

There was a longer length of time today between you asking and me connecting. I wanted you to stay a little longer in your power, so to build it more.

I am aware that you are a firm believer in repeating the basics, so those few extra minutes helped.

We have noticed, the great mediums your side of life and here don't need to be reminded of those basic steps. They do them automatically without a second thought. Many of them have their own unique routines they complete as part of their connecting process.

Some rub their hands, as if they're cold. That's very common. I know a medium your side that insists on standing silent for a minute or so before she says anything. She calls it composing, but what she

is actually doing is building the conditions, her power, and ticking all the boxes that tell her she is ready and connected. We admire that. It shows her dedication.

The funniest routine I have ever witnessed was a medium that insisted on jumping up and down a couple of times before he began forwarding the first communication. Though he didn't tell anyone why he did it, we know he believed it established a firm connection with the earth.

As we say, do what you deem necessary. These routines often help us as well. Your prayer is always a good sign to us, and often we are waiting to hear it also.

If I could share one piece of advice to your new mediums it would

be this: Create a routine that you are comfortable with, repeat it every time until it becomes second nature.

What happens is it becomes woven into the structure of the opening routine and helps alleviate any doubts and nerves.

Your established mediums like to claim they don't have routines when they connect with us, but we know differently.

I remember a well known medium that always kept a pen in his jacket top pocket. He knew it had to be there. One day in the middle of him channeling a message, his attention was drawn to his top pocket when he realised the pen was missing. It threw him and momentarily he believed he'd lost contact with

the medium this side. He hadn't, he just thought he had. Our medium was literally shouting "I'm still here, I'm still here," before he recovered and continued. But that just illustrates how his ritual had become an important part of his routines.

The simple truth is, routines are not essential, but the benefits appear to work for the medium. Confidence and conditioning, you might call it.

I do hope you keep up your own routines. They work for you and that is all that matters.

Time you had a little rest.

I've enjoyed this lesson and I hope you and your readers do too.

We are with you—always.

Goodbye