

The Lighter Side Show Episodes—Season 1

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-GUEST: Leigh Mallis
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-GUEST: Kelley Knight, LOCATION
44. Beautiful Gift: How I Found My Son in the Afterlife with author Lesa Smith
-GUEST: Lesa Smith
45. Quick and Easy Bedtime Meditations with Maitland
~Maitland

S1 E1 The Lighter Side Show 5 Ways to Display Crystals without being Woo-Woo

Jamie presents various creative ways to display your crystals throughout your home without your friends and neighbors thinking you are woo woo.

TAGS: crystals, home decor, organization, feng shui

RUNTIME: 28 minutes

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S1 E2 The Lighter Side Show Contracts and Karma: Are they man-made?

The Lighter Side goes live on facebook accepting questions and comments on the topic of Contracts and Karma. Jamie explains how the human experience needs labels to feel protected and safe. The beyond is not judging the choices we are making. We are indeed the captain of our ship.

TAGS: spiritual, karma, life lessons, medium, Colleen

RUNTIME: 58 minutes

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S1 E3 The Lighter Side Show Energy of Pain: Guest Speaker Corey Dobyns, LMT

Jamie Butler and Corey Dobyns, LMT discuss how pain physically and energetically shows up in the body. Jamie shares her personal story about chronic pain and what remedies she found useful during that time. This episode is for anyone who is managing with pain or helping someone with their pain.

TAGS: energy, pain, chronic pain, body, energetic body, jamie butler

RUNTIME: 47 minutes

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S1 E4 The Lighter Side Show Bridge Meditation with Jamie Butler

Get comfortable and take a deep breath, Luminaires! Jamie is going to guide us through the Bridge Meditation taught to her by her guide, Maitland. This sweet, simple meditation will assist you in connecting to your guides and is wonderful for all ages!

TAGS: meditation, spiritual, guides, the lighter side show, jamie butler

RUNTIME: 30 minutes

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S1 E5 The Lighter Side Show Spiritual Business Practices with Master Marilag

Master Pranic Healer Marilag Mendoza joins us for an insightful conversation about spiritually based business practices. She is one of the senior disciples of GrandMaster Choa Kok Sui. She oversees and teaches Pranic Healing in North and South America, Europe and other parts of the world. To add to her many talents, Master Marilag developed an energetically-enhanced line of healing cosmetics and beauty products which can be found at <http://mhealthproducts.com/>. To find out more about Pranic Healing go to <http://www.pranichealingusa.com>.

TAGS: pranic healing, energy, healing, Master Marilag, twin hearts, spiritual, spirituality, spiritual business, jamie butler, medium, the lighter side

RUNTIME: 1 hour 3 minutes

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S1 E6 The Lighter Side Show Graceful Insights: Finding Calm in Chaos with Grace

Jamie's guide, Grace, advises us how to find calm in moments of chaos, both in our daily life and in understanding the world around us.

TAGS: guide, medium, mediumship, Grace, Jamie Butler, The lighter side, Graceful Insights, meditation

RUNTIME: 59 minutes

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S1 E7 The Lighter Side Show Sai: Who am I? Graceful Insights

In the opening of this episode, Jamie's 9 year old guide, Maitland spontaneously opens herself up to answer some of our viewer's pet questions. The featured guest, a multidimensional being named Sai, makes a second appearance on The Lighter Side. The mysterious Sai answers questions posted on facebook and vimeo.

TAGS: sai, jamie, butler, medium, mediumship, trance, channel, channeling, graceful, insights, multidimensional, being, beings, guides, Maitland, Colleen

RUNTIME: 55 minutes

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S1 E8 The Lighter Side Show Transform Your Energy, Transform Your Life

Jamie and Darshana Patel discuss the various ways Energy Healing can make dramatic changes in someone's life. Darshana's client, Nancy B. shares personal examples from her own life and how it was completely transformed after her sessions with Darshana.

Jamie Butler: JamieButlerMedium.com

Darshana Patel: UnscriptedWay.com

Nancy B.'s Art: GreggIrbyGallery.com

TAGS: energy healing, reiki, energetic body, spiritual, spirituality, medium, channel, channeling, transformation

RUNTIME: 46 minutes

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S1 E9 The Lighter Side Show Balloon Chakra Meditation

NO DESCRIPTION

TAGS: meditation, the everyday medium, wholeness, spiritual

RUNTIME: 30 minutes

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S1 E10 The Lighter Side Show Stuff happens, Don't Make it Worse with guest Ursula Lentine

How can we avoid the trap of making life's challenges more difficult than they already are? Jamie welcomes guest spiritual advisor, Ursula Lentine, for a lively discussion about how to make thoughtful life choices.

For more information about Ursula Lentine please visit www.UrsulaLentine.com

The Twin Hearts meditation Ursula mentions in this episode is available here:

<http://pranichealing.com/meditation-twin-hearts>

TAGS: ursula lentine, jamie butler, the lighter side, spiritual, spirituality, medium, spiritual advisor, twin hearts, meditation

RUNTIME: 53 minutes

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S1 E11 The Lighter Side Show Jamie Talks About Her Childhood Imaginary Spirit Friends

Listen to Jamie share her experiences of growing up with spirits. How did she feel about them being dead? What did they talk to her about? Bob her main best spirit friend taught her so much about being human. Jamie opens up about how she handles her children's abilities as well.

TAGS: children, everyday, medium, imaginary, friends, spirit, guides, indigo, kids, Colleen

RUNTIME: 43 minutes

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S1 E12 The Lighter Side Show Graceful Insights: Gut Instincts

Jamie Butler channels Grace on a Live Facebook recording accepting questions from the Luminaire community. Grace talks about how Gut Instincts are more valuable than you expect.

TAGS: FaceBook Live, Colleen, Grace, mediumship, channeling, medium

RUNTIME: 57 minutes

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S1 E13 The Lighter Side Show Guided Tree of Life Meditation with Jamie

Jamie guides you through the Tree of Life mediation. This is a wonderful meditation to take you on a journey into your past, present, and future lives. Relax and enjoy!

TAGS: tree of life, meditation, past lives, reincarnation, spirit, spiritual, jamie, butler, medium

RUNTIME: 19 minutes

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S1 E14 The Lighter Side Show Maitland: Empathic and Sensitive Kids

Jamie channels her nine year old guide, Maitland, on the topic empathic and sensitive children. More and more children are having trouble in school settings and fitting into social situations. Maitland offers up some ideas how to make these children more comfortable with their

surroundings. The mediumship classes mentioned at the beginning of this audio can be found here: www.learnitlive.com/jamiebutler

TAGS: Maitland, channel, medium, mediumship, jamie, butler, spirit, spiritual, kids, children, indigo, crystal, rainbow, empathic

RUNTIME: 49 minutes

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S1 E15 The Lighter Side Show Wholeness Living with our Animal Companions

How do we help our animal companion's Body, Mind, Emotion, and Soul get all on one page? Jamie and her guest, Animal Intuitive, Sigrira discuss Wholeness Living for our pets. Please visit www.sigrira.com to learn more about Sigrira, read her blog, or book and session.

TAGS: Wholeness, Living, Mind, Body, Emotion, soul, Pets, Animal, Companions, Sigrira, Intuitive, spirit, spiritual, Colleen

RUNTIME: 58 minutes

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S1 E16 The Lighter Side Show Four States of Dreams

Jamie & Colleen sit down and discuss the four states of dreams: day, normal, lucid, and nightmare.

TAGS: meditation, dreams, jamie butler, lucid, dreaming, nightmare, normal dreams, REM, spirit, spiritual, medium, mediumship, Colleen

RUNTIME: 48 minutes

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S1 E17 The Lighter Side Show Mother Mary channel, Danielle Gibbons, Interview

Jamie sits down with Mother Mary channel and author of Mother Mary's Pathway to Love, Danielle Gibbons, about her life experiences and her journey into becoming a channel for Mother Mary.

To learn more about Danielle and the teachings of Mother Mary please visit:

www.belovedpublications.com &
www.youtube.com/user/mothermarychannel

TAGS: mother mary, blessed, jamie butler, the lighter side, spirit, channel, medium, meditation, spiritual, beloved publications

RUNTIME: 45 minutes

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S1 E18 The Lighter Side Show Mother Mary Shares

Jamie has the wonderful opportunity to interview Mother Mary, channeled by Danielle Gibbons. An amazing interview you don't want to miss!

To learn more about Danielle and the teachings of Mother Mary please visit:

www.belovedpublications.com &

www.youtube.com/user/mothermarychannel

TAGS: mother mary, blessed, jamie butler, the lighter side, spirit, channel, medium, meditation, spiritual

RUNTIME: 44 minutes

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S1 E19 The Lighter Side Show The Art of Mediation with Family Law Attorney, Kelly Reese

Jamie and Atlanta based family law attorney, Kelly Reese, discuss the Art of Mediation. Kelly shares some of her favorite listening and communication techniques as well as explains the importance of mediation during times of conflict.

For more information about Kelly please visit <http://www.stern-edlin.com/attorneys/kelly-reese>

TAGS: lawyer, kelly reese, family, law, attorney, conflict, resolution, jamie, butler, the lighter side

RUNTIME: 44 minutes

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S1 E20 The Lighter Side Show Supporting Our Interspecies Family Through Death and Dying with Sigrira

How do you support your animal companion through death and dying? Jamie welcomes back Animal Intuitive, Sigrira on The Lighter Side Show to share her experiences and insights! For more information about Sigrira please visit www.sigrira.com

TAGS: animal, intuitive, sigrira, communication, family, interspecies, jamie, butler, the lighter side, spirit, death, dying, transition

RUNTIME: 42 minutes

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S1 E21 The Lighter Side Show Talismans, Amulets, and Symbols: Are They Powerful?

Can objects really have power? Jamie and Colleen discuss various talismans and amulets from around the world and Jamie shares several from her personal collection.

TAGS: jamie, butler, the lighter side, talismans, amulets, sacred objects, sage, palo santo, stones, crystals, medium, spirit, spiritual, Colleen

RUNTIME: 48 minutes

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S1 E22 The Lighter Side Show Honoring our Dead for the Holidays

How can we honor our transitioned family and friends over the holidays? Jamie offers the Luminaire community some fun artsy crafty and unique ideas from around the world. Have fun while creating connection and paying respect to your spirit family during this special time of year!

TAGS: family, dead, dying, spirit, spiritual, medium, mediumship, arts, crafts, Colleen

RUNTIME: 58 minutes

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S1 E23 The Lighter Side Show Thrivable Communities with Peter Lombardi

Jamie welcomes guest Peter Lombardi, NYC architect and Renaissance man, for a lively conversation about creating thrivable communities. They discuss the three categories that create a thrivable community: social, economic, and environmental and provide suggestions on how to make your space and community flourish! For more about Peter please visit

www.peter-lombardi.com

TAGS: thrivable communities, community, green, energy, organic, solar, lunar, lighting, mind, body, emotion, soul, Wholeness Living, architect, architecture

RUNTIME: 47 minutes

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S1 E24 The Lighter Side Show Keeping Your Energy Strong for the Holiday with Jolly

How do you keep your energy strong around friends and family during the holidays? Jamie channels the newest addition to the Graceful Insights team, Jolly!

TAGS: Jolly, Graceful, Insights, Jamie, Channel, Channeling, Medium, Mediumship, Energy, Holidays, Friends, Family, Emotions, Spirit, Spiritual, Spirituality, Jolly, Colleen

RUNTIME: 39 minutes

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S1 E25 The Lighter Side Show Graceful Insights: Changing Political Environment

Jamie channels her guide, the ever so insightful Grace. Grace shares her deep understanding of the changing political climate and speaks of the major shifts that are happening in the United States and around the world.

TAGS: The Lighter Side, Grace, Graceful Insights, Channel, Channeling, Everyday, Medium, Jamie, Butler, Spirit, Communication, Spiritual, Spirituality, Politics, Political, Colleen

RUNTIME: 1 hour 6 minutes

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S1 E26 The Lighter Side Show Burning Your Bones Guided Meditation with Jamie

Are you ready to strip away cultural influences and get down to the bare bones? Get comfortable, Luminaires. Jamie has another amazing guided meditation for you!

TAGS: meditation, spiritual, guides, the lighter side show, jamie butler, guided, cultural, influences

RUNTIME: 22 minutes

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S1 E27 The Lighter Side Show Aliens, UFOs, ETs... Oh My! with guest Darshana Patel

Jamie and Darshana discuss and share their personal experience with interdimensional beings and life outside this Universe through their work as mediums and energy healers.

TAGS: Aliens, ETs, UFO, extraterrestrials, interdimensional, beings, multidimensional, entities, medium, darshana, patel, stargate, interstellar, universe, astral, travel, space, time, cosmic, consciousness

RUNTIME: 46 minutes

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S1 E28 The Lighter Side Show Channeling an Ancient Alien RA with guest Darashana Patel

Join Jamie as she interviews Ra – channeled by Darshana Patel-to discuss the past, present, and future of humanity. Ra is a spiritual messenger of The Law of One, originally introduced to humanity in the times of Ancient Egypt. Anything goes when you interview an Egyptian God (an ancient alien), right?!

TAGS: Ra, alien, ancient, egypt, darshana, patel, channel, channeling, medium, mediumship, spirit, spiritual, interdimensional, beings, law of one, unscripted way, messenger, extraterrestrial

RUNTIME: 1 hour

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S1 E29 The Lighter Side Show Maitland Answers Your Questions on Facebook Live

Maitland opens herself up to take questions from the Luminaires live on Facebook!

TAGS: maitland, channel, channeling, medium, mediumship, guide, jamie, butler, spirit, communication, spiritual, spirituality, pets, animals, Colleen

RUNTIME: 1 hour 3 minutes

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S1 E30 The Lighter Side Show Astrology for You with Guest Laura Boone

Meet the amazing astrologer Laura Boone! She helps reveal the BIG surprise on today's episode!!

For more about Laura please visit her website and blog at www.lauraboone.org

TAGS: astrology, astrologer, intuitive, intuition, psychic, medium, mediumship, tarot, cards, spirit, spiritual, spirituality, universe, natal chart, astrological, insights, readings, self

RUNTIME: 48 minutes

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S1 E31 The Lighter Side Show Powerful Intention Setting for the New Year with Suzanne Adams

Jamie and Suzanne discuss powerful intention setting as we begin a New Year. Go that one thought up higher! Learn more about Suzanne at www.musingsofanearthangel.com

TAGS: jamie butler, suzanne adams, intentions, law of attraction, visualization, dreams, co creation, vibration, energy

RUNTIME: 50 minutes

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S1 E32 The Lighter Side Show Sex and Gender Across the Universe with Sai Interviewed by Darshana Patel

-Aired: Monday, 1/32/17

Darshana Patel joins us to ask the multidimensional being, Sai amazing questions on sex and gender across the Universe!

Visit Darshana at www.unscriptedway.com.

Sign up for online Mediumship classes today at www.jamiebutlermedium.com/classes!

TAGS: Darshana, Patel, Sai, Universe, Gender, Sex, Multidimensional, Beings, Aliens, Spirit, Communication, Energy, Medium, Jamie, Butler, Mediumship, Channel, Channeling, extraterrestrial, alien

RUNTIME: 40 minutes

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S1 E33 The Lighter Side Show Graceful Insights: Good Vibrations with Grace

-Aired: Tuesday, 1/10/17 -FaceBook Live: Thursday, 1/5/17

How do you keep your energy vibrant despite what is happening around you? The wise spirit guide, Grace, joins us and takes questions from the Facebook live feed to do just that!

Sign up for Mediumship classes at www.jamiebutlermedium.com/classes today!

TAGS: Grace, Spirit, Guide, Medium, Mediumship, Channel, Channeling, Vibration, Energy, Spiritual, Spirituality, Energetic, Vibes, Jamie, Butler, Graceful, Insights, Colleen

RUNTIME: 1 hour 8 minutes

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S1 E34 The Lighter Side Show Griding Your Space with Laura Boone

-Aired: Monday, 1/16/17

Intuitive Astrologer, Laura Boone, is back to show us how to clean and protect our space with crystals! For more about Laura Boone please visit www.lauraboone.org

TAGS: spirit, astrologer, spirituality, stones, crystals, energy, intention, healing, protection, selenite, sage, feng shui, meditation, Laura Boone

RUNTIME: 41 minutes

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S1 E35 The Lighter Side Show Winter Wellness with Herbalist Pam Gould

-Aired: Tuesday, 1/17/17

Did you know that your kitchen contains amazing remedies to help assist in optimal wellness during the Winter? Herbalist Pam Gould shows us some of her favorite teas, tinctures and tonics!

For more about Pam please visit Earth Mama Remedies online at www.pamgould.net

TAGS: winter, wellness, herbs, herbalist, tonics, tinctures, teas, earth, mama, remedies, medium, mediumship, jamie, butler, pam, gould, How to, food

RUNTIME: 1 hour 1 minute

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S1 E36 The Lighter Side Show Relationships and All Their Parts with guest Ursula Lentine

-Aired: Monday, 1/23/17

Ursula Lentine is back on The Lighter Side to discuss ALL the parts of our relationships! We look forward to Ursula joining us as the host of The Way of the Spiritual Path on The Lighter Side Network March 1, 2017. Please visit www.ursulalentine.com for more about Ursula and her services. To find out more about Jamie's classes, channelings, and workshops visit www.jamiebutlermedium.com

TAGS: relationships, ursula, lentine, jamie, butler, soul, mates, marriage, therapy, partners, unions, the lighter side, everyday, medium, spirit, love, Internal Family Systems

RUNTIME: 57 minutes

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S1 E37 The Lighter Side Show Creating Thrivable Homes with guest Peter Lombardi
-Aired: Tuesday, 1/24/17

We welcome Peter Lombardi, Architect and Renaissance man, to discuss some creative ways to create a thrivable living space.

For more information about Peter please visit www.peter-lombardi.com

TAGS: jamie, butler, medium, peter, lombardi, renaissance, thrivable, homes, living, space, gardening, environment, color, theory, landscaping, radiant, room, safe, How to

RUNTIME: 54 minutes

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S1 E38 The Lighter Side Show Graceful Insights: Grace On Indigo Children
-Aired: Monday, 1/30/17

Grace, channeled by Jamie Butler, discusses indigo children, their challenges, as well as strategies for raising a healthy child and family.

TAGS: Grace, channel, channeling, indigo, children, child, kids, spirit, spiritual, medium, wholeness, living, family, Graceful Insights, Colleen

RUNTIME: 48 minutes

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S1 E39 The Lighter Side Show The Labels We Choose To Believe In with Dr. Karin Luise
-Aired: Tuesday, 1/31/17

Dr. Karin Luise, author and psychotherapist, shares her insights and professional experience regarding the labels we create for ourselves and choose to believe in. Dr. Karin is a sought after counselor, author, educator and inspirational speaker with specialties in spirituality, resilience, and women's issues. She is the co-author of *The Fatherless Daughter Project: Understanding Our Losses and Reclaiming Our Lives*.

For more about Dr. Karin please visit www.doctorkarin.com

TAGS: labels, dr karin, psychotherapy, spiritual, awakening, connection, personal, truth, integrated, therapy, therapist, fatherless, daughter, wholeness, living, consciousness, alignment, Dr. Karin, enlightenment

RUNTIME: 46 minutes

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S1 E40 The Lighter Side Show Kundalini Yoga & Vibrating with the Universe with guest Leigh Mallis
-Aired: Monday, 2/6/17

Kundalini yoga teacher Leigh Mallis joins us to share how her life was transformed with regular meditation and a disciplined yoga practice. For more information about Leigh please visit leighmallisyoga.com for more information about Jamie's upcoming channeling and classes visit www.jamiebutlermedium.com

TAGS: kundalini, yoga, yogi, intuitive, intuition, awakening, meditation, healing, mantra, vinyasa, intentions, consciousness, pranayama, Leigh Mallis

RUNTIME: 46 minutes

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S1 E41 The Lighter Side Show Soul Families with Maitland
-Aired: Tuesday, 2/7/17

Jamie's, 9 year old guide, Maitland joins us to discuss soul families! Do they really exist? How do we know who is part our soul group? Maitland takes questions from the Luminares on Facebook to provide us with more insight into this fascinating topic!

TAGS: soul, family, families, Maitland, guide, spirit, spiritual, jamie, butler, medium, mediumship, the lighter side, mates, relationships, channeling, Colleen, FaceBook Live

RUNTIME: 1 hour 2 minutes

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S1 E42 The Lighter Side Show A Moment of Zen with guest Leigh Mallis
-Aired: Monday, 2/13/17

Kundalini yoga teacher, Leigh Mallis, joins us for another episode where she shares some of her favorite breathing techniques to increase energy and clear the mind!

Learn more about Leigh at www.leighmallisyoga.com.

For more information about Jamie's upcoming classes please visit www.jamiebutlermedium.com

TAGS: kundalini, yoga, yogi, intuitive, intuition, awakening, meditation, healing, mantra, vinyasa, intentions, consciousness, pranayama, Leigh Mallis, enlightenment, How to

RUNTIME: 44 minutes

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S1 E43 The Lighter Side Show New Age in the Now Age with Kelley Knight

-Aired: Tuesday, 2/14/17

The Lighter Side Show team was thrilled to head over to the Modern Mystic Shop in Atlanta to chat about making mystic modern with shop owner and tarot reader, Kelley Knight. Kelley shares her stories of powerful manifestation and healing!

For more information about Kelley visit www.modernmystictarot.com and www.modernmysticshop.com

To find out more about Jamie's classes and readings please visit www.jamiebutlermedium.com

TAGS: modern, mystic, crystals, tarot, reading, cards, manifestation, spirit, spiritual, energy, healing, community, new age, living in the now, archangels, angels, Kelley Knight

RUNTIME: 35 minutes

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S1 E44 The Lighter Side Show Beautiful Gift: How I Found My Son in the Afterlife with Author Lesa Smith

-Aired: Monday, 2/20/17

Author Lesa Smith shares her heartwarming story of how she overcame unbearable grief and found a relationship with her son in spirit after his untimely death. Her wonderfully written, straight from the heart book, *Beautiful Gift: How I Found My Son in the Afterlife* is a must read for anyone who has experienced grief and the passing of a loved one.

For more information about Lesa please visit www.howifoundmyson.com.

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TAGS: medium, author, spirit, communication, relationships, afterlife, signs, messages, soul, loss, death, dying, spirituality, consciousness, support, healing, Lesa Smith

RUNTIME: 35 minutes

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S1 E45 The Lighter Side Show Quick and Easy Bedtime Meditations with Maitland

-Aired: Tuesday, 2/21/17

Maitland, channeled by Jamie Butler, joins us to share her insights and offers the little Luminaires a quick and easy nighttime meditation for all ages! This meditation is especially wonderful for energy sensitive children. The Meditation begins at 8:20 and lasts about 5 minutes. Maitland's poem she wrote starts at 17:17. Enjoy!

TAGS: children, meditation, maitland, energy, sensitivity, indigo, jamie, butler, channeling, medium, spirit, communication, kids

RUNTIME: 23 minutes

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