



The Beautiful Medium

Description

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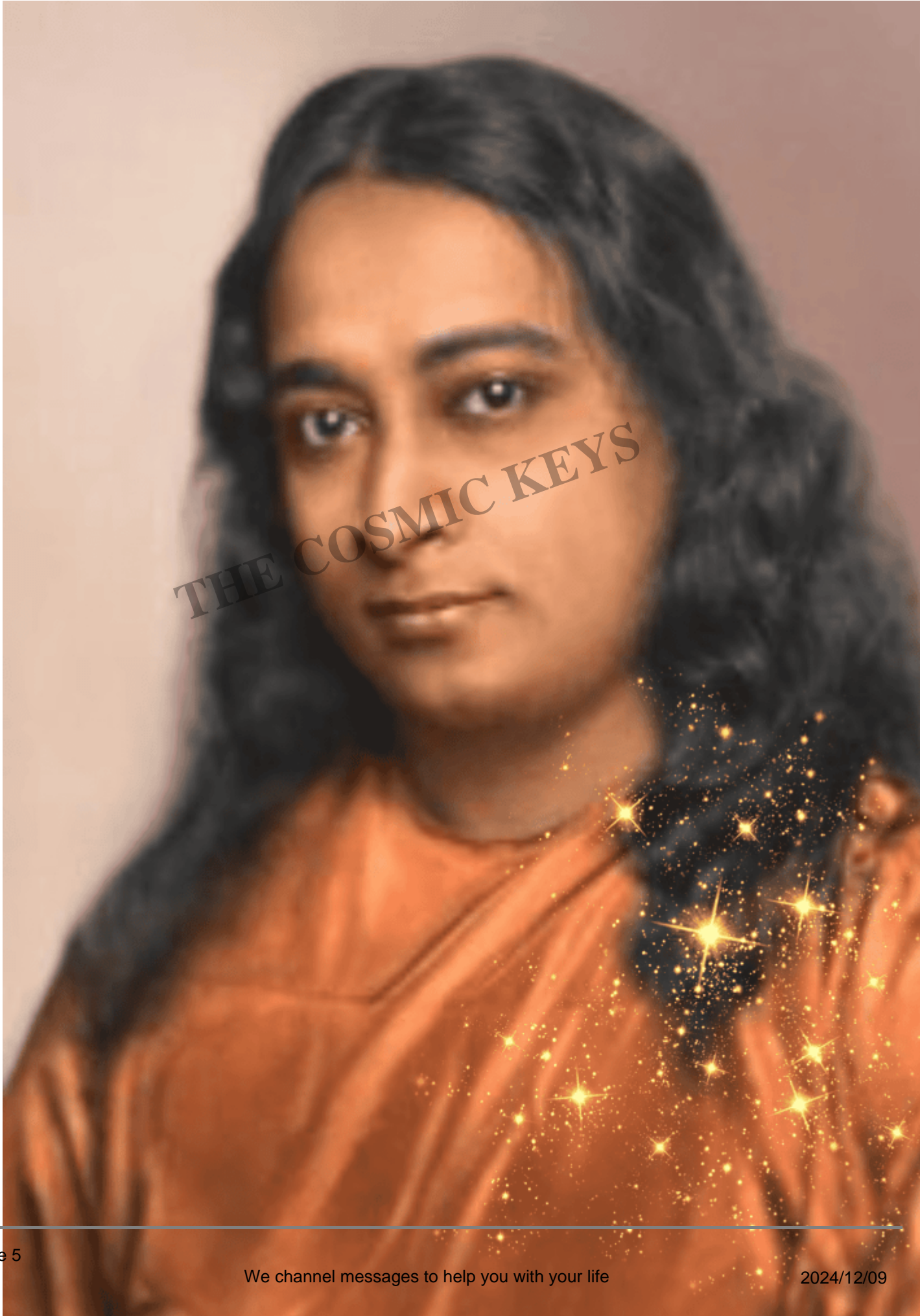
How do you embrace divine beauty in your life? My earliest memory of my own beauty relates to a red, floral, bohemian dress with short sleeves and a sash tied in the back, that I insisted on wearing daily when I was just four years old. The yoke of the dress was lined in lace, with a patchwork of hippy fabrics, and the skirt came to my ankles. And it made me feel like a goddess indeed.

For many years of my life, I have embraced this goddess, with my outfits, hair, makeup, and yes, even my internal beauty. But my path to beauty has taken many twists and turns, and it was not until working with the spirits later in life, that I fully understood how beauty can actually help both women and men with mediumship! And now I will share these teachings with you.

First, I will begin with some lessons on hair. Yes, as a human medium in physical form, this can affect your flow. We have all experienced our “hair standing on end” when perceiving something spooky, have we not? Well, your hair is your spiritual antenna, an extension of your nervous system, and as such, one of your tools in your mediumistic toolkit.

I will share some examples to explain this concept further. Paramahansa Yogananda, author of the excellent book on mediumship, [Autobiography of a Yogi](#), describes this process as [thus](#): “The spinal cord is like an upturned tree, with man’s hair as its roots, and afferent and efferent nerves as branches.” And that this is the same reason why the Biblical figure [Samson](#) lost his abilities when shorn by Delilah. It is also said that during the Vietnam War, certain Native American tracking recruits [lost their abilities](#) after receiving their military haircuts.

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This may be why women are often called the “fairer sex,” or having enhanced abilities. Perhaps this is the reason why witches during the Spanish Inquisition were shorn as a punishment and perhaps explains Rapunzel’s true power as well. [Marija Orsic](#), the alleged dark medium to Hitler and the Vril Society, is said to have been one such woman, growing her blond hair to the ground to act as an antenna to other dimensions. I obviously do not condone the Nazis, but I find this fact interesting and will share more about Orsic as I learn more.

[Quan Yin](#), the beloved Chinese goddess and Ascended Master, also has long hair, which she frequently wears in a bun atop her head. Ascended Master Saint Germain, who himself has long blond hair, visited famous medium, [Keith Milton Rhinehart](#), in his dream state in the 1960s, and requested that he grow his hair out as well. Saint Germain said this would help Rhinehart gain notoriety as a controversial figure and help promote his mediumistic skills. Queen [Nefertiti](#) was called “The Beautiful One Has Come” and I can only imagine the exotic Egyptian hairstyles she embraced. And as I have referenced before, it is interesting that the ancient [Giants](#) who sleep on, but yes, who will likely awake during our lifetime, still have their fresh hair and dewy skin!

Now that we understand this concept better, I will relate it to some of my own experiences. I have long hair myself. And every time I have to get my hair cut, it throws off my vibration. Not only am I dealing with losing a piece of my spiritual antenna, but I am very sensitive to others’ energies, and have an [echo](#) from a past life about being touched in general. So whenever I am going to see a hairdresser, I need to spend time preparing myself to be touched and then cleansing their energy from my body.

Indeed, I know another well-known physical medium who goes through the same process. In fact, he has the added stressor of having been abducted at one point by certain dark extraterrestrials who did a procedure with his scalp, that has left him with a traumatic memory. So you can imagine, this makes both of us very reticent to get our hair cut until absolutely necessary! And between touching certain lower vibration hairdressers in the past and some of their proclivities for cutting my hair shorter than I requested, I have had some upsetting hair cutting experiences over the years. Can you relate to any of these experiences as well?





My guide, [Yellow Feather](#), also explained how certain hair dyes can adversely affect your mediumship. He actually shared this lesson several years ago when I asked him for help with healing my acne. He said that hair dye can sometimes trigger acne because of its proximity to the crown chakra. And for this reason, harsh shampoos should also be avoided — I personally use an organic brand. I had actually stopped using hair dye several months prior to him telling me that, but was amazed to hear how much it may have affected my skin.

Yellow Feather gave me a few other tips as well, all of which I now follow. He said electromagnetic fields (EMF) can aggravate acne, so you should always put a towel or a sheet over any television you are sleeping next to — even if it is unplugged. In fact, he explained that EMF exposure even contributes to gray hair and the aging process. It is no wonder the ancient yogis who lived in caves looked so young!

But overall, Yellow Feather said the primary causes of my acne were emotional, due to some of my starseed and [Black Sheep](#) themes in life and the resulting relationship and personal priority challenges. So here is what he prescribed. He told me to eat a red-skinned apple every day, because having a tendency to stay in the higher chakras, the red color would help anchor me into my root chakra and the physical realm, i.e, my skin.

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And he recommended I use the following body scrub, which is not meant to be prescriptive to my readers but which could inform your own truth:

Directions: Mix 6 parts loose brown sugar, 2 parts coconut oil, and 2 parts lavender oil. Test on a small patch of skin, wait a few days and check for any reaction, before using regularly.

Yellow Feather said the brown sugar is ideal for a body scrub because the crystals are the same size as the pores in your skin. The coconut oil soothes your skin. And the lavender oil calms your skin.

Well, let me tell you. I did as he directed and after trying pharmaceuticals unsuccessfully for years, his scrub actually cleared up my skin! I was astounded. I still use this scrub daily and use coconut oil as my moisturizer as well. Yellow Feather is an amazing chemist and alchemist — he knows all about mixing essential oils — and I was so grateful.

And while I am on the topic of sharing my past remedies, I have also found great success with using [boric acid](#) to heal my sacral chakra imbalances. I'm sure I have one of my guides to thank for that telepathic referral as well! Again, please live your own truth when it comes to any information I share about what has worked for me; my stories are never intended to be prescriptive.

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Now, you may ask yourself, why have I spent so much time talking to the spirits about beauty? Well, much of my life has been spent pursuing certain impossible ideals of beauty, largely because I was trying to find my spiritual partner! So having dated different men for years before that time, always searching, I became overly focused on achieving physical perfection. And coupled with some of my challenges with [blood sugar](#) and diet, you can see why I spent years dieting, buying clothes, paying for beauty treatments, etc. But when I finally found my spiritual partner, I realized he accepted me just the way I was.

This does not mean I have given up on beauty. Because embracing beauty is part of my ongoing path to self worth! As it is for all mediums.

[Merlin](#), who has worked to repair my self worth, once told me via Yellow Feather that my path is thus: "First comes beauty, then comes self worth, then comes mediumship." Another of my guides, Luther, taught me and others to look in the mirror every day and say, "I'm worth it." You may want to try this mirror exercise daily and see if it helps you too.

This is the lesson that [Zeus](#) and Yellow Feather taught me in Montreal as well, that one of the keys to mediumship is making yourself happy. And [Winston Churchill](#) taught me that, cliché though it may sound, true beauty comes from within. Indeed, Winston taught me this lesson in another way a few years ago.

One spring afternoon, I was leaving my hairdresser of all places, contemplating my feelings of loneliness at a challenging period of my life. I walked towards my car in the suburban parking garage and I looked with amazement at a message written on the dusty trunk, with what appeared to be someone's finger. As I looked closer, as depicted in my personal photo below, I saw that it said, simply, "I ?? U SARAH." My jaw dropped to the floor when I saw this!



Now, any other person might seek to attribute the author of this message to a human acquaintance, whether family, friends, neighbors, or otherwise. But I will tell you, I did not have those active relationships at that time. And regardless, why it would have appeared randomly during a weekday afternoon at that location, made no sense!

Well, when I asked my guides who it was, they said it was Winston! Winston later told me, “That was a huge experiment — we did not know if it would work.” You see, even Winston and the other spirits are always learning how to communicate with us, from the other side. This concept surprised me at first. But as Winston always says, “It is part of that eternal development.” It made me feel such comfort that Winston brought me his message of love during a challenging time in my life. And as Luther says, the heart chakra vibration is what makes the mediumship work.



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And if you are excited about what I have shared about Winston's visit, stay tuned for a future post on how to use a lock of your hair to channel artwork from the spirits into a precipitation box!

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