



Hans Christian King
School of Mediumship

Intuitive Psychic Development

Level 3

Three Hour Class

Intuitive Psychic Development ©

Level 3 of 3

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Introduction

The path of a Spiritual Being is vastly different from any other. A Spiritual Being treats Spirit and God with more respect and reverence than anything else. A Spiritual Being understands all that Spirit provides is in the light and for your highest good. For it is God that is the Source. It is Spirit that provides information we could not fathom alone.

The job of a Spiritual Being is to bring light and information when requested - *appropriately*. The request can come from either a person or from Spirit. Acting as a Spiritual Being on your own behalf is quite difficult, for **a Spiritual Being is in service to others first** and relies upon and *trusts Spirit to provide opportunities and abundance*.

When a Spiritual Being dedicates him or herself to service, you can expect to be led to do or say things that are unexplainable because Spirit takes all the karma, the life paths and spiritual agreements of those involved and provides a simple statement or action to guide.

Moving from psychic skills to mediumistic skills requires the highest levels of *surrendering and trust*. Any attempt at perception and understanding may indeed distort what Spirit is trying to do. A Spiritual Being's job is to take the thought, words and intended deeds of Spirit and transfer them to this dimension intact. **Through your service, you are acting as a direct assistant to the Great Spirit, the I Am.**

Use my body, O Lord to do Your bidding.

- Your body, including your mind, is used to bring Spiritual guidance to this dimension.
- God and Spirit do not dictate, but rather 'guide'.
- A Spiritual Being works between the two dimensions.
- Law of Free Will: you always have a choice

Preparing to receive and provide information

Hans' clearing process - in Hans' words:

1. "Take all that is around me and bring it into a blank place"
2. "It is from a blank place that I create the energy for the day's readings"

Between sessions:

1. Have no judgment of what came through
2. Release all thought, energy and information from previous session
3. Go back to a blank place

Create your own specific preparation technique

The first steps to ready one's self are:

1. Remove all thought and mind chatter.
 - This allows you to create the clearest connection before you begin to receive.

2. Deeply immerse yourself into Source energy – your connection to God and Spirit.

Example:

1. Sit in a comfortable position, the same way every time if possible

2. Consciously surrender any bodily thoughts and desires
 - Get rid of any and all mind chatter

3. Meditate, dive into Source energy and raise your vibration
 - Make sure you have a meditative technique that works for YOU
 - Safe place exercise
 - Remove mind chatter exercises
 - “One” exercise
 - Center on your third eye or on your heart chakra
 - Source energy is the “link” between you and Spirit

4. Only then, focus only on bringing information from Spirit to human form

Meditation - Mind Chatter

This is the time to begin letting go of all the things that interrupt your being.

This exercise can be used for many issues:

Go through the list below and pick one type of persistent **memory that takes away your mental peace**. *Then, do the exercise.*

- **A childhood experience** when you judged yourself. Did someone say that you were not enough or not good enough?
- An **event that you feel altered your life**, which causes you pain or suffering.
- A thought where you changed who you are based on **another's opinion**.
- Did your mother / father have a **judgment of you**?
- Did someone in your life cause you **pain and suffering**?

Meditation Exercise:

As you proceed inward go to your sacred safe place.

Find one, just one, of the memories mentioned below.

- **I no longer give power to** (see and feel again the memory).
- There is nothing wrong; **there are only lessons** and opportunities for growth.
- **This action no longer holds any power in my life**. I have learned from this.

Say, "I release you now." **Open your heart and let the memory go.**

- *Feel* at once the light come into you to replace the memory.
- *Feel* the pain and sadness release.
- *Feel* the mental weight be released from your physical self.

Previous experiences do not define you, but are tools.

- Embrace your past. Lose the attachment and emotions.
- What does not kill you makes you stronger.
- Don't waste time wondering why. Learn from it and move on.

Is there a difference in the quality of information?

Clairvoyant information - You Know it. *No interpretation needed.*

Clairsentient information - You See it. Say what your internal picture is.

Clairaudient information - You Hear it. Say what you hear *word for word.*

Being a Spiritual Being means a life of Being in Service

- Your intent should never change
- Know you are a Spiritual Being – “down to your bones”
- Know you are a tool for God.
- *Who knows more, you or God?*
- **Have No Perception or Expectation** of what being a Spiritual Being or being in service looks like – **each day.**

The Journey to becoming a truly Spiritual Being

There is no whammy. You do not get an overwhelming hit.

- **Trust and Belief** IS the foundation for growing your connection
- Spirit will not prove itself to you
- **It is your job to surrender** and allow Spirit to come into your being
- Through **practice, over and over and over**, Spirit will build a stronger relationship with you and your self-confidence will grow.

The mind wants to understand what it can't recognize.

- ANY doubt will disconnect you
- ANY judgment will disconnect you

Out of body exercise:

- Separate yourself from your body
- Be Spirit. Vibrate as Spirit.
- Release your body and mind completely.

Becoming comfortable with walking between two worlds, each and every day

The more time you spend being “connected”, the more comfortable you will be as a Spiritual Being

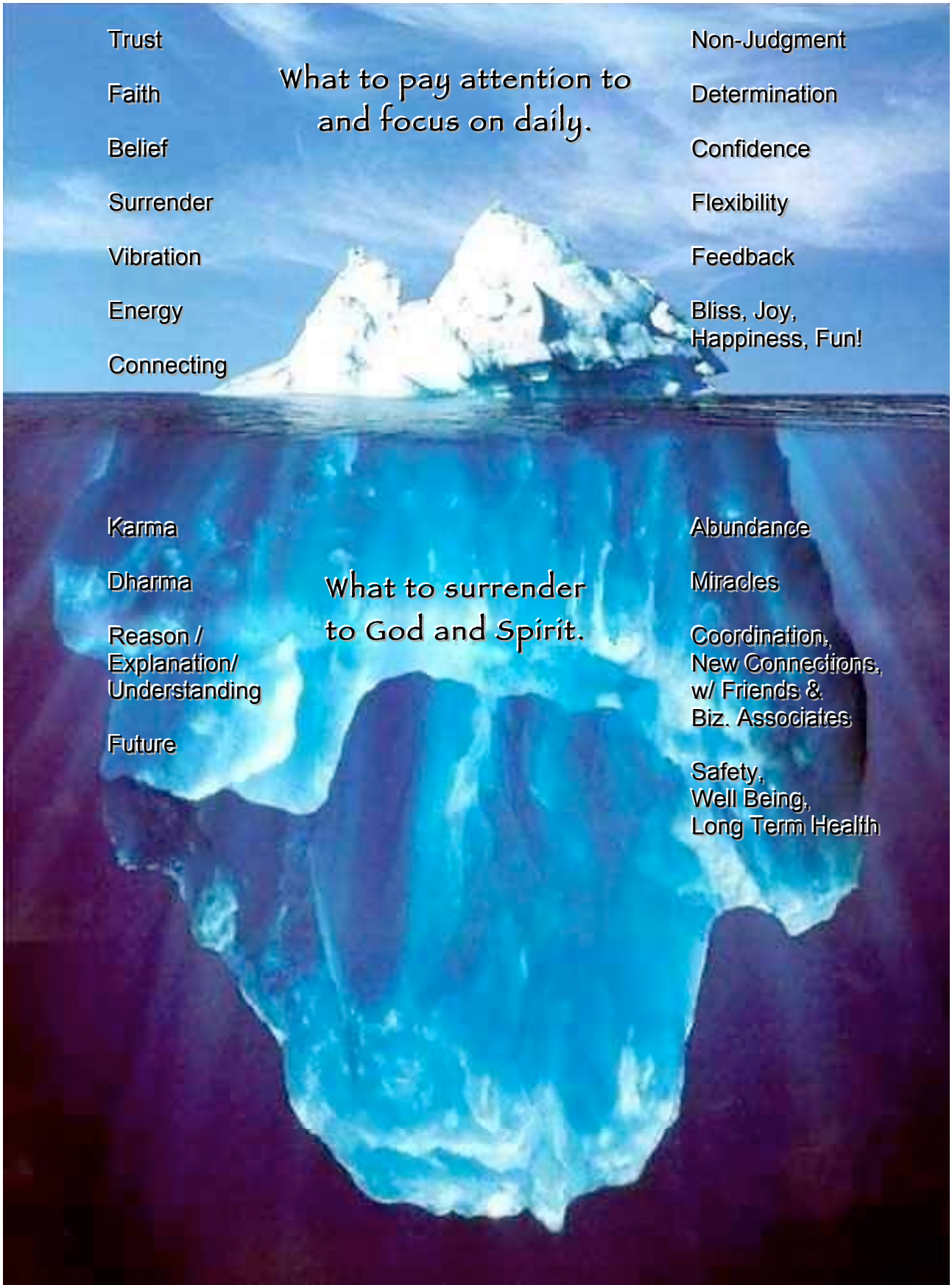
- **Ensure free time.** *Surrender control to allow miracles to happen.*
- **Connect to nature** and God/Source/Spirit energy without reason.
- Trust, trust, **trust. Believe**, believe, believe.
- **Keep your vibration high daily.** Soon, it won't be much of an effort.
 - Re-read “new ways of being” (end of Level 2)
 - Stay away from stress and negative people

Whole-heartedly accept and surrender into the transition to your new life path

- **Release the desire to know** what it is and looks like.
 - It's not your job to understand.
 - You're in limitation and may change your life path if you know
 - **Trust what is presented to you** is for your highest good
- **Be determined**, be resolute, know it, feel it
- Ask for a "gentle" transition
- Sure, see a recommended Medium on occasion – *do not rely on this*
- Expect and flow with sudden life and reading style transitions
 - Spirit does make changes based on your lessons, karma, the economy, etc...

Don't forget this is a "working" relationship.

- Provide **feedback!**
- Gratefulness & Gratitude. **Say thank you** – a lot!
- **Joke with Spirit! Have fun** as if you would with your best friends



Trust

Faith

Belief

Surrender

Vibration

Energy

Connecting

What to pay attention to
and focus on daily.

Non-Judgment

Determination

Confidence

Flexibility

Feedback

Bliss, Joy,
Happiness, Fun!

Karma

Dharma

Reason /
Explanation/
Understanding

Future

What to surrender
to God and Spirit.

Abundance

Miracles

Coordination,
New Connections,
w/ Friends &
Biz. Associates

Safety,
Well Being,
Long Term Health

Automatic Writing & Speaking

Automatic Writing and Speaking are ways to get information from Spirit or your inner self with out interference from the conscious or subconscious mind.

- **As with all channeling, never continue beyond reasonable effort.**
- **Remember to practice in small increments and slowly increasing the time.**
- **Do Not continue when you become *stressed, tired or overwhelmed*.**

- Automatic Writing can be done with pen, pencil, typewriter or PC
- Automatic Speaking requires a voice or tape recorder

Step one:

- Meditative state - Safe Place.
- Clear your mind.
- Have nothing to say. (*Very Important*)

Step two:

- **Focus on the receiving and transferring** (writing or speaking of information) from vibratory patterns into physical form.
- **Do not expect** information to come in **the same as normal**.
- You are learning a **NEW way** of communicating.
- **Spirit will adjust** Themselves to speak with you.
- You may need **release your perception** of how communication is done.

Automatic writing - exercise #1:

- individual exercise
- six minutes (or more on your own)
- repeat after class on your own

Go to your Safe Place and into a meditative state.

Step 1: surrender, Surrender, SURRENDER.

Step 2: Say to Spirit: *“Please provide me information which will support my Spiritual growth - for my highest and greatest good always.”*

Step 3: No Expectations, No Judgments. Be Patient.

Step 4: Feel vibration, Look for images, Listen for sounds.

Allow the information to come to you. Do not force it or go after it.

At Home Exercises

Find your groove, TRUST it and go with it.

No thinking. No judging. Open your mouth.

Envelope exercise

1. Have someone place a different picture in several envelopes.
2. Have the person look at the picture in one envelope and then give the closed envelope to you.
3. Once you say what the picture is, change roles.

Folded paper exercise

1. Write down a simple thought.
2. Fold the paper over and give it to the other person to hold.
3. Once the other person states what is on the paper, change roles.

Automatic writing - exercise #2

Go to your Safe Place and into a meditative state.

Say to Spirit: *“Please provide me information I would like some information about _____ - for my highest and greatest good always.”*
