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Meditation and exercises by Vince Price

Featured music from Reiki Gold
composed and performed by Llewellyn

Produced by Llewellyn
All tracks published by Paradise Music Ltd.

In Contact with the Spirit World
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HOME WORKSHOPS FOR YOURSELF OR WITH FRIENDS

MEDIUMSHIP

In contact with the Spirit World

WORKSHOP

VINCE PRICE

AN INTRODUCTORY GUIDE TO MEDIUMSHIP

'ABOUT MYSELF'



I have been a practising medium for over ten years, and turned professional three years ago. I now work in my own psychic centre, Kalmwithin in Wellingborough, alongside my partner Mandy. I give daily private readings and healing to those who need it. I demonstrate my mediumship all over the country in Churches, Centres and Theatres. I love my work and get a great deal of pleasure in helping and guiding people. At times my work is tiring, but at all times very rewarding.

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IN SERVICE TO SPIRIT

Responsibility of Mediumship

One of the important things to remember when you are working as a medium is that what comes out of your mouth can have a positive or a negative impact on the person that you're giving a message to. It can help them come to terms with the loss of a loved one and speed up the grieving process. It can give someone a tremendous amount of direction to their life and instil hope for the future. In a sense, a great deal of healing can come out of giving someone a positive link to the spirit world.

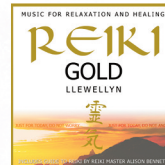
Avoid at all times giving a negative message to someone.

RECOMMENDED FURTHER READING

Contacting the Spirit World: How to Develop Your Psychic Abilities and Stay in Touch with Loved Ones by Linda Williamson ISBN: 074991596X
Publisher: Piatkus Books

I also recommend books by mediums, Doris Stokes, Gordon Smith, Stephen O'Brien, Tony Stockwell, and Derek Acorah.

This album features music from the Paradise Music Title:



Reiki Gold is deeply relaxing music and perfect for many other therapies including massage, aromatherapy, meditation, and yoga. If you are looking for music to help you relax or sleep, then Reiki Gold is ideal. Includes detailed sleeve notes by Alison Bennett - Usui-Tibetan Reiki & Karuna Reiki Master-Teacher

"Reiki Gold is a touch of heaven, taking you on a journey to the angelic realms. It touches the heart and soul and is a perfect compliment to Reiki healing. This music is also ideal for relaxation and meditation. I loved Llewellyn's first Reiki album but this exceeded my expectations. Truly inspirational." **Mandy O' Neill - Reiki Master Kalm Within**



With one million albums of his music sold Worldwide, Llewellyn is a highly respected recording artist. His original Reiki Album achieved SILVER RECORD STATUS in the UK and continues today to be one of Britains top selling healing albums.

As well as his healing music, Llewellyn is also known for his unique uplifting and more mainstream work. With his singing partner Juliana, they have been likened to Enya and Clannad and Earth Angel is one of the top selling albums on Paradise Music.

THE SEVEN CHAKRAS

WORKING WITH CHAKRAS TO CONTACT THE SPIRIT WORLD

We have seven major energy centres commonly referred to as chakras. Each chakra is recognised as a focal point of life force relating to physical, mental and spiritual energies.

When you imagine yourself opening your Chakras, you are raising your awareness to a higher consciousness. By closing them, you are closing down, thus allowing yourself in a sense to tune in and out of the Spirit World.



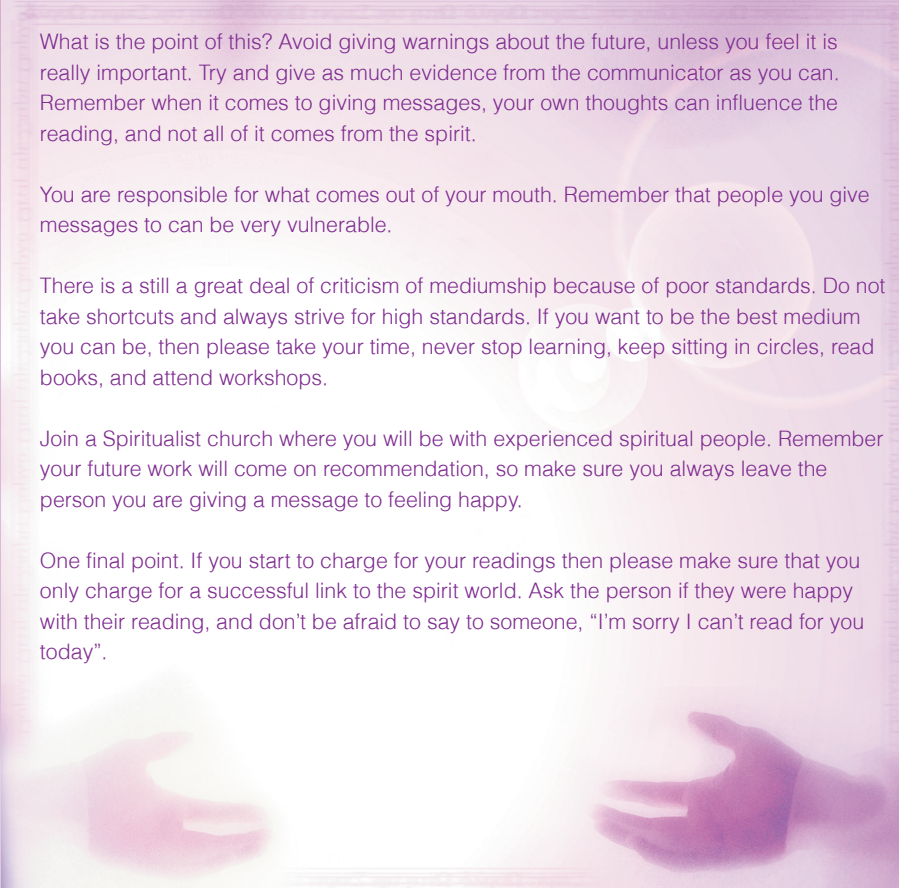
What is the point of this? Avoid giving warnings about the future, unless you feel it is really important. Try and give as much evidence from the communicator as you can. Remember when it comes to giving messages, your own thoughts can influence the reading, and not all of it comes from the spirit.

You are responsible for what comes out of your mouth. Remember that people you give messages to can be very vulnerable.

There is still a great deal of criticism of mediumship because of poor standards. Do not take shortcuts and always strive for high standards. If you want to be the best medium you can be, then please take your time, never stop learning, keep sitting in circles, read books, and attend workshops.

Join a Spiritualist church where you will be with experienced spiritual people. Remember your future work will come on recommendation, so make sure you always leave the person you are giving a message to feeling happy.

One final point. If you start to charge for your readings then please make sure that you only charge for a successful link to the spirit world. Ask the person if they were happy with their reading, and don't be afraid to say to someone, "I'm sorry I can't read for you today".



UNUSUAL THINGS TO EXPECT AS A MEDIUM

Often you will encounter a drop in temperature when you are sensing spirit This is because you are sensing the energy of the spirit communicator. People also talk of a 'cobweb' like feeling around the face. This is also energy.

You may sometimes feel heat or tingling or other sensations. This is just physical confirmation that spirit is close. If the sitter you are giving a message to is sensing any of these, then please try and reassure them that it is all part of linking with the spirit world. Always avoid creating any fear.

You may hear a noise or see something out the corner of your eye. Once again this is spirit's way of letting you know that they're around. As you develop your sensitivity you will become aware of many coincidences. This is called sycronicity. There are no such things as coincidence. You may think something and the next day it happens. This is called precognition.

You may feel you have been somewhere before. This is called Dejavu.

Expect all sorts of unusual things to happen around you as you become more focused on the spirit world. You might have vivid dreams. You may be visited by a loved one in spirit or a spirit guide. They are trying to connect with you and let you know they are there.

Remember that you cannot contact anyone in the spirit world. They can only contact you.

One thing is for sure - no two people working with spirit have the same experiences. We are all individuals with different strengths and weaknesses.

At this point awareness to spirit has grown. It's a bit like tuning in a radio. The leader needs to check that everyone is comfortable and then begins to ask one by one what they each experienced during the meditation. Remember it doesn't matter at this stage if nobody senses anything. The purpose of meditation is to get used to raising vibrational awareness.

The circle group can take it in turns to practice clairvoyance. This is why I recommend joining a circle at a spiritualist church. You can practice on each other and give off information you sense and see if anyone can identify with what you are receiving.

There are many different exercises that you can do. The important thing is to keep practicing and developing. Try to avoid saying "I don't have anything" . Always try to give off something, even if it is only something very trivial such as a colour you are seeing or a common flower.

Remember that it is very important to open and close after each circle session.

The circle is a place of learning. An environment where it is safe to make mistakes. Fear of getting it wrong is the only thing that will stand in your way when it comes to your development.

Remember to stay positive. Good Luck

DEVELOPMENT CIRCLE

It is best to unfold your spiritual awareness with a group of like minded people. A group of people who meet regularly for the purpose of developing mediumship are known as a development circle. The circle should be run by a responsible spiritually aware person and preferably a medium. It is called a 'circle' because the chairs are placed in a circular fashion. The group should be no more than 8 people and arrange to meet at least once a week. The benefit of sitting in a group is the support and encouragement that is given to each other.

Usually before you start, the leader of the circle will make sure everyone is introduced to each other and comfortable with what's going to take place. The leader will then open with a prayer and ask for a circle of protection to be placed around each individual. they will then ask that everything that happens in the circle is done in love and light. The circle members should also at this time place their own visualized protection of light around themselves .

The next step is usually a short 10 minute meditation. Everyone closes their eyes except the leader, who must remain alert to monitor those in the circle. In the meditation, people start to visualize their chakras opening up like flowers. They are raising their awareness. If at any time they don't feel comfortable, they simply open their eyes and sit quietly.

If at anytime you don't feel comfortable with what you are doing then please stop what you are doing, have a glass of water, and then come back to it again another time.

PROTECTION

There are many books available relating to the importance of spiritual protection. I suggest that you read a few for yourself. Protection is just using your common sense. If something doesn't feel right, simply don't do it. Remember to always place protection around you as shown in the CD and open and close your energy centres.

Say aloud or in your mind an opening prayer asking for protection to be placed around you and the sitter or receivers. Also a closing prayer if you wish to. Make this become a regular habit. Always drink plenty of water as this will ground you and bring you back to earth.

When you have finished working with spirit then always have a change of mind. I sometimes go for a walk. It is so important to keep a balance as this work is highly addictive.

If you feel tired or unwell, please avoid mediumship as you will only drain yourself further. One thing I have discovered about working as a medium is that I am unaware of just how much energy I use until later on when I feel drained. Therefore do everything in moderation.

If at anytime you need answers to something relating to mediumship then find a knowledgeable person, like an experienced medium at your local spiritualist church.

