



Hi there, my name is Lynne, and my business is called AngelSpeak, I refer to myself as a Modern Mystic and I offer a range of services such as Psychic/Energy Readings, Past Life Regressions, Shamanic Journeying, and Energy Healings where I may use Reiki, EDINA Healing Medicine, Australian Bush Flower Essences, Crystals and Tuning Forks. I am also a Paranormal Investigator and conduct House Clearings - where I remove earthbound spirits and negative energies and entities from your home or office or any other environment. I offer a number of courses throughout the year for Reiki Levels I, II, and III, Psychic Development, Spirit Communications, How to do a Card Reading, Ghosts and Entities, and Entity Removal and House Clearings. Basically though everything I do I do with the help and assistance of my spirit team, and we are a team in the respect that I can't do what I do without them and they need me to be the conduit to bring through the information and healing energies for our clients. I hope you enjoy this course and if you would like any further information regarding any other services I provide or if you are interested in any other courses please go to my website:

www.angelspeak.com.au

Spirit Communication:

Hi, I'm Lynne and welcome. Thank you for joining me today in this course which is all about how to communicate with the Spiritual Realms.

Points covered in this workshop are:

- *How do we Communicate, what senses do we use?*
- *Deceased Loved Ones*
- *Deceased Pets*
- *Spirit Guides and Animal Spirits*
- *Angels*
- *Archangels*
- *Guardian Angels*
- *Ascended Masters*
- *Meditation to meet your Spirit Guide*

How do we Communicate:

So before we dive into how we communicate let's not forget the few simple steps to take before we do any spiritual work. And that is:

- *Set up your protection*
- *Calling in Your Guides and Angels, Your Team*
- *Request information for you highest good and greatest purpose*
- *Receiving information. And don't forget the information is given to you via your psychic faculties which run along your **physical senses**. So you may see, hear, feel, know, taste or smell.*
- *Trust*

Now that we know how to use our senses to communicate with these high frequency beings, let's start talking about the different types of beings that we can connect with.

Deceased Loved Ones:

These spirits are our friends and relatives, our loved ones who have died and have crossed over into the light. Now you can call it heaven, the afterlife, home, or whatever floats your boat, but these spirits have gone to where they are meant to be. When we die we all see the light but like in life you have choices, and you can decide whether you want to cross over or not. If you choose not to then you will remain earthbound which is a ghost and a topic for another course. Otherwise you will cross over and once again be connected to those who have died before you. When you connect with these spirits you generally get an overwhelming feeling of love and can feel uplifted for hours, days or even months after the event. These spirits have such a beautiful vibe to them. Now, when these spirits cross over they are not automatically enlightened, far from it. They are the same there as when you knew them here i.e. they have the same personalities and characteristics that had while they were alive, but now they can generally see the bigger picture. Usually when these spirits come through they will bring through messages of love or they may be asking for forgiveness. They may feel bad for how they treated you whilst they were alive or they may feel really guilty for focusing on the material world instead of on their family life, or a common reason I've found is because there is a family gathering and they still feel like they are a part of the family. But like I said, these spirits have gone to where they need to be and are in a good place where they can continue to learn, grow, and develop as a soul.

Now, deceased loved ones can be with us in a supportive way without interfering with our free will. They can hear us when we call out to them and can communicate with us through our strongest psychic faculties, which, as we mentioned above you may see them, hear them, have a sense that they are around, know that they are there, smell something that reminds you of them such as an after shave or perfume, or you may taste something that reminds you of them like nanna's apple pie. Please don't worry about your loved ones watching you in the shower or while you're making love. Our dearly departed are not voyeurs, and in fact, I have heard that there is some evidence that souls actually do not see us as our physical selves but as our energy and light bodies. Many people are worried their loved ones may be angry with them or may not want to talk to them because of unresolved issues that happened before their death. The fact is though, that when you depart this plane of existence you release a lot of concerns that may have otherwise weighed you down while you were here. You may also have better clarity regarding people's true motivations. Your loved ones generally have a deeper understanding of why you acted (or still do) in certain ways and instead of judging you, they view you with more kindness and compassion. Since spirits are truly aware of how you actually feel and think there is no need to hide your worries from them.

You can communicate with your loved ones anytime and anywhere; their souls are not located at the cemetery as the soul is free to travel to whom ever calls it. I always remember my mum saying this to me as I was growing up "don't think I'm going to be hanging out a bloody cemetery either", And she meant it as I have yet to feel her energy whilst visiting the cemetery where she is buried. Oh, and don't worry that you're disturbing your loved one's peace. Everyone wants to heal unfinished business in relationships whether they're living or deceased, so your departed loved one is just as happy and motivated about this discussion as you are. It can be very healing for both you and your loved one to connect after they have passed, and people have found great comfort in knowing that the soul does in fact survive after death. My dad is one of them. His belief before my mum passed was that when you die everything just goes black and that's it, but when mum died suddenly this belief really upset him as he didn't want to believe that that was it for her. He still hasn't really felt my mum around him since she died but he does take great comfort in hearing the stories from myself and my sisters every time we have a connection with her, and he has said to me on quite a few occasions that this makes him really happy and also brings him great relief.

So, our deceased loved ones can support, love, and guide us but they are not technically our spirit guides or angels, as we will discuss shortly. But they are still part of the family and they still have their earthly personalities and continue to live their lives on the other side.



Deceased Pets:

Among your deceased loved ones who watch over you, you may also have your beloved pets. Your dogs, cats, horses, chickens, or whatever animal you deeply loved can stay with you after their physical passing. The love bond that you shared with your pets when they were living can keep them eternally by your side, long after death.

It's easy to discover which pet is with you, as your pet will have the same personality traits, appearance, and behaviours as they did whilst living. So if your pet was protective and loyal, or hyperactive and friendly, or quiet and calm, they will maintain these characteristics after their physical death.

Many people report seeing apparitions or feeling their deceased pets still around them. For example, you may feel your dog or cat jump on the end of your bed, you may feel them lying next to you on the couch, or you may even see them running across the room out of the corner of your eye. And a lot of the time, if you have any other pets, they will see and feel those pets who have crossed over. Does your cat or dog sit in the one spot and seemingly watch something that isn't there? Has your dog been barking at the wall for no apparent reason? Does your cat suddenly hiss and run out of the room? Or does your dog seem to play with an unseen being? These are all signs that they are seeing a spirit around them, it may just be that your long-lost pet is back on the scene.



SPIRIT GUIDES:

I believe everyone has Spirit Guides that are with you throughout your entire life. We all have a main spirit guide; they are the one who was with you on the other side while you are planning this incarnation, they then stay with you during every moment of your life, from your birth right up to your death, and when your spirit returns home they are one of the first spirits you will see when you cross over.

A guide is a being of light who has undertaken extensive training to become a spirit guide. Guides are your friends, and they are here to love, support, and encourage you. They assist and guide you towards fulfilling your higher purpose in this life. They are wise teachers who will often give you information through your intuition. If you do not take the time to communicate and listen to your guides, they will use other methods to reach you. A friend's timely advice, a dream, information from a book or magazine, words from a song, and so on until you get it. And they can be extremely repetitious.

There are many different types of guides. More often the guide will present themselves to you as an archetype of wisdom, such as a Native American Elder, a Chinese Wiseman, a Star Being, a Sage, a Tibetan Monk, or perhaps even a doctor, priest or nun from past ages. Well think about it, if they came to you as a homeless drunk would you really listen to the guidance they have given you – I would say probably not.

You may perceive your guide as light or energy, or a warm loving feeling, or a tingling sensation. Whatever way your guide connects with you is perfect just for you, so you may see them, feel them, hear them, know them. Many times, you have had previous incarnations with your guide and formed a strong bond in that lifetime, and sometimes your guide has never taken a human form. You will also find that during your life you will attract different guides at different times. This is because your needs are constantly changing and so too is your guidance. For example, if you are setting up your own business you will probably have a guide who specializes in this area, or if you are a healer you will attract a healing guide, going through financial problems – a financial expert and so on.



Guides can assist you with absolutely everything, from spiritual growth and healing, to creative endeavors such as art, music, and writing, finding a suitable career to finding a car park, which way to drive to work, what to wear today.

Guides never try to control you, they are there simply to guide you, that's why they are called a guide. You chose your main guide before you incarnated because you knew when you got here you would forget who you really are and why you chose to be here at this time. Your guide knows your souls' purpose and gently reminds you throughout your life. Guides never try to control you or tell you what to do. I often hear people say to me, 'well my guide told me to do it'. That is just their ego talking as that's not what guides do.

And while we are talking about spirit guides, I want to let you know that we also have Animal Spirit Guides with us as well. Animal spirits can come through as a teacher, healer, or messenger. They may be there to protect and guide us, or to help us with our lessons, but whatever the reason they are with you it is believed that the animal has chosen you, not the other way around.

So how do spirit animals connect with us? The same way our spirit guides do. They may come through via your intuition, your dreams when you meditate, or they can physically cross paths with you. For example, if your spirit animal is a crow you may see and hear them during your daily life, and they may be just letting you know that they are around looking out for you. But sometimes they may have an important message. Crows are connected with magic and mystery and seeing them may be a sign of personal transformation, but they are also known for being tricksters, so are you getting a warning about someone dubious around you? So always ask the question, what is message? And don't forget to listen to the answer.



Angels:

The word angel in Hebrew terms directly translates to messenger of GOD. Angels are beautiful beings of light who are completely aligned to service. The angels' energy is of a higher frequency than your deceased loved ones and spirit guides and is filled with light and love. Angels have not lived a life on earth and due to this they are less earthbound in their thinking and are more centred in the pure consciousness of love. Angels are ego-less beings who bring love and light into every situation. Angels are not affiliated with any religion and anyone can call on them for love and assistance. Once you have asked the angels to help you the answers you receive are usually very subtle and come to you via the inner senses, synchronicities, coincidences, and strong repetitive ideas. Angels are all around us all the time and they love us unconditionally. They can assume the role of a divine coach and mentor, friend, and companion.

Angels help us by:

- *Giving suggestions & solutions to questions and challenges*
- *Ease the intensity of traumatic events and memories*
- *Working through other people*
- *Protecting you from negative energies*
- *Giving you gentle warnings.*
- *Sending healing energy*
- *Providing comfort, love, and encouragement*
- *Sending inspiring insights and sudden flashes of intuition*
- *Assisting you with remembering who you really are and why you are here*



Archangels:

In the traditional sense, an archangel is a high-ranking angel. The word "archangel" comes from the Greek word "archangelos," which means "Chief Messenger." Archangels radiate at a very high frequency, and they are here to oversee all the angels on earth. Anyone can call on the Archangels for assistance. They are not affiliated with any particular religion and there is no formal process in invoking their help. All you have to do is ask. You can ask out loud or in your head, as the intention is in your thought. "Archangels please help me", is enough to get their immediate assistance. But don't forget the answers that come to you can be very subtle, so breathe and listen. You can also connect with the Archangels through prayer, meditation, dreams, and visions to name a few. There are many Archangels you can call upon and they each have a different field of expertise.



Archangel Michael:

Michael is a warrior of light and protector of darkness, and he carries a shield and a sword, and symbolizes courage, strength, and protection. His name means 'he who is like God' and he is one of the most powerful of all the archangels. Michael also commands the legions of light, or warrior angels, he is kick ass. Call upon Michael if you ever feel frightened or threatened by any negative sources. If your home or office feels very negative ask Michael to purify the environment. Michael is also the overseer of truth and fairness, and sometimes he is seen carrying the divine scales of justice. So if you feel that someone is treating you unfairly then ask Michael to intervene. Michael is also the patron saint of police officers.

Archangel Raphael:

Raphael's name means 'he who heals' and he is known as the Archangel of healing and of healers. He is the patron saint of the sick and those who heal the sick, such as doctors, nurses, paramedics, and those working within alternative healing practices such as energy healing, acupuncture, and aromatherapy, to name a few. Raphael can provide healing and comfort to those who are mentally, emotionally, physically, and spiritually sick, and he can also assist your loved ones during that journey as well. For those working with the sick and injured Raphael can offer guidance and support with various treatments and therapies. Raphael can also guide and protect you on your travels as he is also known as the patron saint of travel. So whether you are driving down the street or travelling overseas, call upon Raphael to keep you safe.

Archangel Gabriel:

Gabriel is also known as the messenger Archangel works closely with those who's work involves communication such as journalists, writers, teachers, and parents. Gabriel can also assist with clarity and awakening, and can reveal the meaning of your dreams, support your aspirations in life, and channel divine inspiration. Gabriel can assist you in finding your spiritual direction and give guidance toward you building a better, more rewarding life. Gabriel is also the angel children and can assist with conception, pregnancy, child birth and parenting.

Archangel Azrael:

Is the Archangel of death and is responsible for taking the souls of the newly deceased away from the body and escorting them to the spiritual realms. His name means 'whom God helps', and his primary function is to assist people in making the transition from the physical world back to the afterlife. His loving energy surrounds the dying and those grieving and fills them with loving, healing, and compassionate energies. Because Azrael acts as a bridge between this world and the next, if you feel there may be an earthbound spirit around your environment ask Azrael to take that being to the light, and he will do so with love and compassion.

Archangel Metatron:

Is one of only two Archangels said to have had a human experience here on Earth. Metatron once lived the life of the prophet and scribe Enoch and it is said he has a similar job on the other side, and that is he is connected with the Akashic Records (also known as the book of life), where he is in charge of recording and organising all of this material. He also specialises in sacred geometry and if you ask he can use the sacred geometry to open up and clear all your chakra's and can move negative energies from your space. He also looks after children, and in particular those with spiritual gifts. He can help them to accept and understand their gifts and guide them through any adversaries.

Archangel Uriel:

Uriel is the Archangel of peace. Uriel also helps with healing your emotions and can transform your unforgiveness, regrets, and mistakes, allowing you to feel stronger, compassionate, and more loving. Uriel assists in difficult situations or relationships and will guide you towards miraculous outcomes. Uriel can also keep you safe during any natural disasters. Call upon Uriel if you ever feel threatened during storms, fire or flooding etc. Uriel can also assist with fulfilling your goals and dreams.

So call upon the Archangels for assistance and guidance in your life and remember that no job is "too big" or "too small". All you have to do is ask, and don't forget to thank the Angels once the miracles appear in your life.

Guardian Angels:

We all have a Guardian Angel who is the gatekeeper of your soul. Your guardian angel is with you during every minute of every day, and every incarnation we have as well as during the time spent back home in the afterlife. They never leave us, so we are never truly alone. They are our friends and companions, our teachers, and carers, and it is their job to protect and guide us throughout your souls entire journey.



Ascended Masters:

Who are the Ascended Masters?

The ascended masters are those who have walked the earth before us and were great spiritual teachers, healers, and prophets. It is said that they have completed and mastered the reincarnation cycle here on earth and have ascended. These beings have the choice to start a new cycle of experience in another dimension or realm, or to remain on earth as an ascended master to assist those of us still in the reincarnation cycle to also ascend. Some of these beings are quite well known, such as Jesus, Mother Mary, Buddha, and Quan Yin and others are not so well known but are still powerful beings in which we can call upon at any time. For example: -

Jesus - Almost everyone has heard of Jesus Christ, the son of God, also known as Jesus of Nazareth. He was the most powerful healer and teacher of his time. He lived in the first century and his teachings were based on love and forgiveness. Call on Jesus for any form of healing, forgiveness, and divine guidance and direction

Saint Germain - Was a royal count in the French region call "Saint Germain. He was multi-talented and played the piano and violin, spoke multiple languages, painted fine art work and studied and taught about the occult and alchemy and he was involved in the founding secret societies such as the Freemasons. He is well known in New Age circles as the Master of the Violet Flame of transmutation, which is great for clearing away and transmuting lower, heavy, dense, or negative energies away from a person, place or situation.

Buddha - was born Prince Gautama Siddhartha and was wealthy and had all his needs taken care of. But when he became older and ventured out beyond the palace walls he first discovered poverty, sickness, and the elderly and such was his shock that he vowed to alleviate all this suffering. Severe self-discipline and abstaining from indulgences did not bring him enlightenment though, so he decided to sit under a bodhi tree and vowed not to rise until he had become enlightened, which he did. Call on Buddha to assist you with any spiritual growth and understanding, peace within yourself and the planet and to find the joys in life.

Merlin - it's not known as to whether Merlin actually lived a life here on earth, but he is said to be the great magician who assisted King Arthur during the fifth-century Camelot in Wales. Call on Merlin to assist you working with divine magic and divination, energy work and healing, to develop your psychic abilities, and working with alchemy and crystals.

Vesta - was the Roman Goddess of the hearth, home and domestic life in Rome, and keeper of the sacred flame. There was a sacred fire in every home which was not allowed to burn out and Vesta was called upon to bless and protect the home. You can ask Vesta to fill you your home with love and warmth, bless and protect your home, and to ignite passion into your relationships.

Thoth - was the Egyptian god of writing, magic, sacred geometry, astronomy, wisdom, and the moon. He was known as the scribe to the Gods and was depicted as a man with the head of an Ibis. Call upon Thoth to assist you with teaching and writing, mathematics, and astronomy, working with sacred geometry and divination.

Ganesh - is the Hindu God of prosperity, wisdom, fortune, and success. He is the master of beginnings and remover of all obstacles, both the material and spiritual, and no obstacle is too big or too small. Ganesh is depicted as an elephant-headed deity and was the son of Shiva and Parvati. There are many stories as to why Ganesh became to have the head of an elephant, but it said to symbolise both wisdom and knowledge. Call upon Ganesh when you are stuck in a traffic jam or travelling, or when you need assistance in removing obstacles so that you can continue to move forward in a positive direction.