

# Outline - Communicating with your Transitioned Child

Welcome to the New 1 hour Free workshop on how to connect with Children that are on the other side. Below is the outline of what will be cover in the class.

- Beginning meditation
- Explaining the process of Spirit Communications
- Breathing techniques to allow you to adjust your level of meditation
- Automatic writing/ Journaling
- Understanding the energy of the Spirit and what their purpose is
- Imagination and it's role in the process
- Building and connecting across the bridge

## **Blessings**

**Martin and Connie**