

Mediumship

Linking with Spirit - The Basics

Introduction

This exercise introduces the basic principles of linking with Spirit through mental mediumship. It is suitable for beginners and those wishing to strengthen their evidence-based Spirit communication.

Purpose

The aim is to help you create a clear, conscious link with a Spirit communicator and begin to develop trust in the impressions, emotions, and visuals you receive.

Learning Outcomes

- Understand the purpose and process of linking with Spirit.
- Develop sensitivity to Spirit presence and impressions.
- Practise recording evidence-based communication.
- Begin to build trust in the mediumistic process.

Procedure

1. Find a quiet, undisturbed place to sit comfortably with your eyes closed.
2. Take a few deep breaths and bring your awareness inward. Set your intention to connect with Spirit.
3. Invite a Spirit communicator to step forward. Remain open and passive, allowing any impressions to arise.
4. Pay attention to emotions, images, words, names, or physical sensations that feel external to you.
5. Record everything you experience, without judgement or analysis.
6. After 10-15 minutes, gently bring your awareness back and review your notes.
7. Reflect on the evidence: Does it make sense? Could it be validated?

Reflection

Use this exercise regularly. Over time, your sensitivity and confidence will grow. Keep a development journal to track your impressions, evidence, and feedback from others.