

# SARAH TYLER-WALTERS TRANCE MEDIUM

## Developing as a Trance Medium: 4 Valuable tips for Trancework by Sarah Tyler-Walters

I have been teaching Trance Mediumship since 2005, and one question gets asked time and time again - "What can I do to help my trancework outside of class?". Often, students are looking for a book recommendation; sadly, there are not many. Instead, what they get from me is to work on your voice!

For the most part, Trance Mediumship is a spoken form of Mediumship, with Spirit using your vocals cords, larynx, mouth and tongue to produce sound - specifically with a distinct voice. Including accents, speech patterns, tone and, of course, vocabulary. However, also volume!

### **Don't be afraid of your voice**

Regularly students are afraid of the sound of their voices. Public speaking e.t.c fills them with dread. Even though it is Spirit speaking technically and not you, the anxiety is a barrier that Spirit has to overcome. After all, they want to talk to people; it is essential to the trancework.

Practice public speaking or at least speaking out loud and LOUD! Being heard without shouting in a theatre is called "Projection". It is a valuable skill for Trance Mediums, especially as we have to contend with more background noise than our predecessors. Increasing your volume without shouting is about your lungs and breathe.

Learn how to breathe. Take up singing as it uses many of the same muscles; you can do it alone or join a choir (which is also great fun). It will help with stamina, breathing and being less intimidated by the sound of your voice.

### **Give your voice-box a workout**

Your vocals, larynx e.t.c need using. Practising toning or chanting can help to strengthen them and make them more flexible; this will assist Spirit in producing a sound close to their voice, or at least with more distinction.

Remember also to work the facial muscle as they also help with producing sound. Yes, you will pull some silly faces, but it does help. Try - Do, Re, Me e.t.c opening the mouth wider and increasing the volume. It is an excellent exercise to limber up the voice.

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## Let's not forget the Throat Chakra

Spirit will use your cords' physicality, mouth e.t.c to produce sound, but before that, they will connect to your Throat Chakra. If that is blocked, it will hinder the trancework. It is essential to clear the Throat Chakra (well of all them) and expand the Chakra for trancework.

Breathing with the Chakras is a lovely place to start. Feel and visualise the breath flowing in and out of each Chakra; when you are ready, move on to using the breath to push out any energy blocks in the Chakra (remember to ask your Guides to take away whatever you release).

Likewise, practising Opening and Closing your Chakras and Aura (without working with Spirit in between) to get used to the feel of it, build stamina and confidence. You need to know when you are Open and expanded enough for trancework. It also gets your energy use to being expanded and contracted again. Think of it like preparing for a race and the need to stretch and limber up your muscles.

## Finally, stamina

I have used the word a few times in this article, and it might seem an odd choice. However, it is very relevant. Trance Mediumship can be physically demanding. It might look like I am sitting in a chair doing nothing, but that is not the case. The blending with Spirit takes energy; holding them here takes energy. Moreover, your body will expel more water, vitamins, minerals than if you were sitting doing nothing.

Trancework can affect the chemical balance in the body, such as hormones and metabolism. Historically, Trance Mediums were prone to diabetes. Today, we understand the body and energy system more and can better care for ourselves. For instance, you may notice after a demonstration of Trance Mediumship, I drink a lot of water to rehydrate.

Never forget that Trance Mediumship is Physical Mediumship; your body is the vessel for Spirit. Part of being a Trance Medium is taking care of your body and energy system.

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