

Complete & Total

A lit candle with a flame, set against a dark background with a woman's face and bokeh lights.

*Mediumship
Training*

by Carol Nicholson, PhD, Certified Psychic Medium

IMAGINE SPIRIT

IMAGINE SPIRIT



Complete Mediumship Home Study Course

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Total and complete Mediumship
training covering most topics and
developmental exercises
necessary to become a full-
fledged medium

*“A medium is a connecting link between this physical
world and the world of Spirit. Anyone can learn to act as
that link. Anyone can become a medium.”*

~Lady Ann M. Burdock 19th Century Medium

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Disclaimers

The information in this course comes from years of research, my own experiences with the faculty of clairvoyance, working with thousands of clients and students, and innumerable studies I have undertaken. Students will progress at their own rate. Success resulting from the techniques offered will depend on the student's dedication and practice of the exercises set forth. While every attempt has been made to verify and provide the most accurate information, the Author assumes no responsibility for errors, typos, omissions, wording, or contrary interpretation of the subject matter herein.

This publication has made every attempt to provide all information that is currently available on the subject; however, the serious reader may find certain areas of information not covered.

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Any perceived slights of people or organizations are unintentional.

Imagine Spirit Intuitive Arts and Carol Nicholson makes every attempt to ensure that our products and services are accurately represented.

Everything written in this handbook is a matter of years of study, personal experiences, and teaching countless individuals in the art of Mediumship development.

Carol Nicholson and Imagine Spirit make no assurances of any kind of Spiritual connection and clairvoyant progress made as a direct result of studying this course and the practice of the developmental exercises contained within. She makes no assurances in any regard with anything the student might decide to do with this information.

Everything the student decides to do whether as a result of this course, or as a result of their own studies, will totally be the student's own personal decision and experiences.

As with any endeavor, results may vary and are based on individual capacity, dedication to development, paranormal experiences of any kind, and prior and/or attained expertise.

The use of the information provided and supplemental audio files purchased, or classes, should be based on diligence and the student agrees that Imagine Spirit and Carol Nicholson is not liable for any success or failure of Spirit explorations, be it business or personal that is directly or indirectly related to purchase and use of this information, product, and/or service.

How to Take This Course

This Home Study Course is the foundation from which your new or current Mediumship abilities will be greatly enhanced. If you are currently seeing or sensing Spirits, this guide will help you to control when or where you experience the phenomena and how best to work with it. Our goal with this study guide is to promote a greater sense of confidence and expertise for contact with Spirit whether you are a beginner or are already practicing Mediumship. We feel the more you know about all the facets of Mediumship, the better equipped you are to practice the art. Knowledge is power and the course information provided comes from years of practice, study, and working with hundreds of students just like you. Finally, this course will create a solid foundation for you to work from for years to come and, will assist you in becoming a truly accomplished medium! Read the following carefully:

Read the lessons thoroughly and do the exercises and quiz at the end of each lesson. For examples given to search the internet for additional information, please do so to augment your knowledge base. Review often. If you get tired or frustrated for any reason, stop for a bit and return to the lessons later on. Frustration and or anxiety will only stop the flow of Spirit communications coming to you.

Please do not rush through these lessons. True Mediumship development takes time. Start a study group or join one nearby if you possibly can.

Feel free to print your Mediumship Glossary of Terms provided to you and refer to it when needed.

If you have questions about the course materials, just send an email *to* info@imaginespirit.com with the **question and the lesson it pertains to.**

AS OF 2016, YOU WILL RECEIVE ACCESS TO ALL OF THE RECORD EXERCISES IN YOUR ORDER.

Practicing the Exercises:

There are many developmental exercises presented throughout the entire home study course. The *Complete Printed Mediumship Home Study Package* includes an audio-only materials DVD of all the Exercises in the handbook recorded and a real Live Class MP3s to follow along with as you work through the course.

We realize it's impossible to do all of the exercises presented in this course every day. We suggest you pick an exercise or two from each lesson and work with each for a while. Experiment with the exercises that you feel you need the most. Then choose the ones you wish to practice with throughout all the lessons. This way you can get the most out of the exercises presented.

General information, addendums, and questions about the course materials:

Even though we have made every effort to present the course with as much factual information due to the experience as a medium Carol Nicholson has garnered, there will be times the student may not agree when what has been set forth. Also, some students have taken other courses and have their own way of doing things. This is perfectly fine. The purpose of this course is not to change how one perceives and makes spirit contact if already doing so. Our goal is to enhance any abilities and training you may already have. Ultimately, it is you who will be doing the Spirit communication and you need to be comfortable with how it is accomplished. Also, we would just like to mention, if you see something which is confusing or concerns you about the wording of the lesson, send an email to:

<mailto:info@imaginespirit.com>. As we are constantly striving to provide the best in training and information available for your development, we are always open to

suggestions and have in the past, sent out addendums and updated course material versions containing added information and other changes.

Resources and Suggested Books:

This handbook is used for the Mediumship Training by Phone Program and the In-person Mediumship Training Intensives which I hold several times a year. There will soon be Advanced In-Person Intensives offered for those who wish to take them.

I first started this home study course project in the summer of 2008 expecting to have it finished in a month. Little did I know that the endeavor would take almost 12 months to complete. I have to say that even though it was extremely time intensive, it has been most definitely been a work of love.

I am often asked what resources I have used in the formulating of this program. As mentioned in the disclaimer, the information contained within has come from countless years of study, sitting in development circles, reading others, and the most vital resource of all, the students who have come to me for training just like you. I would like to take this opportunity to thank them all for their dedication, hard work, and their amazing connections to the Spirit world which I claim no credit for.

Important Notes: If for any reason you are not feeling well or you have any uncomfortable physical or emotional sensations while doing the course work, please stop until you feel better. We are not responsible for any condition the student might suffer from doing the course exercises.

Also, for those wishing to become a professional Medium and either charge for their services, or offer voluntary help via Mediumship or teaching others the techniques within these lessons, we are not responsible to any party whatsoever, for any outcome of a session(s).

If you wish to become certified, the Mediumship Certification Process is covered at the end of Lesson 12.

I also suggest you practice as much as you can to achieve true Spirit contact. See *Practicing Spirit Communication on page 10*.

I sincerely hope your venture into this realm is as exciting for you as it was for me. I welcome you now to the Mediumship Home Study Course.

Enjoy!

Carol Nicholson, PhD
Certified Psychic Medium

Updated: January 2017

INTRODUCTION

“Never utter these words: ‘I do not know this;
therefore it is false.’”

“One must study to know, know to understand,
understand to judge.”

(Hindu Philosopher)

Welcome to an amazing home study training course for the development of Mediumship. After several years of people contacting me from all over the world requesting a course like this, I finally felt compelled to put one together. True, I resisted this for a long time because I believed Mediumship training should be experiential in nature and that in-person training was the most effective route to follow. I have since changed my mind about this after conducting a few trial runs with training by phone with selected students. To my pleasant surprise, I found that training by this method is as effectual as training in person. The only real condition for this is that the students learn the materials, practice, meditate often, and is sincere about their desire to learn. More importantly, a student being patient about experiencing through the process we call unfoldment is paramount.

It's no secret that Mediumship today, is a hot topic. It has not always been so. For years, I struggled like so many, to do my work and not be considered weird or unnatural for what I did. Now with the help of television and mediums who have become well known, we are now able to do our work with pride and get the word out to others who wish to develop their own abilities as well. I always feel such joy when working groups whether in person or by classes by phone. When my students shine, I know I have done my job. It's true, many were as frightened when they began study, but as time went on, the abilities and skill sets increased and in some cases, went right through the roof!

I always tell every class at the beginning, start your Mediumship Journal at once. Document every incident which you feel may be Spirit related including dreams. Note the time of day, the weather, the phase of the moon which can be found on most calendars, and what you were doing at the time. It is a great source for charting your progress and to refer back to when similar phenomena happens. After a while, you will discern a pattern. If you are starting a development circle, please follow the same suggestion. Document everything in your journal even if it's just a few sentences or, you are not sure what you experienced. The answers to what is going on will eventually come.

Last but not least, remember to have an open mind and believe in yourself. Just by adhering to these two principles, you will be taking quantum leaps in your training. If your development seems slow or if you feel you don't seem to be making headway, give it time. Often a student taking the course or in-person classes may have absolutely nothing happening for a while as far as Spirit contact is concerned. Then one day, it all clicks together and the hard work has become worthwhile. My students hear me say this often:

“Trust in this. Trust in yourself. And, most of all TRUST what you get!”

Practicing Spirit Communication

Throughout this course you will learn a great deal about the art of Spirit communication. You may be wondering, “When do I really practice Spirit communicating with all the reading I must do?” The answer is simple. Throughout the course and during meditation, you can practice seeing and communicating with Spirits. Having a group or someone to practice with, is your **best** way to learn true communication skills and chart your progress.

- You should start a group of like-minded people to practice with on a weekly basis.
- During your daily meditations, you can practice calling in Spirits and see what happens. Keep a notebook of everything that occurs. If at first you think it’s only your imagination, try to shove that thought aside. True Spirit communication starts with the imagination!

How do I do this?

After learning the Basic Essentials in Lesson 2, meditating techniques, and about our energy bodies in Lesson 3, do your meditation period and then call in Spirits of the Light who wish to communicate with you. Do this for ten minutes as often as you can. You may sense, clairvoyantly see, hear, or feel Spirits around you. If anything at all seems negative, stop, clear your energy, and try again. Or, do it another time.

Try a mirror!

I teach my students to use a mirror for Spirit contact practice. **Have a mirror that you use just for spiritual work.** This mirror should not be used by others.

In this mirror, you will eventually be able to see your angels, guides, or maybe deceased loved ones or-- Spirits. I have one that's about 2'x3' that is lightweight, framed, and I prop against a chair. I sit on a big pillow on the floor and have the room dark with a candle lit behind me but I make sure I cannot see the candle itself in the mirror.

1. Clean your mirror if you just bought it. Consecrate it by touching it and infusing white or gold light and angel blessings into it. Imagine you are mentally cleaning this mirror off too. Say to it, "You are now clear of any previous viewing energy and ready to do spiritual work."
2. Always always call on your angels, Spirit Guides, religious protectors, or deceased loved ones in to be with you while you do this. Ask them to help you to do whatever it is you are using the mirror for.
3. Now gaze at the point WHERE your third eye is (Lesson 3).
4. Soften your gaze. Keep looking at the point. Keep relaxed. Let your eyes be relaxed.
5. Now with your peripheral vision, notice any energy waves that start to appear around your body. You are looking from the shoulders up. You could see or sense flashes of light --anything.
6. While still looking at the point, allow your peripheral gaze to notice the glow around your body. This is the etheric body (Lesson 3). You may also begin to see colors. Now notice the soft glow around you. Soften your eyes if you are staring too hard. Staring makes you tire quickly. *If it's too hard to look at the point between your eyes, you can look towards the top of your head and around your shoulders.*
7. Ask Spirits to visit with you and see what happens. It may take several weeks, but you will start to get Spirit contact. You may not know what they want in the beginning, but you will learn how to "dialog" with them in later lessons. Some may want to cross over, as in Spirit Rescue". (Lesson 8.)

8. If your eyes become tired, blink them several times--or rest. Then document what you have seen or experienced. Again, this is a very helpful technique but not mandatory. If you don't see anything at first, please don't get discouraged. You eventually will start to notice various *phenomenon happening. Be open to what you see, hear, or sense.
9. Practice is essential for true Spirit communication. Please practice what you have learned as you go through the course as often as you can. Your experiences will change and grow as you move through it. Please be patient. Again, if you feel uncomfortable in any way, stop what you are doing.
10. If you are using a mirror, when you are done with it, clean it off and put it away in a closet somewhere. I put a black velvet cloth to cover mine when it's not in use.

***I have to emphasize that Spirit communication is not dangerous, however, as you begin to open up, unusual occurrences might begin to happen such as hearing knocking or rapping sounds, whisperings, musical instruments when none should be playing, feeling light touches, or seeing Spirits when you didn't see them before. If you use the proper protections like I teach, you will be fine. If you still feel uncomfortable, stop everything for a while and try again later.**

Use your common sense. There is a lot of disinformation and scare tactics on the Internet and in some books. Be confident and sure of your desire to achieve authentic Spirit communication. This handbook has been written to provide you with everything you need for safe and positive experiences with Spirit contact.

Getting Started

Lesson 1

TOPICS IN THIS LESSON:

Important Definitions

What Is a Medium?

Why People Seek Out a Medium

Why Become a Medium

The Spirit's Point of View

Categories of Mediums

The Difference between a Medium and a Psychic

The Two Most Common Forms of Mediumship We Practice Today

Benefits of Developing Mediumship

The Various "Clairs" We Use to Communicate with Spirits

What Happens In Our Bodies?

Developmental Exercises and Activities

Important Definitions to Know Up Front

Note: You should have received a 'Glossary of Terms' in your course package downloads.)

Sitter(s): Person(s) receiving the messages from the medium

Querent: Same meaning as "Sitter" but the term is usually used in reference to psychic readings

Circle or Séance: Where a group gathers to contact Spirits and is usually led by one medium

Spirit/Discarnate: Someone who is no longer living on the physical earth plane

Veil: Dimensional thin membrane of ether which separates the living from the deceased

Incarnate: Someone who is presently alive on the earth plane

Occult: Often misunderstood as being negative, this term simply means "knowledge that is hidden".

What is a Medium?

Definition of a Medium from Miriam Webster's Collegiate Dictionary

A Medium is a...

(4) c: GO-BETWEEN; INTERMEDIARY: an individual held to be a channel of communication between the earthly world and the world of Spirits.

A medium's sole function is to relay messages from the World of Spirits to the living. Simply put, a medium is the go-between or pipeline of communication between discarnate entities and incarnated persons. A properly trained medium, by utilizing their various psychic centers, can communicate with the dimensional plane where Spirits reside. We will touch on these centers later in this lesson.

Mediumship, as with any other natural ability is in no way a reflection of superiority over others. It is a God given gift which can be used for any number of positive reasons. And, let us be clear on this. One does not need to be naturally gifted to develop this ability.

Note: There are some in this field who have written books on the subject of Mediumship Development and take issue with the fact that Mediumship talent might be termed "a gift". I really don't want to quibble on rhetoric; however, I personally feel that the ability for Spirit Communication is a gift that God has given us.

Why People Seek Out a Medium

This answer is very similar to the explanation above but in reverse. Individuals visiting a medium are seeking comfort and some sort of verifiable information that assures them their deceased loved one is still alive and hopefully happy in their new state of being. They want to hear, "It's really me. I am here with you and I am OK!" Does this mean the Spirit or deceased loved one will always come through in

a Mediumship Circle or private session? Not necessarily. Does this mean they don't care? No. This only means that they may not be able to communicate at that particular time. In fact, another discarnate Spirit or relative might show up instead. This can be upsetting for the living person strongly desiring contact and is hard for them to understand. If a Spirit, for any number of reasons, is not able to communicate during a prearranged sitting, they will most likely attempt communication at a later time and in some other way. We will be covering more about this in later lessons.

Why Become a Medium?

Why would someone wish to communicate with the dead? The answer for many is clear. Spirit communication helps bring back that which seems to have become separated and lost through what we term death. With the help of the medium, interaction with the deceased can offer encouragement and proof that the love and other emotions present upon passing is **not** irrevocably lost, but survives after the body has stopped breathing and the brain registers no brain wave response. We in the field of Mediumship understand that individuals do not really die; they continue consciousness in another dimension very close to our own. And by understanding this concept, a developed medium can offer assurance and hopefully bring peace and closure for a person seeking to contact the dead by imparting validation that the seeker's loved one or friend is not really gone but truly alive and aware on another plane of existence.

Having the desire to do this wonderful work is why many people take this course. There is an inner calling to pursue this amazing subject in order to facilitate communication with the other side for personal reasons, spiritual growth, and to comfort others. Also, I wish to state here that not all people who become mediums originally started out in life to do so. Not all practicing mediums felt the calling at a young age. For many of us, we head in one direction early in adult life, and then for various reasons, decide to pursue another path. I know people who began their Mediumship studies in their 40's, 50's and yes, even 60's.

About the “Veil” and Messages Received by the Medium

Souls who pass over have, in essence, transitioned to another plane of consciousness and become Spirit once again. Spirits are **not** far far away, but are, in fact, very close to the living at all times. Mediums understand that this other place (sometimes referred to as “Summerland”, is not separated by a great distance, but actually interpenetrates our own 3-dimensional earth plane.

Often, when a loved one has died, they will attempt communication with those still living in various ways. The living, however, in the depths of their grief, cannot see, sense, or hear the loved one and therefore lose the opportunity to communicate. I call this *psychic debris*.

A membrane, called “The Veil” stands between the seen and unseen and is very thin. Almost anyone can “penetrate” this veil for purposes of communication with proper training. Again, we emphasize there is no *real* separation between our world and the World of Spirits.

Those who have transitioned before us will always return if called upon to do so. Perhaps not at first, but spirits will eventually attempt to manifest themselves. Spirits will try to communicate to those left behind through dreams, moving things around, leaving a familiar scent associated with them when alive, or other subtle indications showing they wish to be noticed. When a medium comes into the picture, it’s easier for the Spirit to communicate their messages using the medium as the vehicle for message giving. Messages may come to the medium in the form of symbols, empathic feelings, smell, taste, and inner hearing. This input comes through various energy channels which are called “Clairs”. We will cover the “Clairs” later in this lesson.

One of My Own Experiences

My sister lamented, not long after the passing of our mother, “Where **did** mom

go?” This is coming from an atheist. In her shock and grief, my sister, could not fully reconcile that our vibrant, strong, and loving mother had been suddenly eradicated from our lives. For my sister, despite her lack of spiritual belief, there remained a spark of hope that our mother was not gone forever but still existed somewhere, and my sister was almost desperate for the knowledge that our mother was still **alive**. In our conversations, I assured her, that mom wasn’t gone—but had just moved to another place of being and was still alive (conscious) residing in that dimension. Although not entirely convinced, I could tell this statement helped to ease my sister’s grief and pain. Ultimately, she was able to move through her grief and later thanked me for helping her to understand. Today, she still asks from time to time if I have “heard” from mom.

From the Spirit’s Point of View

Why would a Spirit wish to communicate with their loved ones left behind? Let me ask **you** a question. If you were to die and were given the opportunity to contact your loved ones, do you think you would want to? Do you think you might have particular messages to give? The answer for most of us is, yes. There are many kinds of messages a departed loved one might wish to express. Some are urgent in nature, some asking for forgiveness, and some comforting and offering loving reassurance. There are no absolute rules or guidelines on what Spirits might wish to convey from the other side. Remember, they are still alive in their new dimension with the same thoughts and feelings they had while living on earth.

In many cases, a Spirit who comes through a medium has unfinished business they want to help resolve. Maybe their purpose for coming through is to make some sort of amends. Perhaps they’re aware the family is in dire financial straits and want to help. Possibly the passing was sudden, and there were important words left unsaid. The reasons are unique to each situation and are as varied as the number of stars in the heavens.

Think on this for a while and jot down some of the things a Spirit from the other side might wish to communicate to loved ones left behind.

As you might have guessed, the reasons a Spirit agrees to come back and attempt communication are varied. The most obvious is that they wish to convey the fact they are not gone forever but exist somewhere else. Understandably, it's difficult for a soul in Spirit, especially ones newly crossed, to witness their loved ones left behind in so much pain and grief. In a nutshell, they want to comfort those persons and help them to move forward with their lives. They also want to assure them that a reunion will take place at some point when it is that soul's time to pass.

Whoa! Things People Write and Teach Shock Me

I actually read in one book authored by an alleged medium, where she emphatically stated that discarnate souls only get to give messages to the living if they *karmically* deserve to do so. Meaning, if they had been an extra good *doobie* while on earth, they get merit points of some sort and are allowed to give messages. I actually take issue with this statement! If this were truly the case, I hardly think many of us, it is our spiritual **right to make a choice whether to communicate or not**. And, given the opportunity, we usually choose to do so at least once. In cases where discarnate a soul feels deep anguish, shame, or guilt about how they might have treated or abused their loved ones when alive, they might pass up on the opportunity to communicate— at least at the beginning of their Spirit sojourn. The same applies to cases of death by suicide. Often times, it is the latter. They feel an urgency to come through right away upon passing to set things straight with loved ones left behind that might be suffering from guilt over the desperate act of their loved one or friend. Should they be allowed to do so if the intent is pure? Absolutely! Conversely, it should be noted that in some cases, those still living may not wish to communicate with a deceased relation or friend at all.