











# FOUR TYPES OF AFTER DEATH COMMUNICATION

- 1) SENSING A PRESENCE
- 2) HEARING A VOICE
- 3) FEELING A TOUCH
- 4) SMELLING A FRAGRANCE





# SIGNS OF YOUR **THIRD EYE OPENING**



"Therefore do not think of death as heaven sent.  
**It is only a continuum. You have to awaken now.**

When you awaken now you will realize there is absolutely no place to go, there is nothing to become.

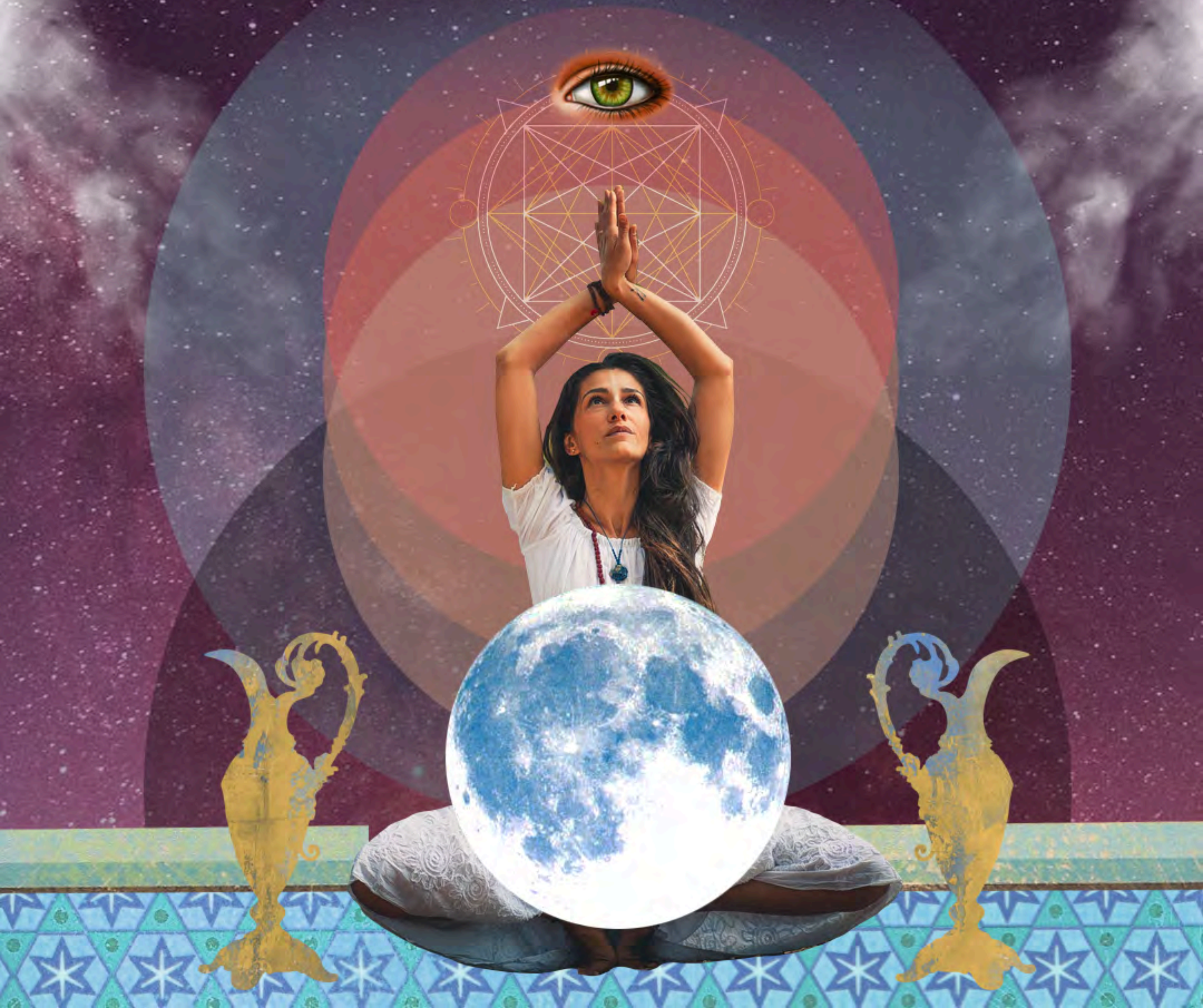
You will just be as you've always been, **effortless choiceless pure awareness**, your true nature.

All is well." - Robert Adams





DON'T FORGET TO CLAIM YOUR **GENERATIONAL STRENGTH**. YOUR ANCESTORS GAVE YOU MORE THAN JUST WOUNDS.







**BREATH  
IS LIFE**





# HOW TO DEVELOP YOUR MEDIUMSHIP ABILITIES

## **NOTICE SIGNS**

Spirits will begin to manifest by sending signs like feathers or butterflies.

## **NOTICE YOUR SENSES**

Messages from spirits will manifest in a numbers of ways including as smells or taste.

## **PETITION ANCESTRAL SPIRITS**

The spirits of your ancestors will be the first to offer assistance.

## **RECORD YOUR DREAMS**

Spirits can appear in dreams with messages







# LOVE YOURSELF FIRST



and the world will follow







Accept how you feel  
**THEN** move through it





# THREE PRACTICES OF TANTRA



**SACRED  
SOUND**



**SACRED  
TOUCH**



**SACRED  
GESTURE**







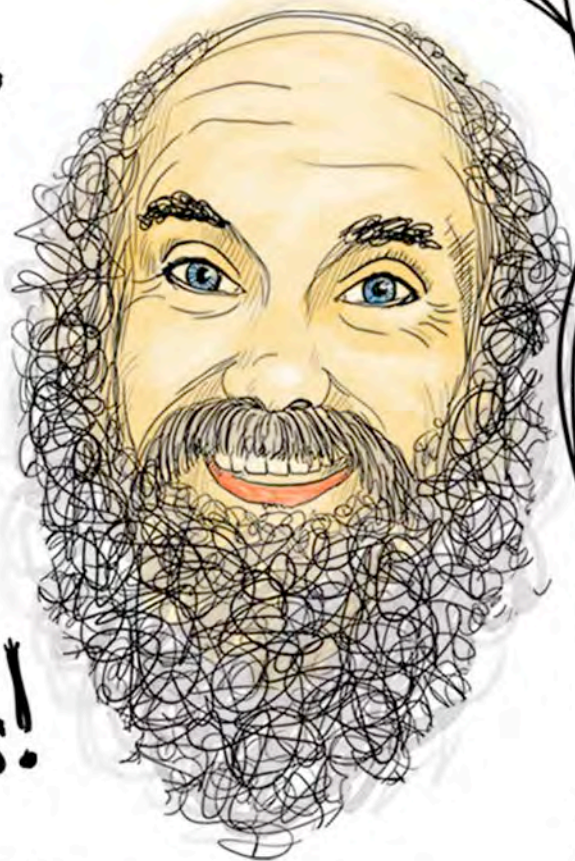


**DEEPEN YOUR RELATIONSHIP WITH YOUR BODY,**  
**DEEPEN YOUR RELATIONSHIP WITH LIFE.**





It's all real,  
and it's all  
illusory -  
That's  
Awareness!



- Ram Dass



**THERE ARE NINE TYPES OF EMPATHS  
AND ONLY ONE IS EMOTIONAL.**







**UNCONDITIONAL LOVE**  
IS THE OUTER EXPRESSION  
OF **INNER PEACE.**





**You are allowed**

**to be**

**both a**

**masterpiece**

**and**

**a work in progress**

**simultaneously.**