

Welcome to: Crossing Loved Ones into The Light: A Primer

Course Topics:

- Why we may want to assist a soul to cross over
- Who this can help
- How to get into the proper state
- How to notice the signs of souls in 4D
- How to comfort the family/client as well as the soul who is in 4D
- How to call in the angels and family from the 5D and above to help release the soul
- How to be prepared for souls not yet ready to cross over
- And how to clear your space following the session

Simply put, the 4th dimension is a portal dimension. All types of beings travel through this dimension as we know. But sometimes a soul that has passed chooses not to follow the light into the 5th dimension. This can be for many reasons. They might be afraid to leave the earthly plane as they are not yet liberated from the mind of the 3D version of themselves. They might feel they have unfinished business on earth.

They may want to stay close to a loved one OR a loved one may not want to release them. Sometimes, all they need is a little gentle guidance to move them into the 5th dimension, or Heaven if you'd like to use that term. The 4th portal dimension is not where they are necessarily meant to be. When we leave our bodies and move towards the light, we are releasing ego, releasing pain, releasing fear and moving directly into unconditional love. The 5th dimension, or the dimension of unconditional love is our true home. It is where we come from and it is where we go home to after we have finished our learnings in these physical bodies. When we return home we go back to school and learn about the lessons we've had and how we choose our soul to evolve further from there. So going back home is always the desired outcome. We shed our ego and return to the oneness. We return to God, to the Universe, back to Spirit, whole and at peace. And this peace is what we hope for our loved ones to experience.

Assisting a loved one to the light helps not only the soul that is in 4D but the client, family and ourselves as well because love can then be experienced to the fullest and chords can be cut. Just like in life when we

want clear energy between us and another, in death the same principle applies. We want free and clear loving energy to be shared versus an energy of fear or pain that can be held in the egoic mind.

(Preparation)

When we are having our own personal experience or when we are assisting a client or loved one, we must prepare appropriately as we would any sacred work. But when it comes to mediumship, I would like to talk a little bit about the state of joy.

Our job as practitioners is to hold the space with joy. The client and the departed soul, will have the dense emotions to carry and grief, so we can uplift with lightness and joy. That is our job. "Joy, lightness, ease". We don't need to push the energy, we need to be open to gently receive what comes our way in a joyous way. That could mean we keep a crystal in our hands to remind us to be one with joy. (Citrine, amethyst, rose quartz) Or just remembering to smile can be very useful. It is a privilege to do this work and to help where we can, so being in gratitude can evoke that joy and love.

Some of you already know how I prepare for a session but I would recommend at least one hour of meditation prior to any sacred work. And I always begin with The Lesser banishing Ritual, which you will find on your course page. A very high vibrational and clear space is paramount. But treat it like you would an intuitive reading or any other sacred work. I personally also call in the Archangels by name. As you call each Angel into your space you will feel your own energy grid light up with intense and beautiful energy. You will rely on the angels, or ascended masters to assist in the crossing over process. So, naturally the number one Angel for this type of work is Archangel Azrael. But call in the angels and guides to grid your space before your work. Also remember to call in the higher self and loved ones of the client.

You might want to spend a little extra time with your crown, throat and heart chakras prior to the session. Clarifying the crown and throat will really aid in connecting and speaking claircognizantly and having your heart open ensures you come from love.

Once you are filled with joy and love, infused with high vibrational light and energy, you are ready to begin.

If you are in a regular intuitive session with someone and a loved one comes through, you might notice something a bit unusual energetically. Or you could be in a mediumship reading specifically and notice the energy shifts.

Some signs that you may notice from the soul of the loved one to signify that they are still in the 4th dimension are as follows (remember to stay relaxed, open, easy, joyous):

We all have our own language, vocabulary, so pay attention to anything that feels unusual or unfamiliar to you. Your signs could feel a bit different. Trust what you are feeling.

For example

1. Dense energy, they could feel or appear darker
2. A closeness of the energy, you might feel them strongly because they seem closer
3. They might seem much larger than you expected

4. Human emotions like sadness, fear, frustration, confusion.
5. You could see or sense thick/dense chords between the soul and a client, it could be sticky
6. You could just know claircognizantly that they are in 4D
7. Pay attention to all your clairs
8. You could feel sick to your stomach after noticing this soul or feel clairsentiently that something is off.
9. Remember that the signs can be very subtle, just stay open

Once you know that a loved one is in the 4th dimension, you can have the conversation. Treat this like you would any type of sacred session. Stay calm and open. It's the same as speaking to someone here in 3D. This is far simpler than you might think.

Remember to hold the intention. If it is for their greatest and highest good, if it is the right time divined by Spirit, then know it will be done. They will transition. Once you ask, it is done.

(Process)

You can begin by letting your client have a conversation with the soul with you as the mediary. Get a feel for why the soul has chosen to remain. Allow them to have any conversations that they need to have. Then gently begin to discuss the importance of letting go of the earthly plane.

Tell them that it's ok to let go and walk with the angels to the 5th dimension, to heaven, to the other family members who are already at peace. Heaven holds the true love and connection that they seek.

They will need comforting and reassurance, explanation and guidance.

They might be unwilling or confused, but once they understand that home is where they belong, they tend to release fairly easily. It only takes a little talking and some patience. Remind them that they will be free of all pain. And that they can more easily connect with their loved ones when they reach home. Talk about love. And the love that they will feel once they let go. Describe it in a way that makes sense to you, and remember the joy. The lighter you are, the lighter they

will feel. Feel as a Mother would feel talking to their child, and open your heart so that love and compassion pours out into them. Fill them with love and hope, and the information that they need to understand. You can keep a list of some examples nearby if that helps in the beginning: for example

1. Their true home is in Heaven
2. Their pain and fear will immediately subside
3. They have family in heaven waiting to celebrate with them and that they are already at peace
4. Once they arrive, they will only know love
5. It will be far easier to connect to their loved ones on earth from heaven
6. Following the Angels and the Light is the path to the wholeness they seek
7. It's ok to let go, it's safe

Your client will likely coach along with you to reassure them. Once you have reassured them, you can begin the process. Call in Archangel Azrael to be by your side and lead the soul home. You might notice a path of light, a tunnel, a doorway, or something that signifies passage. You will continue to reassure them as Archangel Azrael takes their hand. Be patient with

the process as they might still have fear and doubts about leaving. But if they are comfortable and ready, they could go quite quickly. Continue to be love and joy as you hold space for this process. Be open and easy as you receive the cues. You may call in any help that you feel you need for this. It could be other Angels, Ascended Masters, and you can call in the loved ones family in Spirit to assist.

Once the soul has crossed over, you will instantly feel that release: for example

1. There will be lightness and their presence will no longer be felt.
2. The heaviness and density will be gone.
3. You may see them move with the angel towards the light, or see a separation.
4. You may see a chord detach.
5. You may feel it in your body as a release, an exhale, a detachment, a lightness in your body
6. And the client might feel this as well and know that they have crossed.

When you feel the release, the session is complete.

In some cases though, the soul will not be willing to depart. If that is the case, and they do not want to follow the Angels to the light, remember that this could be their blueprint, their life path. All souls have free will and we cannot force or push any soul if they are not ready. If this is the case, consider all angles. The family member in 3D may not want to release them. They may feel too much pain at the thought and the soul wishes to stay close to comfort them. Some souls may just believe they need to stay close to their loved ones to watch over them, even after you explain otherwise. Some souls are afraid to go to the light and do not trust where they are going. Just remember that just because we want them at peace doesn't mean they will go. They have their own journeys as souls, and it could be in their blueprint to remain longer.

So the best we can do is create a space that keeps the door open for them if and when they are ready to go. Ask Archangel Azrael to hold the door and the light open for them, ask the Angels to stay near this soul to assist, so that when the time is right they can easily leave when they are ready. Anchor in the energy of the Angels to always have a clear path home.

The family member in 3D may be concerned by this but remind them that we all have free will, and the soul might prefer to stay a bit longer in 4D to watch over everyone. No matter what, it is ok. Reassure them as best as you can. If you are able to read further and see when the soul would like to depart, you can share that information with your client.

Remember to be light as you approach this work, remain free and open.

Once you are finished and close your session, I always advise to sage or cleanse your home thoroughly. You have opened a gate, so to speak, and you want that gate closed. The banishing ritual will help with that but you still need to clear your space. Perhaps you have moon water to spray in your space, or you use crystal grids in your home, or you can call in the light from all around and see the space cleared, whatever your method, make sure to clear your space out properly. If you can rinse off afterwards, that will help cleanse your body, or clear yourself with some selenite.

