

Trance Mediumship Exercise - Psyche

Sitting in the Power - The First Step

Introduction

This beginner exercise lays the foundation for trance mediumship development. It introduces the practice of sitting in the power - a method for strengthening the energetic link with Spirit. This quiet, receptive state allows Spirit to draw closer while you learn to surrender your awareness.

Purpose

To help you begin building the spiritual power necessary for trance states, and to practise letting go of mental control while becoming familiar with Spirit presence.

Learning Outcomes

- Understand the concept of 'sitting in the power'.
- Strengthen the auric field and spiritual awareness.
- Practise surrendering conscious thought while maintaining awareness.
- Begin to recognise the blending of Spirit with your own energy.

Procedure

(For one person - solo practice)

1. Choose a quiet, comfortable place where you won't be disturbed. Sit upright with feet flat on the floor and hands resting in your lap.
2. Close your eyes and take a few deep breaths. Bring your attention to your heart space and imagine a light growing stronger with each breath.
3. Expand that light beyond your body, building a strong, vibrant field of energy around you. This is your power - the fuel for Spirit connection.
4. Silently invite your Spirit team to draw close. Don't expect anything dramatic. Just sit and become aware of any subtle changes in sensation or energy.
5. If your mind wanders, gently bring it back to the light or your breath. The goal is not to force silence but to rest in gentle awareness.

6. Remain in this state for 15-20 minutes. If you feel any emotional or energetic changes, just allow them. Observe without analysis.
7. When finished, thank your Spirit team. Bring your awareness back slowly, and ground yourself by imagining roots going deep into the Earth.

Reflection

Sitting in the power should become a regular part of your trance development. Over time, you'll notice stronger energetic shifts, and deeper blends with Spirit. Keep a trance development journal to track sensations, thoughts, and emotional states. Don't rush - trust in the process.