

Pauline Mason

6 Week Zoom class - each Friday at 7pm to 9pm BST - starting October 30th 2020

Price £115.00 for Members £135.00 Non Members

Exploring the collaboration between the mind and mediumship

Throughout these sessions we will take a more in-depth look at what we can do to enhance and refine our mediumistic abilities.

“The spirit people need a mind they can work with” Gordon Higginson

So what does your guide need from you?

What is it that stops us perceiving certain types of evidence?

Developing trust

These sessions will require you to focus on the connection you have with spirit and help you to find ways to recognise and overcome stumbling blocks in your unfoldment helping you to become what the medium that the spirit world need.

For more information and to register for the Class email:
receptiondesk@sagb.org.uk

to pay for the class please phone the SAGB: 0207 931 6488

Week One

Expectations:

Recognising that life is spirit.

How our life experiences shape the expectations of our inner most being - our soul; and how we view our own relationship with spirit.

Wherever we are in our understanding and in our mediumistic unfoldment, lets give time to the mechanics of mediumship; how to enrich our relationship and receptivity with spirit.

Week Two

Attunement.:

Sensing and feeling the different experiences as the energies of the spirit world draw closer to us enhancing the natural abilities and awareness we possess, allowing trust to develop so that the evidence the spirit communicator wants to bring, is given.

Week Three

Associating:

As you become more aware of who is working with you, and are allowing the experience to deepen, recognising that a blending of the two worlds is taking place.. becoming conscious of the communicator and information given by them.

The guide, the medium and the communicators communication as one. A deepening of the evidence.

Week Four

Energy flows, highs and lows:

Recognising our strengths and weaknesses is a vital key to going forward, knowing we are individual, unique also means being realistic in our approach.

Where are things leading?

Any progression we feel we've made is often met with ongoing questioning and doubt at the same time!

In this session with Pauline, we will address concerns, queries and questions in group discussions and reflection.

Week Five

Preparation:

Recognising the power

Altered states and inspiration

Opening prayers

Inspired address from the spirit world

What is expected in a divine service?

Recognising growing sensitivity, ours and the sensitivities of those who may come to us either in sittings or in the public domain. Our integrity, approach and manner is utmost as we are the spirit worlds representatives. Learning to stay in the power when demonstrating and to be able to stay to an approximate timeframe from sitter to sitter.

Week Six

Private sittings:

What is it the spirit world want to say?

Why has the sitter come?

Making sure your sitter is aware of how to work with you, how to conduct a good sitting holding the energies for 30 minutes but being aware of time and how long you spend with each communicator leaving you a sitter contented and happy with the communication you have brought forwards.