



Psychic Mediumship

Open the Natural Way!

Open the natural way! Use your existing techniques to crack open your connection to the other side. Use the human aura to “read” the Other Side. Develop Psychic Detective Skills. Do a full discernment from the Other Side.

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Before Continuing

If you are new to psychic work, it is advisable to do some sort of psychic development before attempting to do psychic mediumship. You may want to complete the E-books, “Psychic Creativity,” and “Channeling Collective Unconscious,” part of the Intuitive Miracle book series I have authored. More information about these E-books is [at this link](#).

As well, if you are new to mediumship it is advisable to read through the “Reference, Mediumship Facts” section at end of this book for important basic facts about mediumship.

This book will not go into the basic facts since this information is ubiquitous today. Rather this book is designed to offer you unique information about developing your psychic mediumship talents.

Chapter One – Opening Naturally to Psychic Mediumship

If you have taken any psychic mediumship class you might have felt awkward, like perhaps doing this work is going to be extremely difficult. I did.

Ironically, prior to any classes, my first attempts to do mediumship seemed to be quite easy. I had channeled in messages from the other side which were confirmed by the recipients. Channeling was my first psychic skill, so it was extremely natural to approach mediumship this way for me.

The first message from the Other Side was very detailed, as I recounted a murder in South America. Relatives in New York wanted to know what happened to their father the night he was murdered. I simply asked their father from spirit to speak to me.

He did, describing exactly what happened. When I presented the material to his daughters in New York, they said this collaborated with what the police had said. They were able to gain closure.

Even though I had had this type of success with mediumship, when I went to a formal class I was a miserable failure.

In one of the first mediumship classes I took, patterned after a well known and respected intuitive practitioner, everyone in the class seemed to be in awe of the entire process.

Our first exercise was to receive for names. Ironically enough, receiving names is considered to be one of the most advanced skills of a psychic medium, yet this was our first exercise. Needless to say, no correct names were received for that exercise. We were all convinced mediumship was going to be a difficult skill to develop.

Let us fast forward to an exercise near the end of the class. I was assigned to work with this pleasant man, who I secretly thought was intuitively challenged. I say this because he seemed to rarely be correct during the other exercises in the class.

However, when we got to an exercise where he was reading my aura, he arrived at the place where my father's energy should reside. When his hand went into that area, I flinched.

It was funny. He felt nothing, yet I got a jolt of energy. I guess I was more sensitive to that sort of energy than he was.

Anyway, I asked him to go back into that area on my aura. He did. I asked if he saw or felt anything else he could report.

He reported seeing in his mind's eye the image of an elderly, slender man about 5' 8" tall. This man had white hair that was thinning and messed up. He was wearing an overly large pair of heavily rimmed, smudged eyeglasses and was sporting a very wide, wry smile.

I was amazed. This man **perfectly described my father!**

What is the theme of this story? I think we are all capable of having communication with the spirit world. If you give yourself the chance to use your best faculty for perception you will naturally communicate with the other side.

Each person is different. Some will feel energy easier. Some will see easier. Some will hear easier. The challenge in learning is to discover what your best faculty of perception is and develop from there.

If you are used to channeling, as I was, then you should try to reach the other side by channeling. If you are used to reading Tarot cards, then take up your cards and attempt to reach the other side in a card reading.

If you are an energy healer, try communicating with a loved one in spirit during a healing session.

Most schools of mediumship seem to be highly preoccupied with making the medium conform to the way the mediumship is done. I have studied with individuals trained at the Arthur Findlay School of mediumship in England, The Delphi Institute, Doreen Virtue, Ph.D. and others.

Each of these experiences were not as productive as using my natural way of working. Since then I have found my best mediumship now comes by throwing out what I was taught.

I simply let the person in spirit talk to me. This makes the best and most exciting discernments!

When I first started doing mediumship I was always trying to “get” evidence. This is what most mediumship schools teach. In order to be a medium you have to get accurate facts and figures from the deceased loved ones in spirit.

While it is obviously important to get evidence to prove you are really speaking to a loved one, the kind of evidence can and must be a lot broader than I was taught.

For example, when I started doing mediumship I was taught to get three very specific pieces of information. I would try to get the “cause of death,” relationship to the loved in spirit, and finally a shared memory or physical description. I would fuss and force this, usually with little results.

The best evidence you will ever get will come from the conversation you have with the loved one to the sitter (person on earth wanting to speak to the other side). This conversation will be heard, seen or felt or a combination of all of the above.

Think of mediumship like a conversation with a real, living person who is a stranger to you, yet an intimate confidant to the sitter.

If you start your mediumship this way, YOU WILL BE LIGHT YEARS AHEAD of other mediums who try to force facts from their spirit connections. Just let the information flow.

The other night I was listening to a radio show which recounted a medium attempting to do “cold” mediumship to callers into the show. She fussed around spewing forth one letter after another, describing one person in spirit after another. The sitters were largely confused and she seemed to be wrong mostly. The sessions were a disaster.

Finally the other medium hosting the show offered the last caller some validation. The material flowed easily and naturally. This medium was NOT fishing for evidence. Instead she was allowing the loved one in spirit to communicate through her.

This approach to mediumship is covered in this book.

Here is a little story about making first contact.

Making First Contact

It was fall in Florida. The room was filled with some very bright and expert psychics wanting to learn how to connect with the other side.

As my co-teacher and I proceeded into the first lesson, we stumbled into a conundrum. This had happened in other classes I had taught, but this time it was worse. Our students were unable to get anything from the other side, try as they might.

I went around the room in a curious analysis. What could I suggest? Suddenly I had an idea! Have them do what they normally do when conducting a reading!

One of the students was an expert Tarot card reader. He was at the level where he no longer read the cards, but allowed the cards to be triggers for his innate psychic ability.

As soon as he brought out a Tarot deck, it was like a miracle. He began pulling in messages from the other side like he had been doing this his entire life!

The same thing happened with an energy healer in the room. I instructed her to relax into the way she receives messages when doing healing. As soon as she did, the messages started flowing to her.

Mediumship is a lot easier and much more available than you think, especially if you allow it to happen with your natural abilities and tools.

Is Everyone A Psychic Medium?

I believe so, but not everyone is gifted as a medium. Just like everyone can play basketball not everyone is born over 7 feet tall with the coordination and other gifts to play as a professional.

Psychic Senses or Clair Senses

Here is a brief description of the senses we use in mediumship. If it is review for you just skip to the next section.

1. Clearly see (clairvoyance). You might see pictures, colors and images.
2. Clearly hear (clairaudience). You might hear information like words being spoken to you into your head.
3. Clearly feel (clairsentience or empathic). You might feel things such as fear, choking, tiredness, sadness and loss. I sometimes get feelings which have to wash through my body before I can continue. Remember these are not your feelings. Remain objective and in control.
4. Clearly know (claircognizance). Information just pops into your head. You just know it.
5. Clearly taste (clairgustance) or smell (clairalliance). Less common but some psychics do have these abilities available.

A psychic reading can be done with any or all of these senses. No one is better than the other. It just depends on what you have available to you.

Mental Mediumship Versus Physical Mediumship

When mediumship first was discovered in western society by the Fox sisters in New York, the mediums of that time were very fond of physical demonstration from the other side.

This meant levitation, table tapping, apports (physical objects channeled from spirit) were all the rage. Unfortunately this led to a lot of charlatans attempting to demonstrate, thus creating a bad name for all spirit communications.

Fortunately mediumship continued to be done. Today most spirit communication is what is called mental mediumship. This means that evidence is in the form of information from spirit, not physical demonstration.

As well, this means that you as a medium will perceive information from the Other Side through your mental faculties. For example, if you hear something it will sound like a voice is whispering in your head.

You will not hear the voice in the room external to yourself.

Now this is not to say that some mediums do not see or hear spirit people as real as you or I. However, this is less common than seeing a spirit in your mind's eye.

If you want to read more background about mediumship [go here](#).

Viewing A Spirit Body

After my mother died I moved into the house she lived in before her death. One bright Sunday morning, I awoke, but lingered in bed in a luxurious "semi" sleep. As I lay there I had the oddest sensation.

My consciousness floated up out of my body into the hallway outside my bedroom. I was not scared. I simply observed what was happening.

In the hallway a figure approached my floating mind from down the hall. As it came closer I realized it was my mother, looking perfectly healthy, wearing her favorite maroon knitted vest with matching slacks.

She did not notice me at all but happily walked past me into my bedroom.

As soon as I realized this was my mother I jolted back into my body. After this experience I wondered what it was all about. Was that my mother's ghost or was it an energy of her past life left in the house after her passing? Objects including houses can hold energy.

Perhaps someday I will get the answer to this question, however, for now I remain in fascination.

What is learned from this story?

Well, the first thing is that when you are in a sleepy daydream state you can have paranormal experiences. Many "out of body" experiences come by deliberately developing ability to go into "deep alpha to theta" brain wave states.

Here is a website which sells different frequency audios to reach specific paranormal experience. It is located [here](#). Check out their videos about frequencies.

Personally I do not use any of that. I simply do a theta meditation and I am off and running. Here is a web page from my site which goes into different meditations you can do, many of which are from YouTube.com which are free, fast, fun and effective. [Go here](#) to see these videos.

Being able to move into an altered state of consciousness at will is imperative to do psychic work. The next section offers the “LOVE formula” for the overall technique to follow for all psychic work including mediumship.

Meditation

If you are going to do mediumship or psychic work it is mandatory to meditate every day. This will give you the ability to enter a trance state easier.

If you are not meditating every day you might want to look up on <http://www.youtube.com> various meditations. It will make meditating that much easier for you.

The L-O-V-E Formula

The LOVE formula was created by me as a way for you to have an exact formula to access The Other Side and psychic states of consciousness. Without a consistent technique your results will be unpredictable and unreliable.

It includes a section on how to get to the slower brain wave state of theta which really is the key to all of this.

Each time you do mediumship or any type of psychic work it is imperative to use this procedure. It is especially important to remember to ask to work in a protected space when doing mediumship as you are opening up a portal to other dimensions. Ask for protection three times when doing a public message service.

Here it is.

1. Let go in meditation.
 - a. Theta Brain Wave Meditation. The most important secret to opening your miracle mind is through deliberate access to deep Alpha to Theta brain wave states. It is this brain wave state which is responsible for access to the miracle mind, collective unconscious or what physicists call “zero point” or the fundamental energy of the universe.
 - b. The easiest way I have found to gain access to this brain wave state is to use a “Deep Theta Meditation” found for free on youtube.com. If you do this daily or before working psychically, you will have a significant advantage.
 - c. You will need at least eight minutes of viewing.
 - d. Watch a professional brain wave entrainment audio. This link has many. I personally use the psychic one and have had smashing results with it. [The Unexplainable Store, especkially the 20 minute theta meditation recording is located here.](#)
 - e. We enter Theta every day doing ordinary activities such as day dreaming, watching a boring TV show, listening to a dull lecture, in the shower, walking, driving long distance on a straight, desolate highway, staring at a hypnotic spiral wheel, reading an absorbing book, deep in meditation and during sleep. Go to this link for more complete information on how to go to theta trance: <http://abundancepsychic.com/theta-trance>
2. Open in prayer. *“Father, mother, god, all beings of the highest light and love, please come to me now in the mediumship for ‘name.’ Please allow all messages to be validating, factual, evidential, healing, received validating, factual, evidential, healing, received clearly, accurately with validated evidence and healing, as intended for the highest good and benefit of ‘name’ and all those with whom she comes in contact. Please allow us to only work in the highest love, light and **protected** space possible (say this three times if you are doing a public message service). Please bring in the loved ones in spirit for ‘sitter name’ at this time. And so it is. “*
3. Alignment with the vibration of your subject by visualizing energy fields combining.
 - a. Visualize yourself sitting opposite your subject (person for which you are doing psychic mediumship). If that subject is already in front of you then simply see them in your mind’s eye.
 - b. Visualize the loved ones in spirit surrounding your sitter.
 - c. Imagine they have an energy field coming out of all of them.
 - d. Imagine you have an energy field coming out of yourself.
 - e. Imagine both energy fields blending.

- f. You should feel a click as you connect.
4. Entirely receive.
- a. Entirely receiving is one of the most difficult of this process for many people, but is critical to be able to do in order to access your psychic mind. You must be willing to allow yourself to report or accept anything that comes in as part of your psychic experience, even if it seems silly.
 - i. Example. I was doing mediumship for a client. I had tried to bring in her mother at our first session. Instead someone by the name of Christine came in who had died about six months prior of uterine cancer.

She appeared with short brown hair, a fair complexion and spoke about her two grandchildren. This was my client's aunt. Everything that came in was exactly correct.

When I tried to bring in the mother of my client right after this, the material was foggy, unclear and imprecise.

We tried on another occasion to bring in her mother. However, this time something new happened.

As her mother tried to talk to us, a tall man interrupted the communication. He was wearing a western style shirt and hat. He was light in coloring with blond hair. He said to me, "We are from the west. We are from the west."

At first I felt strange to deliver this seemingly meaningless message to my client, but did nevertheless.

My client laughed. Her mother's maiden name was West. The man that appeared was her maternal grandfather, offering validating information so my client would know we were indeed in contact with her mother.

So you see if you do not allow spirit to speak to you completely, you will fail. As a matter of fact, if you do not report all the information you get from a psychic session completely your flow will be blocked.

So go ahead and report what you get fearlessly. You will be rewarded!

Exercises

It is important to note before going forward that psychic mediumship is mostly doing the work. It is 99% practice and 1% theory. So keep working with as many friends and acquaintances as you can until this become easier for you.

1. Using your usual method of psychic divination for mediumship.
 - a. Find a friend or acquaintance to work with.
 - b. Do the LOVE formula.
 - i. Let go in meditation,
 - ii. Open in prayer (remember to ask for protection). Using this prayer, ask your friend (sitter) to request their loved ones from spirit join you,
 - iii. Vibrationally align with your subject and
 - iv. Entirely receive.
 - c. Decide on the method of divination you will use. Pick one that you currently use, is easy for you and automatic. Here are some possible tools you might use.
 - i. Tarot, playing or Angel Cards
 - ii. Psychometry using object from deceased loved one.
 - iii. Channeling or automatic writing.
 - iv. Pendulum.
 - v. Tea leaf or coffee grind reading.
 - vi. Aeromancy.
 - vii. I-Ching
 - viii. Ruin Stones
 - ix. Chinese Sticks
 - d. Get answers to these questions.
 - i. Are you male or female?
 - ii. Were you young or old when you passed?
 - iii. Are you tall or short, portly or slender, etc..
 - iv. Are you a mother or father, grandmother or grandfather, aunt, uncle, child, friend, spouse, etc.

2. Making Psychic Contact without tools.
 - a. Find a friend or acquaintance.
 - b. Do the LOVE formula.
 - i. Let go in meditation,
 - ii. Open in prayer (remember to ask for protection). Using this prayer, ask your friend (sitter) to request their loved ones from spirit join you,
 - iii. Vibrationally align with your subject and
 - iv. Entirely receive.
 - c. Ask silently in your head or out loud who is visiting from the other side for the person sitting with you.
 - d. Do you hear a voice in your head saying “hello” or greeting you in some way. I usually hear a voice from the other side distinctly speaking to me at the top right of the crown of my head. Check in this area and see what you get. You hear a voice talk to it.

- e. Ask these questions. Make a note as to how you receive answers. You might see, hear or feel the answers. This will be your primary psychic sense.
 - i. Age – young or old when they passed.
 - ii. Gender – male or female.
 - iii. Height – tall or short.
 - iv. Weight – heavy or thin.
 - v. Hair color, skin color.
 - vi. Health problems.
-
3. Making conversational mediumship contact using a picture of loved one in spirit.
 - a. Find a friend or acquaintance to work with.
 - b. Secure a picture of the loved one.
 - c. Prepare with the LOVE formula. Remember to ask for loved ones from spirit to come and visit with you.
 - d. Look at the picture. Now ask the loved one in spirit to provide answers to these questions. You may hear, see or feel the answers. If you get answers see if you can go deeper. Try to make a conversation out of it.
 - i. What is your relationship to the sitter?
 - ii. Did you have any children when you were on earth?
 - iii. Did you die of illness or was it an accident?
 - iv. Did you live in the United States? Did you live in the north east, the mid west or the south west? You can continue with geographic questions until you find the city they lived in. .
 - v. What hobbies or activities did you do when you were on earth?
 - e. Now it is time to get more conversational. Ask your sitter if they have any questions for the loved one in spirit. As you get answers deliver them to your sitter. Become the intermediary of their conversation.
 - i. Allow the loved one in spirit to begin leading the conversation forward. The more you do this, the better your mediumship will flow, until it becomes almost effortless.
 - ii. This conversational flow should be the objective for all of your mediumship.
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4. Stay on chapter one doing exercises 1-3 with different individuals until you finally arrive at a conversational flow with the other side. You do not have to be perfect, but you should at least start to experience more fluid communications before moving onto the next chapter.

Chapter Two: Family Relationship Chart

It was a beautiful fall day in Florida. I had four students in my home studying the fine art of mediumship in a mentorship program.

Today was the day I introduced the Family Relationship Chart. One of the best students, using me as her subject, took her hand and went around the energy field of my body.

When she got to the area just about the right side of my head, she exclaimed in pain. “Wow! What is that?”

She pulled her hand away from my head. She had entered the area my mother would be. And apparently my mother was there, sitting pretty and sending out energy.

I told my talented student to keep her hand in that area and receive. She did. My mother sent her several facts about her passing, her personality, appearance and life. All were correct.

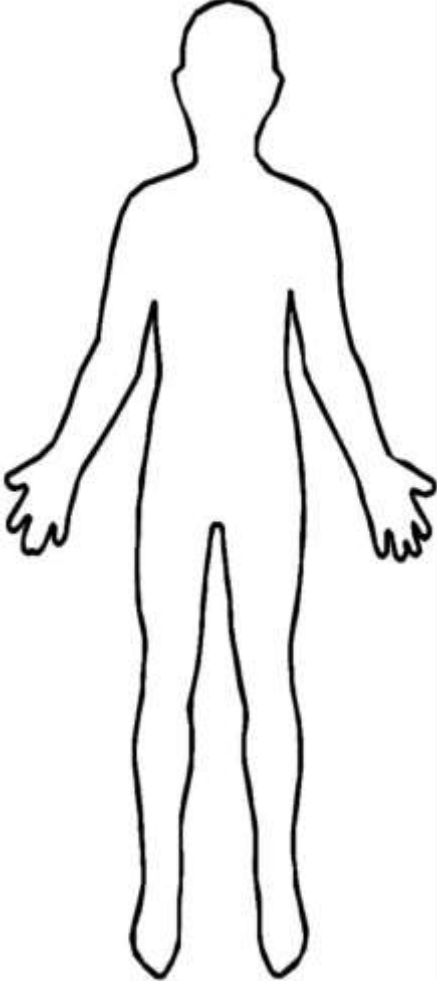
For a long time I used this method to bring in loved ones from spirit. It was clear to me, defined and there was no guessing. You either got a hit of energy in a specific area around a subject or you did not.

More advanced psychic mediums simply receive the presence of someone from spirit without any tools. However, the Family Relationship Chart is a great tool, which I highly recommend.

It follows on the next page.

Family Relationship Chart

This is an energy map of relationships from spirit to the sitter.

Father's Side of Family. <i>Right side of subject's body</i>	Energy Above The Head Father Mother	Mother's side of family. <i>Left side of subject's body</i>
<p><u>Neck Area:</u> Grandparent's</p> <p><u>Arm/Shoulder Area:</u> Uncles, aunt's, nieces, nephews, cousins, etc.</p>		<p><u>Neck Area:</u> Grandparent's</p> <p><u>High Shoulder Area:</u> Spouses, Lovers, Friends, Uncles, Aunt's, nieces, nephews, cousins, etc.</p> <p><u>Arm Area:</u> Children</p>

How To Use The Family Relationship Map

Find yourself a subject with which to practice. A friend or acquaintance will do quite well.

After preparing with the LOVE formula, have your subject stand in front of you. Slowly move your hand around their aura feeling for energy anomalies.

Stop at any area in which you feel a jolt or change in the energy. If the energy feels different stay in that area and see what you receive.

Ask spirit for information. Ask questions.

If you are in an area that could “house” a number of different types of individuals ask the energy or spirit who is there.

1. Are you a spouse or lover? Aunt or Uncle? Cousin or friend? Grandmother or grandfather? Etc.
2. Did you pass young or old?
3. What did you look like?
4. Did you die of an accident or illness?

Wait to get answers. The answer will be something you hear, feel or see.

If you are in the area where only one relationship resides, like father or mother, still ask the energy questions. Here are some sample questions to ask in this type of an area.

1. Did you pass young or old?
2. What did you look like?
3. Did you die of an accident or illness?
4. What kind of person were you on earth?
5. Do you have any messages for “sitter’s name?”

Once Contact is Made

The Family Relationship Map is useful for identifying the relationship to the subject or sitter. However, once you get a confirmed relationship from the Other Side it is time to begin the discernment.

It is important to bring in enough validating information from the loved one in spirit before you begin a more conversational tone to your discernment. Bring in three or four facts which are unequivocal, such as:

1. Appearance of loved one in spirit when they were on earth.
2. Name(s)
3. Cause of passing.
4. Health problems while on earth.
5. Number of children or people in the family.

6. Where they lived.
7. What kind of neighborhood, house or lifestyle.
8. Shared memories.
9. Facts, facts and more facts.

Once you have three to four validated facts about the loved one in spirit to the satisfaction of your sitter, you may then begin a more conversational phase of the communication. When you get really good at this, the validation and conversation aspects of the discernment will blend.

Practice makes perfect. This is like riding a bicycle. I can tell you what to do but you must try to do it to really learn how this works.

Some Souls Easier to Bring In Than Others

It is common knowledge that not all mediums can bring in all souls. This is due to a variety of reasons: vibration match between the medium and the soul, desire on the part of the soul in spirit and skill level of both the medium and the soul in spirit.

The easiest souls to bring in seem to be those who were spiritual, but not religious on earth. If they did mediumship, or energy healing when on earth, they are usually extremely easy with which to connect.

Story About Discernment

A beautiful example of this is a discernment I did for a man who had lost his wife. When the discernment began all I knew was that his wife had passed. Here are my notes about that reading. My questions to spirit are italicized. The names were changed to protect privacy.

Who would like to come through first?

Your Father is getting close to passing. Your mother is still here on earth. Both grandparents paternal and maternal are deceased. You lost a child through abortion. Your wife is here. We will work with your wife.

Physical description of your wife?

I say to the sitter, "I see long hair, a happy expression on her face. A tropical parrot is over her head and a monkey by her side. Another monkey appears."

His wife (named Lena) starts talking to me. In a stream of words into my head, she says she had brown hair, straight to slightly wavy. Her body was short, under 5'5".

She continues to reveal herself in a visual picture of herself transmitted to me as slender, pretty with dark eyes.

Then his wife says, "This is me: Caramel eyes and hair."

I asked her if she liked animals, wondering at the appearance of the animals when she first came before me.

She says, "Yes I did, I loved animals very much. All kinds. Here on the other side I take care of animals at times. This was my life's work on earth. I worked with animals. I loved them so much."

[Please note, I am an animal lover too, so making vibration match to Lena is spirit might have been easier because of this.]

I asked her if she had a message for her husband, Charles. "Dear Charles I do miss you but you must understand that this was all supposed to be. This is not a fluke or a mistake. This is the way we planned it for this lifetime."

“You have much to learn from this. The first lesson is how to be whole without me. I was a magical force, yes, in your life but I was only a crutch. Now it is time for you to release some of this and move on. Do not forget me. Just simply love me.”

“Love me in all the things that you see that remind you of me. And know I still am alive and with you. I have not left and I am fine, whole, healthy and quite happy. Now it is time for you to be happy. Today is the first day of this new beginning my dear love. The first day.”

His wife continues, “I want you to promise me to believe and to take an oath today to be happy like I am, for I am now very happy.”

“Yes it was not easy leaving earth so early like I did. But believe me when I tell you this the spiritual world is quite beautiful and satisfying. I did not go to a bad place. I went to heaven.”

“You know what I mean. You know that I know it is not exactly heaven but it is so beautiful here and I have this work, which I can do here.”

“I care for animals that have passed and are without guides or help. I also assist animals on earth that are suffering. I come in and offer them healing and make them feel safe. It is a wonderful work.”

By this time, Charles was crying heavily, overcome by the clarity of the messages and the known presence of his wife.

Charles then explained to me that indeed his wife was a magical force in his life, being the spiritual one in the relationship, leading him forward on earth on this path. As well, she was an animal rights activist on earth, a vegetarian, and a spiritual healer!

All of this was revealed after she spoke through me to him, offering validation after validation of her true presence in the room with us that day.

Cause of death?

His wife continues through me, “It was my heart. It was my heart. It did not function well. I was ill for a long time and then finally it did not function at all.”

“I was not suffering for long, though. It was easy to pass. I was not in pain. Even if you think I was Charles I was not, because I had this idea that I could transition easily and I let go. “

“It is only when you hang onto earth that the transitions are difficult. But if you are ready to go and let go then it is painless. I was ready because I was a spiritual person and had belief that there was more. And there is more, my dear darling.”

Charles confirmed that she died of congestive heart failure. She had heart problems for many years and then finally it gave out.

Do you have a special message for your husband?

“Yes I want to tell him that I love him of course. But also that he should now start to make a life for himself, that all of this was planned. I came to earth with this makeup to die like this and offer you the chance to grow. You see when you have a loss like this so young the partner has to deal with it and learn about spiritual subjects. You would not have this growth otherwise.”

“My passing was planned so you would realize while still physical and conscious of your physical world the spiritual world exists. It is sort of like seeing a ghost when you do not believe in ghosts. You were and are being forced to see that I still exist and that you did not have a loss.”

“I still exist my dear husband. I am healthy now and happy. I love you very much. You have lost nothing. I am here sitting in this room today with you. Hello.”

Other Information Provided By This Discernment

This reading provides important information for all that read it. Firstly, it is important to know that those that have transitioned usually leave the physical easily when they let go. There is no pain in the actual passing at death. There is pain in illness and holding on, but the actual act of letting go and transitioning is a freeing of the limitations of the physical.

This is validated in “Journey of Souls,” by Dr. Michael Newton. Hypnotically regressed individuals report it is far more “painful” to be born than it is to “die.”

Grief is Not Constructive

Secondly, it is important to us who remain behind to not hold on in grief over those that have left. They do not want this for us. They need to transition to begin their new lives in the spiritual world. We need to let go to continue our growth here in the physical.

We are here for a reason and it is not to grieve forever over a deceased loved one. This is not constructive.

Pre-Life Planning

Thirdly, each situation is planned for a reason. We come to earth with a life plan. It is important to live that plan. Our death is planned, as is our birth. So when your loved one transitions before you, it was planned, perhaps for your growth or some other reason.

Acceptance of what happens on earth is important so that our continued growth and evolution can occur. If you resist these planned events you remain stuck and do not grow. So acceptance of transition is key to healing and growth. Resistance provides no one any help.

Other Mediumship Techniques

There are other characteristics, which determine connection with the Other Side. When a medium does a reading an energetic link must be set up between the sitter (person receiving the discernment) first. If the sitter is closed off this connection could be weak or not made at all.

“Closed off” means this person is more centered in their ego existence on earth, survival issues and less on spiritual matters. They might not even believe in the spiritual realm. This can be overcome but does make it more difficult to set the link with the other side.

As I have developed techniques to do readings it has become easier for me to pick up all souls that have transitioned. The key is to relax the sitter and create an energetic link between this person and myself. What I do to relax the sitter is to start with a short meditation.

Using meditation at the beginning of a discernment greatly improves the odds that most souls will be able to make at least a minor appearance.

Another Discovery

One last discovery I have made which highly improved my communications with the Other Side is to realize that the souls that appear come in through love. They are living, loving relations, not inanimate objects to be examined. As I relaxed and opened up more to a conversation and less to a series of pointed queries the discernments became more and more fluid and revealing.

Dreams

As you begin to do mediumship you will be asked by your own sitters if the dreams they had about their loved one in spirit are really communication with them. The answer is wholeheartedly, “Yes!”

It is possible to have direct conversations with your loved ones through your dreams. If you ask in prayer before you go to bed to receive communications from your loved ones, you will find over time this channel to hear from them can be developed.

Each soul has a level of skill in making this connection, so it is not infallible. However, if you ask for communication you have a greater chance of receiving it. Dreams from spirit are usually extremely vivid. When you have one you will not ignore or forget it.

I have had a number of dreams from my mother. These dreams seemed almost like an out of body experience they were so three-dimensional. They usually woke me up.

Healing Through Discernment

I believe one of the most healing things a human being can know is that we do not die. We just change form. Learning this through the evidential discernment of mediumship, we are freed from the ego’s fear of annihilation.

Fear is the most crippling of all human emotions. Without fear all things are possible, we can start living more fully, taking greater risks and fulfilling our passion. Make the most of your time here.

Chapter Two Exercise

1. "Make connection with the Family Relationship Map."
 - a. Do this entire exercise at least three times with three different sitters before going on to Chapter Three.
 - b. Find a friend or acquaintance to be your sitter. Identify three different souls for one sitter.
 - i. Prepare to work by doing the LOVE formula from Chapter One.
 - ii. Take your hand and gently glide it in the space surrounding your sitter's body.
 - iii. When you feel a change in "energy" stop there.
 - iv. Take a look at the "Map" in this chapter to see what souls might be in that area.
 - v. By using the map and asking spirit, positively identify the relationship of the soul in spirit to the sitter.
 - c. Expand this.
 - i. For each soul accurately identified get the answers to these questions.
 1. Did you die in an accident or from an illness? Try to get more details.
 2. Were you old or young when you passed? Try to get their exact age.
 3. Did you have children or pets when you were on earth? How many? More details.
 - ii. Continue with these more advanced questions.
 1. Please show me your appearance. Describe what you see (in your mind's eye or visually in front of you) to your sitter.
 2. Please show me the house you lived in during your life or when you died.
 3. Can you give me any names that the sitter would recognize? You can start with letters if that is easier, as it usually is.
 - iii. After getting the answers to these questions then attempt to allow the soul in spirit to dialogue through you to the sitter.

Chapter Three – Psychic Detective

If you have ever lost a loved one, finding closure is difficult enough. Imagine how miserably painful it must be to lose a loved one who has disappeared. Closure cannot be possible until the mystery of their disappearance is solved.

This chapter will go into how we can psychically investigate individuals who are missing.

Psychic Detective work can include mediumship if the missing person has deceased. However, if the missing person has not deceased, being able to connect to the consciousness of another can be helpful.

Here is a cute and true psychic detective story about finding the remains of a missing kitten. The story reveals the basic technique, which is connecting to the consciousness of someone alive or dead.

In this story connecting to the consciousness of the missing kitten was not helpful. However, connecting the consciousness of my friend did reveal much validating information leading us finally to discover the whereabouts of the missing kitten.

Psychic Detective Insights (True Story)

“Yikes! What happened to me!” Angela peered at herself in the mirror. There she saw a black eye staring back at her. Angela was not the sort to be in a bar brawl or have any sort of disfigurement to her normally beautiful face.

“How did I get this?” she asked herself incredulous at the grim reality before her. Quickly she inspected the rest of her form. Her left knee was scraped and bruised. Obviously something had happened to her, but she could not remember what.



As she puzzled over this she began to notice something else was not right. She had two little kittens. This morning only one appeared for breakfast.

After searching in every hidden crevice of her apartment she realized the kitten was missing. She turned to her psychic friends for help. I was one of them.

The night before had been ordinary enough. Angela had gone to her local tavern within walking distance of her home to bet on a game and play a little pool. The only thing she can remember after that is waking up the next morning with the bruises and finding the kitten missing.

After the phone call with her ended, I meditated, asked for information and began to receive. What came in psychically did not help her find the kitten. However, I decided to continue to try to help.

This time rather than work alone, I held her on the phone with me.

My consciousness automatically attached to hers as I worked directly with her. I was able to follow her along as if I were actually with her that evening.

"I see a tavern made of dark old wood," I said to her. She confirmed the tavern looked as described. I saw her place a "quick pick" bet, then leave the bar area to go to the rest room. She confirmed this and its location relative to the bar.

Afterwards, I saw her go to watch the pool game. She confirmed what I described as the room in which the pool tables were.

The evening recap continued with her confirming most of the facts I "saw." Finally, with our minds joined psychically, we arrived at her apartment.

There, after I mentally entered her apartment, I "saw" the kitten. It appeared as if it crawled into the torn lining under a large bed.

After that I felt something heavy and massive press down on its lungs.

My friend confirmed her bed did have a torn lining under it close enough to the floor for the kitten to have entered. Eager to see what had happened, she quickly ended the conversation to go check under the bed.

Sure enough there she found her little kitten dead, hidden in the box springs. The kitten was the runt of the litter, one third the size it was supposed to be.

We conjectured it must have crawled under the bed because it felt ill and there its underdeveloped lungs failed.

What made this psychic detective experience go from fruitless to fruitful?

The missing link in many psychic attempts is aligning with the vibration of the object, person, animal or situation in question. I had innocently skipped this step when I made my first attempt because I was not used to working this way.

All psychic work is reading energy. If you do not intentionally align energetically to your subject your results might be good sometimes and at other times you might fail.



Image via Wikipedia

Therefore, if you want to be more consistently accurate, it is wise to add this step. It will help assure results.

This step is part of the L-O-V-E formula. This is an acronym I created for Let go in meditation, Open in prayer, Vibrationally align and Entirely receive.

Another Psychic Detective Example Using Mediumship

As mentioned in Chapter One my first experience doing mediumship was done by channeling the deceased father of two sisters from New York. They wanted me to recount what happened the night he was murdered at a family owned bar in South America.

This is his response through me.

"I can remember it. I was not feeling that well that evening when I got home but I heard a noise in the store so went inside without realizing what was happening. Then all of sudden out of the back came this man, Enid's boyfriend.

Enid was already in the front of the store and looked startled. He immediately took it upon himself to accuse me of being after his girlfriend to cover for the hostility he was about to put on me. 'She is his girlfriend,' he says, and 'she is not going to go with you or any other man.'

Enid looked shocked and even embarrassed at this. She knew it was ridiculous but was scared for she also knew that her boyfriend was a man to be reckoned with. He was dangerous.

Anyway, they came at me and started to hit and slap me. I tried to struggle and struggle but I could not get away. One thing led to another and they got more and more violent, tying me up and so on. I cannot remember exactly how everything happened but finally when my head was hit, it was over.

I must say that I learned how to get out of my body so I tried at one point to do that so I would not suffer. It was over I knew, so I tried to release myself from feeling what was happening. I was able to do this and avoided much of the suffering.

It happened as soon as I passed out. I was able to step away from the suffering and relieve myself of it. Finally they stopped when they saw I would not move anymore. It was a tragedy to be sure.

But as I said earlier this was the way it was supposed to be. This was my life's lesson. I had a probable exit from my life here and in an ironic way. For all my years of being with women I was accused this one last time when I was totally innocent. Cosmic justice."

This is a good example of how mediumship can be used in psychic detective work. Keep in mind each Psychic Detective works differently as does each medium, so the way the material presents here is how I work. I experience the consciousness of the loved one in spirit as if they are talking directly to me.

In the next section we will review how some famous Psychic Detectives work.

Study Famous Psychics

To help you develop your own mediumship skills it is important to study the work of other psychics, how they work and what they do. This will afford you a better understanding of what goes into the work.

Besides learning about Psychic Detectives, of which this chapter reviews, it is important to study TV video and audio clips of famous psychics working. A great place to review Psychic Mediums doing cold readings is in the radio archives of The Forever Family Foundation (<http://www.foreverfamilyfoundation.org>). There I have had a chance to hear famous mediums be told they are wrong many times as they did a cold reading on the radio.

This illustrates how unpredictable mediumship can be, even for professionals, so do not feel bad if you fail at it at times, especially if you are in a public setting doing cold readings.

Psychic Detective Noreen Renier

I used to love watching a wonderful Psychic Detective TV show on The Learning Channel in the United States. Noreen Renier (<http://noreenrenier.com>) was a frequent guest psychic working with the police to recover missing people and solve cases.

She always struck me as humble, hard working and uncannily accurate.

Here is a little about her from her website, <http://noreenrenier.com>.

In 1981, when Psychic Investigator Noreen Renier first lectured at the FBI Academy in Quantico, Virginia, her work with police detectives was considered controversial. Now, she is a highly respected psychic detective who has worked on over 600 unsolved cases with city, county, and state Law Enforcement Agencies in 38 states and 6 foreign countries. She has a professional understanding of both the police and the paranormal.

“Noreen never could have known this stuff beforehand and she was so accurate it was chilling.”

— R. Krolak (Retired Lt. Commander)

“...She helped to locate a plane containing the body of a relative of an FBI agent.”

— Robert Ressler (Ex-FBI)

Here is a summary of how Noreen works to solve cases.

1. She likes to work with little information. The less she knows about the victim the better. (This is true of doing psychic mediumship as well. You must not allow your “sitter” to provide any information except for validation as you build evidence.)
2. She usually will work with psychometry. This means she will touch a piece of clothing or object owned by the missing person and begin to feel and see images.

- a. Psychometry is a wonderful way to do mediumship, as well.
3. The first thing she looks to do is find information about the victim which the police can validate, such as what the victim looked like, where he or she was last seen or other simple facts. If the facts are correct she will move to the next phase of the investigation.
 - a. This is how you should work when you read for clients. Without being provided any information begin to receive information. If the information is validated then you know you have a confirmed connection and your energy is properly aligned with the receiving subject. If it is not validated, go back, reestablish connection with the loved one in spirit and start again. Continue to do this as many times as you need until you have made validated contact.
4. Fascinatingly, Noreen instructs the police to ask her questions in a certain way. For example instead of saying, "Where does a suspect live?" she suggests it is better to ask, "Stand in front of the house and walk toward it. What do you see?" This allows Noreen to receive information using the skills she has, most obviously, remote viewing.
5. She uses all five of her senses when she receives information. She might hear, see, smell, etc.
6. She reminds her visitors she is not 100% accurate, nor can she be equally effective on all cases. Keep that in mind for your own work.

Psychic Detective Annette Martin

Annette Martin (<http://www.closure4u.com/>), similar to Noreen does do psychometry to solve crimes. However, she will look at pictures as well of the victim, whereas, Noreen prefers to describe the victim during the initial stages of the investigation to check to her correct energy connection in solving the case.

Annette is a dowser as well. This means she will use a pendulum over a map attempting to track down a missing person.

Annette can pick up medications, health issues, and other physical attributes of the victim or suspect to help solve the case.

The following was taken from Annette's site about how she works to solve a criminal case.

Case Review begins with a package that includes the following:

1. An original photograph of missing person (most recent photo), not a photocopy or scan. Or photo of building, if this is an arson or espionage case. The less the photo is handled the better the results Annette will have with the photo.
2. A copy of any bulletins or newspaper articles that were issued.
3. We do not need any confidential police reports or evidence information. We will not compromise the police investigation nor intrude in any area of their case.
4. A map or maps of the area where the disappearance occurred, or when the investigation is taking place. If a body has been found in a wooded area, aerial maps are most helpful in locating dirt roads. If the incident occurred within a residential neighborhood of a particular city, we would want that city map, marked where it had occurred and where the victim had lived in that city. Also a larger map of the adjacent areas or even a State map, in the event that Annette perceived travel by the suspect. This would preclude having to stop any particular session and then having to acquire an additional map.
5. If you have any personal articles belonging to the victim Annette can use that along with the photo in a process call psychometry. Such as a watch, ring, wallet, eyeglasses, etc. Annette uses this type of item as a backup to the energy field received from the photo.

Exercise For Psychic Detective

1. Go to an online list of missing people: <http://www.fbi.gov/wanted/kidnap> or <http://someoneissing.com/>).
 - a. Prepare by doing the LOVE formula as illustrated in Chapter One.
 - b. Choose the picture of a missing person from the list. Pick one that attracts you energetically.
 - c. Say the name of the missing person out loud or in your head and then ask them if they are dead or alive. Wait to see what you hear. (Note: I am able to hear both dead and alive people speak to me this way. The fact they answer you does not mean they are dead. Listen for the answer their consciousness gives you.)
 - d. Then ask this missing person the answers to the usual questions of what, when, where and how?
 - e. Here are some sample questions.
 - i. Were you kidnapped? What did you do for a living? Were you working yet or still in school? Did you have any health problems? Did you have any money problems?
 - ii. Were you abducted or did you go peacefully with their abductor?
 - iii. Did you know your abductor or was he or she a stranger to you?
 - iv. How were you killed (if killed)? Were you buried? Where?
 - f. Receive as much information as you can.
 - g. Then click on the picture and read what is written there. How much did you get right?
 - h. Now do a search on that person's name on the Internet. See if you can find any other information about their whereabouts to validate what you received.
 - i. Compare what you got to what you read online.
2. You can do this exercise as many times as you please to further develop your psychic mediumship skills. Even if the person you are receiving is not dead, receiving the information from another person telepathically dead or alive is a valuable tool for developing mediumship. As a matter of fact, it is the essence of it.
3. NOTE: If you are not able to receive anything using these instructions, try using the tools you normally use to receive information psychically. Go back to chapter one and receive using your natural skills.
4. There is no right or wrong way to receive information. There is only ***right information!*** So be flexible in the way you get your information.

Chapter Four – Pure Mediumship

Sending a Soul Into The Light

Souls at times can remain closer to earth rather than leaving to move into the dimension of spirit. These usually are souls with unfinished business on earth of an emotional nature.

A client came to me with a problem. Her niece had been experiencing the perception that a soul was haunting or attached to her. At times she would feel it breathing on her. At other times she would feel an eary feeling like she was being watched.

They came to me for help. After doing the usual meditation, prayer and energy connection I do with clients, I asked if there was a soul who was attached to Mary (pseudoname for niece). A young boy began to speak about how he had been killed in an auto accident.

His mother had gone to spirit but he did not want to so remained on hearth. When he found Mary, who was thirteen years old, he liked her. He said she had been “playing” with him.

When I delivered this message to Mary she was upset. She said she hadn’t been playing with him. But her aunt interrupted. On her cell phone she retrieved a text message she had sent Mary telling her not to breath back at the person from spirit as it would be interpreted as “playing.”

Mary settled in an listened to the boy from spirit. He said he was around twelve when he was killed. He liked her.

I quickly explained to him he had to leave Mary alone and that there was a white light into which he should look. I appeared to me from my psychic perception that as soon as he looked at the white light he was sucked into it kicking and resisting as much as he could.

Resist as me tried, he was magnetically drawn into the light.

This is counter to what I was taught about souls going into the light. I was taught that a soul can resist the white light as long as he or she deems fit do so. However, in this example, as soon as the soul saw the light he had to go into it against his will.

Perhaps the way a soul can resist the light is by not “seeing” or acknowledging it after the physical body dies? Perhaps it was the fact that I commanded him to enter the light? The answer remains to be seen.

After he went into the light, I commented on how light the room felt. Mary agreed. Since then Mary has had no reoccurrence of her little spirit playmate.

Technique to Send Souls Into the Light

If you have to send a troubled soul into the light, gently explain that they must go into the light. Help them to see it by directing them to a view the light where you see it. At this point gently instruct them to enter it. As soon as you command them to do so, they should be magnetically drawn into it.

Remember this should always be done after using the LOVE formula to assure you are fully protected through your prayer.

Moving Away From Tools

A medium usually does not use any tools. However, if you need to use tools, do not despair. As stated at the end of Chapter Three, I believe it is not as important how you receive information as whether you get correct or accurate information.

Even with this idea firmly in place it is important at some point to put down your normal tools for discernment and at least attempt to receive directly from the soul in spirit. You will find that after a while your tools are no longer needed. The remainder of this chapter will focus on doing this.

For a long time as I did mediumship I used the Family Relationship Map to begin my discernment. Then I slowly began receiving information from spirit without this tool. Tools are great to help you develop.

The way to move away from using your tools to straight mediumship is through practice. The more you do mediumship the better you will get at it, until one day you will simply receive information without using your tools.

When this happens you will not realize you did it until afterwards!

Platform Reading

My first exposure to platform mediumship was in a class given by a student of Arthur Findlay College of Mediumship in England. The medium will enter the room where several individuals sit.

He will remain with his eyes open and attempt to deliver messages to the group of what is perceived. This is not easy, but with practice and keeping your eyes open you will become an excellent medium.

The problem with this “class” is that the teacher offered no techniques whatsoever in how to do this other than to attempt to do it and rules for how it should appear to the audience.

The ground rules were you had to deliver facts and you had to keep your eyes opened.

The teacher demonstrated this by coming into the room of his students with an air of authority as he spewed forth what he was receiving. He “saw” in spirit a man in a military uniform with blue eyes and brown hair. The uniform had many medals on it and was of a high level officer, perhaps General from the Army.

The teacher continued with various facts, but there were no takers in the audience until one befuddled student claimed ownership of this soul from spirit. The reading continued but was a rocky one at best.

You can practice this as much as you like with friends and family. If you can get people you do not know to do this with, so much the better. Perhaps you can form a psychic mediumship development circle for this purpose.

Steps

1. Prepare alone beforehand by doing a Theta Pineal Gland meditation from <http://youtube.com>.
2. When you are with your audience take them through the entire LOVE outlined in Chapter One formula together. This will include a brief meditation, prayer, vibration alignment. Remember to ask for protection three times and to include those in spirit when you do vibration alignment.
3. Stand in front of your audience with your eyes open.
4. Focus on a place in the room that is clear of colors or patterns. If you can find a blank wall this would be ideal.
5. Do what I call a "Mind Sweep." Imagine you can step outside your body with your consciousness and perceive what is there.
6. You should at this point "feel," "see," or "hear" someone or something. The perception can be as subtle as a general feeling of a man or a woman's presence.
7. Ask the soul in spirit who this message is for and then go to that person.
8. Continue receiving. As soon as you perceive something deliver it. Whatever you get give to the person in the audience you have chosen, to keep the flow of information coming
9. After feeling a man or woman you might briefly "see" height, hair, clothing, eyes. You might "hear" a name or a letter.
10. It is important to get enough information from the soul in spirit so that someone in the room can identify the spirit.
11. If you are told you are wrong, see if someone else in the room can take ownership of these facts delivered from the soul in spirit.
12. Do not be troubled if no one can remember who you are speaking about.
13. Psychic amnesia. At times you could have everything right but the subject of your reading has no recollection or even knowledge of the facts to validate what you are saying. It is for this reason that you need to "stick" to what you are getting and deliver it.
14. Benefits of sticking to your "story" are two-fold.
 - a. Your subject could learn later you were correct.
 - b. When you deliver what you get, spirit you will continue to give you new messages! It is imperative to deliver everything no matter how silly it may seem. Below I have a story about delivering messages no matter how bizarre they may seem.
15. Continue doing the "Mind Sweep" to bring additional souls into the room.

How to Get Names From Spirit – Entirely Receiving

One of the more difficult skills a psychic or medium must develop is the art of receiving what is sent to them entirely. As mentioned earlier in this book I have developed a specific technique so you can be successful most of the time. The fourth step in the LOVE formula is to Entirely Receive.

The best way to do this is the following.

1. **Daily Meditation.** If you are going to be a medium you will have to learn how to discipline the mind through daily meditation. If you do not like meditation then just begin to do things in quiet silence like cook, clean, drive your car, bathe, garden and so on. Spending at least thirty minutes a day in quiet contemplation or solitude will do wonders to develop your mental acuity.

- a. In addition, I like to watch an eight to ten minute third eye, theta trance or pineal gland meditation video from <http://www.youtube.com> a day. Just go up there and search for one you like, watch it and you are good to go.
2. ***Make up a name, illness, fact or figure.*** Yes, you heard right. If you are not getting names, for example, make up a name. Spirit will try to give you the right name as you are creating the incorrect name.
 - a. Tell spirit you are trying to get a name or a specific fact. Then reach for one slowly. See what happens. If you do not get an answer then just make it up.
 - b. There is something about reaching for information that sets up the pathway to send the information to you. However, you need to be willing to be wrong. You need to take risks. As well, you need to be bold.
3. ***Take risks.*** When you are working you have GOT to say what you get. If you are not sure it is the right name, fact or figure, just give it anyway. What is the worst that can happen? You are wrong? So what? The more you do this and fall on your face, the more you will develop the sense of what is right.
4. ***Acclimate to what a spirit message feels like versus what you are making up.*** Yes, messages from spirit feel different. They can feel like they are coming from somewhere else, not your own brain.
 - a. To me they feel to me a little woozy or strange, like they are coming from a foggy place within me of which I have no control.
 - b. The feeling is very, very subtle. When you begin to make up answers, take risks and give what you get, you will begin to get some correct information. Over time you will begin to notice a difference in how a message feels when spirit sent it to you versus you making it up.
 - c. The feeling is very, very subtle. This is why meditation is so important. Meditation sets up the mental acuity to feel your thoughts. Some will be yours and some will be theirs. Over time you learn to “feel” the difference.
 - d. Don’t be surprised if at times you cannot feel the difference. This happens often. This is why it is so important to give exactly, literally what you are getting from spirit.
5. ***Practice a lot.*** If you want to be a great medium, you have to work at it. Create situations, people, places and things with which to do mediumship. Never stop or rest.
 - a. I had a friend who kept taking lots of classes but did not actually do enough work. She never could master getting names, facts and details because of a lack of actual man hours doing the work.
 - b. Some ways to practice.
 - i. Ask friends, family, acquaintances.
 - ii. Do the psychic detective exercises in Chapter three.
 - iii. Listen to mediums doing live, cold readings. As you listen or watch an online video clip or recorded radio show, try to receive as they are receiving. You will get instant feedback. One place to listen to recorded radio shows is the Forever Family Foundation.org’s website. Here is a link to their archived radio shows: <http://www.foreverfamilyfoundation.org/radio2.htm> . Look for the “Mediums and Messages,” shows, where mediums were on the show delivering messages.
 1. As well, you can search the internet for video clips of famous mediums like James Van Praagh, Alison Dubois, John Edwards and so on. Then as they try to do a cold reading follow along and see what you get. This is fun and can really help you develop.

2. Go to message services given by mediums at spiritualist churches or other live demonstrations. As they are delivering messages to the audience see what you get in your head. You might be very surprised to get good information which is validated.
- iv. Take classes. Taking classes is an excellent way to practice, but you will certainly need to supplement with your own methods of working. It is difficult to get in enough hours just in the classroom to get really great at doing mediumship.

Here are a couple of stories which illustrate some of this process.

Entirely Delivering Your Messages

One of the most difficult skills a medium needs to develop is entirely delivering “silly” messages. I had this experience as I did a discernment for a client. Through this story you will see what I mean.

Rachel had come to me many times for readings. Our experiences together had developed a long relationship of trust. This time she had come to me to bring in her mother from spirit.

I had tried once before to bring in her mother. The messages were distorted and unclear. My client could not say I definitely had brought in her mother.

Instead I brought in her aunt almost perfectly. Her aunt had passed about six months earlier of cancer. Her aunt identified herself by name, showed me her appearance, described her cause of death and even commented on a trip my client was about to make to visit with her grandchildren in the mid-west.

Rachel had validation, but not from her mother.

Rachel came back to me about six months later to again see if I could bring in her mother. Again the same cloudiness and agonizing feeling of dragging came through me. I could not get her mother clearly through.

But something quite amazing happened instead. A man appeared before me. He was tall, with light hair wearing a western style shirt and cowboy hat. I described him.

Then the man said, “We’re from the west. We’re from the west.” Rachel broke out into a belly laugh! Her mother’s maiden name was West!

Finally, about a year later we reconvened for another mediumship session to see if we could bring in Rachel’s mother. This time Rachel’s mother, Elizabeth, came in so clearly it was a delight to personally meet her. A delightful, bubbly personality with a lot of spunk, her mother firmly and completely validated her existence to her healing daughter.

Her mother said that she needed time in spirit to adjust, reassemble her energy and learn how to communicate with mediums. Whatever the reason the session was tear provoking and quite illuminating.

The takeaway from this story is to entirely deliver what you get. When I received a man from spirit with a cowboy hat for Rachel, I was taken aback. How could I deliver this “nonsense” to Rachel? I did not know Rachel’s mother’s family name was West. I could easily have blocked it.

Even though I know this, I still sometimes block what I get. Entirely receiving and delivering what you get as a medium is extremely important for your success.

Another Story

Another time during a séance I saw the letters, C-H-A-R-L-E-S slowly drawn in front of me like a beautiful three dimensional sculpture. Since I was hearing the name Charles quite often for everyone in my mediumship session, spirit found another way to give me the name so I would not ignore it.

The point here is to ask to receive names, take risks and give what you receive.

One on One Mediumship

The above example is a good way to begin developing your mediumship skills. Another way to do this is to work one on one with someone.

Again begin by asking friends or family if they will allow you to work with them for mediumship. It is better if you are able to find volunteers who you do not know and have lost someone within the last ten years that were close to them.

If most of your subjects have never lost someone they know well, your attempts at mediumship will not be as potent. Even this however, can be satisfactory.

I once did a private sitting circle (séance) from some individuals who were college age. As I went around the circle I came across Judy. I asked who in spirit wanted to speak to her.

In came a girl about 13 years old who had committed suicide. She described her personality and how she knew Judy. They had known each other growing up. She was a neighbor to the girl.

Judy did recognize her. So even though they were not best friends this message was received well and validated.

Keep doing these one on one sessions as much as you can. They will really help you develop.

Steps to work one on one.

1. Begin by preparing alone beforehand with a deep Theta Third Eye Meditation found on <http://youtube.com> (directions in chapter One – LOVE formula).
2. As you sit with your sitter conduct a brief (1 or 2 minute) relaxation exercise. I like to have them focus on their breath, the feeling of the air on the skin of their body, the feeling of the clothing touching the skin of their and other “mindfulness” exercises.
3. Say the prayer from LOVE formula.
4. Align their energy field with yours. Remember to ask that their loved ones be present for this alignment too.
5. Entirely receive what you get.
6. More often than not you want to start your sitting with these types of facts from the soul in spirit so that the sitter can feel a positive identification:
 - a. Appearance of love done in spirit while on earth.
 - b. Cause of death
 - c. Age at death
 - d. Place they lived while on earth.
 - e. Their name or names of those in the family alive or not.
 - f. Number of children, grandchildren, genders.
 - g. Distinctive qualities, hobbies, appearances and so on.
 - h. Shared memory
7. Remember to keep the tone of this fact gathering portion of the discernment as conversational as possible so as to avoid a shut-down of communication. They are “people” too you know, not an anthropological experiment!
8. If you are wrong about something go back and double check with the soul in spirit you have connected to. If you still feel, see or hear this, then just tell the sitter to make a note of it for

later research. You must always accept each and everything you get as correct to continue the discernment properly.

9. You need to get enough validation from the soul in spirit so your sitter feels they are talking to their loved one. After this you are ready to deliver personal messages from the soul in spirit to your sitter.
10. With more experience you will find these two steps begin to blend as the messages become the validation.

Seances – How To Do

After you have developed a little more you might want to try a séance, French for sitting circle. This sounds a bit bizarre and perhaps even dangerous, but when done right is very safe and quite enjoyable.

There are different ways to do a sitting circle, all of which will work. I do not mean to be facetious here but really, I have tried doing séances in various forms. I have used round tables, square tables, no tables. I have had five people and eighteen people. It did not matter.

What does matter is that you follow the LOVE formula with the circle. I also prepare before meeting the circle with a deep theta meditation which can activate the pineal gland. This helps open your third eye for a more powerful experience.

The most important part of the séance is to ask you work only in protected space. Ask three times for protection. This is imperative.

As per the LOVE formula you are going to vibrationally align the energy of everyone in the room and everyone in spirit! Remember to include those in spirit in this alignment step.

Begin by delivering the messages to those you feel most attracted to in the circle. The souls on the Other Side with the most dominant personalities or energy will present first. You need to present them first so the other more quiet energies can follow later.

As you sit as a medium begin by asking silently to yourself who in spirit wants to present for whom in the room. Follow the lead of spirit and you should do very, very well.

Trance State

All psychic work is done in a light alpha to theta trance state. You can arrive in this state easily. Just watch videos online found at <http://youtube.com> for theta binaural or isochronic beats.

If you do this before you begin to work you will find it is easy to invoke a trance while sitting with your client.

The way to invoke trance when sitting with your client is to get used to that very relaxed feeling you have when you are watching the videos. Just release yourself and let go.

The more you are in this sort of semi waking state the better your work will be.

If you want to go to full trance this is possible, but only when you are working with another to wake you. I have had the experience of going into full trance.

The way I got there was without training. I did not know what I was doing. This was the early stages of mediumship for me.

I was at the house of the man who introduced me to the fact that I could indeed do mediumship. He had been going regularly to a famous medium in Manhattan, New York at the time. This was in the 1980s so I no longer remember the famous medium's name.

In any event my friend asked me to bring in the soul his medium was bringing in regularly for him. This soul was someone from the Bible, but he would not tell me who it was.

I innocently said, "OK," and off I went. Over me I felt this heavy energy swoop down and take over my physical body. My vision field became black, except for a little hole on the upper right corner of my right eye. From there I could peer into the room.

I remained calm as my friend had a long conversation with a soul coming through me. Afterwards, I was amazed. My friend would not tell me who it was I had brought through from the Bible. I do not know why, but did not really care.

I was so amazed at what had just happened, I was totally preoccupied with that.

The entire technique is learning how to go to deeper and deeper levels of relaxation so you may relinquish control over yourself to another energy.

I feel the best way to do this is to start with deep meditation, most particularly Theta type meditations or hypnotic inductions which induce trance.

If you want to go to complete trance you need to do this in an educational setting where you are safe and properly inducted. The Arthur Findlay School of Mediumship in England has such classes.

Exercises

1. Practice your mediumship:
 - a. Find a mediumship development circle already in existence.
 - i. You might even find a virtual online community by “Googling” “online mediumship development circle.”
 - ii. Find a local Spiritualist Church
 - iii. Check “meetup.com.”
 - b. Create your own mediumship development circle in your area by using “meetup.com” and then networking at spiritual events to bring people into your group.
 - c. Have business cards printed up for free from <http://www.vistaprint.com>. Place your name, title and phone number on these cards. Use these cards when networking or meeting new people with which you can do mediumship.
 - d. Offer as many “free” or low fee mediumship sessions as you can to build up and develop your skills.
 - e. Get professional training. I am available for tutoring and do hold live classes from time to time. As well, if there is sufficient interest I can create a virtual mediumship development circle.
 - f. See list of places to receive professional mediumship training in Resources Section of the manual.
2. Follow the exercises in this chapter for Platform Mediumship, Working One on One and Sitting Circles.

Conclusion

I want to thank you for sharing this exciting journey with me. Hopefully you have discovered through this e-book that Psychic Mediumship is not a mystery. It can be developed with scientific precision.

Look to my website, <http://www.lauramendelsohn.com> for continued material and classes.

Here are some E-books planned or already finished. More information about the E-books can be found [here](#).

Law of Attraction Miracle Method: 7 Steps to Real Magic. Intuitive living is the secret to luck, synchronicities, hunches, guidance and success. If you are looking to improve your ability to manifest your dreams, this book will provide a simple yet powerful plan to get your real magic going. Finished. [Go here for more information.](#)

Channeling Your Guides. Learn how to use a pendulum, do automatic writing, vocally channel and heal with your guides. Finished.

Psychic Creativity. Learn how to crack open your ability to read energy from auras, chakras, telepathy, remote viewing and other skills. This is a fun, natural, spiritual and divine experience. Finished.

Holistic Business Success. You can do the work of your dreams and earn a great living at it. Learn how in this e-book.

Makeup Your Breakup. The consummate guide to getting over lost love due to a break up. Finished.

Contact

Please feel free to call upon me, Laura Bartolini Mendelsohn, for readings, or coaching in any of these areas. I can be reached by phone at (954) 465-7338 or email at laura@lauramendelsohn.com

Much love and many blessings,

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Reference Section

Mediumship Facts

WHAT IS MEDIUMSHIP? Connecting to deceased loved ones on Other Side. Vibration handshake from slower to higher.

- **PURPOSE OF MEDIUMSHIP:** Purpose of mediumship, providing a vehicle for healing after loss and helping to demonstrate the continuity of life.
- **EVIDENCE VS. LOVE MESSAGES.** Offering evidence versus messages of love. A message of love, while comforting, is meaningless unless evidence is produced correctly identifying the deceased loved one as that person.
- **MEDIUMSHIP VS. PSYCHIC.** Difference between Mediumship and Psychic. Mediumship is receiving from an individual consciousness whereas Psychic is receiving from Akashic Records or Universal Field.
- **EGO VS. SPIRIT MESSAGES.** Difference between receiving from ego versus spirit. Messages from spirit feels like they popped into your head WHILE YOU ARE VERY RELAXED. CHECK AREA AT BASE OF THE NECK TO SEE IF YOU ARE VERY RELAXED. You need to let go to feel them.
- **HEALING WORK:** Being a Healer. If you are doing mediumship you are providing a healing service. This work requires the sensitivity and tactfulness of a grief counselor.

Mediumship Ethics -

- **CERTIFICATION:** What is certification? Testing versus taking a class.
- **NEGATIVE MESSAGES:** Delivering messages of warning, illness, loss or danger from spirit in the highest light and love.
- **MESSAGES TO STRANGERS:** Offering “uninvited” messages to others. Respect other’s privacy.
- Sessions are confidential.
- **WAIT ONE YEAR:** Reading for someone if loss occurred earlier than one year. Ethical medium does not read for someone until most of the grieving process is over. This usually takes at least a year.
- **TEST CONTACT:** Charging if you cannot receive for someone.

Preparing to Receive -

- **RELEASING PHYSICAL TOXINS.** Releasing Physical Toxins (drugs, alcohol, diet, exercise). If you are an addict to something, even just junk foods, you will be off balance and your messages will be spotty.
- **RELEASING EMOTIONAL TOXINS.** Releasing Emotional toxins/baggage (relationships, doing the work you love, gossip not, self-development to work with Spirit. Think “I am an Angel” and act like one.)
- **DREAMS:** Encouraging & Remembering Dreams
- **MEDITATION** Imperative! Daily meditation; clearing the chakras
- **JOURNALING** opens dialogue to spirit. Automatic writing starts this way. Ask questions and wait to hear answers.

Receiving

- **ALLOWING SPIRIT TO SPEAK TO YOU. USE LOVE. BE POLITE.** Asking for whom you want versus receiving what you get. Spirits have free will to speak. Allowing messages to flow versus

trying to control the session. You are NOT in control of the session. Think of having a conversation as in life.

- **PERSONALITY** of Deceased Love One will present similar to that when on earth.
- **TRAUMATIC DEATHS. SUICIDES, MURDERS, TRAGIC ACCIDENTS.** Are difficult to get them to speak about at times.
- **TELEPATHY VS. MEDIUMSHIP.** Unconfirmed information, which is later confirmed. Story about John Edward and Joe who lost his daughters to cancer.

Number of reincarnations per 100 years is 2 or more since 1900s. Speeding up.

Additional Resources

Training

Arthur Findlay School of Mediumship: <http://www.arthurfindlaycollege.org>

Spiritualist Churches. Find the one closest to you for classes or practicing in a circle.
http://www.dmoz.org/Society/Religion_and_Spirituality/Spiritualism/Spiritualist_Churches/

Delphi University of Spiritual Studies, Founded by Patricia Hayes. <http://www.delphiu.com>

The College Of Metaphysical Studies Florida. <http://www.cms.edu>

Atlantic University, Virginia Beach, VA. (Edgar Cayce Institute.) <http://www.atlanticuniv.edu>

Books

“So You Want to Be A Medium,” Eyden. [Link to learn more and buy.](#)

“Doors To Other Worlds,” Buckland. [Link to learn more and buy.](#)

“Life In Spirit,” by Harry Edwards. [Link to learn more and buy.](#)

Multi-Media (DVDs and CDs)

DVD: “Speaking To Spirit 1: A New Energy Channeling Class,” By Story Waters . [Link to learn more and buy.](#)

CD: “Brainwave Mind Voyage: Psychic Development Mind Program.” [Link here to learn more and buy.](#)

Psychic Mediumship Class Exercises

Chapter 1 – Opening Naturally (Page 6)

1. **About Mediumship:** <http://en.wikipedia.org/wiki/Mediumship>
 - a. **Mediumship History and Facts:** Review Wikipedia article.
 - b. **Clairsenses.** Clairvoyance (see), Clairaudience (hear), Clairsentience (feel emotions), Clairsentience (feel physical ailments, especially at transition), Clairgustance (taste), Clairliance (smell), Claircognizance (Know). Page 9 of e-book. Ref. Wikipedia.
 - c. **Mental Mediumship Versus Physical Mediumship**
 - d. **Everyone is a Medium** – Class stories of contact. My story.
 - e. **Clean body, clear mind.** Best diet for psychic work, Vegan. Low, no drugs, alcohol. Clean diet. No red meat or sex before. Low stress, balanced emotions. Self development and discipline help. Dedication. MEDITATION important!
 - f. **Difference between psychic and Mediumship.** Energy vs. Telepathy. Fortune telling vs. healing. Spirit is intelligent, wise and loving, energy just is! Predicting your future might not be told through a medium, depending on your life lessons. Mediumship is spiritual guide counseling vs. simple fortune telling. EXTREMELY IMPORTANT!

2. **Making First Contact** – Begin by using your normal way of working. What is your normal way of working? Discussion.
 - a. **Evidence is Emotions.** IMPORTANT: Emotions/personality convinces your sitter you have their loved one, is part of the evidence you establish!
 - b. **Sensitive, Respectful and Empathetic.** Be to BOTH spirit and sitter!
 - c. **SHOCKER! Spirit is in Control, Not You!** You can ask but you need to be extremely flexible in retrieving information. Spirit is in control, not you.

3. **Review LOVE formula:** Let go in meditation (do every day, youtube.com), Open in prayer, Vibration align, Entirely receive. Must do before each exercise. Explained on last page of handout and page 12 of E-book.

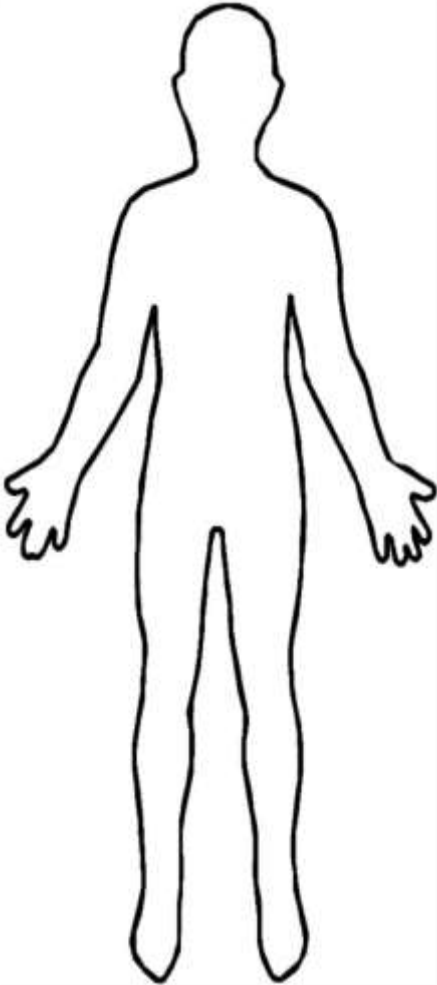
4. **Exercise ONE:** . PICTURES. Class does LOVE formula. Using your natural tools answer questions about person in spirit. Speak with authority. Define ENERGY rather than specifics. ALLOW SPIRIT TO LEAD. **Exercise TWO.** PARTNER. Connect to deceased loved one for your partner. See what happens. Only question allowed: “Can you confirm this Yes or No?” Only answers allowed: Yes or No. DO NOT TRY TO FORCE ANSWERS, just ask to begin a conversation. **Suggested** facts to get.

Exercise One PICTURE	Exercise Two PARTNER
Age	Gender/Age
Relationship	Appearance/Body
Health/Cause of death	Relationship
Pets	Health/Cause of Death
Names	Pets
Location	Names
Emotions/Personality	Location

Other	Emotions/Personality
	Other

Chapter 2 – Family Relationship Chart (Page 16)

1. Review Family Relationship Chart below.

Father's Side of Family. <i>Right side of subject's body</i>	Energy Above The Head Father Mother	Mother's side of family. <i>Left side of subject's body</i>
<p>Neck Area: Grandparent's</p> <p>Arm/Shoulder Area: Uncles, aunt's, nieces, nephews, cousins, etc.</p>		<p>Neck Area: Grandparent's</p> <p>High Shoulder Area: Spouses, Lovers, Friends, Uncles, Aunt's, nieces, nephews, cousins, etc.</p> <p>Arm Area: Children</p>

2. **Exercise ONE.** LOVE formula. Choose a partner. Gently glide your hand around the aura of your partner feeling for energy blips. When you find one, ask the energy (the loved one in spirit) the following questions. Do for three people (time allowing).

Questions	Partner 1	Partner 2	Partner 3
Relationship			
Appearance			
Health/Death			
Other			

Chapter 3 – Missing Persons (Psychic Detective) (Pg. 25)

1. Exercise ONE. Review of finding Ann’s cat. Now review technique of Noreen Renier. After LOVE formula, pull in facts that are verifiable. Then ask soul in spirit for answers to these questions.

Missing	Dead or Alive?	Date gone?	Location Last seen?	Reward?
1				
2				
3				
4				
5				
6				

Chapter 4 – Pure Mediumship (Page 33)

1. **Sending a Soul into the Light.** Psychically see the light and direct them towards it.
2. **Moving away from tools.** Little at a time with practice.
3. **Getting Names From Spirit.** Meditate daily. Ask and receive. You might be wrong, but then you might be right. Over time this will be worked out. Must try to receive, though.
4. **When clients are not satisfied.** Hold your ground and believe in spirit. Some souls come in clearer than others. Fact of life.
5. **Validation first.** Always get facts before going into stories.
6. Total Trance Mediumship. My story. Trance is relaxed and focused state.
7. **LET SPIRIT LEAD** the conversation!!!! Spirit is in control, not you.
8. **Exercise ONE.** Find a new partner in class. After LOVE formula, begin by asking spirit who is there. Then allow spirit to lead you forward. **DO NOT FORCE.** You can ask questions below but treat as a guideline. It is extremely important to allow spirit to lead the conversation. Ask spirit the following questions for your sitter.

Question	Answer
Who is there?	
Relationship	
Appearance	
Cause of death	
Location of life	
Names of them, relatives, streets, cities, etc.	
Advice for life	
Memories	
Children, grandchildren, etc.	
Who’s in spirit with them?	
Hobbies, personality, characteristics, career, etc.	

9. **Exercise TWO. Platform Mediumship.** British style. Standing, eyes open, focus on neutral area, ask soul in spirit to step forth, give what you get, details needed for positive ID. Attempt to receive for the room, one student at a time standing following guide of above questions again. If late on time can do for new partner but in standing position with eyes opened instead of sitting.

Question	Answer
Who is there?	
Relationship	
Appearance	
Cause of death	
Location of life	
Names of them or any relatives	
Advice for life	
Memories	
Children, grandchildren, etc.	
Who's in spirit with them?	
Hobbies, personality, characteristics, career, etc.	

The L-O-V-E Formula

The LOVE formula was created by me as a way for you to have an exact formula to access the mind of the universe. Without a consistent technique your results will be unpredictable and unreliable.

It includes a section on how to get to the slower brain wave state of theta which really is the key to all of this.

Here it is.

5. Let go in meditation.
 - a. Theta Brain Wave Meditation. The most important secret to opening your miracle mind is through deliberate access to deep Alpha to Theta brain wave states. It is this brain wave state which is responsible for access to the miracle mind, collective unconscious or what physicists call “zero point.”
 - b. The easiest way I have found to gain access to this brain wave state is to use a “Deep Theta Meditation” found for free on youtube.com. If you do this daily or before working psychically, you will have a significant advantage.
 - c. You will need at least eight minutes of viewing.
 - d. Watch a professional brain wave entrainment audio. This link has many. I personally use the psychic one and have had smashing results with it. [The Unexplainable Store, especially the 20 minute theta meditation recording is located here.](#)
 - e. We enter Theta every day doing ordinary activities such as day dreaming, watching a boring TV show, listening to a dull lecture, in the shower, walking, driving long distance on a straight, desolate highway, staring at a hypnotic spiral wheel, reading an absorbing book, deep in meditation and during sleep. Go to this link for more complete information on how to go to theta trance: <http://abundancepsychic.com/theta-trance>
6. Open in prayer. ***“Father, mother, god, all beings of the highest light and love, please come to me now in the reading for ‘name.’ Please allow all messages to be received validating, factual, evidential, healing, received clearly, accurately with validated evidence and healing, as intended for the highest good and benefit of ‘name’ and all those with whom s/he comes in contact. Please allow us to work in the highest love, light and protected vibration. And so it is.”***
7. Alignment with the vibration of your subject by visualizing energy fields combining.
 - a. Visualize yourself sitting opposite your subject (person for which you are reading). If that subject is already in front of you then simply see them in your mind’s eye.
 - b. Imagine they have an energy field coming out of them.
 - c. Imagine you have an energy field coming out of yourself.
 - d. Imagine both energy fields blending.
 - e. You should feel a click as you connect.
8. Entirely receive.
 - a. Entirely receiving is the most difficult phase of this process for many people, but is critical to be able to do in order to access your miracle mind. You must be willing to allow yourself to report or accept anything that comes in as part of your psychic experience, even if it seems silly.
 - i. Example. I was doing mediumship for a client. Soul came in with monkeys, McCaw and so many animals around her, I could hardly see her face. I was hesitant to say anything, but I did. Turned out she was an animal activist and care taker when on earth.

