

How to Prepare for a Psychic Mediumship Sessions

By Jason Troy Medium

Introduction

- What is psychic mediumship?
- Why people seek mediumship sessions
- Setting realistic expectations

Chapter 1: Researching the Right Psychic Medium

- How to find a reputable reader
- Checking reviews and testimonials
- Avoiding scams and red flags

Chapter 2: Preparing for Your Session

- Mental and emotional preparation
- Setting your intentions
- Creating a calm environment

Chapter 3: What to Expect During a Session

- How mediums receive messages
- Common experiences and sensations
- What may or may not happen

Chapter 4: The Do's and Don'ts

- **Do's:** Keeping an open mind, asking clear questions, taking notes
- **Don'ts:** Expecting specific answers, testing the medium, interrupting the flow

Chapter 5: Examples of Sessions

- Case studies of successful readings
- Situations where expectations weren't met
- How to interpret messages received

Chapter 6: Pros and Cons of Mediumship Sessions

- **Pros:** Emotional healing, closure, guidance
- **Cons:** Uncertainty, skepticism, potential misinformation

Conclusion

- Final thoughts on approaching mediumship
 - How to reflect on your experience
 - Next steps after a session
-

A Beginner's Guide to Psychic Mediumship Sessions: Do's & Don'ts

Introduction: Understanding Psychic Mediumship

Psychic mediumship is a fascinating and deeply personal experience where individuals seek to connect with spiritual energies, loved ones who have passed, or gain insights into their lives. However, many people enter sessions with misconceptions, unrealistic expectations, or concerns about authenticity.

This booklet is designed to help you **prepare, research the right medium, and set proper expectations** so that your experience is as meaningful as possible.

Chapter 1: Researching the Right Psychic Medium

Finding a reputable psychic medium is crucial. There are many frauds and misinformation surrounding this field, so doing proper research is essential.

How to Find a Reputable Reader

- Ask for recommendations from trusted friends or online communities.
- Look for mediums with established reputations and professional websites.
- Check for credentials—while psychic abilities aren't always certifiable, some mediums have training or belong to associations that uphold ethical standards.

Checking Reviews and Testimonials

- Search online for reviews and testimonials from previous clients.
- Be cautious of overly positive or promotional reviews—look for genuine experiences.
- Pay attention to how mediums handle skepticism or constructive feedback.

Avoiding Scams and Red Flags

- Beware of mediums who claim **100% accuracy** or **guaranteed predictions**.
 - Stay away from those who insist you must keep booking expensive follow-up sessions.
 - Be wary of scare tactics—legitimate mediums do not tell people they are cursed or need spiritual cleansing for a fee.
-

Chapter 2: Preparing for Your Session

Mental and Emotional Preparation

- Approach the session with an **open mind** but remain skeptical.
- Allow yourself to be calm and receptive rather than expecting absolute proof.
- Prepare emotionally—messages can be surprising or deeply personal.

Setting Your Intentions

- Think about **why** you want to have the session. Are you seeking closure? Guidance? Clarity?
- Formulate a few questions in advance to guide the reading.
- Keep your expectations reasonable—mediums work with energy and may not receive clear-cut answers.

Creating a Calm Environment

- Choose a quiet space if the session is online or phone-based.
 - Consider meditation or deep breathing before the reading.
 - Have a notebook ready to jot down notes or reflections.
-

Chapter 3: What to Expect During a Session

How Mediums Receive Messages

- Some mediums receive messages through **clairvoyance** (images), **clairaudience** (hearing), or **clairsentience** (feelings).
- Others communicate through spirit guides, automatic writing, or physical sensations.
- Every medium is different—some provide general impressions, while others offer specific details.

Common Experiences and Sensations

- Feeling a sudden emotional shift.
- Experiencing tingles, warmth, or heaviness.
- Mediums may mention names, dates, or symbols that seem vague but later make sense.

What May or May Not Happen

- ✓ A connection with a spiritual presence.
 - ✓ Emotional or symbolic messages.
 - ✓ A sense of peace or understanding.
 - ✗ Exact predictions about the future.
 - ✗ Direct conversations like speaking to a living person.
 - ✗ Immediate life-changing revelations.
-

Chapter 4: The Do's and Don'ts

✓ Do's

- Keep an open mind and be respectful.
- Allow time for messages to unfold naturally.
- Ask open-ended questions instead of demanding specific answers.
- Take notes for reflection after the session.
- Trust your intuition—if something feels genuine, acknowledge it.

✗ Don'ts

- Don't demand specific information (e.g., “Tell me exactly what my grandmother's necklace looked like”).
 - Don't expect the medium to “prove” themselves with mind-reading tricks.
 - Don't interrupt or manipulate the session with too much personal information.
 - Don't book a reading solely out of desperation—give yourself time to process emotions before seeking psychic guidance.
-

Chapter 5: Examples of Sessions

Example 1: A Successful Reading

Jane had lost her father years ago. During her session, the medium described a specific **watch** her father always wore and mentioned a childhood **nickname** that no one outside her family knew. Jane left feeling **comforted and reassured** that her father's spirit was near.

Example 2: A Misinterpreted Reading

Tom asked the medium to predict his future job success. While the medium described positive opportunities, Tom expected an exact **company name and salary prediction**, which he did not receive. Later, he realized that the medium had given useful advice, but he had been too **fixed on a specific answer**.

Chapter 6: Pros and Cons of Mediumship Sessions

Pros

- Emotional **closure** and reassurance.
- Validation of spiritual beliefs.
- Encouragement to trust intuition and personal growth.

Cons

- Uncertainty—messages can be vague.
 - Risk of **misinterpretation** or bias.
 - Financial cost—some readings can be pricey, especially follow-ups.
-

Reflecting on Your Experience

- Mediumship sessions are unique, deeply personal, and often unpredictable.
 - If you leave feeling uplifted or with a **new perspective**, it was a worthwhile experience.
 - If the session felt disappointing, reflect on what messages resonated and what didn't.
 - Use discernment—if something feels **manipulative or false**, trust your instincts.
-

The Difference Between a Psychic and a Medium: Understanding the Distinct Roles

In the realm of metaphysics, there's a great deal of curiosity surrounding the terms "psychic" and "medium." Both are often used interchangeably, but they represent distinct practices and skills. While both involve tapping into energy, intuition, and information beyond the normal senses, their purposes, methodologies, and abilities differ significantly. To get a clearer understanding, let's break down the key differences between a psychic and a medium.

1. Defining a Psychic

A psychic is someone who possesses heightened intuitive abilities, enabling them to access information that is not available through the ordinary five senses. Psychics can sense energies, emotions, and vibrations that others might miss. They are often skilled in reading people, situations, or objects, and can interpret patterns in a way that seems beyond logical explanation. Psychics typically work with energy fields, and many claim to have the ability to foresee future events, uncover hidden information, or provide insight into a person's past or present.

Key Abilities of a Psychic:

- **Clairvoyance:** The ability to see images, symbols, or visions that provide insight into the future or reveal hidden truths.
- **Clairsentience:** The ability to sense or feel the emotions, thoughts, or physical states of others.
- **Clairaudience:** The ability to hear messages or sounds from non-physical sources, including distant or unseen energies.
- **Intuition:** A more general ability to “just know” information, often referred to as a gut feeling or instinctive insight.

Common Psychic Practices:

- **Tarot Card Reading:** Using cards to access intuitive insights into specific situations.
- **Astrology:** Interpreting planetary movements to glean information about one’s life path.
- **Aura Reading:** Sensing the energy field that surrounds a person and interpreting its color and vibrations.
- **Numerology:** Using numbers and their patterns to provide insights into an individual’s life and future.

Psychics are primarily concerned with reading and interpreting energies, people, and situations that exist in the present or that might unfold in the future. They may work with their intuition, their ability to feel subtle energy shifts, or use tools like tarot cards or astrology to gain clarity.

2. Defining a Medium

A medium, on the other hand, is someone who acts as an intermediary between the physical world and the spirit world. A medium’s primary role is to communicate with spirits, including those of deceased loved ones, guides, angels, or other entities that exist beyond the physical realm. Unlike psychics, who focus on the energies present in the physical world, mediums have the specific ability to connect with and relay messages from the spiritual realm to the living.

Key Abilities of a Medium:

- **Spirit Communication:** The ability to receive messages from spirits and relay them to the living. This communication may include visual impressions, auditory messages, or even physical sensations.
- **Trance Mediumship:** Some mediums enter a deep meditative or trance state to allow spirits to communicate directly through them.
- **Channeling:** This is when a medium allows a spirit or entity to “take over” their consciousness temporarily to deliver messages.
- **Physical Mediumship:** In rare cases, mediums can manifest physical phenomena, such as objects moving or voices being heard without a clear source.

Common Medium Practices:

- **Psychic Medium Readings:** Often conducted in person or through video calls, where the medium connects with the deceased or other entities and passes on messages.
- **Seances:** A gathering or ritual, where a medium is used to channel spirits and communicate messages from the other side.
- **Mediumship Classes:** Where people develop their skills to connect with and communicate with spirits.

The key difference in a medium's work is that their communication is specifically with spirits. Mediums may be able to provide messages from loved ones who have passed away or offer guidance from spiritual beings that are not accessible through normal physical senses.

3. Psychic vs. Medium: Key Differences

Though both psychics and mediums have unique, advanced abilities that go beyond the ordinary senses, their practices and focus differ in several fundamental ways:

Focus of the Work:

- **Psychic:** Primarily works with the energy in the present moment. Psychics offer insights into your emotional state, future possibilities, or offer solutions to personal challenges. They may use tools like tarot cards, crystals, or their intuitive abilities to sense patterns and guide individuals.
- **Medium:** Specializes in connecting with the spirit world. A medium acts as a conduit for messages from those who have passed, spiritual guides, angels, or other non-physical entities. The medium communicates messages from these spirits to their clients.

Nature of Information Received:

- **Psychic:** Receives information related to emotions, thoughts, future events, and the present moment, often through heightened intuition or clairvoyance.
- **Medium:** Receives information from spirits, including deceased loved ones, ancestors, or spiritual beings. The information often relates to the spiritual existence of the individual or messages from beyond.

Purpose of the Session:

- **Psychic:** A psychic reading is generally focused on helping a person understand their life situation, receive guidance, or clarify issues surrounding relationships, work, or personal development. Psychics aim to assist clients in navigating their current lives and future paths.
- **Medium:** A medium's reading is generally intended to provide closure, healing, or messages from spirits. Clients seeking a medium often look for comfort, proof of life after death, or connections with loved ones who have passed.

Tools Used:

- **Psychic:** Psychics may use tools like tarot cards, pendulums, astrology charts, or even crystals. However, many psychics work purely on intuition and rely on their ability to sense the energies of people and environments.
- **Medium:** While some mediums may use tools like cards or crystals, their main tool is their ability to channel spirits or connect with them in other ways. They may rely on their clairaudience or clairvoyance, and in some cases, engage in trance mediumship to communicate with spirits directly.

Verification:

- **Psychic:** A psychic reading can often be verified by tangible results that come to pass, such as predictions about events or information about a person's life that they didn't reveal.
- **Medium:** A medium's accuracy is often gauged by how well they can relay messages from specific

spirits, such as names, memories, or particular details only known to the person receiving the reading.

4. How to Choose Between a Psychic and a Medium

If you're considering seeking out either a psychic or a medium, it's essential to know what kind of information you're hoping to gain.

- **If you seek guidance about your present life, future, or a specific situation**, then a psychic might be the right choice. They can help you with decision-making, emotional clarity, or predictions about what's to come.
- **If you are looking to connect with a loved one who has passed or seek messages from the spiritual realm**, then a medium would be more appropriate. Mediums are skilled at offering messages and insights from those who have crossed over.

It's also worth noting that some practitioners are both psychics and mediums, which means they possess the ability to offer both types of insights. However, when seeking a specific type of information, it's still helpful to know what each specialty focuses on to find the right fit for your needs.

5. Final Thoughts: Psychic or Medium?

Understanding the difference between a psychic and a medium can help you make an informed decision when seeking spiritual guidance. While psychics tap into intuitive abilities to perceive energies, emotions, and future events, mediums focus on establishing connections with spirits to deliver messages from the other side. Whether you are seeking a deeper understanding of your life's path or trying to reconnect with a loved one who has passed, both practices offer unique benefits. Just remember to consider your personal goals and intentions before choosing between the two.

By understanding these differences, you can embark on your spiritual journey with a clearer understanding of what to expect and what you hope to gain from your experience with either a psychic or a medium.

How Medium Readings Can Help with Grief and Understanding Messages from Loved Ones in the Afterlife

Grief is a universal experience, a profound emotional reaction to loss, often one of the most difficult feelings to navigate in life. Whether due to the death of a loved one, a pet, or even the end of an important chapter in life, grief can manifest in different ways—sadness, anger, guilt, or confusion. Sometimes, the pain feels unbearable, and it can seem like there is no way to bridge the emotional chasm that separates us from the ones we've lost.

In the midst of such sorrow, many people turn to mediums for comfort, seeking to reconnect with loved ones who have passed on. Medium readings—whether through a professional medium, psychic, or spiritualist—are one avenue that some believe offers the opportunity to communicate with the deceased. For many, these readings provide not only a sense of closure but also healing and peace.

In this article, we will explore how medium readings can help with grief and how they may help individuals understand messages from loved ones in the afterlife. We'll examine the spiritual, emotional, and psychological impacts of mediumship, offering insights into why these practices resonate deeply with those seeking answers from beyond the physical world.

1. What Are Medium Readings?

Medium readings involve a practitioner, known as a medium, who claims to have the ability to communicate with spirits or energies of the deceased. These mediums may use different methods—clairvoyance (seeing spirits), clairaudience (hearing spirits), or clairsentience (feeling emotions or energy)—to receive messages from the other side. A reading can provide specific information about the deceased person's life, the way they passed, and, often, personal messages that give comfort to the grieving party.

While the legitimacy of mediumship can be debated, many individuals find solace in these experiences, often feeling a sense of closure that is not possible through traditional means. The comfort of knowing that a deceased loved one's essence continues and is still capable of communicating can have a profound emotional impact.

2. How Medium Readings Can Help with Grief

Grief is one of the most painful human experiences. After the death of a loved one, individuals can be left feeling disconnected, lost, or unsure about their place in the world. Medium readings offer a way to bridge that gap, helping individuals find answers to some of the most pressing emotional questions that arise during the grieving process.

a. Providing Emotional Healing and Closure

The feeling of unresolved issues can be a powerful weight on the heart of the grieving. Unspoken words, unresolved conflicts, or even unsatisfied desires for closure can cause deep emotional suffering. Mediums often provide the opportunity for individuals to receive messages that may clear up confusion or provide reassurance from the departed loved one.

Many people report feeling lighter after a reading, as though a burden has been lifted. If a loved one was unable to express love or say goodbye before passing, a medium reading can offer a platform for these unspoken words to be delivered. The ability to hear a deceased loved one express love, regret, forgiveness, or understanding can have a profound healing effect.

b. Alleviating the Fear of Death

Death is often one of the greatest fears people face. By providing a sense that there is an existence beyond the physical world, medium readings can help alleviate some of this fear. Many grieving individuals come away from a reading feeling comforted by the idea that their loved ones are not truly gone but continue on in another form. The messages they receive can reaffirm the belief that love transcends physical death, offering a sense of peace and hope.

c. Helping People Find Meaning in Their Grief

Grief often brings with it a deep sense of confusion, a need for answers. People may wonder why their loved one passed, if they are at peace, or what the purpose of their suffering or death was. A medium can offer insights into the afterlife, sometimes answering these existential questions with messages that bring clarity. For example, many mediums claim to convey messages that suggest the deceased are in a better place or that their passing served a greater spiritual purpose.

These insights can help people move through their grief with a more positive outlook, fostering personal growth and a deeper understanding of life's mysteries. Some individuals even report that medium readings help them find a renewed sense of purpose or direction in their own lives.

d. Validating Signs from the Spirit World

One of the most comforting aspects of medium readings is the validation that comes with them. Grieving individuals often report experiencing signs from the deceased—such as the scent of a loved one's perfume, hearing their name, or seeing an object that reminds them of their loved one. These signs can be powerful, but they can also be confusing or difficult to interpret.

Mediums can often provide validation for these experiences, offering explanations for why these signs are happening. Whether it's a feather appearing in an unusual place or the sound of a familiar voice, mediums can offer insights into these phenomena, assuring the grieving that their loved one is still present and actively communicating in subtle ways.

3. Understanding the Messages from Loved Ones in the Afterlife

One of the main reasons people seek medium readings is to understand the messages or signs that come from loved ones in the afterlife. These messages are not always straightforward, and the way they are communicated can vary significantly depending on the medium and the individual.

a. Clarity and Peace in Communication

Communication with the afterlife is not always clear, and the nature of these messages may be symbolic, metaphorical, or deeply personal. Mediums often help interpret the signs and messages that are presented. For example, a loved one might appear in a dream or send a specific type of bird to signal their presence, but it is through the medium's insight that the meaning behind this symbol becomes clear.

Mediums provide a translation of these ethereal communications, offering deeper understanding. Some readings may include specific references—such as a unique phrase, a favorite memory, or a cherished item—demonstrating the continued presence and individual identity of the deceased.

b. Understanding the Spirit's Perspective

When grieving, it is easy to become focused on personal pain, wondering why things happened or feeling regret. Mediums often report that deceased loved ones convey a message from a broader perspective. They may express that they are no longer suffering and encourage their loved ones to live fully and embrace the present moment.

For many, this shift in perspective is a powerful part of the healing process. It can help grieving individuals to let go of guilt or blame, knowing that their loved one is at peace and that the pain of the loss is temporary in the grand scheme of existence.

c. Reassurance and Confirmation of Love

At the heart of many medium readings is the message of eternal love. Deceased loved ones often convey that their love endures beyond death. This reassurance can be especially comforting for those who feel that they have lost not just a person but a source of emotional and spiritual support.

Through these messages, the grieving can feel assured that they remain loved, that their bond transcends the physical realm, and that they are not alone. This ongoing connection—whether through dreams, signs, or medium readings—can offer an immense sense of comfort and peace.

4. The Limitations and Considerations of Medium Readings

While medium readings can be a powerful tool for healing, it is essential to approach them with a sense of discernment. Not every medium is the same, and not every reading will resonate in the same way. It is important to find a reputable, ethical medium who respects the grieving process and who provides messages with care and integrity.

Additionally, while medium readings can offer comfort and insight, they should not be seen as a substitute for other forms of grief support, such as therapy, support groups, or personal reflection. Medium readings are one tool in a broader process of healing, and it's important to approach grief from multiple angles, addressing emotional, psychological, and spiritual needs.

Conclusion

Grief is an intensely personal journey, and everyone experiences it differently. For some, seeking out a medium for a reading can be a valuable part of that process, offering comfort, clarity, and messages of love from the other side. Whether it provides reassurance that their loved ones are at peace, validates signs they've already experienced, or gives them the strength to move forward, medium readings can play a unique and supportive role in healing.

Ultimately, whether one believes in the afterlife or not, the messages conveyed through mediums can be meaningful, deeply healing, and transformative. By helping us process our emotions, understand the bigger picture, and feel that our loved ones are still with us in some way, medium readings offer a unique avenue for finding peace in the midst of grief.