

Connect

YOUR FREQUENCY
IS KEY



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Spirit is Calling

a step-by-step guide to Connect Via Music

Your Guide to Connecting with Spirit

An instructional Guide from Elysium Soul

This compliments the playlist @ [Connect with Spirit](#)

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Introduction

You are about to embark on a gentle journey to raise your vibration and connect with Spirit. These songs, whichever one resonates best, are created to guide you into a deeper awareness, helping you meet your guides, angels, and loved ones where they are.

Remember: **You can only channel at the frequency you vibrate.**

Allow this music to lift you, raise your energy, and open your awareness.





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A little about my journey

I've blown way too much money and time trying to connect with Spirit. Honestly, I was that person in every class — the one sitting there like, “Helloooo? Anybody home?”

Meanwhile, everyone around me was having these cinematic, full-colour encounters:

- ✦ Bright lights & colours
- ✦ Voices
- ✦ Messages
- ✦ Entire movies about their life. WTF. Seriously?

And me?

Nothing.

Silence.

Crickets.

I kept thinking, *What the frig is wrong with me?*

Why was Spirit ghosting me (literally)?

I started convincing myself that maybe I didn't have “the gift.” Maybe this wasn't my path. But there was this tiny stubborn spark inside me (let's blame the Sagittarian in me and genetics) that refused to give up — because every now and then I'd have a moment where I was absolutely on fire... and then the next day... well, let's just say the fire department had already packed up and gone home.

Then one day, a mentor dropped a line that genuinely changed everything for me:

“You can only channel at the frequency you vibrate.”

Boom. Read that a few times for that to land!

Instant clarity.

It reminded me that Spirit — whether it's guides, angels, or loved ones — vibrates at a much higher frequency. It's hard for them to lower down to ours... so the trick is to learn to meet them where they are.

For me, that doorway ended up being music.

No amount of meditation and quiet time helped me connect so I created my own instructional songs, telling me exactly what to do.



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I give myself uninterrupted time, set the atmosphere, surrender the expectations, and just allow. No force. No pressure. Just me, the moment and the music.

Spirit supports us throughout our lives — so giving them a little dedicated time each day feels like the least we can do. And honestly? Now it's just like having a casual, ongoing conversation. I don't doubt. I don't analyse. I don't need an hour-long ritual with a gong and a crystal grid. Just a couple of aligned breaths... and I'm in. NOW.

A clear AHA moment

I've had plenty of little insights over the years, but I always brushed them off with logic — much to the frustration of my spirit team and loved ones trying to get through to me. But my real *aha* moment? Oh, that one hit me out of nowhere... while I was driving.

I thought, *Oh what the heck*, and asked Spirit, whoever was comfortable, to come close and chat. I had an hour to kill and nobody was picking up on the other end of the phone. So, I popped the car onto cruise control (110km on the motorway) and started chatting. Suddenly, I felt Mum. Clear as day. No logical mind this time. Nope. I just went with it. I accepted everything she said without second-guessing... until a semi-truck came flying up behind me flashing his lights like a disco ball on steroids.

I glanced down...

80km.

WTF! EIGHTY?

Cruise control was still on.

It hadn't disengaged.

If it had, my speed would've dropped even lower.

But it stayed steady at 80km.

And that's when I knew for sure it was Mum.

She was the ultimate backseat driver — nervous with *anyone* behind the wheel and always telling you to slow down, no matter how fast or slow you were going. Classic Mum move. Ah earth to mum, you nearly got me killed.

So yes, Spirit connection achieved...
and delivered with her usual flair.



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Note to self:

Maybe... let's not try this while driving again.

Turns out you *can* shift into another level of consciousness while still being fully aware of your surroundings — but the motorway is not the place to test that theory. 😂

Items You Will Need for Best Results

- ⌘ Headphones (essential for binaural beats)
- ⌘ A journal for recording sensations, thoughts, images, or ideas. Every time. Make this non-negotiable. You can thank me later.
- ⌘ A quiet space free of distractions
- ⌘ Optional: candles, crystals, soothing scents, or lighting that helps you relax





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Instructions

1. Give yourself permission

- Allow yourself to fully experience this time. Treat it as sacred, uninterrupted, and just for you. The more relaxed you are, the more subtle and profound your connection will be.

2. Set the scene

- Create a space that signals to your body and mind that it's time to tune in. Use lighting, candles, crystals, or scents if they help you feel at ease.
- Out in Nature is also perfect. Feel the ground, smell the scents, hear the gentle rustle of the trees. Of course, if you have squawking wild parrots then it is probably not ideal.

3. Use headphones

- Binaural beats carry divine frequencies that make subtle connections possible. For the clearest experience, headphones are essential.

4. Listen attentively

- Focus on the music and lyrics. Let your energy merge with the melody. Allow yourself to be open to whatever impressions, feelings, or messages arise.

5. Record your experience

- Keep a journal to note sensations, images, visualizations, or thoughts. These may occur during, immediately after, or even hours later. Subtle cues — tingles, warmth, changes in breathing, buzzing ears, colours in your mind's eye, or sudden shudders — are all meaningful. Never doubt or question. Just acknowledge with gratitude. You can request them to make the cues stronger if you are unsure.

6. Minimize distractions

- Switch your mobile to silent or leave it outside the room. Let the members in your household, you are on a time out. Do not disturb! You want this experience as pure as possible. The world can wait!!



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7. Release doubt

- Doubt lowers your vibration and blocks subtle guidance. Instead, allow yourself to accept whatever you feel, even faintly. Spirit always communicates with love, and your experience reflects that energy.
- Adopt a “so what” attitude. You will find over time, subtle changes to Spirits energy and when they connect, it may be faster. Sometimes when they get excited, I need to dictate into a recorder, so I don’t miss anything.

8. Practice Consistently — Repetition Strengthens the Channel

Make this a natural part of your daily rhythm. Connection becomes stronger when it's woven into who you are, not something squeezed in only when you have a moment. Remember, you are a part of Source — staying connected keeps your channel open, clear, and alive

Suggestions for Best Results

Listen daily – repetition helps your energy and awareness align.

- ✧ **Stay relaxed and intentional** – the softer your focus, the easier it is to connect.
- ✧ **Notice subtle sensations** – these often contain the most profound guidance.
- ✧ **Be patient with yourself** – the more you practice, the more natural the connection becomes.
- ✧ **Treat Spirit Like Your Closest Friend** – Connection deepens through relationship. Just as in life, the quality of your bond shapes the quality of your experience. Your spirit team is devoted to your highest good — their support is constant, unconditional, and unwavering. There is no greater ally than that.



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Final Words

For many of us, it takes *years* to finally reach that moment where we can say, without flinching, “Yes... I’m connected.”

But here’s the truth — we always were. We *are* Source. That’s the simple fact.

We’re here having this human adventure, but we’re only a small sliver of a much bigger soul that still exists fully connected to the divine. The line was never cut... we just had to learn how to hear it again.

And honestly? It’s only been in the last 12 months — after *countless* mentors, courses, wobbles, breakthroughs, and “what the heck was that?” moments — that I can comfortably call myself a Spirit communicator.

And yes, I can connect with Spirit, whether it’s guides, angels, or loved ones. Surprise, surprise... it’s all the same energy wearing different hats.



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My Top Tips (the ones I wish someone gave me on day one)

01 Spirit builds a relationship with you too.

It's not a one-way hotline. They learn your energy, your quirks, your way of listening. Trust grows on both sides. Nurture it.

02 Learn your "Clairs."

Our Clairs are your **intuitive or psychic senses**, extensions of your normal five senses that provide spiritual information, each person experiences them uniquely, allowing for different ways to receive intuitive guidance, from gut feelings to sudden insights or visual experiences.

You'll naturally have one or two that are strong, but the others can absolutely be trained.

- **Clairvoyance:** images, visions
- **Clairaudience:** hearing
- **Clair-cognizance:** clear knowing — feels like a thought but sharper, faster, slightly different frequency. (Some spirits talk so fast I've had to *voice record* instead of writing.)
- **Clairsentience:** feeling emotions, energy, or the presence of someone
- **Clairalience:** smelling scents from Spirit
- **Clair-gustance:** Clear tasting (an odd one... but very real!)

03 Stay consistent.

Five to ten minutes a day is enough to open the door. And soon you'll find yourself wanting to stay longer because it feels so good.



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04 Be patient with yourself.

This is a relationship, not a race. There's no timeline you need to meet, and truthfully, this path is an ongoing learning experience. There is always more to discover, and anyone claiming to be a "guru" with all the answers is kidding themselves. Even the most seasoned mediums have off days.

Remember, this work is all about energy. If you're feeling low, tired, or unwell, your vibration may not rise enough to connect — and that's completely okay. Honour where you're at. There is always tomorrow.

05 Notice the subtle sensations.

Over time you'll pick up patterns — I've even found that the sensation often matches the personality of the Spirit coming through.

06 Don't compare.

Everyone connects differently. Find *your* natural pathway, not someone else's highlight reel.



Stay close

I'll be sharing so much more on this journey.
Join me on social media, subscribe to the Elysium Soul
YouTube, and become part of the community on the
website.

We're only just getting started. ✨





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Connect with Me

Play these songs often, and observe any thoughts, images, ideas, or sensations that arise. Spirit communicates subtly — during the song, after it ends, or even later at night.

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