



@CCnDoc

# Connecting with Spirit

Mind, Body & Soul

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<b>Introduction</b>	<b>5</b>
<b>Your Connection to the Spirit World</b>	<b>7</b>
<b>What is the Spirit World?</b>	<b>9</b>
What IS the difference between my Spirit and my Soul?	10
Does Everyone Have a Soul - Including Animals?	11
Why We Don't Say, "Died"	11
What about Reincarnation?	11
<b>What is Mediumship?</b>	<b>13</b>
Do Mediums believe in God?	13
The Three Pillars of Mediumship	15
All Mediumship is Healing	15
Types of Mediumship	16
The Clairs	19
Mediumship & Ethics	20
Can YOU be a medium?	20
<b>What is a Psychic?</b>	<b>21</b>
<b>Readings</b>	<b>22</b>
Our Offerings	22
Do I have to have a specific set of beliefs to have a reading?	22
How Does a Reading Work?	22
Tips for a Successful Reading	23
<b>Healing Mediumship</b>	<b>25</b>
What should you do during a healing session?	26
All Are Welcome!	26
<b>How We Came To Understand Mediumship &amp; Healing Mediumship</b>	<b>27</b>
Our Approach & Background	27
CC's Story	27

Doc's Story	28
<b>Our Experience &amp; Learning</b>	<b>29</b>
Our Connection to Spiritualism: Mediumship & Healing Mediumship	29
What is a Spiritualist?	30
What do Spiritualists believe about Mediumship & Psychic Abilities	31
<b>How to request a reading or healing session with CC and/or Doc</b>	<b>33</b>
Pricing	33
<b>Disclaimers &amp; Release of Liability</b>	<b>34</b>
Intuitive, Spirit Communication & Combined Readings	34
Healing Work Sessions	34
Additional Agreements	35

# Introduction

The purpose of this guide is threefold:

1) **Purpose 1**

To educate potential clients and sitters who are new to this work, to explain it in a way that clients can understand its usefulness, helpfulness and healing power in their lives. We provide explanations in both simple and complex ways for those who just want the Cliff's Notes (feel free to skim or click on a page number in the TOC), and we provide more detailed information for those who like to delve further.

2) **Purpose 2**

To protect you and us from any misunderstandings. Not because we don't believe in what we do, quite the opposite! It's because we live in a skeptical and litigious world where these age-old and in many cases scientifically proven practices, are not always highly regarded. We make every attempt to operate with the utmost integrity and transparency. All opinions herein are our own and are based on our education, practice and experiences. *Our opinions do not have to be yours!* This guide is provided for informational purposes only.

3) **Purpose 3**

**If you are reading this guide because you have scheduled or want to book a reading or healing session**, we encourage you to read it in its entirety. We are also aware that some may choose not to do so for whatever reason. Given that, if you're scheduling a session and looking for the Cliff's Notes, **kindly read at least the following sections before booking:**

If you are booking **Healing Work**, read:

- ☯ Healing Mediumship (all sections)
- ☯ How to Request a Reading or Healing Session with CC and/or Doc (including Pricing)
- ☯ Disclaimers & Release of Liability (all sections)

If you are booking an **Intuitive Reading**, read:

- 🌀 What is a Psychic?
- 🌀 Readings (all sections)
- 🌀 Pricing
- 🌀 How to Request a Reading or Healing Session with CC and/or Doc (including Pricing)
- 🌀 Disclaimers & Release of Liability (all sections)

If you are booking a **Spirit Communication**, read:

- 🌀 What Is Mediumship? (all sections)
- 🌀 Readings (all sections)
- 🌀 How to Request a Reading or Healing Session with CC and/or Doc (including Pricing)
- 🌀 Disclaimers & Release of Liability (all sections)

If you are booking a **Combined Reading**, read:

- 🌀 What Is Mediumship? (all sections)
- 🌀 What is a Psychic?
- 🌀 Readings (all sections)
- 🌀 How to Request a Reading or Healing Session with CC and/or Doc (including Pricing)
- 🌀 Disclaimers & Release of Liability (all sections)

# Your Connection to the Spirit World

Welcome Dear Soul.

Many think that the work of intuitives, clairvoyants, mediums and psychics and is limited to a small portion of the population. And yes, some people don't believe in these abilities at all. We are not here to convince anyone. We simply believe and have been taught, that *all* are born with the ability to intuitively connect to others and to the Spirit World at various levels - and that through spiritual self-development, training and openness, *all* can have the healing gift of connection with Spirit. We know this to be true for ourselves, as neither of us were born into families that showed promise in these areas and yet here we are today, practicing these skills by way of our own circumstances which led to our spiritual awakening and awareness.

Though many of us forget, lose the ability or are discouraged from connecting to spirit in this way after early childhood, here are a few examples of how everyday people like you use your intuition and connect with Spirit without even realizing it:

- Have you ever have a sense or premonition that something was about to happen, and then it did? We call this psychic intuition.
- Have you ever known exactly what a person was going to say before they said it? Or do you get a sense that something will happen just before it does? Does it happen often?
- Can you read the moods or vibe of others?
- Do you see color or light around certain people?
- Have you ever lost a loved one and shortly thereafter been given a sign that you absolutely knew came from them? Our loved ones send us signs all the time in the form of feathers, pennies & dimes and in animal appearances. More often when we ask and pay attention.
- Have you ever felt in danger or been in a dire situation and silently asked for help, then miraculously gotten out of the situation or knew exactly what to do? That is the power of Spirit at work.
- Do you ever see the same number over and over again in a variety of places? This is often your loved ones, guides and angels sending you messages of hope and wisdom.

- Did you ever have an encounter with a animal in nature where you felt like there was a powerful moment of connection or messaging that you can't explain, or does a particular bird or animal often appear in your life?
- Have you ever had Deja Vu?
- Do you have recurring dreams that you can't explain but know are somehow connected to your life/lives?
- Did you ever have an imaginary friend? It may have been a spirit guide, angel or a passed-on loved one visiting you.

These examples are not likely just coincidence. They are more than likely serendipitous connections with Spirit. In its simplest form, mediumship is a transfer of information from the Spirit World via a medium to a recipient. Throughout this guide, the Recipient, you, may be referred to as the client or sitter. Learn how a Medium can be your conduit to the Spirit World by reading this guide.

***The Spirit World is there to help us all, and they are eager to do so, we just have to ask!***



# What is the Spirit World?

We can't discuss Mediumship and Healing without first discussing the "Spirit World". For us, the Spirit World includes: God, who some may also refer to as Creator, Divine Creator, Source or Great Spirit, the God force, Source energy; as well as angels and guardian angels, spirit guides and helpers, loved ones, ancestors friends and pets in Spirit as well as animal guides and other spiritual beings. The sky's the limit - literally! That may be a stretch for some and that's ok! **There is no requirement for you to believe in anything in particular when having a reading or healing session.** We simply ask that you stay open to the possibilities.

Robertson & James who wrote the book "Magician to Mystic: A Mediumistic Path to a Spiritual Life", describe it this way:

*"When we speak of esoteric things, we sometimes use words which can easily become meaningless through casual use. It is important to be clear about what we mean when speaking of soul and spirit, especially when we are working with the precious human soul here and in the etheric world.*

**The Great Spirit.** *The Infinite Intelligence, the God of Your Own Understanding, the Divine Power - whatever words we use, we are speaking of the source of all things. In our present day and age, the word God has evidently fallen out of favor due to negative associations and prejudices. But the fact remains that, whatever one chooses to call It - the Universal Mind, the Divine, the God Mind - we are referring to that which animates all things. We are naming the One...*

**The Spirit world.** *In our way, we refer to the etheric world or ethereal. When a person or animal dies and the soul transitions from this earthly existence to the next sphere of experience, we commonly say that he or she has passed to the etheric world. It is not a place as we think of it but rather a sphere of consciousness. In our understanding there are many such "worlds," ethereal being but one.*

*Those from the etheric world have described their environment and conditions in a variety of often contradictory ways. This is partly because, in the afterlife, we initially create the conditions we most need and which are*

*different for everyone. But it is also because the impressions received from the etheric world must be filtered through the mind of the medium. For example, if a medium is firmly entrenched in Christian symbolism, he or she may speak in terms of heavenly gates and angels; a gardener may receive impressions in terms of flowers and plants. The intelligence of the etheric world is such that they will use the symbols most meaningful to the medium [and their experiences], and therefore those which will be most effective in communicating their thoughts."*

## **What IS the difference between my Spirit and my Soul?**

Great question, and one we have asked as well. They are often thought of as one in the same. The best explanation of this we have found comes again from Robertson and James who say:

*"**Spirit.** Again, we refer here to the Divine Presence. When written, a capital letter indicates that we are speaking of a divine, non-individualized nature or mind.*

*The spirit. This phrase is commonly used in a variety of ways. Your spirit describes that essence of you which is a spark of God, and which is eternal. Your spirit animates your soul. Sometimes the phrase, "the spirit of" something or someone is used somewhat casually when referring to the tangible essence of a seen or unseen being.*

***Soul** is animated by your spirit which is an aspect of the Great Spirit. Soul expresses itself through the filter of the incarnated vessel of body, mind and emotion. The soul is a vehicle for the individualized expression of your spirit while upon the earth and survives death, but which is not eternal. Your soul has consciousness, native core energy, and layers of mental, emotional and physical attributes created by the soul's life experience..."*

*Within our present view, we acknowledge three primary aspects of our being. The Spirit, the Soul and the Physical Body. Your spirit is the eternal spark of the divine. That unchangeable aspect of yourself which is the God-nature, the 'I am.' The soul is the vehicle of the spirit expressing itself through the incarnation of your physical body, itself comprising of three interpenetrating systems: matter, emotional energy and mental energy. Put another way, **the soul is the medium for the spirit.** It is imprinted with all*

*that we ever were, and everything that we have become: mind and emotions, experiences and memories, personality and identity... This interweaving of soul and [physical] body constitutes what we sometimes call the subtle or etheric body. The etheric body emanates what is known as the aura. Looking now at the complete picture, at this wondrous, interdependent dance of spirit, soul and body. Is it not a perfect symphony? Surely we cannot be physical bodies who just happen to possess a soul; but rather we are spiritual beings who have been blessed with a physical body through which to give the soul the right set of circumstances to express the spirit. Your spirit."*

## **Does Everyone Have a Soul - Including Animals?**

If you ask us, most certainly, Yes! We have both had animals come through in our work in many ways and with messages for our sitters.

## **Why We Don't Say, "Died"**

It seems more and more we (personally) are moving away from saying someone died or is dying. We used to wonder why people don't just say, "[insert name] died?" versus saying "passed on" or "passed away," or they are "transitioning" as if they were trying to dilute the emotional toll of death, but now we get it! In our current opinion and experience, **we never really die**. We simply move on to another plane of existence - A different place in space and time that many refer to as "heaven." But, spirit souls are still here and present, not physically but spiritually, watching over us, guiding us, sending us signs and more! I now think of "dying" as a very final thing, but "Passing On" to the next realm is simply about moving on to a different dimension, the world of Spirit.

## **What about Reincarnation?**

What is reincarnation: The idea that a soul may have many iterations in a physical body - some maybe even simultaneously. The idea of reincarnation is often discussed in the context of enlightenment and unfoldment. It's the journey of a soul, changing physical bodies through a process of birth, death, and rebirth. In some belief systems, you keep reincarnating until you have learned all of the "life" lessons you are meant to learn. In other schools of thought you have the choice to reincarnate or not. Between lives there is also said to be a period of learning that allows you to regroup (so to speak) before you embark on a new journey of

reincarnation - For more on this, check out Michael Newton's book, "Journey Of Souls." There is a free YouTube Audio Book version [HERE](#). Additionally, many who believe in reincarnation also believe that we choose every detail of our next life path. though we also forget it once we incarnate, which may explain why so many people today are fascinated with past life regression. Knowing what you came here for becomes instrumental for some in healing and achieving life purpose.

Based on our experiences, we personally believe in reincarnation. It is a very individual choice. Not all intuitives and mediums believe in it, and you don't have to either! We also believe in the school of thought that souls do not have a gender in the spirit world, thus in our minds, explaining a *lot* in terms of reincarnation and the present world we live in!

# What is Mediumship?

Mediumship is quite simply: Making a connection to the Spirit World. In fact, prayer - if/when you get answers to yours - could broadly be considered a form of mediumship.

Consider that we and everything around us are made up of energy. The Spirit World energy lives at a much higher vibration than we do here on the earth plane - but we all have the ability to raise our own energy levels in order to make a connection with Spirit. Thus, mediumship is the ability to raise your earthly vibration to “connect” with the spirit world. This is often achieved through a practice we call “Sitting In The Power,” which is similar to deep meditation. Not all mediums sit in the power in order to connect to Spirit or their higher selves. Once the skill is learned and understood, it becomes easier and easier to connect without the need for the mediative part of the practice. However, most mediums choose to sit in the power regularly because it helps to maintain their own relationships with spirit, imparts self-healing and strengthens their connection.

*“Energy is the material expression of the Power.*

*The Power is the Presence of the Spirit.*

*The Spirit is the presence of God.”*

*- Robertson & James, Magician to Mystic*

Have you ever sat and found yourself staring off into the distance and when all the thoughts drift away, you felt more alert and connected to everything going on around you? Smells seemed more intense - maybe you smelled something that others did not - your hearing seemed more astute or maybe you just saw everything just a little differently than you did a moment ago? This is what mediumship feels like to a much greater degree. It is the practice of setting your ego and monkey mind aside to connect to your higher-self and while doing so, a higher power then become keenly aware of the guidance that is available to you every day from the Spirit world. If only we take the time to sit still long enough, with a quite, open mind, and listen.

## *Do Mediums believe in God?*

This is a very common and understandable question. The simple answer is “Yes.” All of the mediums whom we have met believe in God and/or a divine source. Many also

believe in Jesus. Some believe that Jesus was a medium, which if you think about it, makes sense. In fact, most Biblical figures who had contact with angels were by definition, mediums. They heard the voice of God and experienced divine visions.

Did you know that in ancient times, religions and cultures, mediumship practices were considered as normal and useful as tying your shoes? Those who could connect to the Spirit World were often even revered and sought out by leaders for their abilities.

Today, mediumship has become quite popular and even mainstream given the presence of some well-known, televised mediums, especially in the USA. Overall, we see this as a good thing, even if some of its meaning and intent has been distorted by modern media, social media, TV and film.

Truthfully, most people probably don't think much about it from a "religious" perspective (unless of course it's being used to condemn the practice). Mediumship is not blasphemous nor heretical. Rather it is *completely* Spiritual. But, not everyone's cup of tea. Some people seeking out mediums and psychics often do so for entertainment purposes (thanks to modern TV). While others do so to connect with loved ones they have lost in order to express love, resolve grief, obtain closure, to connect with guides and/or lost pets, or to gain insight into their own spiritual or earthly paths and purpose.

There are some religions that practice mediumship as a cornerstone of their faith—The Spiritualist National Union (SNU), based in the UK for example. In the UK, the SNU is even encouraged to use the practices of healing mediumship alongside traditional medicine within the National Health System (NHS).

Historically speaking, the practice of mediumship has been both elevated and demonized in modern society. At one time it was a highly accepted religious practice in many religions including Christianity, until certain churches and their leaders decided that it was a practice that should be held in esteem only for a select few; when therefore those outside of the chosen were labeled as heretics or to the extreme, seduced by the devil. There are also plenty of myths perpetuated by fear, ignorance or a desire for power in order to prevent others from "knowing" for themselves. Finally, for years, the media, movies and television have also often made

a mockery of the intuitive arts in science fiction films as well as a few cheesy reality shows.

In the end, we encourage you to make up your own mind!

## *The Three Pillars of Mediumship*

According to Julian Jenkins, a well known medium in the UK, there are three pillars that he follows in terms of his mediumship:

☯ **Service** - This definition of service is about service to others, service to Spirit and service to oneself. This is not the typical definition of service that lends itself to obligation or an overburdened sense of responsibility or even self-satisfaction. Rather, it is the act of doing something for someone else without any expectation of reciprocity; and doing so in “service” to Spirit and your divine purpose. Julian says it is “a manifestation of one’s higher self in the tangible world.” Service work must also be balanced and a person needs to know when they are spending too much time and energy in service to others, at which point they need to give back to themselves.

☯ **Development** - Again, this development is intrinsic. In order to be of service of others, there must first be a dedication to oneself and your own personal and spiritual growth - a constant evolution of you as a person, a soul, and as a medium.

☯ **Healing** - See next section...

## *All Mediumship is Healing*

We, as well as most mediums, believe that all mediumship is meant to be healing. Whether you are receiving healing as part of a “Healing Mediumship” session or receiving a message from a loved one who has passed over, all are intended to be uplifting, reassuring and healing experiences. If at any point during a session/reading, you feel uncomfortable for any reason, you can simply ask to stop.

Healing is important because we are loved by Spirit and meant to be loved, well, balanced and in good health. We are meant to be whole mentally, physically and spiritually. The act of mediumship is a vehicle to help living souls here on earth to be the best they can be and to help when life gets challenging. Healing work, such as

through mediumship, has been happening for centuries across many cultures and civilizations.

## Types of Mediumship

There are several types of mediumship and many nuances within them. You may have heard mediums refer to themselves as clairvoyants, mental mediums, psychic mediums and more. All of these are essentially the same, with variations on a theme. We have attempted to explain the different types of mediumship below, based on our learnings. In other words, other mediums may have different definitions of the same terms. It's always ok to ask about the type of mediumship one practices.


All mediums connect with the Spirit World in order to do their work. If it weren't for Spirit, mediums would not exist because it is the Spirit World that does the work. Simply put, the term "medium" is also a description of what is happening when a medium works. They become the "medium" or the conduit between the Spirit World, the earthly realm, and you.

- **Mental Mediumship** - The average person is most familiar with this type of mediumship; where the medium uses the power of their mind to connect to Spirit. The purpose here is often to bring across messages from the Spirit world, be it from loved ones, guides, etc., to the sitter. Or, the output can also be writing or art/drawings of what was experienced during the connection. The information is gathered through a number of heightened mediumship senses called Clairs, and includes a very keen intuition - see The Clairs section for more.
- **Healing Mediumship** - A type of mediumship where the medium connects with Spirit by the power of their mind and then also connects to the energy, aura and higher-self of the sitter in order to facilitate the connection between them and Spirit. Think of it this way: Healing Mediumship is "*from Spirit (God) → through Spirit (the Medium) → to Spirit (Yours)*". The Spirit word along with the Medium's healing guides (and possibly your guides) then do the work of healing what they know needs healed. This healing can take many forms and be spiritual, physical, mental and emotional. Healing mediumship can be conducted in three ways:



- **Distance Healing** - This is most often the type of healing work that we do with clients. In our case, we do this via Zoom. Because the medium is not the healer, they do not need to be present in the same room as you (the sitter) for the process to work because Spirit is still in charge. We can connect to Spirit and your higher-self via the power of our mind. Physical presence is not needed.
- **Absent Healing** - Absent healing is performed when a medium sits in healing for someone or an entity, be it you, a loved one, a country or its leaders. They do not need to know the person and they do not need to be present with them. They simply need to have the intention of sending healing, through Spirit to the desired entity. This can be similar to how some people use the power of prayer to send healing energies to others. In other words, all of us can send absent healing!
- **In Person Healing** - This is healing work which is exactly like those previously mentioned but is generally performed in the same room as the sitter and can sometimes include a “hands-on” approach. This varies by medium but in the realm of Spiritualist healing there are limited places a person can be touched (e.g. shoulder, upper back) and permission must always be obtained before any hands-on work can be done. Having the hands on approach does not change the fact that the medium is still *not* the healer, it just makes some clients more comfortable.
- There is another type of healing but it is not something that mediums do. It is called, **Magnetic Healing**. Mediums do not generally perform magnetic healing because it would require them to use their own energies to assist in the healing process - which is not what mediums do - they are not *the* healers. This type of healing is more often found when working with “hands-on” energy practitioners like Reiki and Cranial Sacral healing therapists, to name a few.

More detailed information on **Healing Mediumship** is provided later in this guide.

-  **Psychic Mediumship** - Another form of mediumship that is more well-known in mainstream society, Psychic Mediumship is the combined use of mediumship skills coupled with use of one’s intuitive abilities to read the sitter’s auras and other information regarding their higher-self. Messages shared with the sitter

are then a combination of those from the Spirit world and the Medium's psychic insights. More on Psychic Abilities can be found later in this guide.

- ✨ **Trance Mediumship** - This form of mediumship is where a medium goes into a deep trancelike state to form a much deeper connection to Spirit. While in trance, they are still aware of the outer world. Trance mediumship is often used for deeper healing mediumship work, and for channeling.
- ✨ **Channeling Mediumship** - Channeling is when a medium is able to go into a much deeper state of connection with Spirit - or trance, connect with a particular spirit or spirits and bring forth their physical attributes, mannerisms, and words in their own voice. Many mediums who channel will seem completely changed when bringing through a Spirit. This is because they are not just sharing a message from a Spirit, the Spirit has literally entered their body through a very trusting, loving and mutually beneficial relationship in order to communicate a message of importance to the sitters or the population at large. Once the trance is broken, the Spirit no longer inhabits the medium's body. Don't believe everything you see in the movies—This is not a "possession". The medium is always in charge of who gets in, and when.
- ✨ **Physical Mediumship** - Physical mediumship is defined by Wikipedia as "the manipulation of energies and energy systems by Spirits. This type of mediumship is said to involve perceptible manifestations, such as loud raps and noises, voices, materialized objects, apports, materialized spirit bodies, or body parts such as hands, legs and feet." Physical things are also made to happen such as movement of objects (telekinesis), and also what is referred to as psychic surgery. This form of mediumship is well documented in history.






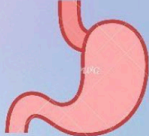



## The Clairs

The following graphic is an excellent depiction of the Clairs - senses used when working as a medium. Because many of us have one or two Clairs that come more naturally than others, not all mediums use *all* the Clairs - although we are taught that we are capable of using all of them, should we need/want to do so.

You may recognize that you have certain Clairs as well! We all have them. Often it is the degree to which we are aware of them and practice using them that determines how strong they become. See the following illustration from @crystalswithin.

# 9 Clair Senses

@crystalswithin

 <b>Clairvoyant</b> (Clear seeing)	 <b>Clairaudience</b> (Clear hearing)	 <b>Claircognizance</b> (Clear knowing)
 <b>Clairintellect</b> (Clear thinking)	 <b>Clair empathy</b> (Clear emotion)	 <b>Clairsentience</b> (Clear physical feeling)
 <b>Clairtangency</b> (Clear touching)	 <b>Clairsalience</b> (Clear smelling)	 <b>Clairgustance</b> (Clear tasting)

## Mediumship & Ethics

Once again relying on the work of Robertson & James in Magician to Mystic:

*"[Mediumship] Transcommunication is a sacred faculty. It is a sacred faculty because using God-given abilities, a medium heals, inspires and becomes the voice of those who cannot speak for themselves [those who have passed on and live in Spirit]. A medium is a sacred servant. Above all else, mediums are here to serve those in the afterlife. They are the priority. The ethical responsibility to serve well and honestly can never be understated for, rest assured, every medium will one day come face to face with all those for whom they have been the intermediary... Spiritually speaking, we live the effect of our actions in eternity and so it behooves us to work with the purest intentions and with the utmost honesty and integrity."*

## Can YOU be a medium?

If you are interested in mediumship or becoming a medium, the best thing you could do is start meditating. We use a wonderful free tool called [Insight Timer](#) that is perfect for this! It has courses available in "mediumship" and a million other topics. You can also look into online courses through [SNUi](#) (Spiritualist National Union International - a branch of the Spiritualist National Union), based in the UK. Courses are all online and free with an annual membership 25€ fee each year. You do not have to live in the UK in order to be a member. The SNU also offers a variety of courses both in-person and online through Arthur Findlay College in the UK. Finally, if you are in the United States, there is the Psychic Institute of Boulder, LilyDale and several other options, all with their own variation on a theme.

If you'd like to observe a bit before jumping in with both feet, we suggest you have a reading done either by us or: The Psychic Institute of Boulder, offers low cost readings on a regular basis by virtual means), The Spiritualist Church (predominantly in the UK and Canada but also online) offers public services where mediumship and healing are performed and as an audience member you can receive readings, and you can also request healing work through both of these organizations.

## What is a Psychic?

Psychics have uncanny intuition which they use to connect to a person's vibe, essence, aura and higher-self. They don't "read people's minds" on a whim like in the movies! And, while some psychics do have "future flashes" or precognition - where they may know or sense that something that will happen before it does - these are not things that will be shared with you in a reading for a variety of reasons including liability, free will and changing conditions.

A true psychic uses their intuition and senses to purposefully and intentionally blend with your energy and soul-essence (with your permission), in order to provide you with information that is relevant and helpful to your current life situation; the intent of which is always meant to be positive and healing for you. Think of this as an energy exchange of sorts. Just as you may get a "vibe" about someone you've met, a psychic simply takes vibing to the next level.

*Keep in mind that while a psychic may be able to "see or sense" what is going on with you at the time of your reading, nothing is written in stone. We all have free will and we all have the ability to change our minds as does any other person in the scenario. Thus, psychic readings are simply a snapshot in time designed to provide you with insight. All other decisions and actions are yours. Another note of distinction is that Psychic Mediums (described above) combine mediumship (Spirit World) with their psychic connection with you.*

# Readings

## Our Offerings

On our website you have the option of choosing:

- ✨ **Healing Work** (healing mediumship for mind, body & spirit)
- ✨ **Spirit Communication** (mediumship reading)
- ✨ **Intuitive (psychic) Reading**
- ✨ **Combined Reading** (intuitive/psychic + spirit communication/mediumship)
- ✨ **Heart & Soul Coaching**
  - ✨ Limited to Cancer Survivors & Caregivers of Survivors
  - ✨ Specialty areas are Colorectal Cancer, LARS (Lower Anterior Resection Syndrome), and LGBTQ+ survivorship

## Do I have to have a specific set of beliefs to have a reading?

**No!** Just keep an open mind.

## How Does a Reading Work?

In any of these options how the reading flows really depends on where we are guided to work and with whom, as well as the type of reading you have requested. In a combined reading we will always start out working intuitively/psychically and then switch to mediumship.

**In a psychic reading,** we will connect with you and provide information based on your current situation and what we are sensing and feeling coming from you. For instance, we might see colors and interpret their meaning for you. Sometimes, there will be a particular thread or vibe we follow, and in doing so can provide you with a message of guidance or direction - which you can choose to take or not at your own discretion. Because, regardless of what we share with you, you continue to have free will to do with that information what you choose. *We do not provide diagnoses of health conditions, give medical or legal advice, nor do we provide the sex of babies, make predictions or give out lottery numbers. If we knew the lottery numbers, you can be sure we would be playing it ourselves!*

**In a Mediumship reading**, we first provide you with evidence of the Spirit who comes forward wanting to communicate with you. For instance, your grandmother might show me a special piece of jewelry you would recognize, or your uncle might tell me his nickname for you as a child, or I may hear a song that you and your late spouse loved. Once we have established that this person is known to you and who it is, we will then find out what message they have for you. *We of course, can make no guarantees about who will come forward and who will not.* The world of Spirit has their own agenda. *Thus, requests to bring specific souls forward are not allowed.*

Our readings generally last for 20-40 minutes, depending on the reading you choose, how quickly you recognize the visitor/communicator, and how much information they have to share.

## *Tips for a Successful Reading*

This is your reading and to get the most out of it:

- Come to your reading with a *completely* open mind and not looking for “proof” that mediumship is real. While we understand this is a stretch for some, being skeptical and testing the medium will not help the process or the energy flow. Remember, this is an energy exchange where we are looking to raise our energy in order to connect to Spirit, and closed energy is low energy.
- We will not engage in much personal chatting until *after* your reading as we will have sat in communion with Spirit beforehand, on your behalf, and it would be rude to keep them waiting!
- Once a Spirit/visitor comes forward to communicate with you, and we begin providing you with evidence of who they are to you, unless we ask for more information from you, please limit your responses during that portion of the reading to:
  - Yes
  - No
  - I’m not sure
  - Maybe
  - I need more information

- Once we have established who the visitor is, and discuss the message they've come to share, you are then at liberty to discuss their life, circumstances and your relationship in more detail. We will prompt you when that time comes.
- *Be open to the clues!* We communicate with Spirit in several ways, but know that it is not like having a regular conversation! So, be aware that sometimes information is presented to us by way of symbols, smells, songs, images, and in snippets but not full scenes. Not every piece of information may be crystal clear to you (or us) at the time, and that's ok! It's important that we all work together (you, the Medium and Spirit) to figure things out. You may also find that after your reading some vague bits and pieces will click into place like lost pieces of a puzzle.
- Have no expectations and you can't be disappointed! Sometimes the person who comes forward may be a relation to - or a friend of a loved one, which can be confusing, especially if we were expecting the loved one themselves. Spirit comes and presents themselves in many ways we just have to be open to their information.
- Once we have discussed the evidence, established who the person is to you, and the visitor shares their message to you (the reason why they have come), if they are still present, you may ask one or two questions of them. Please be aware that you may not always get answers!
- *If at any time during the reading you are uncomfortable or would like to end the reading for any reason, please say so clearly and we will stop.*



# Healing Mediumship

**Healing as conducted by a healing medium requires no faith or belief whatsoever on the part of the person seeking healing.** Nor is it necessary for a person to have the same belief as that of the healing medium. Look at it this way, children and animals deserve healing and yet they may not know or understand the concept of Spirit. Everyone can benefit from spiritual healing. According to the SNU, the only requirement is that a client should be aware of their own well-being and it is strongly advised that they continue to follow any medical protocols that have been prescribed (by their medical team), because Spiritual Healing in the SNU view is meant to be a complementary/integrative therapy.

The actual healing that occurs is of a spiritual nature and this has an effect on all levels: mental, emotional, physical and spiritual. The healing medium may not have prior knowledge of the recipient's state of health or why they have come for treatment - nor do they need to have this knowledge - yet healing is still beneficial to the condition(s).

During a healing session, the healing medium often remains at a distance mentally from the healing as it is being performed. Remember, their primary job is to maintain the connection and elevated energy between you and Spirit. In other words, they may not always see or know exactly how the healing is being performed or on what. This is as it should be. It keeps the medium from being too curious and involved in the process, which means it also keeps their own ego and energy out of the mix.

*There are no guarantees made for specific healing, but that healing does always occur.*

Healing As described by the Spiritualist National Union, UK:

*“Spiritualist healing mediumship’ and ‘healing mediumship’ mean a form of healing by the use of forces and energies from God directed through the Spirit world and a Spiritualist healing medium by the laying on of hands on the body or the direction of thought from a distance [i.e. Zoom] or by prayer [and meditation] when the patient [client/sitter] is absent. [All are equally effective.]”*

You can, if you so choose, contact the SNU to work with an accredited healer at any time. Click to see the [SNU Brochure on Healing Mediumship](#).

## *What should you do during a healing session?*

Find yourself a comfortable and quiet place free of all distractions. Some people like to have a blanket. Log in to your virtual healing session. We will play healing music for you during our session (technology permitting). Please turn off or set any electronic devices to “Do not disturb” or “Silent” so nothing disturbs you during your healing session. Please inform family members that you should not be disturbed. You may sit or lie down. Some people like to have a blanket. You can keep your eyes closed or open. Sometimes people even fall asleep, and that’s ok! Be as relaxed as possible. You can meditate or let your mind wander, you can pray or just simply be. No matter what you do, it is right.

You may feel and see absolutely nothing, or you may experience emotions, feel physical sensations or even see visualizations. You may feel energy moving through your body. You may see colors. *You should not feel any pain or discomfort.* You may cry. All of these things, and none of them, are ok! This is your experience.

If at any point during your session you become uncomfortable, or just want to end, you can simply tell us to stop. We rely on you to let us know. Every person’s healing experience is different. You are welcome to share any of your experiences with us once our session is complete.

## *All Are Welcome!*

All Are Welcome! To reiterate, in order to work with us, you do not have to hold any particular beliefs, nor will we try to influence your beliefs with our own.

# How We Came To Understand Mediumship & Healing Mediumship

## *Our Approach & Background*

In order to discuss our approach to being mediumship, we must first discuss our personal stories, our connection with Spirit our introduction to mediumship, psychic intuition and Spiritualism, as this is where we first learned about, experienced and then began to perform mediumship and healing mediumship. We think of ourselves as “intuitives”.

## *CC's Story*

I am and always have been a seeker. I also didn't always fit in. I have spent most of my life and career helping others by way of teaching, coaching, advocating, communicating and in many instances providing insight, intuition and counsel, mostly using “mainstream” methodologies like coaching. I have always believed there is so much more to each of us, our purpose on the planet, the spiritual world and what it would have us learn and offer back to humanity. Part of my purpose has always been to help others by facilitating their personal and professional exploration and growth. I realize now that I have also always been a highly sensitive and empathic person with what some have called “scary spot-on intuition,” long before I came to this work.

In November of 2021, I was unexpectedly diagnosed with stage 3b rectal cancer, which set me on a path of profound spiritual awakening. During that time and after, I was blessed to work with a Spiritualist Healing Medium in the Netherlands. Through her work with me and my subsequent cure from cancer - using a number of traditional medical and alternative modalities that together I refer to as integrative or complementary medicine - I became keenly aware of my own soul/spirit as well as my developing metaphysical abilities. During this time, I had many encounters with my own spirit guides and loved ones on the other side, during my healing sessions as well as in my own meditations (something which I began doing in earnest daily). At which point, I could not ignore this spiritual call to action. I was thus encouraged by my mentor to study and practice my mediumship, mediumistic healing skills, and

psychic abilities, which I understand can be a lifelong process. By sitting with me and allowing me to do work with you as a medium, you allow me the gift of continuing to work on honing my skills and to help humanity as well.

Blessings,  
*Cindy "CC" Coe*

## *Doc's Story*

With a similar background of helping people professionally, Doc comes to her spiritual connections through a different set of circumstances. Having tragically lost her sister to a car accident as a teenager, Doc has always believed in the spirit world and has an active relationship with her spirit angel (sister). Until recently, this connection remained personal and informal. By attending the same healing sessions and classes with CC, she is learning how to hone and develop these divine healing and spiritual skills. Trusting and believing the messages are real is the key.

*Namaste,*  
*Amy "Doc" Zehnder*

## Our Experience & Learning

While we are not *required* to have any specific experience to do Soul Work, we believe it is important to share our learnings and experience. As natural born intuitives, we have always gravitated toward helping professions. We are both certified coaches and facilitators. We are also certified in a number of assessments and tools that deal directly with human nature, emotional intelligence, communication styles, etc. On the spiritual side, we are continuous learners in SNUi's online mediumship, psychic and healing programs (mentioned previously). We have also taken programs at Arthur Findlay College and we continuously attended courses from other established professionals doing this and similar work. Those such as Angie Morrison, Jason Goldsworthy, Rob Schwartz, Liesel Fricke, Radleigh Valentine, Diana Cooper and Steve Nobel, just to name a few. We are also students of among others, Louise Hay, Anita Moorjani and Wayne Dyer's books. Our learning is a lifelong process. Additionally, we are both ordained by the Universal Life Church.

### *Our Connection to Spiritualism: Mediumship & Healing Mediumship*

**Though we are not Spiritualists**, we have mentioned Spiritualism and Spiritualists several times throughout this guide. This is because much of our mediumship training and experience as well as our mentorship has come from Spiritualist Mediums. There are also many tenets of the Spiritualist faith that we can ascribe to. One thing we love about Spiritualists is their encouragement and openness about many aspects of mediumship and its practice. They have taught us that there is no ONE right way to do this, only the way that works best for us. We know Spiritualists who believe many things beyond the stated principles of Spiritualism. They also encourage us to learn every aspect of working with Spirit including all forms of mediumship and how to continue to hone our psychic abilities, and we like that approach!

That's not to say that we haven't learned from others along the way and will continue to do so. Many mediums say that they continue to learn even 20, 30 and 40 years into their mediumship. We plan to do the same! There is no "I've Arrived!" in mediumship. Personal soul development is essential to allowing us to be the best we can be, for you.

Spiritualism is one of the oldest practicing mediumship churches, founded in the UK. The most accurate information about Spiritualism can be found on the [Spiritualist National Union website](#).

As mentioned we are not currently Spiritualists nor are we SNU certified/accredited under their credentialing body, but, our mentors and many of our teachers are both. Thus, we use much of the respected and age old “Spiritualist method” of mediumship and mediumship healing in our work, which we discuss in the following pages.

### **We are members of SNUi.**

*“Spiritualists National Union International (SNUi) was set up as a branch of the Spiritualist National Union in 2009. The SNUi provides online access to information, education, and training to enable members around the world to take an active role in the Union and to promote Spiritualism in their own country. You do not have to be a member of the SNU (church) to be a member of SNUi. With a team of online tutors, and opportunities to take part in online services, SNUi students are welcomed into an international community that forms a network of friendship and support.”*

Courses are international and offered by Zoom. Anyone can take the free courses offered through the SNUi with a very affordable paid annual membership - €25 as of this writing. If you are interested in developing your own mediumship skills, membership information can be found [HERE](#).

### **What is a Spiritualist?**

The SNU or Spiritualist National Union is largely a UK based church organization, established in 1901, with the belief that communication with the Spirit world is not only possible, but essential, and scientifically proven. Mediumship is a tenet of Spiritualism and in part, connecting with loved ones who have crossed over as well as mediumship healing is a large part of the purpose of each Spiritualist’s life. Spiritualists believe that all mediumship is healing.

Most Spiritualists believe we are *all* born with the ability to communicate with Spirit and to tap into our Psychic intuition, it is simply a matter of believing and developing our skill. The Union is designed as much for education as much as upliftment.

Individual beliefs within the church vary, but all Spiritualist National Union members adopt a set of seven principles as the basis of their faith.

- The Fatherhood of God\*
- The Brotherhood of Man\*
- The Communion of Spirits and the Ministry of Angels
- The Continuous Existence of the Human Soul
- Personal Responsibility
- Compensation and Retribution Hereafter for all the Good and Evil Deeds Done on Earth
- Eternal Progress Open to Every Human Soul

\*Several Spiritualists whom we have heard speak also add the words “motherhood” and “sisterhood” to the principles in these modern times.

## *What do Spiritualists believe about Mediumship & Psychic Abilities*

The majority of Spiritualists believe that all mediumship is a form of healing and that we all are born capable of using these abilities.

An “evidential” mediumship reading (what most people are familiar with when doing a mediumship reading) and a psychic reading are two different things, though most mediums do both and sometimes combine the two. The latter means the medium connects with your aura and Spirit/soul to share relevant information for your personal growth. Think of it as intuition on steroids! Psychics, contrary to what TV would have you believe, do not predict your future. An evidential mediumship reading has the medium connecting with a Spirit or Spirits in the Spirit world (often your passed loved ones and guides) and sharing their messages with you. The following language was adapted from the SNU website...

The main aim of mediumship is to provide evidence of survival of the human personality beyond physical death. Mediumship is a transfer of information from the Spirit World via a medium to a recipient. A medium has the ability to receive information from a communicating Spirit and pass on that information. In many respects this will be personal to the recipient of the communication.

The main purpose of mediumship is to provide evidence that can be proof of survival to the recipient, not to predict the future, not to give advice and not to counsel. Mediumship is a means of enabling people in the Spirit world, to communicate with us, thus enabling us to gain an understanding that the Spirit of every person survives physical death.

The Spirit of a person retains their personality, character, mind, memories, emotions, etc. just as we knew them during their life on earth. People in the Spirit world have opportunities to continue to learn and develop similarly to the personal growth experienced during earth life. Mediums cannot call up a particular person in the Spirit world; it is they who choose to communicate with us. A medium's primary purpose is to identify the Spirit person who is communicating with them. It is expected that the communicator will provide a combination of personal information about themselves so that the recipient/sitter/client can identify them. Click here for

the [SNU Brochure on Mediumship/Readings](#).



# How to request a reading or healing session with CC and/or Doc

1. Go to the CCnDoc Website: <https://CCnDoc.com/SoulWork/> - or go to our **main site** and tap the **SOUL WORK** tab.
2. **You will be asked to READ THIS GUIDE before requesting your session.**
3. Click the **REQUEST A SESSION** button and fill in the form.
4. **You will be required to check a box** that states you have read this guide: **“I have read the Connecting With Spirit guide book and I understand and Agree to all the terms.”**
5. This will serve as your electronic signature and agreement so **please read the guide**, especially the following pages containing **disclaimers, liability release and agreements.**
6. **If you have trouble**, you can always send us a message through our website or social media.
7. Once you have scheduled your session with us, **payment is expected at least 24 hours before your session.** Payments are accepted via [Pay Pal](#) & [Venmo](#) (@CCnDoc). Details are included in your scheduling confirmation email. *Please do not use the donation form to pay for your reading.*

## Pricing

Our Reading prices are set to be reasonable and affordable to most. Pricing varies among mediums and countries. Typically, prices are higher in the United States, but that is not the case with us. We do it to give back to humanity, not to become wealthy.

Our current pricing is always available on our [website](#). If you need to discuss a price adjustment, please send us a message.

Healing Work as well as Heart and Soul coaching sessions are always FREE and *Donations are always welcomed and appreciated.* Many have given us this gift along the way, thus we see it as our turn to pay it forward.

*Donations can be made at any time via [Pay Pal](#), [Venmo](#) (@CCnDoc) or by using the donation links on our website at the bottom of each page.*

# Disclaimers & Release of Liability

## *Intuitive, Spirit Communication & Combined Readings*

Upon booking an Intuitive (psychic), Spirit Communication (mediumship) or Combined reading/session, you understand and agree that any advice, conversation or information that you receive during a reading as well as other interactions with me/us/our website shall be considered educational in nature and are strictly open to your interpretation. Further, many areas of the metaphysical, spiritual and psychic realms are still being explored and studied. I/we make no guarantees and there are no implied warranties for or about the information you receive or how you receive it as your free will always takes precedence.

Participation in a communication with Spirit via a reading is not a magic pill, it is strictly a tool in the pursuit of greater understanding. The Medium is not here to tell your fortune or your future but rather to give evidence of survival which may include a glimpse from Spirit as to the overall situation of the individual at a particular time.

You further agree that any messages/opinions you receive by means of this reading/session, our social media, phone, virtual, in-person or other means of interaction are not a replacement for any advice, treatment or program you should or would receive from a licensed professional, including but not limited to those in the medical, legal, financial, or mental health fields. You are encouraged to always seek the advice of such qualified professionals in any areas for which you need further guidance.

You agree that we and any other person involved in providing the [services](#) referenced herein, are not responsible for any of your actions, inactions, interpretations or decisions, based on the information that you receive. We expressly declare here that the information you receive is not advice or counsel, nor does it come directly from the Medium, rather it is from the Source/Spirit. The Medium is simply the go-between (between you, your loved ones and/or guides) for the sharing of information. In agreeing to a reading you release me/us from any and all liability.

## *Healing Work Sessions*

Upon booking a healing work session/healing mediumship session, you understand and agree that we are not medical professionals. We do this work to be of service, and free of charge. We make no guarantees of what form(s) healing will take place

and you may or may not feel or be aware of it in real time. Healing can manifest in many ways and on many levels—some are more subtle—among these are mental, physical, and spiritual healing. For instance, you may come to me/us with an injured knee, but if there is an emotional connection to the knee injury, Spirit may select to work there instead. Therefore, by agreeing to work with me/us, you also agree to release me/us from any and all liability in the course of our work together and hereafter. I/we are simply the medium/conduit between you and Spirit, and thus I/we personally cannot cause or create any changes in your body, mind or Spirit.

*Before the healing takes place, we require your permission to receive it. You agree by submitting the form on our website.*

## *Additional Agreements*

As this work is not regulated by our state, local jurisdiction nor in most of the U.S., certification or licensure is not required. Please note however, both CCnDoc are both ordained ministers of the Universal Life Church as well as certified executive coaches and members of the SNUi. From the Universal Life Church:

*“The ULC champions religious freedom, social justice, and spiritual expression. We never waver in our conviction that performing spiritual duties is a right that all should share, and we will always stand up for our minister-members in this regard.”*

Therefore the following statements are made in good faith with the highest moral intent and in that we follow a strict code of ethics based on confidentiality, trust and creating a safe space for our clients. The work that we do is a part of our inherent belief system (faith) and as such is protected by the first amendment. We do not tell fortunes, and while we do not consider what we do “entertainment,” some jurisdictions might require that we state clearly and unequivocally, that *by electing to engage our services in any of the areas mentioned herein - for a fee or otherwise - you do so 100% at your own risk and for “entertainment purposes only.”*

In no event will the provider of your session or any of their partners, colleagues, associates or employees be liable to any party for damages of any kind whatsoever, including consequential or inconsequential damages, arising from any use of or inability to use the services provided via any means, including your decisions or actions taken or your reliance upon such services/information. Simply put, your interpretations, actions, choices and decisions are 100% your responsibility and

because you have free will, we are released from the consequences of any and all actions.

*You agree and understand that you are not guaranteed healing (by any definition), a personal message or a visitation. Nor do we guarantee communication with specific loved ones or guides - Spirit makes their own choices as to who comes through.*

You may feel, see and hear things that are new to you and that you may not have experienced before. If at any point the session becomes uncomfortable, you may ask to stop.

Should you elect to share knowledge of or thoughts of suicide or illegal activity that may cause harm to yourself or another during your session, we may be required by law to report these statements.

We reserve the right to refer you to the appropriate professional if you present a situation or condition that would support such a recommendation.

**Your submission of the REQUEST A SESSION form on our website is a binding agreement to these terms and serves as your electronic signature. No further action is needed\*.**

***\*Should your session be scheduled outside of our website (as a result of a personal interaction with us) please sign and date this page, indicating that you have read this guide and agree to all of the terms herein. Please send an electronic copy of this signed page only (pdf, photo or screenshot) to us via messenger, text or email. You must do so at least 24 hours before your scheduled session.***

*"I have read the 'Connecting With Spirit' guide book and I understand and Agree to all the terms ."*

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Type of Session Requested: \_\_\_\_\_