

Clearcognizance for Mediumship

Communicate With Other Side. All clear senses. (1) Open your gifts, (2) Family Relationship Map, Signs & Symbols, (3) Psychic Detective, Pet Mediumship; (4) After Life Communications, Pure Mediumship

Section 1 & Beyond

- **Section 1: Open your gifts,**
- **Section 2: Spirit Map**
- **Section 3: Psychic Detective**
- **Section 4: Pure Mediumship**
 - Sending Uninvited Souls Away
 - Moving Away from Tools
 - Getting Names
 - Platform Mediumship, Seances
 - After Life Communications

Before Continuing

- Join Facebook Support Group: Soul Psychic Healer
- Do L.O.V.E. formula to prepare daily before readings and before doing this Lesson.
 - Let go in an 8 – 30 minute meditation ([youtube.com](https://www.youtube.com)).
 - Open your session with a prayer that always includes
 1. request to work in highest love and light;
 2. messages be for highest good of all;
 3. automatically connect & disconnect energy;
 4. what you need.
 - Vibrationally align with subject(s) of reading.
 - Entirely receive your messages.

Sending a Soul Away

- **If you are talking to a soul who is angry, emotionally upset or unresolved in some way, chances are this soul has some unfinished emotional business on earth.**
- Many will feel their loved ones close to them for days to months to even years after their physical death. This is normal and natural.
- This may mean they have postponed their journey into the light, until they feel closure with emotional ties to earth.
- However, there are some souls who “hang out” without invitation. The next slide talks about such an experience.

Soul Away, Cont'd

- 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 sense an eerie 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 hanging out with Mary (niece).
 - A young boy began to speak about how he had been killed in an auto accident.
 - This was the boy Mary CONFIRMED she had felt.

Souls Away, Cont'd

He said, “He liked Mary.” She “played” with him. Mary said she had not “played” with him, however the boy felt her just responding to him was play.

I asked him what had happened. He said he and his mother had been in an auto accident. She had gone into the light, but he stayed behind. He did not want to go into the light.

I explained to him that he would be happier in the light than where he was, he would be reunited with his mother and he'd have other children with which to play.

Soul Away, Cont'd

- At first he resisted, but then, all of a sudden a strong current of energy sucked him into the light.
- We felt the energy in the room lift, in relief.
- You cannot FORCE a soul to enter the light, but you can invite them in with the help of their guides, **explaining how the light would help them get what they want.**

Souls Away Technique

- Open the session with the LOVE Formula.
- Connect with the soul “attachment.”
- Get any validated facts you can.
- Ask the soul WHY they have not gone into the light.
- Suggest to the soul how the light would be a solution to their WHY.
- Asking their guides for help, envision a tunnel of light and ask that they go into it.
- Again, there is no guarantee a soul will go into the light, but when all else fails ask their guides, and higher spiritual beings for help.

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 Section 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.

Away From Tools Cont'd

- For a long time as I did mediumship I used the Family Relationship Chart to begin my discernment. Then I slowly began receiving information from spirit without this tool. Tools are great to help you develop.
- Prayer. The way to move away from using your tools to straight mediumship is through prayer & practice. Ask spirit in your prayer to bring you information directly.
- 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.
- The more I did readings, the better I got. If you do not develop, your talent is null.

How to Get Names

One of the more desirable skills a psychic or medium can develop is the art of receiving names. The best way to get names is the following.

1. ***Read Name Books.*** This will help open your mind to names.
2. ***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 intuitive acuity. Also [youtube.com](https://www.youtube.com).

Get Names, Cont'd

3. ***Make up a name (or illness, fact or figure).*** Yes, you heard right. If you are not getting names, make up a name. Spirit will try to give you the right name as you are creating the incorrect name. **BEING WRONG TEACHES YOU.**
- a. Tell spirit in your prayer to give you names and specific facts. Then deliver what you get 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.
 - c. However, you need to be willing to be wrong. You need to take risks.

Get Names, Cont'd

4. **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, the **more you will develop the sense of what is right.**

5. **Acclimate to what a spirit message feels like versus what you are making up.** Yes, messages from spirit feel different. They feel like they are coming from someone 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 over which I have no control.

Get Names, Cont'd

(5) cont'd.

- b. Over time you will begin to notice a difference in how a message feels when spirit sends it to you versus you making it up.
- c. This is why meditation is so important. Meditation sets up the acuity to feel your thoughts.
- d. Some will be yours and some will be theirs. Over time you learn to “feel” the difference.

Get Names, Cont'd

6. ***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 time doing the work.

b. Some ways to practice.

- i. Ask friends, family, acquaintances.
- ii. Join the Facebook Support Group, Soul Psychic Healers, to find others with which to work.
- ii. Do the psychic detective exercises in Chapter three.

Get Names, Cont'd

(6) Cont'd

- 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 <http://ForeverFamilyFoundation.org> website. Look for the “Mediums and Messages” shows, where mediums do cold readings.
- iv. As well, you can search Youtube.com or 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.
- v. Create your own radio show for FREE on <http://blogtalkradio.com>

Get Names, Cont'd

(6) cont'd

- vi. 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.
- vii. 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.

Stories - 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.

Stories, Entirely, Cont'd

- 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!

Stories, Entirely, Cont'd

- 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 playful, 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.

Stories, Entirely, Cont'd

- 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 Entirely Receive 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 more often than accurate 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. Take classes in the **INTUITIVE PLAYGROUND!** Join **SOUL PSYCHIC HEALER** Facebook Support Group.
- 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.

One on One Mediumship

- 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 – One on One

Begin with the LOVE formula.

1. Let go with a deep Third Eye Meditation found on YouTube.com . Then, when with your client Let Go again with a brief (1 or 2 minute) relaxation exercise. I like to have the client focus on breathing slowly and deeply from their abdominal area. Remind them to Let Spirit Lead and be Open to what comes in.
2. Open in Prayer. Ask your sitter to call in their loved ones, while you silently say the prayer from LOVE formula.
3. Vibration alignment with their energy field.
4. Entirely receive what comes in.

One on One, Cont'd

5. 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 get a positive identification:

- a. Relationship to sitter.
- b. Appearance of loved one in spirit while on earth.
- b. Cause of passing
- c. Names of significance.
- d. Personality.
- e. Children, family structure, grandchildren, genders.
- f. Distinctive qualities, hobbies, appearances and so on.
- g. Shared memory, where they lived, dates, anniversaries, birthdays, etc.

One on One, Cont'd

7. If you ask for this information in your Master Prayer it will come in automatically.
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.

One on One, Cont'd

9. You need to get enough validation from the soul in spirit so your sitter feels they are talking to their loved one.

10. After this you are ready to deliver personal messages from the soul in spirit to your sitter. Let the soul in spirit lead this conversation, not the sitter.

SPIRIT IS IN CHARGE, WE ARE NOT!

11. With more experience you will find these two steps begin to blend as the messages become the validation.

Platform Reading

- My first exposure to platform mediumship was in a class given by a student of Arthur Findlay College of Mediumship in England.
- This is how it is done. The medium enters 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 can become excellent at it.

Platform, Cont'd

- The ground rules are you have to deliver facts, stay still and 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.

Platform, Cont'd

- The teacher continued with various facts, but there were no takers in the audience until one befuddled student finally claimed ownership of this soul from spirit. The reading continued.
- 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.
- We will do a version of this in the exercises later.

Platform Mediumship Steps

1. Prepare alone beforehand by doing a Third Eye meditation from <http://youtube.com>.
2. When you are with your audience take them through the entire LOVE formula together. This will include a brief meditation, prayer, 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.

Platform Steps, Cont'd

5. Do what I call an “Energy Sweep.” Imagine you can feel the energy around all the people in the room. One of 2 things will happen. You might:

a. “feel,” “see,” or “hear” someone or something, then deliver what you get, hopefully the sitter will reveal.

b. OR you might feel drawn to a sitter in the room and then feel, see or hear the soul.

6. 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.

Platform Steps, Cont'd

7. After feeling a man or woman you might briefly “see” height, hair, clothing, eyes. You might “hear” a name or a letter.

8. It is important to get enough information from the soul in spirit so that someone in the room can identify the spirit.

9. 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.

10. Do not be troubled if no one can remember who you are speaking about.

Platform Steps, Cont'd

11. 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.
12. 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 will continue to give you new messages! It is imperative to deliver everything with confidence no matter how silly it may seem.
13. Continue doing the “Energy Sweep” to bring additional souls into the room.

Seances

- **SAFE.** 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.
- **WAYS.** 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.
- **LOVE Formula Beforehand.** Prepare before séance with the LOVE formula doing a longer deep third eye meditation, Open in full detailed prayer, Vibrationally align in symbolic fashion to finally be ready to Entirely receive when at event.

Seances, Cont'd

- LOVE Formula at Séance. Let Go with a brief meditation. I like to use one where they set symbols with their loved ones in spirit. This calls in their loved ones & relaxes them. Open by invoking master prayer OUT LOUD. Vibrationally align all in attendance OUT LOUD readying to Entirely receive the messages explained further on next slide.
- DELIVER. Begin by delivering the messages to those you feel most drawn to in the circle. The souls on the Other Side with the most dominant personalities or energy will present first. Some souls will not come through if they are shy or do not want to do so.
- 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.

Full 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.

Trance, Cont'd

- If you want to go to full trance this is possible if you have the gift and work with another to wake you. I have had the experience of going into full trance.
- I got there b/c **I had no fear**, since I did not know what to expect. This was during the early stages of mediumship for me.
- I was at the house of the man who helped me discover I was a medium. 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.

Trance, Cont'd

- YES. I innocently said, “OK.” I asked for the spirit to come to me in name of Jesus Christ (which was my background then.) Over me I felt this heavy energy swoop down and take over my physical body. My vision field went black, except for a little hole on the upper right corner of my right eye. From there I could peer into the room.
- CALM, AMAZED. 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.
- LET GO. The entire technique is learning how to let go to deeper and deeper levels of relaxation so you may relinquish control over yourself to another energy.

Trance, Cont'd

- 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 a live in person educational setting where you are safe and properly inducted.
- Usually this takes a regular sitting circle working with the same attendees over time to gain trust and let go.

After Life Interviews

- Book, “After Life Interviews,” by Jeffrey Marks, [HERE](#). Some themes:
 - *Choose to be lighthearted right now in this time and space.
 - *Choose to communicate your needs to others clearly and listen when others state their needs.
 - *Choose now to be loving and kind.
 - *Choose to not judge yourself or others for what you/they choose or where you/they are in the journey.
 - *Choose to be at peace where you are.
 - *Choose to totally enjoy life now, knowing that if by chance you die in the process... it's only a flesh and bones body that you shed.
 - *Choose to drop the grudges...they only destroy your happiness.
 - *Choose to totally enjoy life now, for when your body dies and your spirit moves on, you'll wonder why you spent so much time being a grumpy prude... When your body dies, YOU get to live in an unimaginably vibrant way, so why wait until then?!

After Life Interviews

- Interviews validated soul connections to find out some of these things:
 - What was it like to leave body?
 - What was tunnel of light like?
 - Who met them at “pearly gates?”
 - Where did they go after that?
 - What was their life review like?
 - Where did they go after that?
 - Where did they end up?

After Life Communications

- What kind of body do they have?
- How do you experience time?
- How do you experience their other life times, your other incarnations?
- Do you have sex? If so, what's it like?
- How do you experience soul mates in spirit?
- Etc.

Prepare for Exercises

- Do LOVE formula.
 - Uncross arms, legs, focus on deep breathe from abdominal area.
 - Open in prayer. “Father, mother, god, please allow us to be 100% accurate, for highest good in love and light. Please automatically connect & disconnect us. Amen.”
 - Vibrational Alignment. See energies meeting.
 - Entirely receive.
- First student begin to receive for group. If working alone simply get the pieces of information indicated on next slides.

EXERCISES: Platform, Séance & After Life Mediumship

- Scan the circle for energy. Spirit will either send you a soul or you will be drawn to a person in the circle.
- Deliver 3-5 pieces of evidence from the soul that shows up and a sitter can validate.
 - Appearance,
 - Relationship to sitter,
 - Names,
 - Cause of passing,
 - Personal Message of significance, etc.

Séance After Life Interviews

- Then do an After Life Interview to get information such as:
 1. Dying process painful, easy, relief?
 2. Tunnel of light or mist?
 3. Spiritual Guides: Did you meet a relative, guide or teacher?
 4. Life review? What will they work on next life time?
 5. Identity? Are you still you?
 6. Body? Do you have a body? Health Issues in after life?
Appearance: Can you choose what you look like? Do you age? Do you dance, make love, have soul mates?
 7. Communication- How do you communicate with others do you talk or is it telepathy? Different languages?
 8. Time? How do you experience it?
 9. Communicate with loved ones on earth? How do they do this?

Further Work

1. Get a partner with which to practice your mediumship:
 - a. Intuitive Playground an online development circle. Time allowing live class will do another exercise.
 - b. Soul Psychic Healer on Facebook.
 - c. Find a local mediumship development circle already in existence.
 - iii. Find a local Spiritualist Church
 - iii. Check “meetup.com” or local “New Age” newspapers.

Further Work, Cont'd

- 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.
3. Get professional training. I am available for tutoring and do hold live classes in the Intuitive Playground.
- f. See list of places to receive professional mediumship training in Resources Section of the e-book, <http://SpiritMediumLaura.com/MediumshipBook.pdf>.
4. Follow the exercises in this chapter for Platform Mediumship, Working One on One and Sitting Circles.

Further Work – Summary of Steps to Work on Own

Have a partner ready. Begin with the LOVE formula, page 12 of Mediumship E-book.

<http://SpiritMediumLaura.com/MediumshipBook.pdf>.

1. Let go with a deep Third Eye Meditation found on YouTube.com. Then, when with your client Let Go again with a brief (1 or 2 minute) relaxation exercise. I like to have the client focus on breathing slowly and deeply from their abdominal area. Remind them to Let Spirit Lead and be Open to what comes in.
2. Open in Prayer. “Father Mother God all beings of highest love and light, thank thee for bringing in clear messages in love & light for highest good and benefit of all. Thank you for for connecting & disconnecting at end. And so it is.
2. 3. Vibration alignment with their energy field.
4. Entirely receive what comes in.

Further Work Cont'd

5. Focus and bring in identification so that the sitter can get a positive identification:
 - a. Relationship to sitter.
 - b. Appearance of loved one in spirit while on earth.
 - b. Cause of death
 - c. Their name or names of those in the family alive or not.
 - d. Personality.
 - e. Children, family structure, grandchildren, genders.
 - f. Distinctive qualities, hobbies, appearances and so on.
 - g. Shared memory, where they lived, dates, anniversaries, birthdays, etc.

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 precision.
- Coaching: I am available for individual coaching. Contact me through: <http://www.SpiritMediumLaura.com>
- Other Videos & Books: Soul Abundance (Clairsentience), Soul Channel (Clairaudience), Soul Psychic (Clairvoyance) & this course, Soul Medium (Claircognance). On my website: SpiritMediumLaura.com
- Further References: “Mediumship” Ebook, Page 45-54, <http://SpiritMediumLaura.com/MediumshipBook.pdf>.