



5 Psychic and
Mediumship Tips
to
CONNECT
with the
Spirit World

Welcome Friends!

Do you know that we are all psychic? It's not a supernatural ability, but an inborn gift lying latent within you. You were born with a deep-seated intuitiveness and a consciousness connected to everything around you. Would you like to discover your inborn gift and release it? Are you ready to become a more spiritual being and connect to beings from the spirit realm who have messages for you?

Human beings are capable of great things. You can stimulate your dormant skills and ability to traverse spiritual journeys, get a deeper sense of dreams and communicate with loved ones who have passed on. It's not magic or mumbo jumbo, but an inherent ability you possess but do not realize or use.

Does this mean you can unleash your psychic powers in quick time and transform your life? I will not say it is impossible, though it will take time, effort and singular dedication. Look at it this way - we can all learn to play the piano but we may not attain Mozart's proficiency. Every human being is different and special in his/her own way. Everyone's chosen path is unique and valuable. Ultimately what matters is how you use your psychic ability and understanding of a world beyond your physical senses, to usher positivity into your life or help others in a real and meaningful way.

The ability to talk with spirits and/or be psychic is like working out your muscles. It gets stronger with time and practice. The challenge for most is not being psychic but rather believing that they are.

Remember that the journey is not about being a medium or psychic. Rather, it is about self-actualization and your own spiritual growth and advancement. Ask yourself, "What am I learning about myself?" as you open this door.

You are learning to raise your vibrational frequency. Connecting with the Spirit World is much like tuning into a radio frequency. You wouldn't listen to the radio without first tuning it in. It is the same when connecting with spirits or awakening your psychic ability. When tuning into the Spirit World in particular, you will be raising your vibrational frequency as the spirits lowers theirs. You, then, arrive at a meeting point in the middle. As you do this, it will help to ask your left brain to stay quiet.





As we begin, you will want to take these steps of action:

Set Your Intention

State out loud your intention to open this door to speak and receive messages from the Spirit World, be it on a personal level or in a formal reading session. The Universe has heard you. There is a divine plan much greater than your intention that will be brought forth.

Meditate

When you meditate daily, be sure to quiet your logic, and stop thinking with your left brain. Say hello and then good bye to your left brain as it tries to re-enter. Make an agreement with your left brain that you will reconvene another time. Meditating and quieting your mind will assist in quicker and clearer connection with the spirit. Learning to find stillness during your meditative hour and through the day is paramount.

Listen

Listening for signs, symbols and messages is invaluable in this journey. These may come in your dreams, through song, or in synchronistic events that strike you as coincidence. Coincidence is nonexistent. Have you ever thought of your loved one and been reminded of the special song you two shared, and then later that day heard it on the radio? Indeed, this is your loved one reciprocating and a validation of your love for each other.

You are now ready to begin, so let's get started. Remember to have fun with it!

Warmly,

Michelle Beltran



Psychic and Mediumship Tip # 1

Golden Rules for Tuning Into the Spirit World

As you begin to open the door to your pool of intuition and connect with the Spirit World, there are a few important things to remember:

- 1** The journey is unique and highly individual - honor it. Your chosen path may be profoundly different than others' and that is okay. It may be similar to others, and that too, is just fine. You will find your path and that will be the one you are meant to travel. You will know that path as the truth because you are living it. That you are living it is your evidence of its rightness for you.
- 2** Say what you see, no matter what. Too often there is a resistance to say and/or honor what is presenting itself intuitively. In doing so, you lose valuable and meaningful information. In the beginning, it takes courage to say what your intuitive knowing and/or gifts have presented to you. Do you see black? Black is something...it is a color. If it has presented itself, there is a reason for it. What you are receiving always has meaning.
- 3** First-come, first truth. As you open this door, trust what comes first. This will be the most accurate realization. If you have taken even a moment to second-guess an initial image or message, you're headed the wrong way. If you ask yourself "Is that right?" or "Did I really see that?" or "Let me see if something else comes" then you are also headed the wrong way.
- 4** Relax! Let the intuitive information come to you. Enjoy the journey – this is the biggest gift. Your desire to be right is ego and will hinder your connection.



Psychic and Mediumship Tip # 2

Using Your Clair Abilities

Connecting with your own intuitive knowing and in particular, during intuitive work you may be doing for others, requires the use of all of your senses: taste, touch, smell, hear, and sight. Your senses are the gateway. You possess clair abilities that take your physical senses to a higher spiritual level. I call it heightened sensing.

Physical level experiences are more outer-focused. You can choose to be more aware of your five senses and take in the experience fully and at a heightened level. The spiritual realm is more inner-focused and there are seven psychic abilities associated with this realm. You may already possess some of these 'clairs' and work to develop the others.



Here are the 7 clair abilities you possess:

Clairvoyance	∞	Clear seeing
Clairauditory	∞	Clear hearing
Clair gustatory	∞	Clear tasting
Clairofactory	∞	Clear smelling
Clairsentience	∞	Clear feeling
Clairkinesthesia	∞	Clear touching
Claircognizance	∞	Clear knowing



How to Tap Into Your Clairvoyance

Sixth Chakra and Third Eye

Rooted in your sixth chakra is your 'third eye'. This is the gateway to your clairvoyance. The word 'clairvoyance' has French origins, and means 'clear seeing'. If you have ever had a daydream, then you have experienced what it's like to use your clairvoyance. It really is that simple. So, let's try it now, together. Take a moment, look around you and pick an item. Now, close your eyes and see it in your mind's eye. Look at the details of the item, the color, shape and texture. As you do this you are recalling visually but in a new and heightened way. This simple visualization delivers the same experience as seeing clairvoyant images so remember this feeling. Images come naturally, gently and on their own time.

How do I know I'm clairvoyant?

Pay attention to your language. If clairvoyance is a strong ability you might find yourself saying:

"The way I *envision* this plan ..." as opposed to "The way I feel about this plan is..."

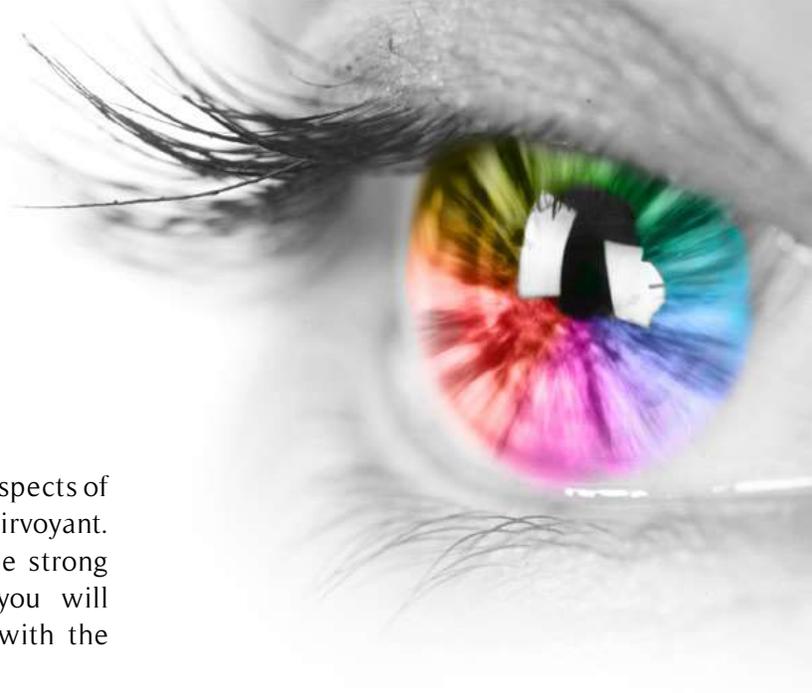
"As I consider this project I see..." as opposed to "As I consider this plan I feel..."

If you chose the former word arrangement, you are likely clairvoyant. If you chose the latter, you are likely more strongly clairsentient (clear feeling).

Do you find yourself imaging or visualizing how things will play out?

Do you recall your dreams clearly and vividly?

If you were describing how a recent trip went to your friend or family member would you be more inclined to tell them what you saw, touched, felt or what you heard? Take a moment to recall the last musical or theatrical performance you saw. When you recall this, what are your initial impressions? Do you give attention to the vibrant costumes and colors, the musical notes, the performers' voices, or the emotions the performance brought out in you?



If you tend to give more attention to the visual aspects of experiences in your daily life, then you are clairvoyant. It is quite common to have two or even three strong clair abilities. As you continue learning, you will identify your strengths by how you interact with the world around you.

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Audio Meditation

Specific meditations will help you increase each of your clair abilities. Access the Clairvoyant Meditation here: [Free Audio Clairvoyant Meditation](#)

A simple exercise to help you open your third eye for clairvoyance:

Put your finger between your eyes on the bridge of your nose, and then push them up slightly toward the center of your forehead.

Take a deep breath.

Imagine an eye opening wide at this spot. This is where your third eye is located. See the details of the eye. Is it round or almond shaped? Are the lashes long or short? Is there color?

Be mindful of the wide open eye as you go through your day.

Each morning and night say out loud, "I intend to keep my third eye open."

Honor the information you receive through your third eye.

You possess clairvoyant abilities. It is just a matter of opening the door to your clairvoyance. It is a fun and rewarding process. Embrace and enjoy it!



Psychic and Mediumship Tip # 3

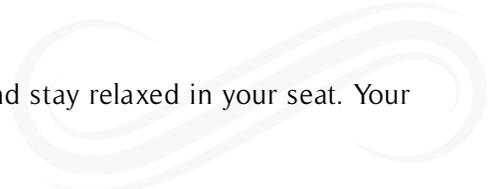
Grounding

What is grounding? Grounding is an essential tool that brings clarity, focus and equanimity moment-by-moment as you go through your day. It assists you in rooting and centering. When grounding yourself, you are calling back to you all your highest pure, positive essence. It is a balancing tool that guides you to stand in your power, your certainty and your own higher self.

What is a grounding cord? It is akin to a pipe, tube or funnel. You release the energy that is ready to be released through the pipe. Imagine your grounding cord as a giant and powerful waterfall, or deep tree roots, a beautiful golden divine light or a huge, thick rope.

What does the grounding cord do for you? You consciously or subconsciously absorb different kinds of energies around you. There are a lot of unwanted energies in your body and aura that interfere with your emotions, causing discomfort and pain. You want to remove the awareness of these energies from your body. A grounding cord helps you achieve this – consider it as an earthing process protecting you from foreign energies and emotions.



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- 1 Keep your feet flat on the floor. Close your eyes, sit up straight, and stay relaxed in your seat. Your palms should rest gently on your lap, facing up.
 - 2 Affix a grounding cord from your first chakra located at the base of your spine. Let this cord drop effortlessly to the center of the earth. Don't try to find the center of the earth. Your higher self knows where this is. Trust that.
 - 3 Your grounding cord should be big around your body and fit snugly to your hips. Check that it is on 'release' and watch as all tension, doubt, self-sabotage, stress, anger, or fear leaves your body through this cord. These are lower vibration energies and your grounding cord will drain out energy and programming that is not your own.
 - 4 Travel up and down your entire grounding cord and check for tears, holes or weak spots. Bolster it where you need to, if it feels necessary.
 - 5 Write your name on the grounding cord and put today's date on it. This anchors it and helps to reinforce its presence and guidance.
 - 6 Change your grounding cord whenever it feels old, worn out or less capable of draining out quickly enough.

Remember to hug a tree, walk barefoot on soft mud or sand, dance or even meditate leaning against a tree to ground yourself today!

Learn more about your Grounding Cord and how to use it at MichelleBeltran.com



Psychic and Mediumship Tip # 4

Dreams and the Spirit World

Dreams are one of the best ways to connect with and receive messages from the Spirit World. If you desire to connect with your loved one, simply ask them to come and visit you before you go to bed at night.

When you believe the messages will come, they will come. They will. It is merely a matter of when, not if.

Trying too hard doesn't work so trust they have heard you and that they will come when they are ready.



Pay attention to colors, symbols, words and people in your dreams. You will be hit with the realization that it is indeed your loved one who has come to you in your dream, because the dream is very vivid, colorful and full of feelings of love and joy.



Additional Dream Tips

Dreams help us in all areas of our lives, not just in connecting with spirits. As you explore your dreams, remember that the best dream interpreter is YOU. Dream dictionaries are outdated. Think of the word web. What would that word have meant 20 years ago as compared to now? One might have thought of a spider web or a tangled mess of something 20 years ago. But today, for many, the word web conjures up thoughts of the World Wide Web and the Internet. Dream dictionaries are not only outdated, but they are impersonal and have universal meanings as opposed to an exclusive meaning for you.



Steps for Interpreting Your Dreams

- 1** Pay attention to the feeling present in the dream space. Be sure to relate that feeling you have to the person or symbol at the time of the dream. As you become more attuned to your dreams, you will want to explore the feelings fully. Use your dreams as a starting point for dialogue. Ask yourself, “How does this dream apply in my awakened life?” The dream is slowly being revealed to you and will arrive when you are ready. You want to be patient with the unraveling of the message. You may also want to revisit your dream journal one or more times, or two or three months later. Trust however that the timing of the delivery is part of the divine process, and over time the meaning will come.
- 2** Relate your dream to the past, present and future. Ask yourself, “Where is the information I am getting from my dreams going to be most useful?” If you find that your dream is most relevant to your past then you want to take some time to ask yourself why it is that you continue to hold on to it? Understand that your desire to hold on to something becomes you. You become what you don’t let go of. Eliminate what no longer serves you, be it the past, present or future.

In the space below, record the feelings present in your dream space. It is essential to capture this information immediately or there is a good chance you will fail to recall the feelings... just like that in the blink of an eye. Try if you can to quickly jot down whatever you have been receptive to and recall distinctly. It can be a few points, not a lengthy report.



Psychic and Mediumship Tip # 5

Spirit Circles and Developing the Energy Body

Are you on a spiritual journey? Remember that spirit circles are essential!

The reason for this is because you are the vehicle. You are the mechanism that is facilitating this journey. So, it is up to you to further discover your spiritual self and become more empowered. An effective way to test, discover and enhance your personal response abilities is through a working circle of spiritual settings or 'spirit circles' where everyone in the circle participates.

It is invaluable to spend time in development with other like-minded individuals, learning from and growing with them. Spirit circles also help you become more receptive to your bodily energies and absorb universal energies through your chakras.

Activating and balancing your chakras is essential to connecting with spirits and increasing your psychic awareness. There are many chakras that extend out from the body, and seven basic ones that are based in the body, starting at the base of the spine and reaching up to the top of the head. Each chakra (Sanskrit for "spinning wheel") is a vibrating, spinning energy center that oversees a particular part of your consciousness. Life force energy flows through the body through these energy centers. Your chakra health and well-being are directly connected to your well-being on all levels—physical, mental, emotional and spiritual.

When your chakras are in alignment, your life energy moves easily up your spine to your crown, through which you receive the energies of the higher realms and eventually, enlightenment. When any of your chakras are blocked or imbalanced, those higher energies are blocked from flowing down into all of your energy centers. One simple tool for realigning your chakras is to imagine them lining up directly under one another, at the back of your spine. Practicing yoga regularly is another way to keep these energy centers open, aligned and balanced.



Be sure to check out the upcoming teleclasses to grow your intuitive knowing and spiritual connection. As a start, learn about how energy works, and begin to understand about chakras and auras in depth. This serves as your foundation and is necessary to your spiritual growth.

Good luck and have fun! Opening the door changes you in many wonderful ways!

Mediumship FAQs

What I'm Most Asked About

I find that many people are curious about mediumship and there are a few questions that seem to come up most often. I want to share them with you today. Perhaps they will help you gain a better understanding and dispel some of your doubts.

Why do spirits come to us?

Spirits come to us for many reasons. It may be simply to say hello, to guide us in our earthly issues and events, or to help us heal and get closure. I find that very often spirits have come to offer apologies. In addition to choosing when, where, and with whom they will send messages, spirits choose why they come, that is, they have a strong reason to communicate with us. It is our task to listen with an open mind and interpret their messages honestly and willingly.

How long before a spirit comes to me?

Please understand that spirits may take time to adjust to the Other Side, which is unfamiliar to them. It is almost like they have to move from their current comfortable home to a new home. They need time to adjust their passing in the same way that you do. Giving them this time to settle makes the transition easier and comfortable. Simply telling the universe and/or spirit that you are perfectly willing to wait until such time as they are ready to communicate, helps them. You may want to request that they show you a symbol when they are ready to come through. Also, remember that wanting to communicate with them desperately may hinder communication and the connection with the medium.

In what language do spirits communicate?

There is no language on the Other Side. Spirits communicate from a higher vibration and they are understood regardless of what language they spoke while living on earth. Language is merely an earthly way of communicating.

Do You Want to Discover Your Gifts and Learn How to Use Them?

Medium Michelle reveals techniques and tips to assist you in opening the spiritual door that is unique to you. She is thrilled to offer one hour teleclasses for anyone wishing to expand their consciousness as part of their journey of personal growth. This is a chance to discover your unlimited potential while learning in a safe forum. Spread over a month, the courses are designed to bring clarity and help you move closer to achieving your deepest life aspirations, and most importantly, connecting with your highest self.

[Click Here to Journey with Medium Michelle to discover your Higher Self with Tele-Classes](#)

TeleClasses

Meditation, Grounding and Running Energy

Meditation is an integral component for spiritual growth. It, essentially, shuts down your outer distractible mind and helps you know your true essential nature. According to new age guru Deepak Chopra, an understanding of and direct contact with your inner nature is more important than beliefs, philosophizing and spiritual conceptualizing. Meditation delivers the experience of the Self, and is therefore a great facilitator of spiritual development.

In this class we talk about meditation, what it really is and how you can quiet your mind by withdrawing attention from external conditions and directing it towards whatever you have chosen to focus on. Michelle will teach you the ropes of meditation practice she has used with great success.

Grounding aids you in your spiritual path by reminding you that you are in your vulnerable physical body even as you endeavor to become a more spiritual being. It is quite possible that you may have experienced symptoms of being ungrounded and not been aware of it. Some symptoms include daydreaming, dizziness, clumsiness, forgetfulness, inability to get your point across, falling asleep while meditating, and sensitivity to light and noise.

Grounding or earthing can increase the stability and balance in your physical and emotional states, give you strength, provide an outlet to release foreign energy more easily and help you attain higher spiritual levels. In my class, I will discuss how this essential tool of grounding can assist you in rooting and centering effectively. Grounding brings clarity, focus and equanimity into your moment-by-moment day. It guides you to stand in your power, your certainty and your own higher knowing.

You will also learn about running energy and how to use this simple technique in your daily life. The underlying premise of running energy is that there are two fundamental energies available to humans, one being the feminine earth energy and the other being masculine cosmic energy. In this class you will learn to become more aware of these subtle yet powerful energies, how to balance them as well as how to ground in the earth energy and open up to cosmic energy.

Learn about your clair abilities: What are they? How can you use them?

As I mentioned earlier, staying in tune with your Higher Self requires the use of all of your senses: taste, touch, smell, hear, and sight. We all possess what is known as clair abilities. You can take your physical senses to a higher spiritual level. I call this 'heightened sensing'.

We have 7 clair abilities:

- Clairvoyance ∞ Clear seeing
- Clairauditory ∞ Clear hearing
- Clair gustatory ∞ Clear tasting
- Clairolfactory ∞ Clear smelling
- Clairsentience ∞ Clear feeling
- Clairkinesthesia ∞ Clear touching
- Claircognizance ∞ Clear knowing



In this class you will learn about your clair abilities, what they are, how to open each and finally how to use them fully. You will also have access to specific guided meditations to assist you in opening these abilities. This will be the doorway through which your connection with the Spirit World becomes stronger.

Psychic Protection & Neutrality

Psychic protection is as natural as getting dressed in the morning. It acts as a powerful energy force that wraps you with love and grace, helping you become prepared as you embark on your day-to-day activities. This class will teach you how to understand and be aware of the energies around you, and create necessary boundaries as you make the conscious choice to keep your pure positive essence within your space.

There is a spiritual space in the center of your head from which you have the ability to sift out much of the noise of the world. More often than not, your attention is focused outside of you, and you are completely entrenched with whatever situation is most pressing at the moment. When you learn how to consciously be in the center of your head, you begin to call your life force back to you. This wonderful tool will help you focus on consciously creating your experience.

How can I connect with the Spirit World?

You don't have to be a psychic medium to receive messages from spirits or loved ones who have passed over to the Other Side. We all receive signs and symbols from our loved ones on a regular basis and they come in many ways. It's purely a matter of opening the door and listening to those messages when they arrive and then saying "Thank you!" In this class, you will learn that you too can link with spirits. Michelle will help you understand when, how and why your loved ones communicate with you.

A Bit About Michelle

Michelle is an innovative spiritual expert bringing forth powerful influential and positive changes on a global level. Her charisma and certainty in reading sessions coupled with her deep seated sincerity invites clients throughout many spectrums of life. Michelle's down-to-earth and open minded style assists her in guiding others to their full life potential. With grace and care, she becomes a game changer for you, helping shape your life in the way that works best for you. Her gift of intuition has served people from all walks of life, from citizens, entrepreneurs, therapists, and professional athletes, to CEOs, celebrities, housewives and schoolteachers who want to live life fully and capture the life that honors their soul.

Michelle has a wonderful ability to see beyond the chaos and unravel what is the best next step for you. She is touted for her accuracy, ability to tune in to your situation and provide guidance for your highest good. Her sessions are unique as they not only provide intuitive guidance but they teach you to stand in your own power and access your higher knowing and intuitive gifts at any moment you desire.

Whether you are overcoming a relationship or career change, making a new business decision, desiring guidance regarding what's next for you, or intending to link with a departed loved one, Michelle's grace and authenticity will guide you there.

Visit www.MichelleBeltran.com to schedule a session, register for teleclasses and view products available for online purchase in the [Marketplace](#).

