

\*Contacting Spirits \*(Metaphysical)

Reworked by Giles Tomkin June 2017 and Jan 2022

from basic text by Rene A. Bastarache, CI

for use after the "Creating a spirit room" script.

This is a self-hypnosis session by Giles for contacting spirits. You may already have listened to the induction and should be in a comfortable position and in a relaxed and quiet state of mind. It is best if you listen to this voice with earphones and just before going to sleep at night. And it's OK if you fall asleep, as this voice can still enter your subconscious, and you can have meetings in your dreams.

You are doing this as part of self-hypnosis sessions which you love because they are so kind and helpful, and you allow this voice into your subconscious because you know and agree with the suggestions and affirmations as they are presented here.

You have also chosen to listen to this session and work with these suggestions because you know you are an immortal being, and you know your real home is in the afterlife, as we call it here, which is where we all return when our time here on earth is over.

During your time here on earth in this wonderful physical body, it is perfectly acceptable for you to deliberately contact loving friends and spirits who are already on the other side. Sometimes they will not have been here in a physical body during your lifetime; other times they will have lived out their lives here, and already returned home. You know that you frequently have contact with persons in your dreams, which are often hard to remember in the normal waking state.

This is a self hypnosis recording to help you achieve rational, calm, gentle contact with understanding and helpful persons who are willing to spend some time with you for encouragement and guidance. All those whom you contact will be wishing you well, and there is no possibility of hurt or harm.

Let us say this again - This recording is to help you achieve calm, rational contact with helpful persons who are willing to spend some time with you in your spirit room to provide you with encouragement and guidance. All those whom you

contact will be wishing you well, and there is no possibility of hurt or harm. This is the way meetings are normally performed in the afterlife, so there is nothing unusual about this session.

Now, imagine yourself comfortably sitting or lying in your wonderful spirit room. Here, you are in your private place where you have chosen everything just the way you like it - furniture, walls, floor and ceiling, and especially wonderful artwork. You have also prepared a comfortable place for you and your guests to sit when they come to visit. This is your special place, you remember how easy it is just to sit and relax in this private place where no harm can come to you, and you are completely safe.

Before we move forward, it is time to consider what we would like to learn, and with whom would we like to meet. Our purpose here is to be as clear as possible about what we seek and who is most likely to be able and willing to help us.

So let's start by thinking out loud about what we would like to know.

How can a guide help us in our life right now? Often things appear unclear, but on reflection, the right choice of action is simply guided by decent moral behavior. For such things we normally do not need special guidance. But for some things, often to do with personal relationships, some loving advice is really helpful. Also, guidance of how to improve oneself is always useful, where we always need help to overcome our laziness, and some further proof of the afterlife is always welcome to help us overcome our doubts.

So think about which area for this session you would most like to receive encouragement and guidance, and which areas we have already recently received help in previous sessions. So let's pause here to decide what we want to know.

Pause

... Thinking about what we would like to know

Pause

... Deciding what we would like to know

Pause

Now that we know what we would like to find out,  
small pause

We next need to think about whom we will invite to join us in our spirit room. This person will be a loving and warm guide, friend or relative. It can be someone that we have previously invited but was otherwise busy at that time and perhaps can accept the invitation now. It can be someone who has already visited with us in our room, and perhaps they would be happy to visit once again. And of course, it can be someone that we have never invited before, and it can be more than one person. So, let us pause once again while you consider whom you would most like to ask for help and guidance about what you want to know in this session?

Pause

... Thinking about whom to invite

Pause

... Deciding whom to invite

Pause

Now we know whom we would like to meet

small pause

And remembering what we want to ask

small pause

Good – so now we know just what we want to find out and whom we shall invite, we can proceed with the invitation.

Now is the time to mentally invite this person into your room. Invite them by quietly thinking about how they look and how they might sound; right now, just visualize them calmly responding to your polite request for some of their time and knowledge.

Pause

Imagine them coming to the doorway of your room, and imagine yourself rising to greet them at the open doorway.

Don't think this is silly – this is how it is always done in the real world, in the afterlife, in our home.

Pause

Let's say and do this once more -

Mentally invite this person out loud to come and spend some time with you in your room. Visualize their face and persona, and quietly but strongly think about them accepting this invitation right now, thinking how they look and how they might sound. So be firm in your thoughts and just visualize them calmly responding to your polite request for some of their time and knowledge. Imagine them coming to the doorway of your room, and imagine yourself rising to greet them at the open doorway.

Once again, remember this is how it always works in the real world, in the afterlife, our real home.

Keep in mind the purpose of your request for guidance and remember you will be completely safe at all times.

Imagine yourself now walking over to greet your guest, as you will now see who has arrived. You can warmly welcome them into your room and invite them to sit in the places you have already prepared.

Remember that thoughts have greater reality in this realm than on earth. The first thought or feeling that you have is sure to be the right one, and so too, is your first impression of your guest.

You may both sit where it is comfortable, facing each other.

Now, look at your guest, thank them for coming and ask your question, letting them know the reason you invited them to be with you.

Once more, look at your guest, thank them for coming, and ask for the guidance and help you just prepared before, and wait for their answer. Let us pause while we consider their answer.

Pause

Listening for the answer

Pause

Thinking about their answer

Pause

We are accepting their answer

Pause

The first thoughts or feelings that you have for the answers are sure to be right.

Try and repeat the answers to yourself now so that you can remember everything later.

If you feel you need more time with your guests, you can hit pause on this recording, and continue your conversation.

For now, let us pause again while you go over the answers.

Pause

Repeating and remembering the answers

Pause

Now it is time to say goodbye and give thanks to your guest.

If you feel you needed still more time, you can politely ask them to return at their convenience during another session for a visit to your room or anytime in your dreams. You can also ask them to help you remember their answers.

So, now you say goodbye and make sure to provide grateful thanks, as you go with them to the doorway of your room.

Pause

Once your guest has left, you may return to your comfortable place and take a few moments to think about the guidance and advice you have received. You should repeat this once or twice until you are sure you will remember, and understand how this can help you in your present life. Let's pause while you think about this.

Pause

Thinking about the advice received

Pause

Now we come to the end of this spirit contact session, during which we have been warm and comfortable and relaxed while our body has been healing itself by loving spiritual contact. When we awake, we will remember everything that happened, so we can better appreciate our life.

As we are in light self hypnosis, we will not need any special withdrawal, and our next move should be to sleep well for some hours.

This is the end of the session.

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