



**Become A Rainbow Medium**

**By**

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*Become A Rainbow  
Medium*

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The above photos of painted canvasses, which were made into the above collage, were channelled to Elaine specifically for the course material and so they appear in this book also.

Each piece has a name ~

Picture on the far left is titled ~ “Love, Healing & Peace”

Picture in the middle is titled ~ “Rebirth & All That Is”

Picture to the right is ~ “Into the Dark & Into the Light”

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## RAINBOW MEDIUMSHIP

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## INTRODUCTION/FOREWORD

The introduction or foreword in this book has been given by one of the Archangels, Azrael as is only fitting. The author/channel has been blessed to be given these words, the course material and now, all that is within these pages. The course material came out in 2017 and it is now, in 2020 that I'm guided to put all the information into a book. May the Blessing given to me, also be passed to you, the Reader.

“In this book, you will find the truths, allay all the myths and, see the joy that there can be in passing.

In setting aside these myths, you will be able to see past the illusion of all you've held to be true and see everything with fresh eyes. What you will learn will resonate with your Soul.

Each chapter, will be dedicated to a certain aspect of the death or dying of those in human form. There will be joy to be had and laughter too.

Pictures, poems and all manner of things are to be shared with you.

I look forward to giving the information to the author, who too, will learn all the truths.

So, turn the page now, take yourself on a journey of truth and discovery. Read on with an open heart and an open mind and be thankful for this course and all the knowledge it contains.

I am your Angel of Comfort, your Angel of Mercy, an Angel of Love and I look forward to the writing and publishing of this course and book. It is time.....”

Archangel Azrael

Below follows a poem channelled from Archangel Azrael to Elaine, called "Poem of Love".

"You were a spark, you are a spark  
From the Light, not from the dark.  
You all fear death, that there may be pain,  
But believe me now, and let me make myself plain.

Your pain, your suffering will come to an end,  
And at that time, God will the Angels send,  
To fetch you, to hold you, in wings of love,  
And help to transport you to Heaven above.

There is no fear, there is no pain,  
No sorrow or grief, but lots to gain.  
You'll be able to see all there is to see,  
And be the true you, that's what you'll be.

At one with all, All That Is,  
Remember to tell yourself this,  
If you feel fear, if you feel dread,  
And think there's nothing worse than being dead.

For you will not die, nor cease to be,  
You'll become one, once more, with all and me.  
Archangel Azrael, that is my name,  
And no doubt you wonder why I came,

With this message for you, a message for all,  
It is so that, when the time comes you'll know it's me that answers the call.  
The call to bring you to home, to Heaven above,  
That place of Beauty, Peace and Love.

I am no grim reaper, cruel and cold,  
Like the tales you tell of when you grow old.  
I am loving and caring and bring comfort for you,  
So, do not fear me, welcome me, do.  
I am an Angel of Mercy, an Angel of Love,  
Remember it's God who sends me from Heaven above.

As you read this verse, read this book,  
Take a while to sit back and look.  
Look to your heart, look to your Soul and see,

Look to see how beautiful your passing really will be.

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## CHAPTER 1 ~ Introduction by Archangel Azrael and the Author.

It was with great trepidation that the author undertook this project and now it is time to begin. The time to make clear the truth and the knowledge of what happens when one passes into spirit and before.

Many cultures do celebrate death and, once upon a time, all did. Years of control and yes, of certain religions, have made the passing of the Soul something to fear and dread, laying claim that there will be retribution and punishment. Please believe me when I say that this is not the case at all. That is far from the truth. And so, we, or I, shall start at the beginning. At the time before your birth into this lifetime, which, of course, you cannot recall. Indeed, many who read this may not believe in the afterlife or in reincarnation. We shall see how that changes as you read this book.

Onwards now, to the beginning. Your beginning. Long before birth a Soul Agreement is made and each of you has one of these, along with your true purpose in life. Each one of you has agreed to do and experience certain things in your life, in order that you learn lessons, in order to learn lessons to eventually attain completion and ascend.

Before birth too, your parents are chosen. Yes, indeed, your name is by no means an accident! Your Guardian Angel works with you before birth too and stays with you through your lifetime. A Guardian Angel knows what your path is and, what lessons there are for you to learn. So, you see, it is right and good to connect with that Angel, to let them assist you as well as to protect you.

Some may have more than one Guardian Angel. It varies from person to person. You do, of course, have Spirit Guides with you to assist you along the way. There are all manner of Guides and each can help with specific areas in your life. For instance, you do have a Soul Purpose Guide. Guides may come and go as they may. They may be with you for a short while as you learn a particular lesson, or need guidance on a specific thing.

Your Guardian Angel will call in the Spirit Guides who can most serve, and they do connect with you, through your intuition and, some may be able to connect with their Guides more easily and readily than others. All of you have the gifts to connect with the Angels and Guides. Many have 'lost' these gifts, but, they have not gone and can be reawakened. These gifts were given to help you with your Earthly experience.

Many may think there is no such thing as clairaudience, clairvoyance and other psychic skills, and some, believe that it is wrong to use these gifts. It is conditioning and fear that has led to these gifts being sent 'underground', but many are now awakening and reacquainting themselves with their spirituality and their spiritual gifts, and, this is meant to be so.

Some who read this may be curious. What are these gifts I am supposed to have? How do I use them? Read on and you will discover, little by little, layer by layer.

You may get some ask about mediumship in relation to the Bible (and possibly other religious texts) and what is written here is in relation to the Bible. Whether you are a believer or not, you may still get asked. What does God say? Well, there are a few pieces in Leviticus with similar wording and here is one such ~

Leviticus 19:31 "Do not defile yourselves by turning to mediums or to those who 'consult' the Spirits of the Dead". This sounds as though mediumship is not a good thing, or a gift but the marks around the word consult say it all. Consult. What the gift is not meant for is for someone to consult the spirits of the dead for your guidance, for God is the one to turn to. When the author heard that the well-known figure, Doreen Virtue had turned away from mediumship as she now felt it wrong, in light of her deeper relationship with Jesus, this question came up. In short, the ability to connect with the spirit realm and with the aid of the Archangels is not frowned upon, it is a gift, but do not seek to ask for guidance as to your life or potential future from them.

It is time now to start explaining the abilities which are asleep in some, awakening in others and, others whose gifts are already highly developed.

It can be a strange thing indeed when one starts awakening and attuning to these gifts and for some, can be a frightening experience and a lonely experience. But where does that fit in with death and passing you ask? You will see. It will become clearer. Do not be afraid, keep an open mind and an open heart and take some comfort from the words of the author now, before I move on.

### *MY EXPERIENCE*

*Yes, awakening or realising might be a better way of putting it in some ways. I'd had 'experiences' on and off during my life. I had seen spirits, sensed things and had much knowing too. Just as many do though, I disregarded a lot of it, or explained things to myself so I wouldn't have to acknowledge it, as I see it now.*

*The real bombshell, so to speak, dropped a while back for me. It's a funny thing, being middle aged, your children flown from the nest, your parents pass and, other ups and downs along the way and sometimes as in my case, health issues. Nothing like a big hiccup health-wise to get you looking at life a little differently!*



*I wouldn't say I'm a churchgoer although I attended as a young girl and I never believed you had to go into a church to pray. Nor have I ever believed that you live, you die ~ end of. In fact, I'm not religious in the usual sense, but, I do believe in God and the Angels.*

*I mentioned health issues and I won't bore you with details. Suffice to say that I felt lucky to be alive and I started getting this deep feeling, this knowing, that there was a good reason for this.*

*I was unable to carry on my work in the care sector, due to some problems left from the health issue, although, I am happy to say, much of this has now healed. Now though, I am on my path and doing as was intended.*

*I'd been struggling to make a go of a business selling my handmade gifts and such like, which I was doing as a way to earn a little income from home. I was really looking to do something, to find something to give me the edge. I had a thought, and this was a thought that really wouldn't go away!! The thought was to look up colour symbolism and somehow link this with my crafting. Eventually, I did look and, lo and behold, this led me to articles on colour therapy and then to start studying colour therapy. It was and still is fascinating to me, perhaps now more so than ever. Ok. Nothing strange in that you think. Except....*

*The spiritual side of colour therapy gripped me in a big way and I took up meditation and dabbled with crystals (I'm now a crystal healer too, amongst other things). Ok. There's still nothing untoward there.*

*A few months later, I was on holiday in Wales with my husband and I was relaxing with my head on his legs, when I became distinctly aware of a presence around me. I wasn't scared or uncomfortable with it and so I asked, "who's there?" in my head, not out loud (what would hubby have thought if I had). I heard the name Gweddyn and, I asked "what do you want?" I heard one word. Channel.*

*During this holiday I was seeing colours too and little signs and repetitions. There was no doubt that something was happening. To me!*

*On our return home, I looked up channelling and a fascinating subject it is too. One way of channelling I discovered, was through automatic or, ghost writing, which seemed to me to be a really easy way to 'connect'. And so, I did connect. I discovered early on that Gweddyn is one of my Guides. Another being of the Light I connected with early on was the Archangel Michael and, also my Guardian Angel. I was elated.*

*Those early connections were so beautiful and so loving (they still are), but.... A word of warning here, but take it from me that I do not wish to alarm anyone, merely to prevent another from similar experiences to mine! Not all you read about channelling tells you of or how to protect your energy and of how important it is. It is*

*easy to let in lower energy and it can be unpleasant. Despite being told to protect by Archangel Michael (I know now I should have asked for specifics), I was slow on the uptake protection-wise.*

*Another thing not mentioned too often is the fact that your own Ego, or little E, as I call mine, can get in on the act, instilling fear and as you probably know, fear feeds fear. The Ego does this to throw you off the path, so it feels safe and in control.*

*I admit to going through a period of extreme fear which built up and, also, at this time I had past issues coming up for healing ~ all in one go! This is where the lonely part which Archangel Azrael mentioned, comes in. Who could I talk to? Who would understand? It's ok if you have family or friends who are spiritual but I felt I had none and kept it all to myself, to the point of meltdown. I won't go into the intricacies of the meltdown, suffice to say that I would not wish it on my own worst enemy. I did shut off for a while at this point, and refused to listen to Angels or Guides. When I say listen, I mean in a clairaudient way for the automatic writing assisted in bringing in and sharpening my gift of clairaudience.*

*Needless to say, I succumbed eventually and listened and, since that point I have been guided in all ways and in all things and it is beautiful and comforting. I am now also 'out of the closet' so to speak, and my true work has begun and, writing this lovely book, for lovely I know it will be, with Archangel Azrael, is but one part of it. I guess what I/We are trying to tell you is, that you can awaken at any time. Protecting your energy is so important. Don't be afraid, should you start to awake, take it steadily and enjoy it all. Please do ask, as often as you wish for support and guidance from you own team of Angels & Guides of the Light. They NEVER refuse.*

## CHAPTER 2 ~ What is Mediumship and How is Rainbow Mediumship Different?

Mediumship ~ What is mediumship? Mediumship is the ability, the gift, to make connection with the Realm of Spirit, the souls who have passed from Earthly life. This may conjure up images of séances and Ouija boards and the like, but trust me, when I say that mediumship is most definitely not, spooky or scary.

Mediumship is a beautiful gift and one that each and every one has. You carry it within you and it is meant to be used. Many will come to know and re-learn how to access and use these gifts and it is not as difficult as it may sound. It is a case of your energetic vibration meeting the vibration of that of the soul who has passed. The Angels can and will assist here too, when asked.

There are various factors or elements which come under mediumship and different types too. There is mental mediumship and physical mediumship and things that fall into these categories. For instance ~

Mental Mediumship ~ which is the relaying of information through communication within the consciousness of the medium. Thought transference also comes under this and is done using the 'clairs', as in clairaudience, clairvoyance, clairsentience, claircognizance, clairgustance and clairallience. In this way, so too, is psychic artistry ~ an impression from spirit and, spirit drawing which is inspirational work from spirit. It is also possible to read objects, such as items belonging to those who've passed, screwed up paper, flowers, tea leaves. The mediumship is used to provide proof of survival and validation as to the spirit messages. Dowsing is another way of getting validation ~ in obtaining answers through a pendulum. Automatic writing or ghost writing is also a form of mediumship and whereby the medium allows spirit (or Angels, Guides, Ascended Masters) to take control of the motor function of the arm, in order to write messages.

Physical Mediumship ~ is the transformation of physical systems and energies which cause things on earth to happen. This includes things like levitation, telekinesis or direct voice.

So, how do I learn you ask? It is simple ~ the Angelic Realm is happy to assist those who feel called to do this work. There are other forms of Angelic Mediumship, but this method you will be learning about and perhaps practising is Rainbow Mediumship.

In Angelic Mediumship, three of the Archangels are called upon. Archangel Michael for protection, Archangel Raphael to give any healing that may be required, and, thirdly, I Archangel Azrael, who facilitates communication between the Earthly and Spirit planes.

So, how does Rainbow Mediumship differ then? I hear you ask. The clue is in the word RAINBOW ~ as in the colours of the rainbow. Each colour of the Rainbow resonates with a particular Archangel and with the Rainbow Mediumship, the seven Archangels, also known as the Power of 7, are called upon and each Archangel has a specific role, before, during and after the sitting.

I, Archangel Azrael am also called in to facilitate communication. It is purely because I, and the Power of the Seven Archangels are called in that makes Rainbow Mediumship a little different from others. Not only does it bring validation and comfort to the sitter but it may also be healing, not just in that it shows the sitter there loved one is around them, but because the Archangels will administer or facilitate any healing that is required on any given level. Therefore, Rainbow Mediumship is mediumship but is also a healing modality.

When one practices Rainbow Mediumship one connects not only with the Archangels but also with the Rainbow Grid. The Rainbow Grid is the Grid (and is also know as net, or web) of energy that runs through all living things, humans, trees, plants, animals, crystals and rocks and is our support. It holds and supports all life, not just on Earth but beyond and into the Cosmos. The Rainbow Grid is pure energy, source energy and when one conducts Rainbow Mediumship one connects to the Grid and with the support of the Archangels, one can connect to spirits or loved ones who have passed, and yet nonetheless, they are still a part of the Rainbow Grid for they are not truly gone, only gone from physical form.

## CHAPTER 3 ~ The Archangels, Their Colours and Their Roles

Archangel Zadkiel ~ Violet Ray ~ Spiritual Name means Righteousness of God

Roles ~ Development/Guidance/Mercy/Righteousness

He is also the Keeper of the Violet Flame which is used to transmute negativity. He can help one to have faith in oneself and, also to see the light in yourself and in others. Call on him to assist with forgiveness of self and others and, also to assist with healing. He is also a grief counsellor to those who have been bereaved.

Archangel Gabriel ~ Indigo & White Ray ~ Name means God Is My Strength

Roles ~ Guidance/Inspiration/Inner Vision

She is known as a messenger Angel and is also known to assist with issues around parenthood and with self-expression. Expressing one's feelings and grief is necessary and is healing too, and so this may help may be given during a sitting.

Archangel Michael ~ Blue Ray ~ Name means He Who Is Like God

Roles ~ Protection/Truth/Strength/Courage

He can assist with knowing your life purpose and help one to overcome fears and be brave. Archangel Michael assists too, those who are lost. He is a protector and this is possibly what he is best known for. He can also assist with spirit release. He will assist with the protection of the energy of the sitter and medium during readings and help on other levels where needed. He may instil courage and bravery in the client in order to feel that they can carry on.

Archangel Raphael ~ Green Ray ~ Name means God Heals

Roles ~ Healing of Mind, Body & Spirit/Peace/Balance

He may assist with clairvoyance and, also physical sight as well as healing and support for a healer. He may be called in to clear a space and release spirits too. He will administer any healing needed during a sitting.

Archangel Jophiel ~ Yellow Ray ~ name means Beauty of God

Roles ~ Beauty/Enlightenment/Joy/Illumination

Call upon Archangel Jophiel to help with beautiful thoughts and to create beauty within relationships. Archangel Jophiel may assist by opening one up to see the beauty within the connection with a loved and, also the beauty and joy of the relationship past and present.

Archangel Chamuel ~ Orange and Pink Ray ~ Name means He Who Sees God

Roles ~ Divine Love/Compassion/Unconditional Love/Gratitude

Archangel Chamuel is also a protector against lower energies. Call upon him to help strengthen and build relationships. He will assist with protecting energy but also in helping resolve issues around the relationship with the soul passed, in order to strengthen that connection and also to heal.

Archangel Uriel ~ Red and Gold Ray ~ name means God Is Light

Roles ~ Tranquility/Service/Devotion

Can help where a situation needs illuminating. Assists with spiritual understanding and problem solving. He may help both parties in the reading to see the truth of things, in their true light and to see a way forward, to heal things that may prevent the soul being peaceful and the sitter in moving forward in life, and in healing.

Archangel Azrael ~ Not an Angel of the Power of 7 but is called upon to facilitate communication ~ Cream Ray ~ name means Whom God Helps.

Roles ~ Compassion/Mercy/Grief Counselling/Comfort

Archangel Azrael helps souls to crossover by providing comfort and to ease any suffering. He is also a grief counsellor and will assist those going through the grieving process, giving emotional and spiritual support, with his healing energy and also in giving one strength to carry on. He is called in to facilitate communication between the sitter and the soul, through the medium.



## CHAPTER 4 ~ The Archangels & How They Assist With Rainbow Mediumship

In Rainbow Mediumship the Power of the 7 Archangels and Archangel Azrael, come in to act as go-between for the medium and for the soul or souls who wish to connect. Each of the Archangels will do their bit, so to speak, to give a richer experience both for the medium and for the sitter and of course, for the soul or souls.

As mentioned earlier each of the Archangels has their specific roles but also, they work perfectly together. Their unique roles and particular strengths, for want of another word, meld together and assist the soul to communicate fully, by assisting in any area where the soul needs assistance.

So, let me explain further. Take as an example, that the soul departed, was in life, one who found it difficult to show love and to voice feelings ~ then it would be Archangel Michael & Archangel Chamuel who would assist the soul to voice the love they feel through the medium. This is why sometimes it may seem strange to hear Uncle Bill talk so lovingly, because he didn't when he was alive. You may need to explain to your sitter that once passed, the soul sees things as they really are, from a place of love, and also, they are being assisted by the Archangels in their communication.

As a second example ~ the soul wishing to connect had been distanced from his family for many years before passing but wants to make connection now ~ in this case Archangel Chamuel, Archangel Uriel and Archangel Jophiel may come in to assist. So, you see, how having the 7 Archangels of the Power of 7 (plus I, Archangel Azrael of course) can help with the mediumship session.

The Archangels know the souls who have passed, know where their difficulties and obstacles in life were, know what the soul wants to put across. The Archangels know what is needed and so, the best of assistance is able then, to be given on each and every occasion that the medium connects for a sitter. The medium does not have to work out which Archangels are needed, the fact they have been called is enough.

## CHAPTER 5 ~ PREPARING YOUR SPACE FOR A SITTING

It is now onto the exciting, perhaps you may feel, the interesting bit. That is, actually getting to grips with and, working as a Rainbow Medium. As with most things, preparation is required.

Preparation doesn't involve setting a scene for your client, making it look mystical or perhaps like a scene out of an old movie. More importantly, it is about cleansing and creating a relaxing and calm ambience, for many a sitter will arrive feeling rather unsure and, also a bit nervous as to what may happen or what may not happen. It is the job of the medium to make the atmosphere as conducive as possible and also, and we will cover this later, in managing your client's expectations of their experience with you.

A quiet space set aside is ideal, away from the main household thoroughfare if you're working from home, or a nicely laid out corner in your workplace. Calming, relaxing colours are best, pastels are ideal. Good colours may be blue, which is relaxing and calming, as is green or a soft peach which gives a nurturing, loving ambience. You may wish to decorate the area where you'll do your readings with appropriate images, perhaps even a little angel altar and some crystals that may enhance the work you'll be doing.

See the chart further on in the course, about oils and crystals, which you may also like to diffuse or use during a reading, or indeed, coloured candles are beautiful and remind one of the presence of the Archangels, particularly if the colours of the candles resonate with the Archangels.

This is the 'pretty' side of things, the fun side of setting up your work space, but, it is of more importance that your space be clean and free from any dense or negative energy and so, it is important that the space be cleansed before and after each sitting to ensure no residual energy is present. There are many ways to do this and this too, will be covered in the next chapters.

And so, we have covered the pretty side, now for the practical. Quiet and privacy are of course, of prime importance, but so to, is the comfort of your client. An ideal arrangement is for a couple of comfy armchairs and a low coffee table, which may also be useful for laying down any photos your client may bring, or any cards you may use, if you like to use mediumship cards as part of your reading. A side table too, is very useful where you may have a jug of fresh water or other refreshment, glasses and, also a box of tissues is a must, as readings can be quite emotional.

Preparation is key. We have covered preparing the space but it is just as important to prepare yourself.

Preparing yourself may involve a period of mediation, of quieting and centring oneself before the client arrives for the reading, but also to the protection of yourself and the space you'll be working in. That is covered in the next chapters. You see now, that it is not just a case of calling in the Angels in a willy-nilly fashion. It is up to you to prepare, and prepare well. To set the scene, to ensure all will be well and you feel confident in doing your readings.

\*\* There are some links to guided meditations at the end of the book. These are meditations recorded by Elaine in the presence of the Archangels. These are still available in 2020 but may be update in due course.

## CHAPTER 6 ~ Protection for Your Work Space, Yourself and Your Sitter

When you work with energy you quite naturally lay yourself open to energies that are lower based, fear based and so on, and so we now cover the importance of and, how to protect yourself, your clients and your work space from such energies.

Protection is relatively simple and, also as your own vibration rises, those lower energies find it more difficult to invade your space. That's not to say that you should ever stop protecting yourself!

You will hear much talk of psychic attack as you read in various places, about working with energy. Remember then, that to protect is also to affirm that these lower energies are not allowed in your space. Exercise your free will not to let them in. So then, we shall cover when, what and how.

Regular cleansing of your workspace is important, so get into the habit of doing it and you'll hardly have to think about it. Yes, dusting and vacuuming cleanses but cleansing energy is a little different. There are many ways you can cleanse your workspace. This should include the cleansing of any crystals or cards you may use in your work, for these can become sticky with negative energy.

The best way to cleanse a room is by regular use of sage, which smells lovely and is quick and effective. White sage is the best choice. It isn't always cheap but it is worth the investment. You can buy bundles that will act like a torch. To cleanse your space, simply open the window (this is to let negativity out, to give it an escape route if you like), light your sage, blow it out and it will smoke away. Next stage is to call upon Archangel Michael to assist with cleansing away any energies that do not serve. Go around the room, top to bottom with the sage. Pay particular attention to those places where energy might get stuck. Alcoves, behind doors, anyway where the air doesn't flow well. Once done, allow the smoke to clear from the room and then, close the window. Give thanks for the assistance you've received. Doing this regularly keeps all clean and gives a lovely vibration to the space too.

If you're not too keen on the smell of sage, you could of course use lavender which is wonderfully cleansing. Pretty much all herbs are cleansing. Another lovely way to cleanse is to use a diffuser, be that one of the ones that uses a tea light or one of those pretty electric, colour changing ones. Essential oils are great for cleansing and of course, leave a lovely aroma. You could research oils yourself and see what appeals. You might like to choose from the chart in the coming chapter. It's worth using a diffuser too, as mentioned earlier, when you have a client coming. Using a relaxing oil will help put your client at ease.

Don't worry if you don't have a diffuser, you can always make a room/aura spray! These are very inexpensive and, easy to make. You don't need to go buying the expensive sprays you see on the market. Fancy having a go? Well, here is what to do.

## HOW TO MAKE YOURSELF A ROOM/AURA SPRAY

All you need is ~

A small atomiser bottle, or a large, it's up to you. These can be found in the travel section of your local Boots chemist, Superdrug ~ those type of stores, or, can be found on the internet.

Distilled water ~ don't use tap water, the microbes within it will make the spray go off quickly. Again, this is inexpensive.

Some alcohol ~ no not to drink! Vodka or brandy are ideal. Vodka is great as there is no odour and it is clear. The alcohol acts as a dispersant for the essential oils. You can buy dispersant but this is expensive.

Essential Oils ~ whatever you fancy ~ lavender is particularly good, but you can use any and might even like to make your own blend. How about a blend from the chart of oils from further on in the course?

As a guide, if you use a 50 ml bottle, make the spray up in this way, but adjust if you use a different size. Put 10 mls of alcohol in the bottom of the bottle. Add 4 drops of your chosen oil or oils. Give it a shake to disperse the oil in the alcohol. Top up with water. Shake well before each use. Don't spray directly onto fabrics though. Use it as you would an air freshener. Go around the room spraying, particularly into the corners. Hey presto!

You can always call on the Angels to cleanse and uplift the space too, a lovely thing to do in conjunction with the above methods.

Now, onto protecting yourself and this too should be done regularly. Make it a daily thing that you do. There are so many ways of protecting one's energy but remember that whatever method you use, it is your strong intention that is important here.

So, to protect yourself, you can use the room spray as an aura spray. Just lightly mist above your head and let the mist come down around you. You might like to make up an affirmation of your intention that the spray cleanses and protects your energy. You may like to call in Archangel Michael to protect your energy, and, he will always oblige and I would add, that he is a fail safe! No fancy words are needed. Just ask ~ Archangel Michael, please be with me this day and protect my energy from all density and negativity, for the highest good. And so it is. Or, you can use whatever words come to mind. There is no right or wrong.

You may like to wear crystals, be they tumbled stones in a bag or a piece of jewellery or maybe, if you're able to afford one, a lovely big crystal cave or geode such as selenite or amethyst.

Bear in mind that tumbled stones and jewellery will need to be cleansed at regular intervals and, also to be programmed for what you want assistance with. The selenite doesn't need cleansing, it cleanses itself as it is of such high vibration, and this is often the case with the larger caves, geodes and cathedrals too.

Some information on cleansing crystals and programming will follow further on in the next chapter along with a table which lists the crystals and essential oils which resonate with each Archangel as you may like to include this in your surroundings and in your work.

White light is also a wonderful way to protect your energy, just ask that white light surround and protect you from all density and negativity, for the highest good. And so it is. Envisage white light surrounding you. An easy way to imagine this is to think of yourself as sitting within a light bulb and as you invoke the white light, imagine the bulb being switched on. If you worry about not being very visual then don't worry, as said earlier, it is your intention that matters. Some are more able to visualise than others.

You can cloak yourself too. Go with whatever comes to mind, that you feel guided to use. Use this in much the same way as white light. A cloak of colour, a cloak of grey or silver. Go with what comes to you.

Pyramids are a powerful way to protect too and you can choose whatever colour you're drawn or guided to. Envisage that colour above you, from there 4 points shot down around you, to the floor, where they form a square (the base of the pyramid), next see four more points rise from each corner to form a point above your head. Let the pyramid be filled with the colour you wish to use. You are now enveloped by your own pyramid of protection. Make your own invocation or affirmation to magnify your intention. You will have the power of your intention, the protective energy of the colour and the powerful protection afforded by the pyramid shape and its geometry. There are many other ways to protect which you may come across in your research and you will find the way or ways that you prefer, that you feel comfortable with, or guided to.

Moving on now to your client. It is your role to call in protection for your client and this should be done before you start your session together. Simply call upon Archangel Michael & the Angels and Guides of the Light to please be with you and to protect the energy of yourself and ~ name of client ~, for the Highest Good. And so it is. You may choose to invoke white light also and that too is a good thing to do, alongside diffusing any oils. Don't worry about saying things out loud, saying them in your head is just as effective. Thoughts are energy after all!



LESSON 7 ~ CRYSTALS & ESSENTIAL OILS & THE ARCHANGELS

BLUE	ARCHANGEL MICHAEL ~ 1 <sup>st</sup> Ray ~ Protection ~ Courage ~ Strength ~ Truth	Sapphire Sugilite Lapis Lazuli Blue Quartz	Chamomile Thyme Rosemary Hyssop
YELLOW	ARCHANGEL JOPHIEL ~ 2 <sup>nd</sup> Ray ~ Beauty ~ Enlightenment ~ Joy ~ Illumination	Amber Citrine Yellow Jasper Yellow Tourmaline Lemon Chrysoprase	Dill Fennel Lemon Neroli Lemongrass Angelica
PINK/ORANGE	ARCHANGEL CHAMUEL ~ 3 <sup>rd</sup> Ray ~ Divine Love ~ Compassion ~ Unconditional Love ~ Gratitude	Rose Quartz Rose Aura Quartz Morganite Pink Halite Sunstone Orange Calcite	Cinnamon Geranium Rose Melissa Rosewood Jasmine
WHITE/INDIGO	ARCHANGEL GABRIEL ~ 4 <sup>th</sup> Ray ~ Guidance ~ Inspiration ~ Inner Vision	Herkimer Diamond Moonstone Selenite Azurite Blue Jasper	Jasmine Clove Myrrh Yarrow
GREEN/DEEP PINK	ARCHANGEL RAPHAEL ~ 5 <sup>th</sup> Ray ~ Healing of Mind & Spirit ~ Peace ~ Balancing	Malachite Chrysoprase Emerald Pink Tourmaline Pink Carnelian	Melissa Geranium Bergamot Palmarosa Linden Blossom Rosewood Verbena
RED/GOLD	ARCHANGEL URIEL ~ 6 <sup>th</sup> Ray ~ Peace ~ Tranquility ~ Service & Devotion	Ametrine Ruby Garnet Red Beryl (Bixbite) Golden Healer Golden Herkimer	Benzoin Amyris Black Pepper Myrrh Guaiacwood

VIOLET	ARCHANGEL ZADKIEL ~ 7 <sup>th</sup> Ray ~ Spiritual Development ~ Guidance ~ Mercy ~ Righteousness	Amethyst Charoite Purple Fluorite Violet Spinel Tanzanite	Frankincense Violet Lavender Juniper Patchouli
CREAM	ARCHANGEL AZRAEL ~ 3 <sup>rd</sup> Ray ~ Comfort ~ Mercy ~ Love	Yellow Calcite Mangano Calcite Azurite Rhodochrosite Apache Tear Rose Quartz Amethyst	Rose Frankincense Lavender Bergamot Chamomile Melissa

As mentioned earlier the above table gives you the oils and crystals which resonate with each of the Archangels. Crystals and oils can be used to create an ambience, to protect, to cleanse and, also to help to connect with the Archangels generally. That aspect shall be covered further on. A second table is given also, to give you the recognised healing properties for each oil and crystal, not that you are being asked to learn about these, but more to be of interest. Although, of course, you may like to diffuse specific oils or have certain crystals about you during your sittings with your clients.

YELLOW	AMBER	Healing, Trust, Depression
VIOLET	AMETHYST	Nightmares, Fear,
VIOLET	AMETRINE	Letting Go of Past, Higher Awareness.
BLUE	BLUE JASPER	Stress, Balances Yin/Yang
BLUE	BLUE QUARTZ	Depression, Memory Healer, Hope, Calming, Fear,
VIOLET	CHAROITE	Accepting Present Moment, Overcome Fear, Perception.
GREEN	CHRYSOPRASE	Forgiveness, Compassion, Relax, Optimism, Emotional Blockage, Acceptance.
YELLOW	CITRINE ***	Optimism, Self-Expression, Energising, Nerves,
GREEN	EMERALD ***	Unconditional Love, Mental Balance

RED	GARNET	Opens the Heart, Trauma, Courage, Hope, Emotional Disharmony
GOLD	GOLDEN HEALER	Energetic Wholeness, , Release of Emotions Caused by Conditioning.

WHITE	HERKIMER DIAMOND	Soul Healing, Cellular Healing,
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YELLOW	LEMON CHRYSOPRASE	Trust, Depression, Compassion
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GREEN	MALACHITE ***	Master Healer, Stress, Insomnia
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WHITE	MOONSTONE	Emotional Healing, Stress, Anxiety
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PINK	MORGANITE	Stress, Nervous System, Loving in Thought & Deed, Emotional Pain, Opens the Heart.
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ORANGE		
ORANGE CALCITE		Emotional Stress, Energising, Cleansing,

PINK	PINK CARNELIAN	Anger, Emotional Negativity, Depression,
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PINK	PINK HALITE	Anxiety, Wellbeing, Sense of Being Loved,
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PINK	PINK TOURMALINE	Relaxation, Compassion, Emotional Pain, Balances Yin & Yang,
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VIOLET	PURPLE FLUORITE	Worry, Suppressed Feelings
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RED	RED BERYL (BIXBITE)	Courage, Stress, Harmonises the Heart
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PINK	ROSE AURA QUARTZ	Emotional Healing, Anger, Balance, Energy, Unconditional Love.
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PINK	ROSE QUARTZ	Trauma, Grief, Unconditional Love, Peace, Emotion, Empathy, Forgiveness.
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RED	RUBY	Courage, Anger,
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		Exhaustion, Lethargy, Passion For Life,
BLUE	SAPPHIRE	Peace of Mind, Focus & Calm Mind, Mental Tension, Self- Expression.
WHITE	SELENITE	Healing, Stabilises Emotions
VIOLET	SUGILITE	Despair, Living in the Present, Communicate Lovingly, Positive Thinking, Emotional Turmoil.
ORANGE	SUNSTONE	Vitality, Depression, Heal Self, Nurture Self.
VIOLET	TANZANITE	Depression, Anxiety, Coming to Terms
VIOLET	VIOLET SPINEL	Encouragement, Rejuvenates.
YELLOW	YELLOW JASPER	Stress, Old Emotions, Channelling Positive Energy.
YELLOW	YELLOW TOURMALINE	Removes blockages
PINK	MANGANO CALCITE	Grief, Fear, Forgiveness, Trauma, Pain, Anxiety, Emotional Stress. To connect with the Angelic Realm
YELLOW	YELLOW CALCITE	Stress Relief, Mental Healing, Self-Expression, Grief, Uplifting, Relaxing
VIOLET	AZURITE	Uplifting, Positivity, Unconditional Love, Expression of Feelings
PINK	RHODOCHROSITE	Cleansing of Grief  Heart Healing

BLACK	APACHE TEAR	Forgiveness, Healing of Grief, Negative Emotions
PINK	ROSE QUARTZ	Trauma, Grief, Unconditional Love, Peace, Emotion, Empathy, Forgiveness.
VIOLET	AMETHYST	Nightmares, Fear

\*\*\* Contraindications

Citrine ~ Use in contact with skin

Emerald ~ Constant usage can overstimulate.

Malachite ~ TOXIC ~ Use tumbled/polished stones.

ARCHANGEL/ COLOUR	NAME OF OIL	PART(S) THE OIL IS DISTILLED FROM	CONTRAINDICATIONS
Archangel Michael ~ Blue ~ 1 <sup>st</sup> Ray	Camomile (blue)	Flowers	*
“	Thyme (blue & green)	Flowers & Leaves	* / **
“	Rosemary (blue)	Flowering Tops & Leaves	* / **
“	Hyssop (blue & violet)	Flowering Top & Leaves	* / **
Archangel Jophiel ~ Yellow ~ 2 <sup>nd</sup> Ray	Dill (yellow)	Fruits	*
“	Fennel (Yellow)	Seeds	* / **
“	Lemon	Peel	
“	Neroli (Yellow, some Orange)	Petals	***
“	Lemongrass (yellow)	Leaves	Small Amount
“	Angelica (yellow)	Seeds & Roots	* / ****
ARCHANGEL CHAMUEL ~	Cinnamon (Orange, with	Buds, Bark & Leaves	* ~ small amount in any case

Pink/Orange ~ 3 <sup>rd</sup> Ray	yellow and Indigo)		
“	Geranium (Pink & Green)	Flowers & Leaves	*
“	Rose (Pink & Green)	Petals	*
“	Melissa (Pink & Green)	Leaves & Flowers	*
“	Rosewood (Pink & Green)	Wood	
“	Jasmine (Pink with Red and White)	Flowers	* ~ small amount in any case
ARCHANGEL GABRIEL ~ Indigo/White ~ 4 <sup>th</sup> Ray	Jasmine (Pink with Red and White)	Flowers	* ~ small amount in any case
“	Clove (Indigo)	Buds	Small amount only
“	Myrrh (Pink, White & Red)	Stems & Branches	*
“	Yarrow (Indigo)	Flowering Heads	* ~ small amount in any case
ARCHANGEL RAPHAEL ~ Green ~ 5 <sup>th</sup> Ray	Melissa (Green & Pink)	Leaves & Flowers	*
“	Geranium (Green & Pink)	Flowers & Leaves	*
“	Bergamot (Green & Pink)	Peel	
“	Palmarosa (Green & Pink)	Leaves	
“	Linden Blossom (Green)	Flowers	Small amounts
“	Rosewood (Green & Pink)	Wood	
“	Verbena (Green & Pink)	Stalks & Leaves	
ARCHANGEL URIEL ~ Red/Gold ~ 6 <sup>th</sup> Ray	Benzoin (Red)	Gum & Trunk	***
“	Amyris (Red)	Wood	
“	Black Pepper (Red)	Fruit	**



“	Guaiacwood (Red)	Heartwood	Small Amounts
“	Myrrh (Red, Pink )	Stem, Branches	*
ARCHANGEL ZADKIEL ~ Violet ~ 7 <sup>th</sup> Ray	Frankincense (Violet & Gold)	Bark	
“	Violet (Violet & Green)	Leaves	Small Amounts
“	Lavender (Violet)	Flowers	* /**
“	Juniper (Violet)	Berries	*
“	Patchouli (Violet & Orange)	Leaves	Use small amount only ~ very heady
ARCHANGEL AZRAEL ~ 3 <sup>RD</sup> Ray ~ Creamy White Yellow	Frankincense (Violet & Gold)	Bark	Soothing & Comforting
	Rose (Pink & Green)	Petals	Emotional Soothing & Grief *
	Lavender (Violet)	Flowers	Anger, Exhaustion * & **
	Bergamot (Pink & Green)	Peel	Sedative, Uplifting, Refreshing, Calming
	Camomile (Blue)	Flowers	Soothes Anxiety, Peace, Anger, Fear *
	Melissa (Green & Pink)	Leaves & Flowers	Calming, Uplifting, Comforting, Positivity, Facing Loss *

CONTRAINDICATIONS ~ Although may not cause problems if diffused for a short time, please do note the contraindications and exercise extreme caution. Essential oils are very powerful, so take care, and if in doubt consult the author or an aromatherapist or a good reference book. Better not to use than to risk yourself or your client.

One Star = not to be used in PREGNANCY

Two Stars = not to be used if any BLOOD PRESSURE problems or EPILEPSY

Three Stars = May cause DROWSINESS

Four Stars = Not to be used with DIABETICS

## CHAPTER 8 ~ CLEANSING & PROGRAMMING CRYSTALS SHOULD YOU CHOOSE TO USE THEM

### CLEANSING THE CRYSTALS

As crystals absorb negativity they require regular cleansing and especially after use with a client. It is also a good idea to cleanse newly acquired crystals as they may pick up and carry many energy patterns on their journey to you. As you become used to crystals you will sense when they need a clean, as they become heavy and dense feeling. You'll know, trust me.

There are quite a few ways of cleansing, try them out, you're bound to find a particular favourite that you like to use.

Water ~ Running water is a lovely cleanser, but be aware that not all crystals like a bath! Some crystals are soft and may damage or even start to dissolve. As a general rule of thumb, the crystals ending in 'ite' should be kept out of water. E.g. sodalite, azulite. If in doubt, don't dunk!

To clean them in water just hold them in your hands under a running tap, at the same time visualise all and any negativity being cleansed out of them and down the plughole to the earth, visualise the white light contained in the water doing the cleansing. Dry thoroughly afterwards, on a sunny windowsill is lovely, but remember about the fading.

Brown Rice ~ This is one of my favourites I think. I can't tell you why, it just is. Just bury the crystals you wish to cleanse in a deep bowl of brown rice for 24 hours. The rice will absorb and hold onto any negativity it soaks up, so, ensure you discard the used rice, don't be tempted to use it in your cooking! I have noticed that the rice seems to take on a greenish tinge after having cleansed crystals, I think that says something.

Smudging ~ You can smudge crystals clean by passing them through the smoke of incense, either solid or the stick type, or, my favourite, white sage. You can also use frankincense or cedarwood, which are also purifying. This is quick and easy to do.

Salt ~ Salt is a wonderful cleanser. Fill a bowl with salt and bury your crystals in it. A word of caution though, salt can mark some crystals and I wouldn't recommend using it on rough crystals as salt particles get trapped in the crevices. Dust off the crystals when you remove them. I'd also advise sea salt rather than cooking salt!

For a safer way to use salt use the indirect method. Place salt in a bowl and immerse a smaller bowl in the salt, so it comes up the sides. Place your crystals in the empty bowl for 24 hours.

Crystal Cluster or Geodes ~ It's also possible to cleanse smaller crystals on top of, or inside another large crystal. Ideal for a piece of crystal jewellery or the smaller tumbled stones.

Sound ~ Sound too has a cleansing effect. Place crystals around a singing bowl and use the tone of the bowl to cleanse them. This will only take a couple of minutes. Alternative sounds are tuning forks, or gongs, just sound them close to your crystals.

Visualisation ~ Don't worry if you don't visualise so easily, it is your intent that really counts here. Imagine the crystal being surrounded by, and filled with pure white light. You can breathe in white light and as you envisage blow out your breath over the crystals and see all the negativity being taken away from the stone. Repeat this as many times as you feel is necessary.

Earth ~ A wonderful way to cleanse your crystals. Place your crystals into a gauze bag and bury in the garden for 24 hours. Mark the spot you bury them in carefully though, or you might have trouble relocating them. The earth absorbs and transmutes the negativity collected within the crystals. Lovely. You could use a pot of soil if you don't have a garden.

Cleansing can take more or less time. Times given are approximate. Use your intuition to tell you when the work is done, or use a pendulum.

Take time too, to play and handle your crystals to help them to resonate with your energy. Give them a little of love sometimes too. A bit of crystal love. Crystals love a bit of daylight and some sunlight, so don't keep them permanently shut up in a dark box or drawer. Just occasionally, pop them onto a sunny window ledge for a while, but don't overdo it. Take care with some crystals as the sun can fade the colours. E.g. amethyst, rose quartz.

Moonlight too is a lovely thing for crystals. They really appreciate a moon bath. Put them out, particularly at the time of full moon, they love it. In particular, the moonstones, rose quartz too, any crystals with feminine energy.

Energising & Programming Your Crystals ~

Take a crystal and hold it in your hand and send it some love. Hold the crystal in your sending hand and cover with your receiving hand. See a little further on to know how to find out which is which. Mentally see a ball of pure white light above you. Draw that white light down through your crown chakra as you breathe, and feel the white light course through you and down your sending arm out through you hand, surrounding the crystal, going through the crystal, giving it white light energy and waking it up. The crystal is now ready to work with you.

## Programming Your Crystals OR Dedicating Your Crystals to the Power of the Seven Archangels

Take the crystal in your sending hand. Gaze at it, send it love. Connect with the Deva (pronounced Day-va) of the Crystal. Ask that it connect with you for the Highest Good. You'll sense when you are connected, you may feel heat or cold, or tingling, but remember your intention and your belief are strong, so do not worry if you feel little. Next, ask the Deva of the Crystal to please assist you by cancelling any previous programme held within the Crystal and ask that the stone now be dedicated to working with the Power of the Seven Archangels, for the Highest Good. Repeat this three times, or until you intuit it has been done. Please then, remember to thank the Deva of the Crystal for assisting you and for connecting with you and give thanks for the existence of the Crystal. And So It Is.

How to work out which is your receiving hand and which is your sending hand ~

This is really a simple thing to do. Take two crystal points. Place one in the left palm with the point facing towards you, put the other in the right hand with the point facing out. Sense and be aware of the flow of energy. Now reverse what you just did and again sense the flow of energy. Which way round gave you the strongest sensation of energy flow? Note the direction the points are in. If the point was on the left pointing inwards than that is the receiver, if the point was on the right pointing inwards, that is your receiving hand. The opposite hand is your sending hand. If you struggle with this let me know. It is also possible to ascertain which is your giving and receiving hand via a pendulum.

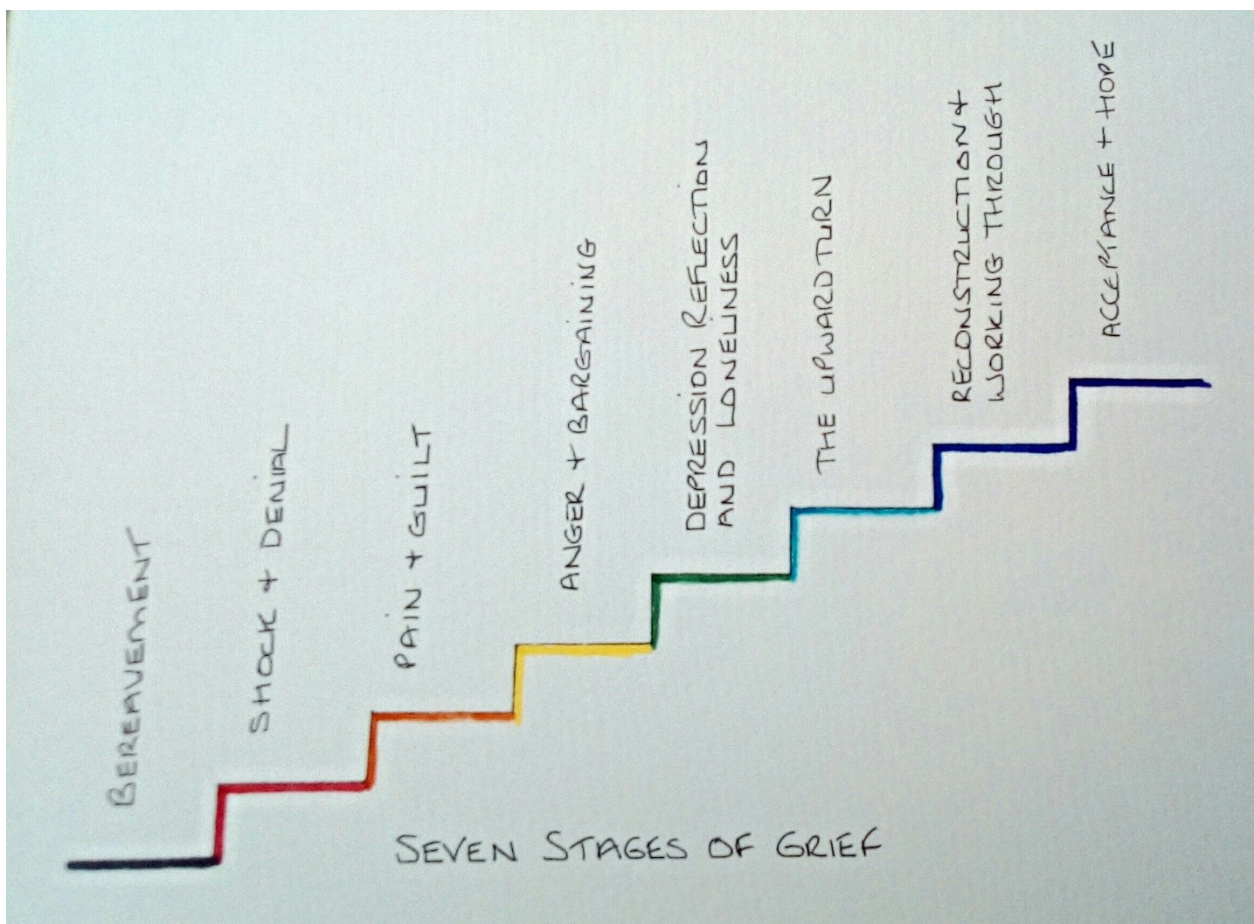
## CHAPTER 9 ~ The Importance of Understanding Grief In Relation To Your Clients

Before we start on the actual sitting or session it is important here to remind you of the importance of taking into account potential reasons for a reading and also that there are various stages of grieving before acceptance of the fact, which may affect your sitter. By thinking about these things you may be more empathetic towards your clients and it may also facilitate a more relaxing and enjoyable reading, as the client will feel you understand them.

Being a medium can sometimes feel akin to be a counsellor. Many will want to share their story, their experience. Be willing to give a listening ear. At the end of the course some links will be added, to websites where people may find extra support if they feel they need it.

There are many stages to grieving ~ views on how many differ, and of course, as each person's experience is unique and we all handle things differently, some may have more stages of grieving than others, some less.

Here is a little 'stairway' of the stages of grief, which you may like to use as a quick reference. A little more detail on each stage follows on after the diagram ~



Bereavement ~ Starts the moment a loved one passes on although in some cases, where there has been a slow, prolonged death, the person who comes to you for a reading may have already felt 'bereavement' as they realised that their loved one was going to pass, but also of course a state of living life in limbo, a time of waiting for it to happen. There may too, have been a sense of hope. Perhaps a miracle may happen, perhaps some wonderful drug or treatment will appear. In the author's experience, it is not generally at this stage that a person seeks a medium, but that doesn't mean it can't or won't happen!

Shock & Denial ~ It's happened. A loved one is gone. Shock and denial may be a particularly hard thing if the person passed through tragic accident, at a particularly young age or perhaps because of suicide. Even when physical death is expected there is still a sense of shock and denial. The bereaved may feel numb, unable to show emotions, or may even show extreme emotion. On the flip side is the thought that's it is all just a nasty dream. It isn't real. It is a time of confusion and fear too, for some.

Pain & Guilt ~ As the shock lessens some, the emotions may come out more and more and the bereaved will feel pain. Deep pain for their loss and, also go over the times they had with their loved one and feel a sense of guilt, be that founded or not. Could I have done more? Could I have been more helpful and sympathetic? Should I have listened more, paid attention? I should have said I loved you more often. Elements of these stay with people and it is often during a sitting that a soul will seek to send messages of comfort and reassurance to their loved one. This can of course, be very emotional for your sitter, but, also very healing as it may put their mind at ease and, also help to release some held onto pain.

Anger & Bargaining ~ Anger. How unfair it is that their loved one had to pass. Anger as to why that person had to leave them to cope by themselves. Sometimes, this anger is the only way a person can express their deep emotion, at that time. Why did it have to happen? There's always a need to understand why's and wherefores ~ that's being human! Then, there's the bargaining with God or other belief system, that one will do or not do a particular thing, to give up a vice, to be kinder and more loving, if only ~ if only the clock could be turned back, if the loved one could be returned to physical form.

Depression, Reflection & Loneliness ~ A bit of time has now lapsed. The initial time of being surrounded and supported by so many has dwindled. It's not that folk care any less, but don't we all assume that after so long, the bereaved is ok, is coping, is getting on with things. People aren't always very good at asking for support or companionship are they? They don't want to be a burden. People assume and expect the bereaved to move on and get over it fairly quickly it seems. For some this may be true, for others it can take years! Some may wish to talk over things, some may wish to go it alone. It's a time of looking back through the past and it is perfectly natural but, in dwelling on times past and, not always the happy times. A sense of depression,

or actual depression may develop. Isolating oneself is another sign, as the person finds the past preferable to the present and that feeling of loneliness.

The Upward Turn ~ Time is starting to heal the bereaved now and little adjustments are made and aspects of day to day living become a little more normalised. Physical emotions and the depression and deep sadness lift a little. The start of the second half of the climb to the top of the stair case to acceptance and hope.

Reconstruction & Working Through ~ As the bereaved find themselves slowly adjusting, they may also start to think more clearly. They may find ways to get past the loneliness, the upheaval. It's a time of doing things, practical tasks might be undertaken to ease things and to help adjust to life without a loved one.

Acceptance & Hope ~ It's all sunk in. Realisation that things cannot be changed. It doesn't mean that the bereaved will run around singing and dancing ~ it's more a case of getting on with life, of taking steps, however tiny, in order to start moving forward. Plans may be made to facilitate that moving forward and of enjoying some happier occasions and the making of new memories, of having happier days. The bereaved is starting to live again. This is not to say that all sadness and pain is gone, but it becomes more bearable. Time is healing.

Having contact with a medium can help healing and can help the sitter accept their loss, as they realise their loved one is not totally 'gone'. It may bring them much emotional peace too. The Archangels of course, will do their bit to facilitate the healing process, that is part of the beauty of Rainbow Mediumship.

Many who come for a reading will hold things that need some healing, some comfort. Some may just be curious! Some may be more spiritual than others. Some may believe in Angels and others may not. Remember though, the stages of grief in dealing with clients and use your intuition too. You will of course, glean much, as you link with the energy of your sitter.



## CHAPTER 10 ~ How to Conduct a Rainbow Mediumship Session and Various Ways of Doing So

So, we've gone through various things relating to Rainbow Mediumship and you are now on the path to doing your first reading. As discussed earlier, there are many types of mediumship but the methods written here are the ones to use as a Rainbow Medium and, this may be added to as guided or, as and when the course material is updated.

First of all of course, it is important to fully prepare yourself and, your client if necessary. Your client may have questions about how it works, what will happen. Remember it is your role to make your client feel relaxed and comfortable with the process. So, having first made all your preparations we shall begin to cover the various ways and various tools you may use in order to conduct a reading, or session, or you may decide to perform a mixture of many. Do what feels right or as guided. Readings may be done person to person or distantly. This is possible as time knows no distance. Time as you know it is a human concept. Distance reading will be covered further on.

So, onwards now,

PERSON TO PERSON ~ Having settled your client, it is time to begin and you will of course have protected your own energy and, that of your client by calling in Archangel Michael, Angels and Guides as per the invocation earlier in the course, or your own invocation that you may choose or prefer to use. It is now time to call upon in Archangel Azrael and the Power of the 7 Archangels and any guides that work with you. The Invocation to do so is thus ~

“I call upon Archangel Azrael and the Power of the 7 Archangels to please be with me now. I ask for your assistance with this mediumship reading that I do for ~ client's name ~ and ask that you facilitate connection, communication, healing and protection as I do so. I ask this for the Highest Good, and as a true servant of the Light. And so it is”.

You may feel, hear or see the Angels with you, but don't worry if you don't ~ they are there and will assist you. You will no doubt have your own ways of calling in your personal Guides, if you have met them at this stage.

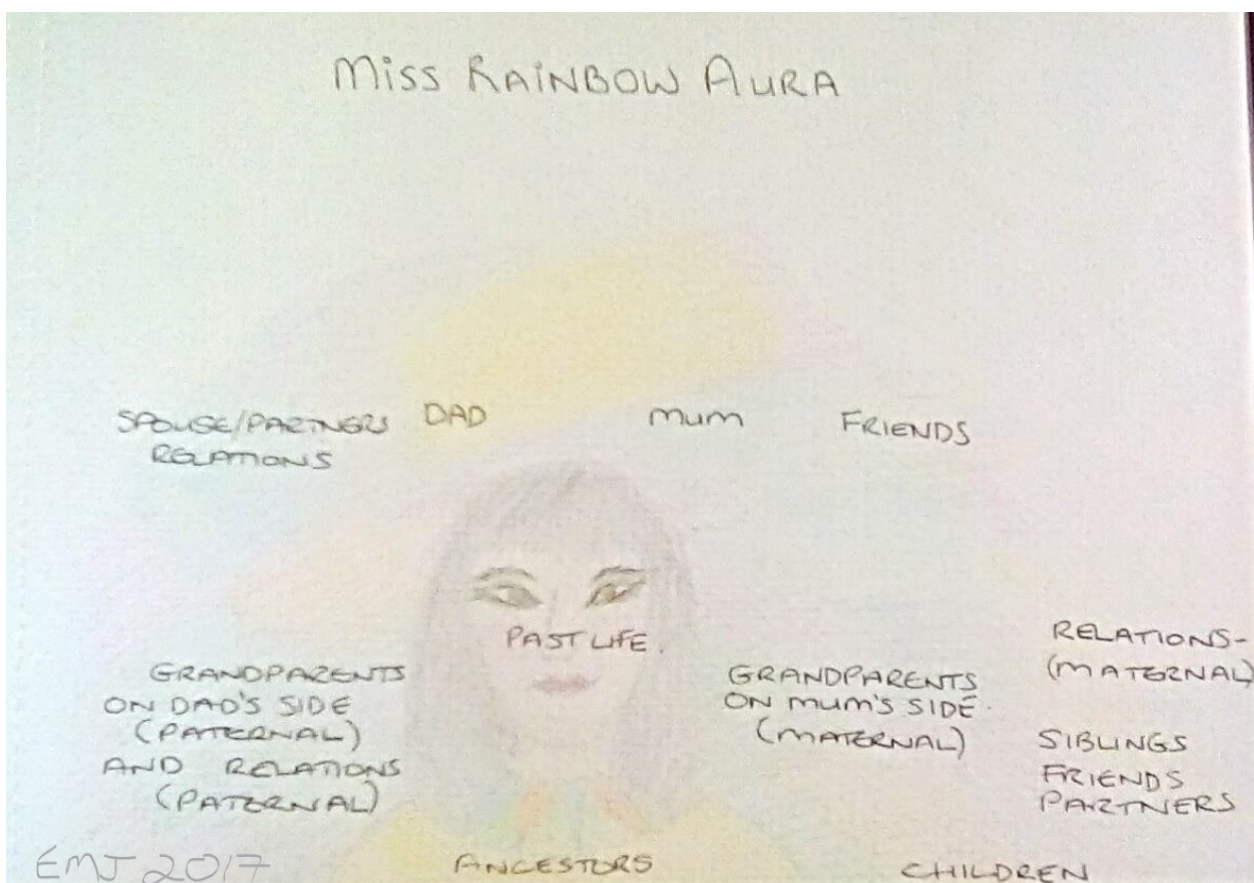
Link now to your client's energy. You can do this once protected, as you perhaps have a little chat. Ask your client if they will hold your hand. Direct contact makes connection very easy and you'll likely start picking information up very quickly as well as feel the sitter's energy flow. Quite often your sitter may wish to connect with a specific soul and this can be done, unless, for some reason the soul is unable to come through, sometimes because they are still healing, or they may have reincarnated! A soul or souls will come through even if it isn't the one who the client

wishes for. Of course, you may get many souls come through. Just go with what or who comes.

Now, you may wish to start by 'reading' your client's energy ~ this can be done through looking at the aura. Don't worry if at first you can't do this. It will come with practice. Another way is to ask to place your hand over or in your client's hand, this can be comforting as well as helping you in your work, as mentioned earlier.

To look at a person's aura it is best to have a plain white or cream background, if that's possible. You might wish to tell your client what you're doing or they'll just think you're staring at them in a strange fashion! Place your gaze at the tip of the nose, or the forehead. Allow your gaze to soften and it may feel as though things go out of focus, that's fine. Whilst having this focus take your attention to what is around them. Note colours you see, or sense. Souls you may see or sense. Anything that comes through to you as you do this. Trust what you get.

You may wish to feel around your client's aura ~ ask permission though and explain what you do, so they feel comfortable. Take your hands and move then through and around the person's aura. You may sense, where there is a soul nearby and again, you may pick up images, sounds and gain insights. Go with what you get. Certain souls may 'appear' in certain places around a person, but this isn't a given. Here's where you may find certain ones and this might give you a bit of a heads up.



This is clients right hand side

This is clients left hand side

If your client is left handed the above may be reversed! The past life written on the face may be confusing but sometimes in looking at someone in the flesh, or in a photo reading, you may see a 'second' face within the person you're looking at. This face may relate to a past life. As stated earlier, these positions are not set in stone but may serve as a bit of guidance for you.

Another lovely way, particularly for initial connection is to use Mediumship cards. The Talking to Heaven deck by Doreen Virtue & James Van Praagh are beautiful to work with. Once you've become attuned to your sitter's energy you'll find it quite simple. This can be a good way to ease into the session, but can also be used as a standalone, which will be covered next.

So, you've linked with your client's energy, note what comes to you by way of your senses. Anything that comes into your head, words, names, numbers, smells, what you see, hear or feel. Do this without judging what comes, don't dismiss it and push it away ~ give the information. Some mediums also write down things that come to them as well as verbally giving information to their client. How you work, is really a personal thing. You may wish to record your sessions and give a copy to your client to keep, or you may give over a card with any words, numbers etc, that you've written down whilst connected. Over time, you will find what works for you. There is no right or wrong, it is a personal thing.

At the end of each session, don't forget to thank the Angels, Guides and also the souls who have connected, for being with you. Ask that any souls present now go in peace and with love and light. It is also a good thing, at this stage to ask Archangel Michael to please cleanse away any residual energy that may remain from the sitting.

Your client may have questions, allow time to answer them. Quite often, a client has had so much given them, they haven't had time to absorb it and some of it won't even make any sense! Time usually sorts that out, and talking to family and friends. Readings often seem to have parts of a puzzle as well as messages. Everything becomes clearer gradually and makes sense. You may get feedback on the sitting and you may not. Some people don't like to do this. Initially, as you practice, in order to do any case studies it is a good idea to get feedback, as this increases your confidence and may give you some pointers. When the author first started out she did free readings for followers on Instagram ~ a lot of readings!! Each one gave feedback and there were some amazing readings. Feel free to ask people ~ if you're not charging, you'll get plenty take you up on it and people are happy to help. It really helps you strengthen your gifts and to gain confidence and trust in yourself and what you receive. That is the hardest part!

## MEDIUMSHIP CARD READINGS

The initial process is pretty much the same in that you need to protect your energy and that of your client. Once again, tune into your client's energy as before, although

you won't necessarily feel the need to feel or look at the aura. How you connect is a bit different for distance readings but that comes further on. So, you've prepared as before and once again, it may well be a specific soul who your client wishes to receive message from. Call in the Power of the 7 Archangels and Archangel Azrael as before and ask "Please enable connection with ~ name of soul if needed ~ who has passed if it be for the Highest Good. And so it is". Call in your Guides at this point also.

Your card deck should have been cleansed and made ready for use. There are several ways to cleanse a deck, by white light, Archangel Michael, smudging are just a few. After cleansing handle each card, and ask that the cards be blessed and only used to bring through messages that are for the Highest good.

So, assuming all is good and ready ~ shuffle the cards ~ you may sense, hear, see how many times to shuffle and, also how to pull, and how many cards to pull. Some like to pull from the top, others randomly. Nothing is the wrong way, go with what feels right for you. You cannot pull wrong cards! You will see that the cards have messages on them and, also images. You will receive insights and messages through the cards, not just the wording that is on the card. Again, go with what you get. Practice may be needed initially, but be confident, you can do this. An example is given below and you'll see what you may get.

**EXAMPLE OF MEDIUMSHIP CARD READING ~ I Am Just a Thought Away**  
This little reading is one done from the card just for social media, not as an actual reading, but it shows you how you might get so much information from one card!



“It’s a strange thought to get your mind around when I say you’re loved one hasn’t gone, I know. It is true though. The physical shell you knew was merely a vessel to carry the soul of your loved one in and through his or her human experience. Your loved one is with you still in energetic form or ~ spirit. When you think or speak of them, they hear and are by your side. They see your sadness and other emotions too. They still wish to comfort, help and be with you. They wish you to be happy in life and, although tears are natural as is the feeling of loss, it is okay to smile and laugh with, and about your memories. Your loved ones are quite literally a thought away. Let this comfort you. Their energy is infinite as is yours, as all energy is. All is energy”.

The card in the photo is from Talking to Heaven by James Van Praagh. These cards bring help to bring through such beautiful messages of comfort and love and can be used to bring messages through from loved ones. They are a medium for the medium, so to speak. They perhaps feel a little less ‘scary’ to some than the usual mediumship reading, and, readings with them can be done distantly.

Energy knows no time or distance. One card can bring through such comfort, but readings can be of any number of cards. These readings prove to be very popular indeed and sometimes, the author includes them in the usual mediumship readings too.

Again, once you’ve finished your reading, give thanks for what’s been received and for the assistance given, and that includes any soul who may have connected. You may choose to use cards or not, that is a personal choice. As with any card readings when you first start out, practise may be needed.

### AUTOMATIC OR ‘GHOST’ WRITING

Another aspect of doing a Mediumship reading is the possibility of using automatic writing. Remember earlier it was mentioned the writing down of words that come. These may be channelled through writing. So, besides what you give verbally you may also write things down. Automatic or ‘ghost’ writing is very easy to do. It may take a little practice at first, but it is an easy way to make connection and strengthen it too .

As before, protect your energy, always. If you feel uncomfortable or afraid ~ stop! Call Archangel Michael. If you protect well, you should have no real problems. The reason for protecting is to keep out lower based energies and mischief makers. Note too, that sometimes you own ego can play tricks on you and ego can be unpleasant when it wishes to be, because it feels threatened.

Once you’ve protected, call in as before. Ask that the Angel or Guide who can most serve be with you and ask that you be used as a channel for messages of truth and love and for the Highest Good and so it is. Have a pad ready and a reliable pen. Hold

the pen reasonably lightly, hold it to the paper. You may feel energy moving down your arm, or you may just sense the words to write. The pen may seem to move of its own accord and the writing may look nothing like yours! Just go with it. You need to remain centred, relaxed and with a quiet mind. Sometimes it is good to meditate before doing this, especially initially.

If at first you get nothing, don't worry. Try again later. It will come. Enjoy the experience, but stop if you don't like it. If you're unsure as to who/what is writing through you ask. You'll be given a name like as not, ask if that entity "is a being of the light" and you should get a positive ~ such as "I am indeed a being of the light" and/or "do you serve for the Highest Good" and you may get a response such as "I do indeed serve for the Highest Good". A lower based energy cannot lie and say they are a being of the light if they're not, so it's worth checking! So, there you have automatic writing! Try it out if you wish. If you don't wish to, that is fine also. If you find you have difficulties in doing it, you can ask the author for assistance.

## PHOTO PSYCHOMETRY/DISTANCE READING

For distance reading a current photo of the sitter is useful, although it should not strictly be necessary. It can be helpful in tuning into your client's energy. Before you start, as ever, protect yours and your client's energy.

To connect with the energy gaze at the photo. Keep the image and feel of the person in mind, transfer the image you have in mind to the room you're in. Visualise that person sitting opposite you. Besides, tuning to energy you may also glean information from the photo, such as colours in the aura. You may sense things about the person (remember to be sensible as to information you give ~ see do's and don'ts further on) and, you may also see images of buildings, scenes, souls who are around the person. To look at the photo in this way, just relax your vision and focus as you do to look at aura. Look around and into the photo and see what you get, or hear, or feel, or smell. Nothing is wrong. Note it all down. It is a nice thing to put into a downloadable document, what you glean from the photo.

The next stage is to connect, so call upon the Power of the 7 Archangels and Archangel Azrael as you do for one to one readings, and your Guides to come in if you wish. A client may wish to connect with a specific loved one, and this may be possible, but it isn't a given, but a soul or souls will come through. Ask who wishes to come through, again you may check if you feel the need to, but really, as you do this work through and with the Angels, you are safe. Archangel Azrael will not let a ne'er do well through and nor will Archangel Michael. Just receive what is given. It may be full sentence messages, it may be numbers, colours, you may get feelings, hear, see, smell, feel. As before, trust what you get.

You may feel all you're getting is jumbled up nonsense but write it down or record it. Trust is key. Once things come to a finish or you sense or hear it is time to finish, then thank those who have connected and ask them to go in peace and with love and light. And so it is. Remembering too of course, to thank the Angels and Guides and give thanks too, for the gifts bestowed upon you.

The information given should be typed up or a copy of a voice recording made, if you worked in that way, for your client. Again, some messages or words etc, will ring true right away, others may take time or perhaps require a little looking into their family history. Trust though, what comes through at the reading does resonate with the sitter at some point, even if it's years ahead!

Make any documents as attractive as you can. It's always worth doing a bit extra! Remember, you can offer the psychometry separate from the 'soul connection' and vice versa, but it is nice to do the two together. How you work is down to you, it's just a suggestion. Pyschometry is an interesting subject and in time you might develop this, by choice, or it may come naturally.

## CHAPTER 11 ~ Practice and Exercises and How to Strengthen Your Connection and Your Gifts

Meditation ~ Meditating is of course, a wonderful way to quiet the mind, to step inside, in order to receive insights and guidance on all things. It also opens a portal, or a space in which Angels and Guides and other beings of the Light may connect with you and you with them. It's a lovely thing to invite in the Angels or Guides of the Light who may most serve you at the present time.

Make your meditation space special. Make a space somewhere quiet, where you can go and be undisturbed for a while. Comfort is a big thing to consider. Some may be comfortable in being seated, cross-legged on the floor, or one might prefer to sit up straight in a chair or even to lie down. Do what feels right for you. You can purchase specially designed meditation cushions which are designed to support the hips and therefore provide more comfort, or perhaps you could make one. It's sometimes a good idea too, to have a blanket over the knees or something to put around your shoulders, so you do not get cold. Discomfort is no aid to quieting the mind and meditation.

The space you are going to meditate in, besides being quiet and somewhere you can go and be uninterrupted, may benefit from a specific décor and by that it is meant to decorate the room so it feels conducive to the task in hand. You may wish to make an altar, an angel altar, on which you might like to place some specific crystals to link with the Archangels, or just ones that you are particularly drawn to. Diffusing some oil or burning incense is a lovely thing to do also. Use your imagination and your intuition as to what you have in the room. It is your special space.

Music, and whether to play soft background music is a personal choice, but it can assist in quieting your busy thoughts. 'Angel' type music is lovely and relaxing as is zen music or reiki music. Check out the links at the end of the course. There is a website which has music by Thaddeus and it is truly beautiful. Some websites give free guided meditations which are lovely for a beginner and experts alike and there will be a You Tube link given to some guided meditations channelled to the author which you might like to try out.

Lighting of candles may be done, but ensure they are safe and not near to curtains or anything flammable and are on a stable base. Candles are another lovely way to invite the Angels into your space to connect with you and you could try different colours for different Angels. Again, do what feels right for you.

You may like to meditate upon the crystals, just by gazing at them as you quiet your mind or by holding them in your hands. Use the specific ones for the Archangels or use those such as selenite, angelite or seraphinite which are good for linking to angelic frequencies.



You could of course, use images of Angels to meditate upon. Go with your intuition. You can too, just ask the Angels to be with you.

You may sense connection, when they come in. You may feel heat, cold, tingles even. You may feel nothing or hear nothing. But know that if you call them in, they come and over time you will become aware, as your own vibration becomes higher. You might see, hear, feel or smell them (beautiful aromas).

You can 'write' with the Angels too, using the automatic or 'ghost' writing. Protect yourself of course, and ask for a specific Angel, Guide or Ascended Master to "be with you and to use you as their channel to speak their words of truth and love. And so it is," or the one who can most serve at that time. Always check who comes through and that it is a being of the light. This writing, strengthens connection and can also assist in opening up more fully, your psychic gifts. Read the chapter where the writing is spoken of and follow the words written here too.

So, you see, there are many ways in which you might invite the Angels in, and to strengthen your connection with them and, also to sharpen your gifts. You can too, ask the Angels, Guides and Ascended Masters to assist you in strengthening your gifts and, also your connection with them.

## CHAPTER 12 ~ Handling Difficult Situations

Being a medium can sometimes be difficult. Your clients may find sittings emotional, may feel embarrassed, indeed, they may exhibit and feel a whole range of emotions. Be sympathetic to how they feel, offer reassurance and always have a box of tissues to hand.

On the flip side, you may get clients who are rude and confrontational. Remember, you are not there to take abuse and have the right to terminate an appointment. Do resist a scene though, remain centred and with your heart open. Handle such times with tact and diplomacy, as well as with assertiveness if needs be.

If you have an online business, or a page where you work from you may also get those who are cheeky and will ask for free readings. That's ok, if that is what you wish to do, but do bear in mind that balance is key. Exchange is right, even if it is a small donation. The author gave free readings through competitions and, also if guided to do so and now currently asks for consideration of a donation to a fundraiser. Do as you feel comfortable with, but don't feel you that you have to give of your time and energy for free. It is acceptable to charge, but, it is also good not to charge extortionate fees too.

You may get those who challenge what you give them, particularly if it isn't making sense at the time. It is worth the while explaining that not all things will ring straight away, that sometimes things may be a reference to a future event. Managing your client's expectations can go a long way to avoiding difficult situations.

You may even occasionally get a totally sceptical client who merely wants to 'test' you and ask things like "what did I have for my dinner last night", or can my "Nan" tell me what I wore to work last Wednesday". You may even get "Is this all you do for a living". Remain polite, but put your side across if you feel the need.

Fortunately, these little scenarios don't occur often, but, it is worth thinking about potential problems and how you might deal with them. Hopefully, you never will, but this chapter was added, just to get you thinking about it.

## LESSON 13 ~ Do's & Don'ts

See the Useful Links too as there is a little more depth, but a few basics will be covered in case of not following any links given.

Be Yourself, not a persona. You're not an actor or an actress and you don't need a crystal ball or a gypsy outfit. Just be you.

Listen to the Angels, Masters and Guides who work with you for they may offer guidance to your client, besides those souls who connect.

Do remember that you aren't a fairground fortune teller so don't be tempted into fortune telling or predicting anything ~ Doing so will only be breaking the law, but also, the future really cannot be predicted. Yes, you may get possible outcomes if you read tarot or angel cards, but, the free will of the clients and all those around the clients can affect outcomes, the future, so don't go there.

Do take care as to how you deliver messages ~ if you feel a particular way of wording or the way it comes across may be upsetting to your client, adjust the language appropriately whilst still maintaining the heart of the message.

Give verifiable info so that your client knows it is their loved one. You may get to see, hear or feel descriptions, how they passed, personal habits they had, for example. Remember that many come will come to you for assurance that their loved ones are still about them.

Don't be tempted to give opinions as to what messages might mean or refer to, or to give advice during a sitting. After a reading, you may listen to your client and respond as is appropriate. Keep the sitting or reading as that and don't digress.

Do point out to your client that some things that come through may take time to clarify and may need them to look into things. You only give what you're given. Meanings and references are not for you to know.

Never diagnose an illness in a client or a close loved one that is living. You may get messages with health advice but don't put it across as a diagnosis or a prescription of any kind. You are not a doctor and therefore not qualified to do so.

Don't be tempted to embellish any messages you get. Give what you're given and no more. No be tempted into spinning a story or scenario.

Always be polite to clients and sometimes they can be trying. Put yourself in their shoes.

Do be mindful of their emotional state ~ remember the Stairway of Grief.

Do be ready to answer any questions or queries your client may have, before or after the sitting. Be sympathetic and listen. Sometimes being a medium means that people will open up, as to their thoughts and feeling to you in all sorts of ways.

Last, but not least ~ keep strengthening those gifts as you go through your work. Be that through development groups, church or with the assistance of your Angels and Guides.

Do enjoy your work and your gifts.

## CHAPTER 14 ~ Respecting Privacy & The Legal Bit

### Respecting Privacy ~

Do you like to stay private? So too do your clients. Resist name dropping at all costs. Please don't discuss readings you've done for people that day. It is good policy never to share your client's details with third parties, who may benefit, or who may not.

Never use anyone's details without their express permission. Treat people as you would like to be treated.

The Legal Bit (and this is important!)

There are laws around mediumship and these need to be applied to your work and, also in any literature, or any website. A disclaimer such as this is required.

Mediumship is regarded as entertainment for it is seen that there has been no proof of the afterlife, and as stated before if there is to be monetary exchange in any way, shape or form then register as a business and get insured.

### **Mediumship Disclaimer**

Any demonstration of mediumship including private readings are a form of experiment and no claims are made and results cannot be guaranteed. During a demonstration/sitting/reading you are not guaranteed a personal message. The medium does not tell fortunes but attempts to give evidence of survival, which may include relevant information surrounding the person at the current time.

The old Fraudulent Mediums Legislation is no longer in force. Within UK law, mediumship is now regulated under consumer protection law and to meet this law any reading must be regarded as for entertainment purposes only. Readings should not be used as a substitute for any professional, legal, financial, medical or psychiatric advice or guidance. Over 18's only.

See also the Disclaimer & other Legal entries at the end of the course.

I add this as a bit of useful information which should be included on your website or any written adverts. Note this is for the UK. Take care and check the law in your own country.

## CHAPTER 15 ~ Useful Links and Useful Books

### Useful Links ~

<http://psychics.co.uk/blog/mediumship-and-the-law/> This really puts a bit more info here for you can covers the do's and don'ts as well as the law.

<https://westminster.global/uk/> The author has used this company but there are many others who offer insurance.

Here are links to connect with the writer, be it for development, to socialise or ask questions.

<https://annaenfyshealing.co.uk> There is a contact page on the website.

<https://instagram.com/AnnaEnfys> Feel free to direct message.

Or email ~ [contactannaenfys.co.uk](mailto:contactannaenfys.co.uk)

Useful Books ~ books are a very personal thing but this one Elaine recommends ~ for reference and for pleasure. As you go forward, you may find you connect with various Angels and Ascended Masters and this is a really excellent book ~ useful for learning more too. It is *Archangels & Ascended Masters by Doreen Virtue*. You may need to search out a copy as much of Doreen's work has been removed. Elaine has not given any recommended reading ~ books can be a personal thing and there are so many out there! Read what resonates with you. Should you find any really good reads out there, do share!!

Beautiful music by Thaddeus here and much more, including meditations! You can listen to excerpts for free and the full tracks are beautiful. <https://www.orindaben.com/>

Here are links to *guided meditations recorded by the author* ~ which you are free to use at any time. There is a meditation with each of the Archangels which may help in your connection. Please note these recordings are 'in the raw' and are not edited. This is so as not to interfere with the Angelic energy present at the time of recording.

<https://www.youtube.com/channel/UCRhaTyixXw41nxkgKgKA9zw/videos>

## CHAPTER 16 ~ Epilogue

Dear Ones,

Your journey is now complete. For now. For this is the beginning of your work as a Rainbow Medium. You will learn more, feel more, sense more about all that is to do with mediumship as you go through with your work. You have learnt the basics and now it is time to hone your gifts, in order that you may bring clarification, verification, love and comfort to those that you read for, in whichever way that may be.

Your connection with and, with your working with the Archangels will become stronger and clearer over time. Practice all you can and, above all, trust the insights and the messages you receive. That is the hardest part. You imagine nothing, you make up nothing. It is real enough, as you will come to know. Go forward now, do your work, enjoy your work, for it is beautiful work indeed for it brings with it much healing and comfort for those that you work with.

Know that you can call upon me, or any of the Archangels at any time, for you or for others. This is a true gift you have. Treat it as a blessing and only ever for the Highest Good. And so it is.

(The Latest Update 13/4/2020 ~ I always thought I truly knew and understood fully exactly what the Rainbow Mediumship is and how and why it works! So I have ~ but only to a degree. In recent months I have become aware of the Net of Light ~ this net of light is the net, web or grid that you may, or may not have heard of. It is this net, web, or grid that supports everything. Humans, animals, plants, minerals and way, way beyond that. The grid, net, web holds and carries, pure Divine energy and it is this energy that is drawn upon both in reiki and the Rainbow Thread and also Rainbow Mediumship.

The Rainbow Thread now appears to me to be threads of all colours of the rainbow that run through the net, web or grid of light, that rainbow grid I mentioned earlier! You, me, the Angelic Realms, the Cosmos are all a part of this web and so too are our ancestors and our loved ones passed. All of this is interconnected as are we. Now, I fully understand what it was that was 'given' to me back when I started to write this course.

If you wish to know more of the Net of Light and also of the Great Council of Grandmothers who are currently with us to aid the Earth and humanity, than ask, or go to the website where you can find out more, especially if you feel the call, then join in that work also. This work is a blessing and the more so for understanding it more fully, and yet, I still feel that there are more revelations to come! I'll update as

necessary ~ I leave these words within brackets as they are purely to bring you up to speed with developments which may be of interest to you).

You are left with a special poem channelled for the completion of this book, for you to enjoy and reflect upon.

### Archangel Azrael ~ Channelled Poem

The days are done, your life has gone,  
And the time is nigh, to return to the one,  
God, Creator, Source, whatever the name,  
It matters not, all are one and the same.

Time to come home, home to be  
Able to heal, understand and see  
All that is, all that is you,  
You and he, she and them too.

All are one, All that is,  
Be not afraid, I can tell you this.  
There is nothing to fear, nothing to dread,  
As you face those final moments on your death bed.

Your physical body is but a shell,  
And you'll not feel pain, to you I can tell  
The truth now, you will see  
Someone loving comes to greet you, that will be me.

I am Archangel Azrael, come to guide you to Heaven above,  
To steer and guide you to where all is love.  
You won't feel pain, fear or woe,  
For you'll understand, it was your time to go.

I am no grim reaper dark and cold,  
I just come gently to take you back into the fold.  
To the arms of loved ones gone and the Angels above,  
We move quietly and quickly just like on the wings of a dove.

There. You've arrived and all is well and good,  
When you've had time to settle, you'll have understood,  
That you're home, you're free and light,  
No more day and no more night.



You can still see and hear those you love,  
Just from a different viewpoint, that of above.  
Yes, you'll see their tears, and feel their pain,  
And things will not be quite the same,

But you know that the Angels can help you through,  
And, you'll know exactly just what to do,  
To visit your loved one, to guide them to  
A Rainbow Medium, yes, that's true.

You do not die, there is no end,  
Just that at a certain time, God doth send  
For you to come home, to heal and rest,  
And dwell awhile, for you, now that's best.

Death, dying, loss of life,  
No need for worry, tears or strife.  
All things are as they should be,  
Don't be afraid, don't be afraid of me.

I am kind, loving and gentle and will comfort you,  
Help you through sadness and teach you to  
Understand the truth of life and all.  
All you have to do is give me a call.

No fancy words, no fancy name,  
Call on me do, you'll be glad I came.  
I guide you home and I can guide you too,  
When you've lost a loved one, I can comfort you.

I am a counsel, and Angel of Comfort, Mercy and Love.  
I can assist those on Earth and those above.  
So, call if you need my comfort tonight,  
It is ok to do so, indeed it is right.

And now I must leave to make the way,  
Smooth and happy for someone's last day.

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## CHAPTER 17 ~ Copyright, Disclaimer, Liability

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### DISCLAIMER

Although it is the intention of Elaine Jeyes (EJ) at Anna Enfys Healing & Coaching (AEHC) to give you all you need to practice as a Rainbow Medium, there is no guarantee that the reader will become increasingly psychic or gain extra powers. Neither can it be guaranteed that you will find work as a Rainbow Medium. The author is not responsible for any outcomes, legal, medical or otherwise that may ensue through the practising of this material. It is up to the reader, to continue their development and, also to ensure they work in a legal and professional manner. The author takes no responsibility for any malpractice.

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### LINKS

Links are given for information only. EJ/AEHC does not give endorsement or recommendation to these sites and is not responsible and, does not guarantee the accuracy or correctness of information contained therein and is not affiliated to such.

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## ABOUT THE AUTHOR

Elaine, otherwise known as Anna Enfys has been writing spiritual works and practicing holistic healing for a number of years now, and continues to write avidly.

There are other works which can be read and found on the website.

These are ~

An Angel Anthology

Crystals Awake!

Rainbow Thread Energy Healing (also a course).

Elaine is married with a grown up family and lives in rural South West Wales with her long suffering husband and devoted JRT (Jack Russell Terrier) Bertie.

When not busily writing, researching, practising, she is likely to be found in the local woodland, or up on a hill somewhere. Nature is very close to her heart and indeed, nature too, has a place in all she does.

Elaine is a Certified Angelic Medium (Charles Virtue) and hold Diplomas in Colour Therapy, Crystal Therapy, Colour Aromatherapy, Ancient Egyptian Sekhem & Gem Mastery and also reads oracle and tarot cards. The list continues to grow, although much that is currently being done is Elaine's own work.

If you wish to know more, then visit the website at

<https://www.annaenfyshealing.co.uk> where there is much information including a blog page.

Many thanks for reading this book and for your kind donations to Tree Sisters through Elaine's fundraiser - 'Little Acorns' - every little helps in re-greening our beautiful planet.

To find out more visit <https://www.treesisters.org>

