



Psychic Mediumship 101

Leslie Sampson,

Certified Psychic Medium

April 26, 2018



What is a Medium & Mediumship?

First, what is a medium? The best definition I've read comes from the Morris Pratt Institute: "A medium is a person whose senses are so acute that they register the presence of beings belonging to the non-physical world; and interpret the wishes and information which such beings desire to impart to people still in the body in this physical world."

In short, it simply means, a medium can see dead people; see them, hear them, feel them, sense them. Yeah. That's what I do. Let me copy some more info from Morris Pratt:

"There are various happenings that may result from contact with the spirit world, feelings such as cold or [drafts], transportation of objects, seeing of colors or floating lights [orbs] or even the apparition of the deceased person. . . Mediums may go into trance-state and speak other languages. It also possible for the medium to write, paint pictures...or send healing energies (similar to Reiki).

"It is important for the developing medium to remember that the spirit messages are interpreted by the medium's consciousness. Therefore, the spirit entity will use the mental facilities that the medium possesses..." This is a perfect definition of "mediumship." It simply means that a medium can communicate with those on the other side, and spirit will use the best way possible to communicate back with the medium.

That's a lot to digest, huh? Yeah, I thought so too when I first read it back in 2009. But, don't worry, learning about your natural abilities can be completely confusing. So much so that I've created a cheat sheet to help you remember (you can check it out at the end!!).

So, what is spirit? In short, "spirit" is the energy of those who pass over. Since we are divine souls that incarnate into a human experience (and not a human having a soul/spiritual experience), our soul will shed its human form and move on to a higher plane of existence.

Why should you communicate?

The entire point of Spirit Communication is personal to everyone, but it should involve the following purposes:

- to bring love and healing;
- to build a bridge between the planes;
- to prove the continuity of life beyond all doubt.

Once you cross the threshold into communication with the Other Side, you become the vessel through which spirit communicates. Now, if you want to learn about this communication for your own understanding; cool. Just understand that this is a path of service to both Spirit and to others, and if you decide to broaden your horizons and use your gifts and knowledge to help others, please just remember this one paragraph.




How is it all done?

Just as we have our regular senses (taste, touch, smell, see, hear), there are metaphysical senses to be able to sense spirit. These are commonly called “The Clairs:”. Clairvoyance, Clairaudience, Clairsentience, Clairaroma, Clairgustance. Some of these Clairs are more prevalent than others, especially when you are first starting out learning about them. But, all of them are present and can be used at different times by spirit for different things.

- ❖ **Clairvoyance** means “to see.” This means the medium can see images that spirit give them their minds, as well as actually seeing spirit. It’s nice to put a face to the information.
- ❖ **Clairsentience** means “to feel.” This means that a medium can feel spirit, and the things that they give me to feel; including, for example, how they passed. If the medium, for example, is communicating with someone who passed away from a heart attack, spirit can give the sensations around my heart to indicate this. It may sound scary, but the more you work with that aspect of Clairsentience, the more you can discern without feeling too much of it. ;). But, it also means that someone who is sensitive can sense when Spirit is around, pick up feelings they want to share, their height, eye color, their personality—anything that spirit wants to share. It is also the medium’s inner knowing. You know when you get that “gut feeling” about something and it turns out you were right? BAM, that’s Clairsentience.
- ❖ **Clairaudience** means “to hear.” This one is a little tricky. It does mean, literally, that you will hear Spirit in their voice. But this isn’t always the case. Sometimes, spirit will give you a word, or a song lyric, or you might literally hear the ocean and seagulls in your mind. This is also Spirit, trying to get through a message. For example, if I was communicating with Abraham Lincoln. And, the only thing that he could give me to help identify him was The Gettysburg Address, I would hear in my mind, “Four score and seven years ago...” And then that would prompt me to ask more questions. The more you work with Spirit, the more you will discover that they will use your own consciousness and understanding to better communicate with you.
- ❖ **Clairaroma** means “to smell.” This not smelling Spirit themselves because they have no physical bodies, they don’t smell. ;). This is Spirit giving the medium a scent. Perfume/cologne are big ones, as are flowers. But, also, if the Spirit that you’re communicating with was a baker in life, they could literally make you smell bread baking in the oven. Also, if spirit smoked menthol cigarettes or a particular brand of pipe tobacco or if they always ate peppermint candy so that’s what their breath smelled like—you can get these smells, too. These smells are used to help prove the identity of the Spirit with whom you are communicating.
- ❖ **Clairgustance** means “to taste.” You are tasting things that Spirit gives you as evidence. Like, if Grandma made a killer fudge every Christmas, she could put that taste in your mouth just so you, as the medium, will say, “O M G, this lady’s fudge was amazing!” That is evidentiary. And, FUN! One of my favorite things is when Spirit says, “Oh here...have some chocolate.”

You aren’t limited to these five senses, because they work in tandem with your regular senses. But, you have at least one that is prevalent. Which Clair does it for you? Think about it for a second. What comes to you first?

The more you work with spirit, you will also develop symbols they can give you to get more information

through. For example, if spirit shows me this symbol:  then I know that there is a birthday that needs to be celebrated.



Methods of Mediumship

There are many ways that spirit can communicate both with and through a medium. Here's a short list of some of the more common ones, and one that I have experienced:

1. **Transfiguration:** This is where the medium will sit in a meditative state and spirit will use their energy/power (and ectoplasm) to cover the medium's face with their own, to allow their features, voice, accent, language to come through. When a spirit speaks during trance, this is direct channeling.
2. **Automatic Writing:** This is a form of channeling. Spirit's energy/power is channeled through the medium's body and to their hand to write. I've heard, from spirit, that it often feels to them like they're "putting on a glove" to write. The writing can cover any topic, in any language, and often looks nothing like the medium's natural/normal handwriting. In some cases, a practiced medium can allow spirit's exact handwriting to come through onto the page.
3. **Channeling:** Where the medium allows spirit to use all possible means to communicate through them. The medium will allow the information to flow from spirit, into their bodies, and out of the medium's mouth, in writing, in art, in music, etc.
4. **Psychometry:** This is often used psychically for a psychic to connect with the energy of another. When a medium uses Psychometry, they are usually holding an object that belonged to a loved one who passed to the Other Side, and the energetic imprint left on that item can provide a good link to Spirit.
5. **Physical Mediumship:** This is when Spirit tangibly shows up. I've seen Spirit move things, break things, make noises, lift chairs and tables, create paintings and even show up in spirit photography. I have an aura photo of myself in which Angels are visible. This can also include orbs and apparitions.

While I'm on the topic of methods of mediumship, I just want to make a clarification: ***all mediums are psychic, but not all psychics are mediums.*** What does that mean? Well, a psychic reads energy and sometimes auras. If you go into a psychic reading feeling angry because you just found out your significant other is cheating on you, for example, the psychic will pick that up in your energy. It just cannot be helped.

A medium does read energy psychically, too, but the main difference is that the information that a medium gives you comes from spirit, not your aura or your energy. Sure, a medium would be able to sense your anger. But instead of saying to you, "I feel you are angry. Are you having relationship issues?" a medium would first establish a connection with a loved one, provide evidence, and then ask spirit for specific guidance about the situation.

Types of Mediumship & Permission

There really is only one kind of psychic reading; though there are many different methods to be used. There are two kinds of mediumship readings: direct and indirect. There are several variations, true, but these are the foundations of all of them. Either one or both could happen, no matter if you're in private session or in front of a ton of people. Before I get to each of these, there is something else I must include: ***always ask permission!***



It is vital to not only ask the sitter's permission, but also spirit's as well. Just because they're on the Other Side doesn't mean that they don't have free will. They do. Without obtaining permission, it's an invasion of privacy and it doesn't serve either the sitter or spirit at all. (In other words, don't ambush people with a message from spirit. Remember, anyone who has lost a loved one has their own grieving process to go through. You don't ever want to interfere with that.)

What I say is this: "May we work with you, my team and me? Thank you so much. Now, spirit has a lot to say so, do you want to know everything?" (Or something along those lines.) It is a privilege and a blessing to have a stranger from both sides of the Veil come to you and ask for help to connect with one. It's sacred. And should be respected as such. This also counts when you are simply connecting with Spirit for yourself. Sometimes, you may want to talk with Grandma, but she might be busy, so another relative might come through to you. Be in the flow. It's all good

- **Direct Mediumship:** This basically means that, as the medium, I would connect with a loved one for you and give you a direct message from them. Spirit will come through to the medium and lead them, for example, to a singular person out of a room of 100 people. Please note: the medium has absolutely no control over which spirit will come through. You may want to talk with Dad, but Grandma may have something more pressing to get through to you.
- **Indirect Mediumship:** As a medium, if spirit works with me in this way, it's usually in a group of people. I've set my intention for a loved one in spirit who belongs to someone in the room to come through. I give a complete description of this loved one and then see who in the group recognizes them. There might be more than one person, so it is up to spirit to give me even the tiniest detail to determine who the correct sitter is. Once that is established, then spirit usually gives the message. Often, when spirit knows I'm about to meet with their loved one, they will show up in advance and say hello. As the medium, I will have no idea who their loved one is, but I still acknowledge that spirit is there. If I can devote my full attention to them in that moment, they will usually tell me about themselves and perhaps even give me a message to deliver before the session. This is called a precognitive message because I'm receiving it beforehand.

A note: please do not attempt spirit communication if you cannot devote yourself completely to and be in the moment with spirit. It's a bit like distracted driving. You may think you can pull it off with no issue, but eventually being unable to pay complete attention will be a detriment.

Steps for Spirit Communication

It's likely that you're here because you have experienced an unexplainable event with spirit and you're eager to learn more. The fact of the matter is that you already know how to do communicate with those on the Other Side. If you can carry on a conversation, no matter the length, with someone else here on Earth, then you can do the same with spirit.

Just as there are social rules of engagement that we learn throughout our lives on Earth, there are equal counterparts with spirit. I've broken them out into five steps:

1. **YOU ARE IN CONTROL.** Instead of allowing spirit to control the flow of conversation (i.e.: waking you up at 2am every day), understand that you have the power. You may say when, where and what time, and the only part of "who" you have the say in is that you choose to work



with beings who are light and high vibrational (like loved ones and angels). I never recommend working with beings outside the light. But, once you set these boundaries, spirit will oblige. Honestly, they're ecstatic to be able to communicate with someone who can understand them, so they're willing to do everything possible to make that happen.

2. **TRUST.** This is the hardest one because it's a lot easier to dismiss things. But, spirit will work with you in ways they know you can understand them. All you need to do is trust yourself enough to give spirit a chance. Don't fear spirit. Once you've set your boundaries of what you do and do not want, spirit will honor that. And they will help you and work with you in every way they possibly can. You just need to allow yourself to receive and allow what spirit sends to come through to you.
3. **OPEN.** It is important to set an intention to communicate with spirit. You can do this by simply saying, "I am open to receive and communicate with the loved ones of ____." (if you're doing a private reading) It doesn't matter what you say, just as long as you set the intention of making a connection with spirit, specifically the loved ones of someone you are meeting with. If you just want to communicate with your own loved ones, an intention is still required. Setting your intention helps to open you up to receive information.
4. **LET IT FLOW.** Remember, this is a conversation between you and spirit, and you're just giving the information you receive to their loved ones. Think about it this way: envision yourself and spirit sitting in comfortable lounge chairs across from (or beside) one another, and you're interviewing them to get to know them. "Where are you from?" "What's your name?" "How old are you?" "How did you pass away?" They have already done their "getting to know you" part; as this is how they decide whether to allow you to be their voice to their loved ones. So, don't sit there and wait for them to tell or show you things because spirit is waiting for *your* directive. *You* are the one in control of the communication. So, ask away. If spirit doesn't want to answer a specific question, they will let you know. If you speak with them with respect, there will never be an issue. A note: *always give what you receive.* Spirit will not give you unnecessary information. Even if the one receiving the information doesn't understand it at first, there will be a moment that it will make sense. Your job is to be spirit's voice. So, if they give you some information, it's your job to deliver it.
5. **THANK AND CLOSE.** Yes, you thank the sitter because they have given you permission to build a connection with their loved one. You must also thank spirit. After all, spirit is the one doing all the work and they chose you to help them. ☐ You must also close yourself down so that you don't take any energy (or even spirits) home with you. There are several ways to do this, but the easiest way to close yourself off is to envision a zipper that zips up backwards: going from the top of your head to the bottom of your feet.

So, a lot to know, right? That's ok. When I first began to learn about mediumship, I stayed confused all the time. While it is important to know these basic mechanics of mediumship, it is more important to just allow yourself to experience spirit.



Mediumship Cheat Sheet

Definition: “A medium is a person whose senses are so acute that they register the presence of beings belonging to the non-physical world; and interpret the wishes and information which such beings desire to impart to people still in the body in this physical world.” --©Morris Pratt Institute

The Clairs:

Clairvoyance	Seeing spirit (occurs from the Third Eye).
Clairaudience	Hearing spirit (in Spirit's voice).
Clairsentience	Feeling spirit (medium's inner knowing).
Clairaroma	Smelling spirit (a fragrance that spirit sends).
Clairgustance	Taste (a favorite food, for example).

Methods of Mediumship:

Transfiguration	Spirit's features, face, voice, mannerisms, etc. will appear through the medium.
Automatic Writing	Allowing Spirit's power to flow into the medium's hand and write.
Channeling	Information that flows through the medium from Spirit.
Psychometry	In mediumship, using an object to build a connection with a Spirit.
Physical Mediumship	Tangible evidence of the presence of Spirit. This can include: rapping, table-tipping, trumpet mediumship, spirit painting and spirit/aura photography.

Types of Mediumship:

Direct	Spirit brings the medium to a specific sitter and gives a message.
Indirect	Spirit brings a message through to someone in the room, rather than a specific person.

Building Evidence Through Observation and Communication

This is to assist in ideas of questions one might ask the communicator

- **SEX:** Ask male or female.
- **AGE:** Over 75
 - 65-70
 - 60-65 around retirement
 - 50-60 below retirement
 - 40-50 middle age
 - 30-40 in their prime
 - 20-30
 - Teenager
 - Child
 - Baby
- **REASON FOR PASSING:** Heart attack, lung condition etc.
- **BUILD:** Body Type
 - Height: tall, medium or short
 - Weight: thin, medium or full bodied
- **FEATURES:**
 - Face: long, oval, heart-shaped, small, etc.
 - Nose: strong, hooked, petite, average
 - Eyes: color
 - Hair: long, short, straight, curly, bald, etc.
 - Hands: working hands, smooth hands, jewelry, etc.
 - Skin: color, clear, weathered, high color (blood pressure) or sallow (liver/kidney problems)
 - Distinctive Marks: birthmarks, tattoos, moles, etc.
- **CLOTHES:** Modern, historic (era), uniform (work or military)
- **STANCE:** Straight, military, bent, walking aids (cane, walker, wheel chair), etc.
- **SURROUNDINGS:** House: private, apartment, cottage, etc.
 - Look inside, layout, décor, etc.
 - Furniture: style and whom it belonged to
 - Ornaments and pictures
 - Photographs
 - Memorabilia: awards, medals, momentos
 - Outside: House #, gardens, etc.



Resources

1 GRIEF

1.1 Websites

- <http://www.griefhealing.com/>
- <https://hospicefoundation.org/End-of-Life-Support-and-Resources/Grief-Support.aspx>
- <http://www.grief.com>
- <http://www.griefnet.org>
- <http://www.recover-from-grief.com/heartbroken-from-grief.html>
- <http://www.journey-through-grief.com/articles-on-grief.html>
- <http://www.griefshare.org>

1.2 Books

- *You Can Heal Your Heart* | Louise Hay & David Kessler
- *On Grief & Grieving* | Elisabeth Kübler-Ross & David Kessler
- *Death: The Final Stages of Growth* | Elisabeth Kübler-Ross
- *Survival of the Soul* | Lisa Williams
- *Healing Grief: Reclaiming Life After Any Loss* | James Van Praagh
- *How to Heal a Grieving Heart* | Doreen Virtue & James Van Praagh

1.3 Local Practitioners

- Family Christian Counseling Center, Inc | 3505 Adkission Dr. Ste 152 | Cleveland, TN 37312 | 423-599-9347 | www.myFCCC.com
- Judy Herman, MA, MS, LPC-MHSP NCC | 400 E Main Street Ste 140E | Chattanooga, TN 37408 | 423-551-9916 | www.judycounselor.com
- Hayne Steen, MAMFT | 3069 Broad Street Ste 7D | Chattanooga, TN 37408 | 423-517-7076 | www.elbowtree.com

1.4 Music Therapy

- <http://www.courtneyarmstronglpc.com/the-power-of-music-creating-playlists-to-heal-grief-trauma>

2 LIFE AFTER DEATH

2.1 Websites

- <http://www.afterlifetv.com>
- <http://www.griefanbelief.com>



2.2 Books

- *Many Lives, Many Masters* | Dr. Brian Weiss
- *One Last Time* | John Edward
- *Life After Death: the Burden of Proof* | Deepak Chopra
- *Talking to Heaven* | James Van Praagh
- *Answers about the Afterlife* | Bob Olson
- *The Complete Idiot's Guide to Communicating with Spirits* | Rita S. Berkowitz & Deborah S. Romaine

3 HEALING

3.1 Websites

- <http://www.helpself.com/> & <http://www.helpself.com/directory/healing.htm>
- <http://www.healingbeyondborders.org>
- <http://www.altmedworld.net/alternative.htm>
- <http://www.thetahealing.com>
- <http://www.reiki.org>

3.2 Books

- *You Can Heal Your Life* | Louise Hay
- *How to Heal Yourself When No One Else Can* | Amy. B Scher
- *The Healing Handbook* | Tara Ward

4 HOTLINES

4.1 Chattanooga & Cleveland Area

- Alcoholics Anonymous, Chattanooga | 5611 Ringgold Rd | 423-499-6003
14 Congress Pkwy S | 423-499-6003
- Narcotics Anonymous, Chattanooga | 1-888-463-2117 | www.nachattanooga.com
- Al-Anon Chattanooga | 423-892-9462 | www.al-anonchattanooga.com
- Rape Crisis Center, Chattanooga | 300 E 8th Street | 423-755-2700
- Harbor Safe House, Cleveland | 3680 Michigan Avenue Rd NE | 423-479-9939.

4.2 National

- National Suicide Prevention Line: 800-273-8255
- Crisis Text Line: Text "Go" to 741741
- National Drug & Alcohol Treatment Line: 800-662-HELP
- National Domestic Violence Line: 800-799-7233
- National Al-Anon/Alateen Line: 800-344-2666