



Heighten Your Spiritual Connection

Welcome! It is wonderful to have you here. Thank you for being brave & taking the necessary steps toward heightening your Spiritual Connection. I feel you have found this space not by accident, but rather through Divine Timing. Right now, you are meant to be here for your next phase & it is evident that you followed your intuition to be here.

As a Professional Medium, I have experienced many incredible Spirit-filled moments & I am ecstatic to be a witness to more as you embark on your Spiritual journey. It is exciting to be Spiritually Awakened & even more spectacular to find the necessary tools to increase this connection.

My Spiritual Awakening happened nearly 20 years ago & I continue to learn from Spirit on a daily basis. I feel that there have been times in my past, however, where I felt I didn't know the way, or I had questions that I didn't have the answers to. Through my experiences & training, I feel I have found my way & have found the answers I was looking for. It is with great pleasure that I reach out to you as I truly want you to find your way & to find the answers you are looking for. This is why I developed this workbook. Utilize the workbook pages, or write in your journal to discover more and Heighten your Spiritual Connection.

Love & Blessings on your path,
Heather Corbet, Medium & Spiritual Advisor

Where do we Begin?

A good place to start with our Spiritual Connection, is to explore who we are & to increase our own self-awareness. As you have advanced through life, you have picked up profound experiences along the way. These events have shaped you to who you are now. Take a moment now to reflect on these experiences.

What compliments did others give you as a young child? _____

As you grew, what have been your talents, gifts, & strengths? _____

What was your earliest memory of a Spiritual experience? _____

As you were growing up, who did you admire & why? _____

How are you cultivating your talents, gifts, & strengths now? _____

Synchronicity

As we go through life, sometimes events seem haphazard or as if there is no "rhyme or reason" for certain outcomes. In essence though, there typically is a reason for why events occur a certain way. This is where awareness of synchronicity can help us to hone our skills.

Synchronicity is known as events that occur that seem related but are not explained by a conventional cause. For example, you think of an old friend, and within minutes, they call. As you answer the following questions, start to recognize how synchronicity is playing out in your life.

When are times that there has been "perfect timing" in your life? _____

Can you think of a time that you were thinking of an event & it came true within a few days or weeks? _____

Was there ever a time where you were singing a song, then turned on the radio and that song was playing? Have there been other events that occurred like this "without cause?" _____

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Spirit is truly all around us. Spirit presents us with signs on a daily basis. We just need to increase our awareness to them.

Spirit is of Light & attempts to communicate with us through this realm. Often, the Light from Spirit seems "random" & may not even have a source. Be aware over the next week of Light that catches your attention. This may be Spirit attempting to communicate with you. Be sure to write down your experiences: _____

Often, Spirit attempts to connect with us in nature. This can be in the form of floating feathers or a butterfly passing by.

One moment that is forever etched in my mind was when I was meditating outside with my eyes closed and I heard a fluttering. When I opened my eyes, a hummingbird was looking eye to eye with me. This was truly Spirit connecting with me.

Give yourself opportunity to be in nature this week. Allow yourself to be aware of animals, bird, & insects & be sure to write down your experiences. _____

Another way that Spirit is in connection with us is through numbers. As you are going through your daily routine, do you ever see multiples of certain numbers? For example, 11:11 is known to mean new beginnings and manifestation. When you see 444, it is known to mean that Angels are surrounding you. Notice throughout your

day if you are seeing multiples of numbers & write about your experiences. Know that Spirit is close during these times. _____

Our Loved Ones in Spirit desire to be in connection with us. One of the ways this is possible is through dreams. This is when we are most accessible because our minds have slowed down. Have you had dreams of a Loved One in Spirit? Do you remember what they were wearing? Did they have a message for you? _____

As you delve further into your Spiritual Awareness, know that your Loved Ones in Spirit want to contact you. They want to be in connection with you. I sincerely hope this workbook sparks a flame of Spiritual recognition, & connection for you.

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Heather Corbet, Medium & Spiritual Advisor