



## **Connections to the Other Side Mediumship Readings**

### **What is a Medium?**

Simply put, a medium is a person who can experience and communicate with the dead. Those no longer in the physical are commonly referred to as *Spirit* or *discarnate entities*. A medium is conscious when receiving information from *Spirit* and can both interpret such communication and relate it to *sitters* (those requesting the information) in a way that is understood.

### **What to expect from the energy of Spirit**

Once the energy of spirit is established, the medium will provide some evidential information as they “home in” on a specific entity that wants to communicate with the sitter. The evidence might come, for example, in the form of a name or a place or circumstance. As the “connection” intensifies, more specific information may be communicated. Often, specific dates, causes of death, personality traits, etc. continue in a stream of information. Sitters are encouraged to limit responses to the medium to only “yes” or “no” answers. Mediums need acknowledgment about the validity of the evidence, but sitters should not volunteer information. In addition, some information provided by the medium may not be apparent to the sitter immediately, but may later be verified. As such, it is recommended that sitters either take notes or record the session.

### **How does a Medium receive information?**

Mediums are typically classified as practicing *Mental*, *Trance*, or *Physical* mediumship. In *Mental Mediumship* the medium communicates with spirit via telepathy. They may hear, see or feel messages from spirit. Mediums often describe “seeing” as occurring through their “mind’s eye.” “Hearing” is often described as sounds that are sometimes muffled, as opposed to a crisp telephone line conversation. As such, a medium may often give a stream of names that sound similar when identifying a name. Mediums often “feel” emotions from spirit. For example, they might feel tightness in their chest when spirit is trying to communicate their cause of death. *Trance Mediums* are able to set aside their ego as spirit uses their minds to communicate. Such mediums often enter an altered state of consciousness and not have a clear recall of the flow of knowledge streaming forth from a spirit entity. *Physical Mediumship* involves a manipulation of energies and energy systems by spirit entities. Examples may be loud raps and noises, movement of and/or materialized objects, levitation, etc.

### **Why is it that only some people hear from their deceased loved ones during readings?**

Mediums can neither command nor choose a specific entity with whom they wish to connect. Bear in mind that mediums are human instruments who allow themselves to be used by those in spirit to make a connection to those still in the physical. Mediums can interpret only information that lies within their own frame of reference. Sometimes sitters enter a reading wanting to hear from only one specific entity and are not open to evidence presented from others wishing to get through. In a group setting, mediums describe having to “follow energies” as they are overwhelmed with multiple spirits wishing to get messages through. One theory is that “souls” choose to enter through certain mediums and not others. There are apparently many factors involved in spirit communication as it is a combination of such factors as the willingness of spirit, the ability of spirit, the skill or development of the medium, and the “resonance” among the sitter, medium and spirit. As such, just because there is a “love” bond between the sitter and discarnate does not ensure that a “connection” will be made. Furthermore, the lack of such connection is by no means an indication that the sitter is not “worthy” or that the spirit does not desire to communicate; nor is it an indication that the medium is not qualified.

***Forever Family Foundation conducts a medium certification program, but does not endorse any specific medium. The foundation can attest only to the fact that specific mediums, having successfully gone through this program, can demonstrate a high level of proficiency in spirit communication under controlled conditions without the use of deception or fraud. Since mediumship is certainly not an exact science, it is not yet known why well-qualified mediums sometimes are unable to connect with spirit.***

***Forever Family Foundation, Inc.***

©Forever Family Foundation 2015