

SARAH TYLER-WALTERS TRANCE MEDIUM

Developing as a medium: an introduction

By Sarah Tyler-Walters

Sitting in Circle

When we discuss developing as a psychic, medium or healer, we usually use the term development or awareness circles. A circle represents the strongest shape, equality and allows for energy to flow evenly. When beginning your training, they are an excellent place to start.

Most spiritualist churches hold regular circles, as do many professional mediums. Places like The College of Psychic Studies and The Spiritualist Association of Great Britain also run them. But, which is the right one for you? Always start by listening to your intuition and your Spirit Guides. Ask to be guided to the best circle for your development. Trust that you will be.

How do they work

What happens once you are there? It does vary from teacher to teacher, but in general, you will find. There are two main approaches - 1. Using guided meditations (sitting in the power). 2 Working with your energy system (chakras and aura). You are unique; one technique may work better for you than another. Also, training with different circles and teachers can help to broaden your understanding and connection.

The wonderful thing about being in a circle is the group support and energy. Working with Spirit takes energy, and a group creates more than an individual making it easier to connect to Spirit. When sitting in a circle, giving power to the group is an important part.

Practice, Practice, Practice

As you are all developing, you can support each other in the process. Feedback is essential when you are learning, as doubt can be your biggest enemy. Try to keep a record or journal of what happens as often we do not see our progress, and the notes will aid confidence. Most circle leaders will advise you not to practice outside of the circle. However, once you are more advanced with your development, you can start practising with your friends and family.

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Remember, every time you meet in a circle is an opportunity to practice, so make the most of it. Embrace the communication, do not let fear stop you. Fear is often only a lack of knowledge, so study. There are many biographies about well-known mediums available to read; they can be inspirational and informative. Along with letting you know you are not alone.

Understanding the basic mechanics of mediumship, for instance, also helps the process along.

The "Clairs"

When sittings for mediumship, you need to get to know the "Clairs". They are clairvoyance, clairaudience and clairsentience.

Clairvoyance is clear seeing; this means seeing Spirit. It can be an actual full-colour image in front of you, a clear image or flash of one in your mind, or a perceived image.

Clairaudience is clear hearing; this means hearing spirit. It can be an actual sound heard seemingly from nowhere or thoughts in your head that are not your own.

Clairsentience is clear feeling; this means feeling the Spirit. It can be physical sensations in your body, emotions, to a sense of a presence in the room.

Open Platform

As mentioned before, practice is essential, and an open platform is a beautiful learning experience. Many spiritualist churches hold Open Platforms for beginners. These are events where people developing can demonstrate on to an understanding audience and working mediums.

It gives the student a chance to work with people they do not know and receive feedback from working mediums. Platform work is also a great way of learning the pitfalls and honing your skill.

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Conclusion

Developing mediumship takes years of dedicated development and practice. A medium's work is rewarding and a privilege, so don't rush the training; give it the time the work and you deserve.

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