

SPIRITUAL PSYCHIC DEVELOPMENT UNIT 4

MEDIUMSHIP II: A HANDS-ON APPROACH

*Cynthia's "Cheat Sheet"
for you from the live class*



CLASS 1 SUMMARY & REVIEW

INTRODUCTION TO HANDS-ON APPROACH

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SECTION 1: Intro to Hands-on Approach Part I

PART 1 of class: Cynthia delivers a live channeling

The Following is a transcript of the live channeling taken via audio recording....

“Un-Mask” Channeling with the Atlantean Teachers

“Greetings. And welcome back dear ones. Wel-come, welcome back. We greet you on this day of beauty, of mystery, of hope. Today is a day of possibility for you, a day where you can choose to be reborn, if you would. You can choose to reinvent yourself at any time, if you would. And especially today, on a day like this, when you are gathered together with so many of a higher consciousness....can you not feel the vibrations that are present here? Do you not notice how you are changed from the very moment that you come into this space?

And do you not notice too, for many of you, how it is as if you have come “home” to your original self? It is as if the moment you enter into this space, there is a hard shell that dissolves and drops away, there is an exterior illusion, a mask, that you have been carrying with you, and you can shed it and set it aside, and be your true essence underneath. You know you are safe here to do that. This is why this space is so powerful for you.

And we are here today to say that you can learn to carry this feeling of peace and safety within you. You can shed the mask at other places, not only here. Indeed, you need to. For as each and everyone of you sheds the mask that you wear, the planet Gaia herself, the living organism will shed the mask of darkness that has covered her, the net.

We know you do not understand yet with your conscious minds what we speak of, at least, most of you do not. Suffice it to say that there has been a “hold” on the energies of this living organism for several thousand years now, and it is starting to break up. You can contribute to the breaking up of the mask, of the artificial net. You can re-release the love that is in the Mother, so that healing will once again be freely available to all, and not controlled only by the few.

This is your role. This is your response-ability, as a being on the path, the path of conscious light. It is, as you say, a re-emerging of the great civilization that we hailed from, that

once sank. It will not rise in a land mass, but rather, it will rise again in a consciousness. *You* carry that consciousness...let it rise, in all times, in all places, in all civilizations.

This is what we say. We thank you for joining us in this mission.”

—The Atlantean Teachers 01-22-2011

PART 2: Post-Channeling, Hands-On Approach & Modern Mediumship

Discussion of how I (Cynthia) enjoy the feeling immediately *after* the channeling, since I'm not completely in my body *during* the channeling. When you come back IN from the channeling is when you can really feel the physical sensations that accompany channeling (such as tingling and pleasant warmth). You do feel them *some* during the actual channeling process, but maybe not quite as much, since you are not all the way in your body.

Those first few moments of “reentry” into the body are very important. It is extremely important to have your psychic protection up when you enter the channeling state and when you leave. In regards to all psychic states, the most dangerous times aren't when you are fully “in” them, but rather when you are “taking off” and “landing” (like an airplane).

The times of transition are the most dangerous because you are opening up (or closing down) and are quite vulnerable during these periods. This is why practicing some kind of “protection” during this time is important.

You can practice isolated techniques of formal psychic protection when you feel you need a little “boost”. However, eventually you will want to get the point where you live in that place of energetic strength all of the time.

Establishing your field of “24/7” protection is a lot like dieting. It takes a lot of initial work to get your frequencies up to the point of energetic strength, but then once you are there, you get a new “baseline”, and it becomes easier to maintain. However, you still need to “exercise” to maintain the new baseline (in this case, your “exercises” are your prayers of protection, meditation, etc.).

Just like with dieting, when you first come to the Spiritual-Psychic path, **you are going to undergo some kind of major “purge” and re-orientation.** It's like going through the “psychic carwash”. For many of us, this initial stage of cleansing & re-orientation feels like “hell”, especially at first.

However, it does get easier as the process goes on. As you become accustomed to this new way of life and your new spiritual psychic awareness, then, you just begin to have your frequencies “up” at a higher level all of the time.

Hands-On Approach & Contemporary Mediumship

We’re always building on tradition. However, the mediumship that I am teaching in this unit is for the different times that we are living in, times of extreme technological “connectivity” that stand in stark contrast to the times that mediums of the past have lived in. The society and times we are living in are not the same, and the expectations upon us are not the same as they were in the late 1800’s when mediumship was first flourishing.

And primarily, there are two things that are most definitely not the same:

- 1) The level of connectivity...email, facebook, TV, Radio, cellphones, etc.
- 2) The speed at which we move....the rate of change. The speed at which information is dispersed.

As modern mediums, we have to *adapt* to the world we are living in.

We have to adapt to even be able to *be* mediums. In other words, we have to adapt to be able to “tune in”. We’ve created so much mental “clutter” and “noise” in our current society.

Most of us do not live in spiritualist communes. We live in cities, towns, or rural areas, where we frequently must deal with others who are not spiritually or psychically as aware as us. We have to circulate among people with varying viewpoints & levels of consciousness.

According to information I have received from the Atlantean Teachers, the planet Earth is unique among the Universe in terms of the diversity of consciousness and energy frequency among its inhabitants. A very long time ago, we were “settled” by beings from many different planets that possess many different kinds of energy “dispositions”. Sometimes these dispositions are so different that they conflict. That is why if you go back into the ancient history of certain regions in the world, you will see that there has always been conflict there between certain races.

Most planets in the Universe contain inhabitants that are energetically alike and telepathically linked. In contrast, Earth contains a wide variety of inhabitants with a wide & often-conflicting variety of orientation in consciousness & energies. Partly because there is so much variety in energetic orientation, and also because we have not yet evolved sufficiently as a

race in terms of accessing our higher perceptions, we are not yet able to experience the stronger telepathic bond that many races experience, nor can we experience the higher harmony that might be generated by such a bond.

This lack of harmony on the planet has always been an issue. However, in the past, when we weren't as connected through technology, it was much easier to "get around". Now that we are "hyper-connected", it's not as easy anymore to avoid or ignore people of lower consciousness, or even people you just do not want to deal with.

So part of our work in this unit will be teaching you to thrive as a modern medium, **and teaching you to stay *sane* and centered as a medium in our modern world.** It is quite difficult being a "sensitive" in our modern times.

Any one who is here today in this classes (or has come to these teachings), I know that you are here for a reason. Part of the reason you are here is because you are needing help **with how you can deal with the *pain* of sensitivity.** The path of mediumship is not for the weak. It is a very vulnerable path, a path of truth. You see and perceive things that the masses cannot perceive, or do not *want* to perceive.

As a medium, you also see many *beautiful* things that the masses are not privy to. You get to have glimpses into the reality of unconditional love and the realm of the "other side". Of course, any human being who wants to walk the path of mediumship can. Every human being possesses innate psychic and mediumistic tendencies and aptitudes that can be developed. We are hard-wired this way as a species, because the language of the psychic, is the language that we use to experience God.

PART 3: Tune In to Eternity

A modern medium, a "hands on" medium, is tuned-in ALL of the time (to one degree or another). That means that you are "tuned in" as you go about your day-to-day life doing all the little things you do, such as brushing your teeth. This awareness is not something that you "turn on" when you do a reading or gather with your spiritual friends, then "turn off" when you go to your job. It's more like something you "turn up" or "turn down" but is *always* there.

This new wave of spirituality that I am talking about as "modern mediumship" involves having a *constant* partnership with the spirit world. It means getting to the point where you are counseling with the spirit world regarding every aspect of your life. This is about getting so

deeply into the flow, and becoming so spiritually conscious and attentive, that there is **an on-going conversation between you & the realm of Spirit.**

We are dealing with the *spiritual* realm here, and in the spiritual realm, there are energies all around us all the time. When we deal with the spiritual realm, it is all ENERGY. And it is all there, all the time, like radiowaves. Also, like radiowaves, we cannot see this spiritual energy with our physical eyes (usually). However, this energy is around us all the time, nonetheless.

This is why **when you are really “tuned in”, you can stand up ANYWHERE at ANYTIME and give a “message” from the realm of spirit.** For example, you could be in line at the grocery store, and someone starts telling you their problems. If you are in this awareness of the modern medium I am describing, you could then tune into the realm of spirit and help them then & there.

In this scenario, you don't have time to run off to your psychic or go back home to meditate before you offer assistance. It is a “then & there” kind of thing. And the energy is there in the “present now”, because that's the only place that energy really exists....in the now.

BE IN ETERNITY

In the physical world, we have these demarcations and experiences that we call the “past” and the “future”. These experiences feel very “real” from the perspective of the human self. However, to the Eternal Self, this phenomenon of “time” is not real. The only “time” that we have in our world that might be considered “real” to the Eternal Self is the present moment, or now.

Taking this idea a step further, as a Spiritualist and a Medium, I really like to emphasize the concept of *eternity*, or the eternal moment. Many people say, “Be in the now”. I say, “Be in eternity”.

For me, I find that even the concept of “being in the now” is limiting. I find that I think, act, and feel different when I think of myself as being in *eternity*. Eternity is like a circle that comes back onto itself. Within this circle of eternity, there is an understanding that there are consequences to all of my actions, and that I am connected to **everything** in this sacred hoop, and this connection takes place in this space called “eternity”.

Eternity is all time, it is no time, it is the past, and it is the future, and it is the present now.

I would like you to meditate on this concept of “eternity”. I would challenge you to BE in eternity, as a medium.

MORE ON ENERGY....You come to the message, it does not come to you

Getting back to the spiritual energy that is all around us all the time....

These spiritual energies are like radiowaves, in that they are often invisible to our physical eyes, yet there are around us all the time. A lot of times, we talk about “getting guidance” or how we are going to “get a message”. That is simply NOT true. You do NOT “get” a message. You do not “get” guidance. A message does not come to you. You come to the message.

For example, using the idea of being in a Spiritualist church & giving a message....Sometimes you already have a message when you stand up. For me personally, a lot of times, when I stand up [in church to give a message], I am then *in* the message. I’m not trying to “get” a message, and I’m not trying to “reach” for a message....I am *in* the message. To “reach” for something implies that you and that thing are separate. I am not separate from the message.

This is *energy* that we are tapping into. Guidance comes from spirit, and the spirits (including your own inner spirit, and the spirit of God) are energy. Everything is energy. So what you are really trying to do is to tune into the *frequency* of a particular energy. This relates back to the “law of attraction”.

This is the real “law of attraction”, as it was taught for thousands of years through various spiritual traditions, before it was corrupted by the modern day mass media & mass consciousness. The real law of attraction is not about manifesting meaningless material objects that we don’t truly need, or shallow relationships that will only fulfill our ego’s desires.

The real law of attraction is about getting into the frequency of energy fields that will tap you into guidance. By being tapped into this energetic field of guidance, you can have whatever you want in the material world, but you have it by being in “the zone” so to speak, the zone of being “tuned in”. This is part of the “hands-on modern medium” approach, and this is how you can be in “the zone” all of the time.

So begin to re-orientate your consciousness to think about receiving spiritual guidance in a different way, in a way that involves “tuning into” frequencies that are always here, rather than

“getting” a message. It’s OK if you still want to continue to use the phrase “getting a message”...that’s just the language we typically use as mediums & spiritualists. What is more important is how you think about the process on the inside.

When you think about this in your mind, I want you to think that you are *going in* to the message, that you are trying to attune with *the energy* of it. **You don’t “get” guidance....you go into guidance. (Into its frequency)**

A message is not something that just “happens” to you, it’s something that you consciously walk into energetically. It’s like being “in love”.

Listen to the sound of those words, “in love”. Some people talk about “getting” love or “finding” love, but that’s nonsense. You are either “in love” or you’re not.

Student Question & Answer

Patti: “I’ve always found ‘living in the now’ to be comforting to me, especially in my work as a counselor. But living in ‘eternity’, that’s very mind-expanding. How do you handle that?”

My response: I handle it quite well (smile), since when stuff goes “wrong” in life, it is comforting to me to remember that “there are 10,000 people in China who don’t give a damn” (Silver Ravenwolf quote). In other words, from the vantage point of eternity, most of the “problems” that we think we have really don’t matter. So being in the consciousness of eternity helps to give you a broader perspective.

That being said, some times, you really do need to just be in the NOW, especially in a crisis situation. Sometimes action in the present moment is exactly what is needed. Therefore, I feel that “being in the now” is a very powerful concept, AND, being in “eternity” is also a powerful part of being a medium and a spiritualist.

When you are on a spiritual path that includes at least some element of communing with the spirits of those who have “gone on”, then that path includes the viewpoint of “eternity”, and not just the “present now”.

Student Comments during Q & A

Pat.... ”If you are in constant contact with God, what could be more eternal than that?”

Jim.... About embarrassing or uncomfortable life situations.... “In the now, it’s a little embarrassing, but if you are living connected to eternity, this embarrassing “now” is not going to be forever...there’s another now...it helps *me*, because I screw up a lot”. (Don’t we all!)

In other words, **there’s always another now**. In fact, there are MANY “nows” and MULTIPLE “nows”. If you want to get into quantum physics, there are parallel realities of “nows”, all happening simultaneously, *but there is only ONE “eternity”*. **So it has a unifying, solidifying, calming effect to concentrate on “eternity”**.

Davin: “In the thought of eternity, you have the chance to resolve whatever has already happened, so that it will always come full circle.”

In other words, if you live from that consciousness of eternity, you can always take action to change the “now”, even if the now is *past*. This is because you are coming from a *circular* view of time, and not a linear, flat-line view.

Part 4: What it “Costs” to Develop on this Path

The greater the value of something, the greater the cost.

You can evolve very QUICKLY on this path. By applying yourself diligently, YOU could get to the point where you could stand up in church and not every have to worry about not having a message again. You can reach a point where you can “get” guidance anytime.

The key word is “apply”....as in applying yourself, and applying what you learn through these lessons. The key is to take action from the higher awareness, from the state of being “tuned-in”.

It’s not enough to just go through “the motions” of being psychic...you have to be “tuned-in”. In other words, it’s not enough to just do the action, you have to be “tuned-in” *while* you are doing the action. In the same vein, it’s also not enough to just be “tuned-in”...you also have to be willing to *act on* what you receive from this state we call “tuned-in”. If you’re just tuned-in, but you don’t take any action based on that tuning in, then what’s the point?

This is very practical. There can be great benefit for using this in your life.

THINK BIG, AIM HIGH

I want you to think BIG for yourself. I want you to think that you are taking off the “training wheels”. I would like you to have big expectations for yourself in this unit. I normally don’t encourage students to have expectations, especially when I am working with beginners. Expectations can put a lot of *pressure* on a person, and lead to disappointment.

However, there comes a point on your path where expectation can be useful. I work very well under pressure, at least to a certain point. Part of the awakened mind is that we find ways to consciously create pressure for ourselves that will help us grow.

Once you have built up your basic psychic habits, it’s so much easier to expand from there. Think big, and give yourself permission to *play* big.

If your dream is to help a lot of people, see that that *is* possible. Give yourself permission to *live* that dream. If you are really bold, commit right now to using your spiritual-psychic ability to help you in the living of your dream, whatever that dream is. Even if your dream is simply for the healing of yourself or your family, that is a noble dream. I want you to see that your dream *is* possible right now.

What it will take to learn this “Hands-On” mediumship approach....

- 1) Come to class (or listen to the recordings)
- 2) Read (or look over) your packets three times each
- 3) Do the suggested exercises in the packet
- 4) If you can, come to class, AND get & review the class CDs

Do the suggested exercises, even if you feel that you don’t “need” them, or that they are “silly”. So much of this psychic development work is difficult to see the value in or to even understand what it is like until you actually *do* it.

Be an “active” learner, not a “passive” learner. Two kinds of learners:

Passive learners....read books, listen to CDs, or watch DVDs, and that’s all...they don’t do the suggested exercises, or study with a teacher, or go to class. They don’t *implement*. They may know all the correct terms & concepts, but they only know “about” something. They don’t actually *know* it.

Active learners do most of the same things that passive learners do, except for that they ALSO come to class, study as closely as possible with a teacher, and *implement* what they are

learning. Active learners learn by *doing, practicing and implementing*. They follow the suggestions of their teachers, and go beyond just passively learning “about” something.

Knowing “about” something, and actually “knowing” it are two different things.

If you want to make this path worth something to you, then you have to invest in it in a deeper way. You can “invest” in your path through several different methods & approaches, including reading, doing the suggested exercises, and other forms of “implementing”.

THE OBSTACLE OF THE EGO

Your ego is going to try to stop you. Your ego is going to try to sabotage you on your spiritual-psychic development path. One very subtle way that the ego tries to sabotage you is by talking you out of getting the help or instruction that you need.

For example, if you have a problem that you are trying to clear up, or if there is an area of life that you are trying to actually “grow” and evolve in, the ego doesn’t like that. The ego doesn’t want two things:

#1) It doesn’t want you to clear up your problems, because the DRAMA generated by your problems keeps the ego strong.

#2) It doesn’t want you to grow, because if you were to grow and expand, that might weekend the ego’s position in your world.

Your ego does not want you to “play big”. **Whenever you get on the verge of true success & fulfillment in any area of your life, the ego will try to sabotage this growth.**

When it comes to a path of study, the ego will try to sabotage you by saying things like, “You don’t need to come to class—you can just learn this on your own”. Or, when you *are* learning on your own, “You don’t need to do the exercises.”

The ego thinks it knows everything. It will tell you that *you* know everything, and that you can deal with everything on your own. This simply ain’t true. If it *were* true, then you would have already taken care of the problem in question, or you would already know how to do that thing that you want to know how to do.

Being open to instruction and learning is the key to growing & development in any endeavor. Don’t let the ego stop you from doing something that you really want to do. If you

make a decision that you want to do something in your spirit or your soul, you will find a way to do that, because your spirit or your soul will clear the way, if you let it.

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## ***SECTION 2 OF CLASS: Intro to Hands-on Approach Part II***

### **PART 1 SECTION 2: Value of Community**

Community offers two things:

- A) Support
- B) Accountability...People who will keep us “on track”...spiritually-supportive friends, teachers, and mentors, church and spiritual groups, etc.

This brief discussion was followed by a period of sharing in intimate, small groups.

### **PART 2 SECTION 2: Instructions for Group Exercise**

Students explored the following questions in groups:

- 1) **Where do you think you are currently “at” on your path of spiritual psychic development? Are you:**
  - A) just beginning (or re-beginning)
  - B) already off to a good start
  - C) past the “good start” point & moving onto a more advanced level
  - D) at a more advanced level
- 2) **What do you think one of your main gifts as a psychic is or might be?**
- 3) **What area of spiritual psychic development is most challenging to you now?**
- 4) **In what area (or areas) of life would you like to begin applying your spiritual psychic abilities to help you better excel & be at peace?**

Ask yourself these questions to help you explore & clarify where you are most “ripe” for growth along your path of spiritual psychic development right now. It would be helpful to journal & write down your responses.

### **PART 3 SECTION 2: Post-Group Sharing Commentary**

You need to build relationships with other spiritually-supportive people besides just me. Your work in these classes can't be just about me, because what if these classes end? You need to have people & relationships in your life that can support you when you're not in class, or in the event that the classes end.

You need to have a broad emotional "currency". Don't invest all of your emotional energy into only one relationship, because it is impossible for only one relationship to fulfill all your emotional needs. If you have too much energy invested in only one relationship, that is a recipe for disaster. Broaden your emotional repertoire and get the support you need. One person cannot do it all.

Everything in life is about relationship. It's all a relationship to *something*. I would go so far as to say that everything in your life is about your relationship to *Spirit*, and reflects and expresses that. The more *supportive* relationships you have in your life, the better. This is especially true on the path of the spiritual psychic, because this is not an easy path.

As your teacher, I encourage you to be free-thinking, self-sustaining, and also well-developed in your other spiritual support relationships.

#### **Part 4 SECTION 2: Tune-in Meditation, Part I: The Hands**

In this first part of the meditation, I basically walked students through "tuning-in" with their hands. It is a combination of meditation and instruction. Here is a description of the process, in case you want to practice on your own....

**Meditation Description:** You start by placing your palms upon the seat or floor beneath you. You allow your hand to merge & "melt" into the energy of the material beneath you. The chakras in your palms, fingertips, and wrists begin to open up, and you start to "tune-in" through your hands. You feel the vibrations & energies swirling all around you, and you sense & interpret these energies *through your hands*.

As you "tune-in" through your hands, breathe deeply, and allow your eyes to be either open or closed, whatever comes naturally. Your hands are receptors for tuning-in to all of the energies and impressions in the room around you. You can do this kind of "tuning-in" anywhere, anytime, by simply relaxing, touching, and tuning-in through your hands.

Spend some time just looking at one of your hands. Notice how beautiful the hand is. Notice the lines and the curve of the hand. Notice how the wrist connects to the hand, how the palm connects to the fingers, and so forth. If you'd like, pass one hand over the other, without touching, to gently sense the energy sensor in the opposite palm.

## **PART 5 SECTION 2: Tune-in Meditation, Part II: The Consciousness**

The meditation continues in this second part. Here, you set the intention to be consciously “tuned-in” wherever you are, at any time. You continue to open the chakras in your hands, and now you go deeper by opening your feet chakra. You go further, and you feel the chakras and spiritual-psychic sensors all over your entire body opening up.

You tune-in now through ALL of your chakras and all of your energy sensors. You “tune-in” to the vibrations and energies all around you. Your body and your consciousness become a vehicle for higher awareness. Your skull-base chakra opens up, and allows more of your essence to enter your physical body. As this chakra opens, *all* of the other chakras and energy sensors open more deeply. You are one big energy sensor.

This second part to the meditation will take you even further into a higher & more psychically sensitive frequency. You will practice being “tuned-in” with your eyes both open and closed. You will also get a sense for what it feels like to be “tuned-in” while you are sitting still, as well as while you are moving your body.