

OPEN YOUR DIRECT LINE TO

The Spirit World

IN JUST 10 MINUTES A DAY

I am so excited you're here!

I am going to share with you the very **FIRST and MOST IMPORTANT tool** I teach in every Mediumship development course: the practice of Meditation.

A practice of Meditation **doesn't need to be fancy or complicated**, but it's important for many reasons.

- Learning to quiet the mind is the **key that unlocks the door** to the Spirit World.
- Training your mind to be absent of thought allows you to **become more sensitive** to the ways your loved ones communicate with you.
- Raising your vibration through Meditation helps you **connect with your Higher Self and Spirit Guides**.

Set aside just 10-15 minutes 3-5 days a week using the easy method I'm about to teach you and you will be well on your way to opening a direct line to your loved ones in the Spirit World.

Hi, I'm Angie

I teach, coach, and mentor those who wish to to develop their Mediumship skills for personal or professional use.



As a professional Psychic Medium, I spend my days giving a voice to the Spirit World through private sessions and large group demonstrations.

I am passionate about teaching Mediumship because I believe that every person on the planet has the ability to connect with loved ones on the Other Side.

Love Never Dies

Take a moment to prepare your Meditation space using the suggestions below. Once you've gathered the essential elements and located your quiet spot, move to the next section and let's Meditate!

PREPARE YOUR SPACE

- **Find a space in your home** where you have the best chance of not being disturbed for 10-15 minutes.
- **Choose a comfortable chair or pillow to sit on**, along with anything that creates a sense of calm like crystals, candles, or incense, and place them in your quiet space.
- **Have a notebook or journal along with a pen** with you to record anything you experience during or after your Meditation.
- **Grab earbuds, headphones, or a small speaker** to listen to the guided practice I've recorded for you.
- **Silence your phone** and be sure to **have something to keep time** if your phone doesn't have a timer app.

LET'S MEDITATE

- **Get settled** in a comfortable position that allows you to feel relaxed without falling asleep.
- Close your eyes and **take three long, deep, controlled breaths** in through your nose and out through your mouth.
- **Imagine a wave of relaxation** moving down from the top of your head to the very tips of your toes.
- It's now time to **practice quieting your mind**.
- **Set a time for three (3) minutes**.
- Close your eyes and **bring your focus back to your breath** allowing it to fall into its natural rhythm **becoming very aware of the rise and fall of your chest**.
- As you breathe in and out, in your mind **say, "1" as you inhale, and "2" as you exhale**.
- As a thought enters your mind, do your best just to observe it, then watch it **move on like clouds in the sky** and gently **move your attention back to counting your breath**.
- When the timer rings **begin to wiggle your toes and your fingers**, feeling fully connected to your body. You can open your eyes when you're ready.

REFLECT & COMMUNICATE

Once you are alert and fully aware of your surroundings, it's time to ask for any messages and reflect on the experience.

- Take out your notebook then in your mind **ask if anyone has guidance or a message** for you.
- **Write down anything that comes to mind.** It could be an image, a song, a feeling, or even a color. Do your best not to question or filter what you receive. You'll want to write everything down.
- Next, **reflect on the experience of the day's meditation practice.** Did you find it difficult or are you beginning to find ease and flow during the experience?
- Did you have any strange sensations or thoughts? Again, write down anything and everything that comes to mind.

Your notebook will be a useful log as you continue to develop your Meditation practice. You'll be amazed at how far you've come in a very short amount of time.

CLOSE THE SESSION

Once you are ready to close your practice, there are just a couple of things you'll want to do.

- **Thank the Spirit World and all of your loved ones** for joining you today. Tell them how much you appreciate their help on this new adventure of opening your direct line to them.
- Don't forget to **blow out any candles or incense!**

Unless you already have a Meditation practice, three minutes may feel like an hour! Your goal is QUALITY, not quantity so please don't be discouraged. Even if you were only able to quiet your mind for 30 seconds, that's great!

I assure you that it WILL get easier, but it takes dedication and practice! It may take you a few weeks to move up to four or even five minutes, but that's okay.

The time you dedicate to this journey will be well worth it!

GUIDED PRACTICE

Next, click on the button below to download the Guided Practice Audio. Just pop in your headphones, sit in your comfy spot, and be lulled into a blissful state of quieting the mind.



Would you like to learn more?

If you enjoyed this guide and would like to learn more about Spirit Communication, ***I invite you to visit my website for a list of upcoming online classes and workshops.***

I am incredibly passionate about the art of Mediumship.

I pour my heart into teaching, coaching, and mentoring those who wish to become a voice for the Spirit World whether it's to stay connected to those they love, or to work professionally to assist others.

I am always honored to be a stop on your spiritual development journey!

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