readers and will stand in front of a client and read them for 90 seconds. No validation after but they may validate as they do the reading (or not) and then move to the next person. Repeat as many times as you would like.</p>
Essence of Spirit	<p>When a spirit comes through, really get the personality and the essence through a slight blend. Reader starts talking in 1st person (I am a man etc.) Reader feels the face to see how it's changing Reader takes on mannerisms and blends with the energy of the spirit</p>