

The Lighter Side Show Episodes—Season 2

1. Practical Tarot with Kelley Knight
-GUEST: Kelley Knight, LOCATION
2. Saying Hello and Not Goodbye: Jamie Goes Live on FaceBook with Lesa Smith
-GUEST: Lesa Smith, FACEBOOK LIVE
3. Graceful Insights: Separating Needs from Feelings in Communication
~Grace
4. Analyzing NDEs with Marco Pardi
-GUEST: Marco Pardi
5. Morning Routines with Maitland!
~Maitland
6. Sound Healing with Danielle Hall
-GUEST: Danielle Hall
7. Sound Healing with Danielle Hall, Pt. 2
-GUEST: Danielle Hall, Colleen
8. Maitland Talks Reincarnation and Soul Individuations
~Maitland, Colleen
9. Graceful Insights: Reincarnation and Soul Individuations, Part 2
~Grace, Colleen
10. NDEs and Their After Effects with Marco Pardi
-GUEST: Marco Pardi
11. Maitland Talks Good Touch Live on FaceBook
~Maitland, FACEBOOK LIVE, Colleen
12. Smellatherapy Pt. 1
13. Graceful Insights- Earth & Climate
~Grace
14. Smellatherapy Pt.2
15. Emotional Intelligence with Neo Sandja
-GUEST: Neo Sandja
16. Graceful Insights: Earth & Climate, Pt. 2
~Grace, FACEBOOK LIVE, Colleen
17. Walking Through the Fear with Danielle Gibbons
-GUEST: Danielle Gibbons
18. Cultivating Joy with Mother Mary
-GUEST: Danielle Gibbons~Mother Mary
19. Healing Yourself with Maitland
~Maitland
20. Jamie Talks Color Pt. 1
21. Jamie Talks Color Pt. 2
22. Misconceptions Surrounding Psychics, Mediums, and Intuitive Readers with Kelley Knight
-GUEST: Kelley Knight
23. Colleen & Jolly Discuss Finding Your Community
~Jolly, Colleen
24. Courageous Living with Joy Goodman
-GUEST: Joy Goodman
25. Jolly and Colleen on Creating Your Spiritual Rhythm
~Jolly, Colleen
26. Guides, Naturalists, & Angels, Oh My!
~Maitland, FACEBOOK LIVE, Colleen
27. Mindful Kids with Anita Bullock-Morley
-GUEST: Anita Bullock-Morley
28. Maitland Talks Your Energy & EMFs
~Maitland
29. Graceful Insights: How to Connect to Joy
~Grace
30. Into the Mind's Eye of a Medium
-GUEST: Tracey Lockwood VIA Zoom

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& Mental Illness
~Maitland
32. Mindful Parenting with Anita
Bullock-Morley
-GUEST: Anita Bullock-Morley
33. Jamie Explores Dowsing
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-GUEST: Carol Cassara VIA Zoom
35. Maitland Answers Questions about
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~Maitland, FACEBOOK LIVE, Colleen
36. Connecting with Your Guides with
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-GUEST: Tracey Lockwood
37. Maitland and Colleen on Urban
Camping
~Maitland, Colleen
38. Five Steps to Improve Your Intuition
-GUEST: Dr. Halina Krupa
39. Behind the Scenes
-Jesse
40. The Lighter Side Network:
Manifesting
-GUESTS: Darshana Patel, Laura Boone,
Karin Luise, Ursula Lentine; FACEBOOK
LIVE (Director's Cut)

THEME: Lighter Side Mix (start), Lighter Side Mix (end)

MAIN FONTS:

- Show title: **UNKNOWN**
- Title/Guest title: Chispa
- Title/Subtitle: Avenir (medium, light)

CREDITS:

- Jamie Butler: HOST
- Colleen Zeigler: ASSOCIATE PRODUCER
- Jesse Grainger: PRODUCER/EDITOR

The Lighter Side Show Episodes—Season 2

S2 E1 The Lighter Side Show—Practical Tarot with Kelley Knight
-Aired: Wednesday, 3/1/17

It's Season 2 of The Lighter Side Show! For the first episode we invited the amazing Kelley Knight to give Jamie a personal tarot reading about the Network and where it is headed. Kelley also offers the Luminaires some practical uses for tarot cards in everyday life. You don't want to miss this fantastic episode recorded in Kelley's Modern Mystic Shop in Atlanta!

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

For more information about Jamie's classes, workshops, and private readings please visit www.jamiebutlermedium.com

TAGS: kelley, knight, tarot, readings, jamie, butler, medium, intuition, intuitive, cards, spirit, spiritual, spirituality, Modern Mystic

RUNTIME: 36 minutes

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S2 E2 The Lighter Side Show—Saying Hello and Not Goodbye: Jamie Goes Live on FaceBook with Lesa Smith
- Aired: Monday, 3/6/17 -FaceBook Live: Thursday, 2/9/17

Lesla Smith, author of *Beautiful Gift: How I Found My Son in the Afterlife* joined Jamie live on Facebook for an open discussion about her book inspired by her son in spirit, Brandon. The heartwarming story of how she and Brandon developed a relationship after his passing is both healing and reassuring to anyone questioning life after death.

This episode of the Lighter Side Show was filmed in front of a live FaceBook audience on February 9, 2017. Join Jamie for live episodes on select Thursdays on her FaceBook page, <https://www.facebook.com/JamieButlerMedium>

For more information about Lesa and to purchase her book please visit
www.howifoundmyson.com

For more information about Jamie's classes, channelings, and workshops please visit
www.jamiebutlermedium.com

TAGS: Jamie, Butler, Medium, Jamiebutlermedium, channeling, mediumship, psychic, death, loss, spirit, lesa, smith, beautiful, gift, facebook

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S2 E3 The Lighter Side Show—Graceful Insights: Separating Needs from Feelings in Communication

-Aired: Saturday, 3/11/17

Grace is back for season two of The Lighter Side Show! Join Grace for tips on communicating with people with different belief systems—whether they be spiritual, political, or just different. Learn techniques to remain available to those that you may not be in complete alignment with, and how to speak from the head as well as the heart.

For more information on nonaggressive communication techniques, visit the website for the Center for Nonviolent Communication at www.cnvc.org.

For events, classes, and more information on Jamie, head over to www.jamiebutlermedium.com

TAGS: channeling, gracefulinsights, mediumship, communication, Grace, nonviolence, politics, jamiebutler, jamiebutlermedium, spirituality, feelings, cnvc, nvc, nonviolent communication

RUNTIME: 38 minutes

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S2 E4 The Lighter Side Show—Analyzing NDE's with Marco Pardi

-Aired: Monday, 3/13/17

Jamie sits down with dear friend and consummate scholar, Marco Pardi to learn his techniques for analyzing near death experiences, how he gauges their validity, and how he applies science, and not "scientism" to his studies.

For more information on Jamie Butler, visit her at www.jamiebutlermedium.com.

For more from Marco Pardi, visit his blog at www.mpardi.com

For more on near death experiences, check out the International Association for Near Death Studies' website at www.iands.org

TAGS: NDE, thelightersideshow, Marco, Marcopardi, mpardidotcom, Pardi, Jamie, medium, mpardi, spirituality, Butler, mediumship, scientific, theory, metaphysical, dying, death, IANDS, Marco Pardi

RUNTIME: 53 minutes

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S2 E5 The Lighter Side Show—Morning Routines with Maitland!

-Aired: Saturday, 3/18/17

Maitland offers some of tips and techniques for starting each day spiritually healthy and with an open mind. For kids and adults!

TAGS: maitland, meditation, chakra, jamie, butler, mediumship, channeling, medium

RUNTIME: 21 minutes

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S2 E6 The Lighter Side Show—Sound Healing with Danielle Hall

-Aired: Monday, 3/20/17

Jamie sits down with Danielle Hall of Sound Embrace to talk about the benefits sound therapy can have in bolstering your body's natural healing abilities. Danielle goes over the basics of sound therapy, as well as sharing her own story of health and wellness.

For more info on Jamie, head over to www.jamiebutlermedium.com

Visit Danielle at www.soundembrace.com and tune in for her live sound bath on FaceBook every Wednesday at 1 PM EST at www.facebook.com/soundembracehealth.

TAGS: sound therapy, medium, mediumship, jamiebutler, jamie, butler, holistic, health, wellness, alternative, vibration, Danielle Hall

RUNTIME: 54 minutes

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S2 E7 The Lighter Side Show—Sound Healing with Danielle Hall, Pt. 2

-Aired: Monday, 3/27/17

Danielle is back with Jamie for another episode on the benefits of sound therapies and treats Jamie and Colleen to a "Sound Bath"— a symphonic emersion of sound vibration benefitting the body on a cellular and molecular level. Danielle also details the practices and techniques used in Sound Bath sessions, what to expect, and how one should prepare for this intense, mind-opening therapy.

Visit Jamie at www.jamiebutlermedium.com

For more on Danielle, visit her website at www.soundembrace.com

TAGS: sound, healing, therapy, vibration, gong, crystal, intuition, holistic, chime, jamie, butler, medium, danielle, hall, soundembrace

RUNTIME: 47 minutes

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S2 E8 The Lighter Side Show—Maitland Talks Reincarnation and Soul Individuations

-Aired: Monday, 3/27/17

Jamie and the team left it up to the Guides for this one! Maitland pops in unscheduled ahead of Grace and delves into the concepts surrounding reincarnation, holons, and soul individuations. Maitland explains the faceted nature of the spirit—during, after, and outside of life. LSN producer, Jesse discovers that his spirit typically prefers to reincarnate as something other than human, maybe a bear. Tune in next week as Grace goes further in depth on reincarnation and spiritual individuation, as well as bilocation, "Walk Ins," and intrusions.

Visit Jamie at www.jamiebutlermedium.com

TAGS: holons, individuation, reincarnation, soul, holon, life, rebirth, medium, mediumship, jamie, maitland, butler, spirituality, death, prime, akashic, source, spirit, Colleen

RUNTIME: 43 minutes

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S2 E9 The Lighter Side Show—Graceful Insights: Reincarnation and Soul Individuations, Part 2

-Aired: Saturday, 4/1/17

Tune in for the second part of Maitland and Grace's lessons on manifestations of the Higher Self and Spirit. Grace teaches us about "Walk Ins," bilocation, how you can learn to tap into the akashic records, and more.

TAGS: akashic, bilocation, self, spirituality, psychic, jamie, reincarnation, butler, medium, exorcism, individuation, soul, Colleen

RUNTIME: 33 minutes

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S2 E10 The Lighter Side Show—NDEs and Their After Effects with Marco Pardi
-Aired: Monday, 4/3/17

Jamie is back with Marco Pardi for round two on near death experiences. This time Jamie and Marco focus on the "After Effects" of NDEs—the emotional, physical, and metaphysical changes exhibited in those who are affected by an NDE, and discuss the studies by Dr. Penny Sartori in her recent book, "The Wisdom of Near Death Experiences." In addition, Jamie blabs a little too much of the plot lines for the new show, "The O.A." *Spoiler Alert!*

Find Penny Sartori's book *The Wisdom of Near Death Experiences* online or in print where books are sold.

Visit Jamie at www.jamiebutlermedium.com.

Find Marco Pardi at www.mpardi.com

For more on near death experiences, visit www.iands.org

TAGS: sartori, penny, effects, iands, after, jamie, pardi, mediumship, butler, marco, medium, near, experience, NDE, death, afterlife

RUNTIME: 43 minutes

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S2 E11 The Lighter Side Show—Maitland Talks Good Touch Live on FaceBook
-Aired: Monday 4/3/17 -FaceBook Live: 3/16/17

Join us for The Lighter Side Show's March 16, 2017 FaceBook Live episode, where Maitland comes in to talk to us about the different benefits of touch and contact and answer your questions live. Maitland discusses both physical and energy touching, whether it be person to person, or spirit to person.

Join The Lighter Side Show team for live shows on select Thursdays each month at 10 AM EST at
<https://www.facebook.com/JamieButlerMedium/>

Visit Jamie online at www.jamiebutlermedium.com.

TAGS: Maitland, Jamie, Butler, medium, mediumship, channeling, therapy, Facebook, spirituality, healing, energy, FaceBook Live, Colleen

RUNTIME: 43 minutes

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S1 E12 The Lighter Side Show—Smellatherapy Pt. 1
-Aired Monday, 4/10/17

Jamie's crash course in aromatherapy. Lesson includes overview of the nine types of smells, safety tips when using and applying ointments and essential oils, and a few recipes and tricks you can make easily at home.

Visit Jamie at www.jamiebutlermedium.com

TAGS: aromatherapy, holistic, scent, oils, herbal, jamie, herbalist, essential, butler, wellness, health, remedy, herbs

RUNTIME: 34 minutes

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S2 E13 The Lighter Side Show—Graceful Insights: Earth & Climate
-Aired: Monday, 4/10/17

Jamie channels Grace, who delivers a frank talk on what we can do to help heal the earth and her climate by setting positive intentions, shifting social practices, and practical steps we can all take to limit our impact on the environment.

Be sure to tune in for part two on Jamie's FaceBook Live show, this Thursday, April 20th, 2017:
www.facebook.com/JamieButlerMedium

Find Jamie online at www.jamiebutlermedium.com

TAGS: jamie, butler, medium, jamiebutlermedium, climate, change, mediumship, channeling, spirit, spirituality, environment, environmental

RUNTIME: 30 minutes

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S2 E14 The Lighter Side Show—Smellatherapy Pt.2
-Aired: Monday, 4/17/17

Jamie continues her lesson on aromatherapy, and includes some simple and fragrant

recipes you can make at home.

Visit Jamie at www.jamiebutlermedium.com

EPISODE RECIPES

•Essential Oil Diffusion (general recipe):

-1/4 cup of carrier oil

-12 drops of essential oil

-1 tsp vodka

-More essential oil may be added if you prefer. Diffuser oil can be made ahead of time and stored in a sealed glass container until ready to use.

•Salt/Sugar/Borax Scrub

-1 cup finely ground Himalayan salt

-1 tbsp coconut oil

-2 tbsp sweet almond oil

-1 tbsp castile soap

-20 drops grapefruit essential oil

-2 drops peppermint essential oil

OR

-3 parts coarse sugar

-1 part olive oil

-15-20 drops of your favorite essential oil or oil blend

-good for sensitive skin

OR

-1/2 cup sweet almond oil.

-1 cup sea salt.

-5-15 drops high quality essential oils

OR

-1 cup borax

-1/2 cup carrier oil

-1 tablespoon of castile soap

-10 drops of pink grapefruit

TAGS: aromatherapy, jamie, butler, medium, holistic, wellness, living

RUNTIME: 28 minutes

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S2 E15 The Lighter Side Show—Emotional Intelligence with Neo Sandja

-Aired: 4/24/17

Jamie talks with Neo Sandja—speaker, life coach, and author of the book Right Mind,

Wrong Body about emotional intelligence. Neo reflects on how we can strengthen our emotional intelligence and explains how living as a trans man taught him to question the world around him and have empathy for everyone in it.

Visit Jamie at www.jamiebutlermedium.com

Visit Neo Sandja's site at www.neosandja.com

Be sure to check out Neo's book Right Mind, Wrong Body, and come to his give back class for the Love & Light Institute on May 11.

Book:

https://www.amazon.com/Right-Mind-Wrong-Body-Sandja/dp/0997316101/ref=sr_1_1?ie=UTF8&qid=1474852654&sr=8-1&keywords=right+mind+wrong+body+neo+sandja

Tickets!:

<https://www.eventbrite.com/e/understanding-and-improving-your-emotional-intelligence-tickets-32640465511?aff=es2>

TAGS: EQ, jamie, butler, medium, empath, empathy, trans, transgender, man, LGBT, LGBTQ, queer, identity, neo, sandja

RUNTIME: 42 minutes

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S2 E16 The Lighter Side Show—Graceful Insights: Earth & Climate, Pt. 2

-Aired: 4/24/17 -FaceBook Live: 4/20/17

Grace returns with Colleen for part two of her discussion concerning climate change. Filmed in front of a live FaceBook audience, Grace takes questions from Luminaires and offers up more ways we can help protect Mother Earth.

Watch The Lighter Side Show live on FaceBook, select Thursdays at 10 AM EST.

<https://www.facebook.com/JamieButlerMedium>

Visit Jamie at www.jamiebutlermedium.com

TAGS: insights, jamie, butler, grace, change, sustainability, graceful, thriveable, facebook, live, spirituality, medium, mediumship, channeling, climate

RUNTIME: 41 minutes

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S2 E17 The Lighter Side Show—Walking Through the Fear with Danielle Gibbons
-Aired: Monday, 5/1/17

Danielle Gibbons, Channeler for Mother Mary, is back for her first appearance on season two! Danielle sits down with Jamie and reveals her tools for overcoming fear, whether they are tied to her work as a medium, or rooted in everyday struggles we all face.

Find Danielle at www.belovedpublications.com or on her YouTube page, <https://www.youtube.com/user/mothermarychannel>

Download Danielle's favorite Yoga Nidra app!
<https://itunes.apple.com/us/app/yoga-nidra-deep-relaxation-practice/id430531216?mt=8>

Visit Jamie at www.jamiebutlermedium.com

TAGS: mother, mary, jamie, butler, medium, mediumship, psychic, fear, beloved, publications, danielle, gibbons

RUNTIME: 43 minutes

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S2 E18 The Lighter Side Show—Cultivating Joy with Mother Mary
-Aired: Monday, 5/1/17

Danielle Gibbons channels Mother Mary, her Guide of twenty years. Mother Mary reveals insights into the nature of the spirit and reincarnation, as well as how we can live in a state of joy by learning from and accepting our happiness, anger, and sadness.

Visit Danielle on her site, www.belovedpublications.com, or her YouTube page, <https://www.youtube.com/mothermarychannel>

Find Jamie online at www.jamiebutlermedium.com

TAGS: danielle, gibbons, mother, mary, jamie, butler, channel, channeling, medium, mediumship, psychic, self, help, empowerment, beloved, publications

RUNTIME: 41 minutes

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S2 E19 The Lighter Side Show—Healing Yourself with Maitland

-Aired: Monday, 5/8/17

Jamie channels Maitland for a lesson in energy healing, and explains how emotional vibrations, whether your own or from others, affect your physical health. Jesse finally comes up with a rhyme to go along with Maitland's animal farewells.

Visit Jamie at www.jamiebutlermedium.com

TAGS: maitland, jamie, butler, medium, mediumship, channeling, psychic, guides, metaphysical

RUNTIME: 35 minutes

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S2 E20 The Lighter Side Show—Jamie Talks Color Pt. 1

-Aired: Monday, 5/8/17

In The Lighter Side Show's how-to for May, Jamie goes over the basics of color theory, including each color's corresponding chakras and vibratory qualities. Tune in to next week's episode when Jamie goes further in depth to developing your intuitive abilities with color theory.

TAGS: vibrations, jamie, butler, medium, mediumship, chakra, color, theory

RUNTIME: 32 minutes

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S2 E21 The Lighter Side Show—Jamie Talks Color Pt. 2

-Aired: Monday, 5/15/17

Part two of Jamie's discussion on the properties of color. Jamie uses a color divination technique of Maitland's to read LSN producer, Jesse's personality, and later her own intentions and desires for the Lighter Side Network.

Visit Jamie at jamiebutlermedium.com

TAGS: color, jamie, divination, maitland, theory, butler, chakras, medium, mediumship

RUNTIME: 25 minutes

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S2 E22 The Lighter Side Show—Misconceptions Surrounding Psychics, Mediums, and Intuitive Readers with Kelley Knight

-Aired: Monday, 5/22/17

Kelley Knight comes by the LSN studio to talk with Jamie about common assumptions and stereotypes associated with intuitive readers and psychic professionals. Kelley and Jamie discuss the different ways psychic abilities manifest, and why a psychic is not necessarily able to tell you what your favorite color is or what type of underwear you're wearing.

Visit Kelley and her shop online at www.modernmystictarot.com and modernmysticshop.com.

Visit Jamie at www.jamiebutlermedium.com.

TAGS: psychic, tarot, divination, spirituality, modern, mystic, jamie, butler, medium, mediumship, kelley, knight

RUNTIME: 39 minutes

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S2 E23 The Lighter Side Show—Colleen & Jolly Discuss Finding Your Community

-Aired: Monday, 5/22/17

Jolly is back for season 2 to talk about the benefits of community. Colleen and Jolly discuss the importance of finding your true self and the community or communities to which it belongs.

Find Jamie at www.jamiebutlermedium.com

TAGS: jamie, butler, medium, mediumship, jamiebutlermedium, identity, jolly, community, spirituality, channeling, channel

RUNTIME: 35 minutes

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S2 E24 The Lighter Side Show—Courageous Living with Joy Goodman

-Aired: Monday, 5/29/17

Jamie sits down with a surprise guest, Joy Goodman. Joy shares how meeting Grace set her on a new life path with a new career.

For more on Joy check out her website (under construction!) at www.courageouslivingwithjoy.com

Visit Jamie at www.jamiebutlermedium.com

TAGS: jamie, medium, butler, jamiebutlermedium, joy, courageous, living, goodman, mindfulness, spirituality

RUNTIME: 45 minutes

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S2 E25 The Lighter Side Show—Jolly and Colleen on Creating Your Spiritual Rhythm
-Aired: Monday, 5/29/17

Jolly comes in for another episode, this time to discuss the importance of cultivating your own sense of spirituality, whether that be as part of a church, or as part of a daily ritual or private routine. Jolly and Colleen talk about the sense of self and identity that is intrinsic to one's personal spirituality.

For more on Jamie Butler, head over to www.jamiebutlermedium.com

TAGS: channeling, jamiebutlermedium, butler, mediumship, medium, jamie, spirituality, identity, ritual, religion

RUNTIME: 33 minutes

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S2 E26 The Lighter Side Show—Guides, Naturalists, & Angels, Oh My!
-Aired: Monday, 6/5/17

Jamie brings in Maitland for a live FaceBook show to discuss Spirit Guides, Angels, and the like. Colleen takes questions from the online audience concerning the nature of spiritual guides, their counterparts, and their other worldly abilities and viewpoints.

Join Jamie and the gang for tapings in front of a live FaceBook audience, select Thursdays at 10 AM EST on www.facebook.com/JamieButlerMedium/

For more on Jamie, including upcoming events, classes, and public channelings, visit her at www.jamiebutlermedium.com

TAGS: channeling, medium, butler, jamiebutlermedium, mediumship, jamie, colleen, spirituality, spirit, maitland, psychic, guides, angels, afterlife. metaphysics

RUNTIME: 47 minutes

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S2 E27 The Lighter Side Show—Mindful Kids with Anita Bullock-Morley
-Aired: Monday, 6/12/17

Jamie chats with speech therapist Anita Bullock-Morley about her work teaching mindfulness, coping strategies, and communication tools to children that both help the child and the parent properly identify and manage stress. Anita discusses how the root causes behind child's behavior may not always be obvious, even to the child.

Find Anita and Communication Interventions at
<https://www.facebook.com/spechatlanta1>

Visit Jamie at www.jamiebutlermedium.com

TAGS: parenting, mindfulness, therapy, communication, intervention, speech, holistic, behavioral, anita, childcare, science, bullock, jamie, morley, butler, jamiebutlermedium

RUNTIME: 37 minutes

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S2 E28 The Lighter Side Show—Maitland Talks Your Energy & EMFs
-Aired: Monday, 6/19/17

Jamie channels Maitland, who discusses the effects Electro Magnetic Frequencies from cell phones, radio towers, computers, etc. have on your energy field and the repercussions for your health. Maitland discusses several strategies for limiting your exposure to EMFs, and how putting down your cell phone can be beneficial in other ways as well.

After detoxing from your electronic devices, visit Jamie at
www.jamiebutlermedium.com!

TAGS: jamie, butler, medium, jamiebutlermedium, channeling, mediumship, maitland, psychic, emf, emfs, electromagnetic, frequency, health, wellness

RUNTIME: 34 minutes

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S2 E29 The Lighter Side Show—Graceful Insights: How to Connect to Joy
-Aired: Tuesday, 6/20/17

Jamie channels Grace to lead viewers on a short meditation designed to identify and limit stress while connecting to the joy and peace within.

Visit Jamie at www.jamiebutlermedium.com

TAGS: grace, graceful, insights, joy, meditation, medium, mediumship, spirit, channel, channeling, jamie, butler, jamiebutlermedium

RUNTIME: 22 minutes

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S2 E30 The Lighter Side Show—Into the Mind's Eye of a Medium
-Aired: Monday, 6/26/17

Jamie is joined via Zoom for a remote interview by fellow Medium, Tracey Lockwood to discuss her journey in becoming a professional Medium. Tracey discusses her matriculation at the Arthur Findlay College of Spiritualism and Psychic Sciences in England, and reflects on what she has learned when it comes to mediumship, connecting with your guides, and training novice mediums and psychic children.

Visit Tracey at www.traceylockwood.com, and be sure to sign up for her class, taught here in Atlanta at the Center for Love & Light on July 29, 2017.

Visit Jamie at www.jamiebutlermedium.com

TAGS: Jamie, butler, medium, jamiebutlermedium, tracey, lockwood, mediumship, channeling, psychic, spirit, spirits, guides, trance, Arther, Findlay, spiritualism, spiritual

RUNTIME: 47 minutes

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S2 E31 The Lighter Side Show—Maitland on Intuitives, Mediumship, & Mental Illness
-Aired: Monday, 7/3/17

Jamie channels Maitland to discuss our viewer-suggested topic, the relationship between intuitives, HSPs, and mental illness. Maitland reveals how many who suffer from mental illness actually are struggling with heightened intuitive sensitivity, and

how we as family members, partners, friends, and a society at large can help them reach a healthier vibratory level.

Visit Jamie at www.jamiebutlermedium.com

TAGS: butler, maitland, jamie, jamiebutlermedium, medium, channeling, mediumship, mental, illness, psychic, intuitive

RUNTIME: 37 minutes

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S2 E32 The Lighter Side Show—Mindful Parenting with Anita Bullock-Morley
-Aired Tuesday, 7/4/17

Anita Bullock-Morley is back with Jamie—this time to discuss practicing mindfulness as a parent. Anita argues that often enough, when it hits the fan with our kids, it's not just the children that need to check their attitudes at the door. Anita provides some useful tips for reducing stress and getting real with your kids even in the most difficult of circumstances.

TAGS: Jamie, butler, medium, jamiebutlermedium, anita, bullock, morley, communication, interventions, speech, atlanta, parenting, children, kids, child, mindfulness

RUNTIME: 36 minutes

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S2 E33 The Lighter Side Show—Jamie Explores Dowsing
-Aired Friday, 7/7/17

Jamie gives us a how to on the ancient technique of dowsing and locating by intent. Jamie shows us how to make dowsing rods, and uses Colleen as an example of their efficacy.

For more on Jamie, visit her website www.jamiebutlermedium.com

TAGS: how to, butler, dowsing, jamie, divination, medium, DIY, jamiebutlermedium, colleen

RUNTIME: 34 minutes

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S2 E34 The Lighter Side Show—Growing Through Loss
-Aired: Monday, 7/10/17

Jamie connects with Carol Cassara, Hypnotherapist and Past-Life Regressionist to discuss the grief process and how we can learn and grow from it. Carol shares her history working with HIV/AIDS patients, as well as her personal experiences with grief, and the methods she has developed to cope with it.

Finda Carol at www.ahealingspirit.org

Visit Jamie at www.jamiebutlermedium.com

TAGS: grief, depression, wellness, spirituality, mediumship, jamie, butler, medium, jamiebutlermedium, channeling, Carol Cassara

RUNTIME: 37 minutes

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S2 E35 The Lighter Side Show—Maitland Answers Questions about Your Animal Companions
-Aired: 7/17/17

Maitland joins us for another episode filmed in front of a live FaceBook audience to answer viewer questions about our pets and animal friends! Topics range from the nature of companion reincarnation to tips on how you can get that darn cat to use the litter box.

TAGS: animals, channeling, Colleen, Maitland, FaceBook, pets, Jamie Butler, medium, mediumship

RUNTIME: 49 minutes

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S2 E36 The Lighter Side Show—Connecting with Your Guides with Tracey Lockwood
-Aired: 7/17/17

Jamie sits down for part two of her interview with Tracey Lockwood. Jamie and Tracey discuss the nature of guides: what constitutes a guide, their purpose, and how to connect with your own. Tracey leads a meditation that can be used to identify your guides.

Find Tracey Lockwood at www.traceylockwood.com

Visit Jamie at www.jamiebutlermedium.com

TAGS: angels, guides, meditation, medium, spirit, spirituality, Tracey Lockwood, Jamie Butler, medium, psychic, mediumship

RUNTIME: 36 minutes

*

S2 E37 The Lighter Side Show—Maitland and Colleen on Urban Camping
-Aired Monday, 7/24/17

Maitland talks with Colleen about our aging urban grids and electricity infrastructures and lists some necessary steps and precautions you and your family should take in the case of an extended power outage and other technological mishaps and catastrophes.

Visit Jamie at www.jamiebutlermedium.com

TAGS: Maitland, Colleen, Jamie, Butler, mediumship, channeling, technology, psychic

RUNTIME: 38 minutes

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S2 E38 The Lighter Side Show—Five Steps to Improve Your Intuition
-Aired Wednesday, 7/26/17

Jamie hosts Dr. Halina Krupa in from Santa Fe to discuss five steps we all can utilize to improve our intuitive abilities, and how they may manifest.

Find Dr. Krupa at www.drkrupa.com

Visit Jamie at www.jamiebutlermedium.com

TAGS: intuition, how to, psychic, clairvoyance, Dr. Halina Krupa, Jamie Butler, medium, mediumship

RUNTIME: 41 minutes

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S2 E39 The Lighter Side Show—Behind the Scenes
-Aired Thursday, 7/27/17

The Lighter Side Show Episodes—Season 2

When a show with a Skype guest falls through, Jesse and Jamie leave the cameras rolling. Jamie reveals a little bit of her psychic history; Jesse recounts his one paranormal experience, and both chat about nothing in particular. Check this out if you'd like to see a little bit of what it's like at the Lighter Side Network studio between takes.

Visit Jamie at www.jamiebutlermedium.com

TAGS: Jamie Butler, Jesse, ghosts, medium, mediumship, psychic

RUNTIME: 30 minutes

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S2 E40 The Lighter Side Show—The Lighter Side Network: Manifesting (Vimeo Cut)/The Lighter Side Network: Manifesting (Director's Cut)

-Aired: Monday, 7/31/17 -FaceBook Live: Thursday, 7/20/17

(Vimeo Cut)

Jamie brings in all the LSN hosts on for the season finale to share their thoughts on manifestation and how it has in part brought them to The Lighter Side Network.

Watch the Director's Cut of this episode with 20 additional minutes at www.TheLighterSideNetwork.com

(Director's Cut)

Jamie brings in all the LSN hosts on for the season finale to share their thoughts on manifestation and how it has in part brought them to The Lighter Side Network.

This Director's Cut includes nearly 20 additional minutes of the FaceBook Live pre-show on July 20, 2017. The standard Vimeo cut of the episode begins at around 18:40.

TAGS: Ursula Lentine, Jamie Butler, Dr. Karin, manifesting, Laura Boone, Darshana Patel, manifestation, spirituality, FaceBook Live

RUNTIME: 40 minutes (Vimeo Cut), 58 minutes (Director's Cut)

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