

# 3 Easy Steps to receive messages from the spirit world

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In today's busy world, it can sometimes feel difficult to stay connected to the spiritual realm, where your loved ones and spirit guides are ready to offer guidance and comfort. As a pragmatic medium, I've created simple shortcuts to help you "speed dial" the spirit world. The best part? **Everyone is capable** of tuning in with a little practice and guidance!

## How to receive guidance and messages from the spiritual realm

The separation between the physical world and the spirit world is an illusion. Connecting with spirits is easier than you think and can happen in an instant. Here are three easy steps to start receiving messages and signs from your guides:

**1. Intention:** Start by focusing on your heart and setting a **clear intention** to receive messages, signs, or guidance. Simply ask to receive signs in any form, whether subtle or obvious, within the same day.

**2. Attention:** Stay **alert** to signs that feel out of the ordinary. Trust that these are messages! These signs can appear in many forms, such as:

- Recurring small events or unusual encounters
- A sudden feeling of love or peace
- Feeling an invisible presence
- Uncalled thoughts/memories about late relatives
- Classic signs from spirits: feathers, coins, butterflies, mirror hours, etc.

When something seems "unusual" or unique, **trust it** as a sign.

**3. Feelings:** Acknowledge the signs and above all how they make you feel. The **emotion or thought** that accompanies a sign is the first way spirits and guides convey a message.

Once your spirit guides and loved ones in spirit understand you are committed to recognizing their messages, they will come more and more. You will even know who the message comes from. Don't forget to thank them ;).

**Wait!** No need to wait for a message, you can just **ASK!**

Now that you're attuned to receiving messages, you can ask your guides and loved ones for help with specific questions or situations. They are always available and eager to support you—**just ask!**

I have built a quick 3-min “meditation” where you can create the best conditions to ask for help or for an answer. To enhance the connection with your spirit guides or loved ones, quiet your mind and connect soul-to-soul with a quick 3-minute “meditation”.

Follow this simple process to “**C.A.L.L.**” your guides or beloved spirits:

**C**enter: Focus on your breath.

- Inhale for 7 seconds, hold for 4, exhale for 8. Repeat 3 times.
- Return to a calm natural breath slowly.

**A**scend: Focus on your heart center.

- Imagine a ball of white light in the center of your chest, growing slowly.
- Feel the pure Love and Joy this light brings. Let it expand, filling the room and beyond.
- Let this wave of Love and Joy stretch until you don't feel your soul's boundaries anymore.

**L**et In:

- Call on your spirit guides, angels, or loved ones.
- Ask your question or make your request, either for immediate or future guidance.
- Be open to any response—images, feelings, events, or messages.

**L**inger:

- Stay quiet and calm in the high-vibrational space.
- Practice staying longer and becoming more familiar with the feeling of spirit presence.

# Ready to Take Your Connection to the Next Level?

If you're ready to **communicate more effectively** with your loved ones in spirit and guides but feel you need guidance from a mentor, I invite you to check out my

[6-Week Mentorship Program](#). In this program, you'll receive:

- One-on-one weekly sessions to deepen your connection to the spirit world with ongoing support to answer your questions in between sessions.
- A spiritual assessment via a psychic reading focussed on your abilities, strength and weakness to fine tune your development plan.
- Personalized development plan and exercises to develop mediumship skills that match your unique needs and goals.
- New habits to enhance your connection and receive guidance daily.
- A supportive space to share your progress, successes, and challenges

With this mentorship, you'll receive ongoing support, allowing you to grow as a confident, connected medium.

Looking forward to sharing my experience, knowledge and skills in this mentorship, in a 1-o-1 reading or on my social media profiles!

**Severine**

By the Silver Lining Readings