

## LESSON 6

Hi everyone,

There is no recording of our last session as we spent all of the time in break out rooms to work on the exercise. So let me just explain what we did for those who could not attend the last lesson.

The exercise was to completely surrender to spirit and to let them provide the evidence and the subject of the reading. We did so by connecting to spirit from an overshadowing, a mild altered state of consciousness.

How to get in to a state of overshadowing?

As you do your normal routine of sitting in the power or doing your regular meditation, try to get to that point where you can very clearly feel the presence of spirit. Don't try to link with a specific person yet, just try to feel and blend with the power of the spirit world and remain in that state until your mind is silent or close to...

When you have reached that point, in you mind, ask for a contact for your sitter, tell spirit that they can go ahead (by doing so you give them permission to 'enter' and to 'use' your energy) and start to slowly count down from 20 to 0. I always imagine that I'm in an elevator that is going down from the top floor to the basement and deeper. If I'm still too conscious when I've reached 0, I will start again from 20 and will slowly count down until I have reached a sort of perfect silence and have surrendered to spirit.

We are working with an intelligence, spirit, they know what we are trying to achieve and they will bring forth the evidence of a passed loved one or a color / colors, object, memory, or whatever is needed in that moment for your sitter. Remember: you don't always get what you want, but always what you need. So accept whatever is spirit gives you.

From that state of overshadowing, spirit may have you draw a portrait, or something completely different like an object. You may now draw at all, but feel the urge to speak. This is not (!) trance speaking, this is inspired speaking and inspired drawing.

Give your sitter whatever is presented to you by spirit. If it's a portrait, give the information and evidence to place the spirit that is communicating, if it's a color or an object, draw or describe what is given.

Your sitter is allowed to ask one question. Try to answer that question from the state that you are in and try to keep your mind silent.

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This exercise takes as long as is needed. There is no need to rush, there is no good or wrong way, it is just an exercise.

You will however notice that the more regularly you practice this exercise, the stronger your link with spirit will get and that it will become easier in time to get to that state of overshadowing. Eventually you will find your own way to get to that state and to work with spirit from that state.

As I mentioned before in another lesson, you are not just doing this for you. You are sharpening the tool that you are, you are enhancing the instrument that you are and spirit couldn't be more pleased with your efforts to find different ways to work with them and to be an ambassador for their world.

Thank you all so much for your time, effort and trust. I had a great time working with you all and I really hope to see you all again sometime!

Best wishes,

Pat