

Establishing Your Connection

The 3-I Process



Intention, Invitation, and Interaction

Every medium has the innate capacity to bring through relevant, valid information, whether for themselves or a sitter. However, the true bridge to the spirit world isn't built on effort—it's built on alignment.

The 3-I Process—Intention, Invitation, and Interaction, is designed to help you establish a connection with the spirit world more rapidly, with greater focus, and with a regulated system that allows for safe and meaningful communication.

When your focus aligns with your purpose, and you approach with respect and openness, the spirit world responds through amplified and evidential experiences that can be confidently shared and understood.

The 3-I Process is your signal of safety to your nervous system.

The 3-I Process

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It turns the static of doubt into a clear frequency of connection, ensuring that every interaction is grounded in healing, light, and undeniable truth.

The Ego, the Nervous System, and the "Static"

Before we dive into the steps, it's important to understand what often stands in the way of a clear link—the ego. Your ego thrives on control and certainty. When you step into the realm of spirit communication—a space of the unknown—your ego often perceives this lack of control as a threat.

In response, it generates layers of doubt and uncertainty. You might hear that internal voice whispering, "Am I just making this up?" or "What if nothing comes through?" This isn't just a mental hurdle; it's a physiological signal of distrust that activates your nervous system's "protection mode." When you're in a state of high alert, your soul senses naturally constrict. It's like trying to listen to a whisper in a room full of static—the connection is there, but you're too "noisy" to hear it.

The 3-I Process provides a grounded structure that signals safety to your nervous system. By following this framework, you bypass the ego's need to interfere, allowing you to remain in a state of Higher Identity alignment where connection feels natural and fluid.



Step 1— Intention

The "Why" Behind Your Connection

Think of your intention as the 'why' behind your connection; it brings a focused clarity that the spirit world recognizes and your ego can rest into.

When you state your intention clearly, you're not just setting a goal—you're setting the stage. You're telling your nervous system, *"We are safe, we are purposeful, and we are here for a reason."* This clarity is what stops the ego from drifting into doubt or trying to "take over" the experience.

It acts as a filter, allowing you to define exactly who you wish to interact with and what you hope to achieve. Without a clear intention, a medium can feel overwhelmed—like walking into a crowded room where everyone is talking at once.

To begin, take a minimum of three slow, deep breaths. With each exhale, feel your nervous system softening. Within your own heart and mind, state your intention clearly:

"It is my intention to receive evidential messages from loved ones in spirit on behalf of [Sitter's Name]. To offer clear guidance in answer to their heart's greatest asking, so they may receive hope and healing. I ask that I am a clear, open channel and able to easily identify exactly who I am communicating with."



Step 2: Invitation Opening the Door

Once your "why" is established, you move into the Invitation.

This is where you consciously open your energy and invite the spirit world to meet you. It's a soft, receptive state—not a demand, but a welcoming.

You are essentially saying, *"I am here, I am open, and I am ready serve."*

This step is where we often feel the first shifts in our energy. It's a quiet expansion, a feeling of openness and receptivity that signals to those spirits who are gathering that you are ready—energy field expands and settles into a receptive state.

With a focused and open heart, offer your invitation:

"I invite the highest vibrational and most loving spirit(s) to come forward to me now; those who are ready to deliver healing messages and whom [Sitter's Name] has memories of in this lifetime."



Step 3—Interaction Becoming the Messenger

The moment your invitation is expressed, the interaction begins.

At this point, you are no longer a part of the equation; you are the messenger.

Everything you experience—what you sense, think, hear, or feel physically and emotionally—is part of the greater messaging from the spirit world.

Everything occurring is a direct communication from spirit—it is about their presence and messages, not about your personal experiences or perceptions. While you may have direct experiences or memories during this process, they serve as reflections. The spirit is showing you their connection and sharing memories with the sitter which can often parallel your own relationships, experiences, and memories.

Spend as much time as necessary to experience what is happening.

Stay present and focused on your soul senses, even if the impressions you receive don't initially make sense to you. Share them with your sitter anyway; more often than not, the sensations that feel vague to you will hold deep, evidential meaning for them.

Always remember that intention is everything. The words are just the vehicle; your heart is the driver. Where there is clear intention, there is spirit. Trust the process, trust your senses, and know that everything you experience is something.



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