

We also must learn how to articulate feelings and emotions, and describe things that spirit is giving to each of us. Think about how it will feel to learn your own spirit language and become a translator for spirit, and a great medium.

How We Receive Information From Spirit

The way spirit speaks to us has somewhat of a structure as far as the information provided. If you are doing a reading, for example, spirit already knows why they came. The person coming for a reading is called “the sitter” or “the recipient.” The structure of my reading is giving information or evidence first, and then I give the message from their loved one. The information comes through is usually circumstances around their death, like an ailment or an accident, the essence of their being, or it could be a specific memory shared with their loved one. This is known as “evidence.” Here is a list of types of evidence or information that will come through.

Gender (Male or Female)	Age, Names, Numbers
Relationship to Sitter	Appearance/Description
Personality	Health & Passing Condition
Family & Pets	Occupation & Jobs
Hobbies & Interests	Likes & Dislikes
Habits & Mannerisms	Shared Memories
Objects	Specific Phrases (they always said that!)

No two mediums work alike, nor receive the information the same way. This is what makes your mediumship so unique. The way a medium receives the information is by hearing, seeing,

sensing, feeling, knowing by subtle nudges and cues from the spirit communicator. Your guides and the work you do to learn your “spirit language” takes practice, and your guides will teach you, as well as learn from you, and help you become an effective receiver of information. The key is trusting the information you are getting, and not analyzing it. When you start to analyze the information, your logical mind can get in the way, and then the message from spirit can be misrepresented. Because spirit is at a higher vibration, this information comes through quickly, and meditation will allow your senses to get stronger over time.

The way mediums receive information is through the “the clairs.” Clairs are considered types of mediumship, but I have discovered that spirit will use them all. Many psychics label themselves clairvoyant. You will tend to have roughly two dominant clairs, but all clairs can be used by spirit to present the evidence of their identity. In the beginning, your left brain, or logical thought will intervene and try to make sense out of it. You will question if you are creating this in your imagination. But this is the place where spirit speaks to us. This is where we have developed our connection in meditation to receive this information. This is where you start to utilize your mind and your body as a barometer, as spirit starts to provide information. It comes in the form of these the clairs.

Why is this important? When you are sitting with spirit and they want to convey a message to their loved one, these clairs will start to be utilized. It is up to you, the medium, to start to immediately gather the information, and interpret the message to your client. The key is utilizing all your senses, and be aware of your dominant clair, and start to put the pieces of the puzzle together and deliver the evidence that you are receiving from spirit.

Clairvoyance

The term clairvoyance means “clear seeing” and is the term used when one can see spirit, pictures, or information, in the form of a vision in your head. Obviously, the clarity and detail of the picture you are seeing will vary considerably between individual clairvoyants according to their abilities, some seeing vague somewhat foggy outlines or pictures, and others seeing with startling clarity.

Clairaudience

Clairaudience is “clear hearing” and is the term used when one can hear spirit. It may vary from a vague whisper to a strong and loud voice or other sound such as music or singing, etc. A good clairaudient will easily distinguish pitch, tone, and the emotions of the communicating spirit as well as detecting any accents easily.

Clairaudience is hearing spirit internally or inside the head. Often, this internal “voice,” comes in the same form as your own inner voice. Because it comes in the form of your own inner voice, in the early days of development, it is sometimes difficult to discern what is your own inner voice and what is spirit, but the words are usually dropped into you and come quickly. When first learning, it is also much harder to detect accents or emotions of the one communicating, although other gifts such as clairsentience and claircognizance may still enable the medium to sense emotions and accents.

Clairsentience

Clairsentience means “clear feeling,” and it is often called empathy. It is the ability to sense or feel spirit physically, emotionally, and energetically. You may feel spirit touch you; this can be

anything from a light stroke to firm touch or even a prod or push. You may smell things such as cigar smoke or pipe smoke, or flowers or perfumes, etc.

You may “energetically” feel the touch rather than physically feeling it. Likewise, you may become aware of the emotions of the communicating spirit, feeling their fear, anger, sadness, love, and indeed their happiness and excitement at making contact at last with their loved ones. Sometimes the emotions can be quite overwhelming if the medium is new.

The medium may briefly experience the feelings that the communicating spirit had at the moment of their passing, including the cause of their passing, and they may feel pain in a particular part of the body that represents the pain the person experienced in their last moments, such as chest pain for a heart attack, or head pain in a head trauma or stroke, or the pain of a tumor, or labored breathing for lung condition. None of this should be experienced for more than the moment to enable identification of the person and the cause of their passing. A medium can also experience pain in the right or left hip, where the person had an issue with their hip, even though they didn’t pass from this condition. Every range of emotions and physical feelings imaginable can be experienced. Empathy or clairsentience may be challenging for a developing medium that is empathic. When you first start to learn mediumship, you might feel a loss of control over this, but it is important to remember that you are always in control and should determine how much you wish to feel and when. You will learn to allow and control your energy. The loss of control is the resistance instead of allowing. Once you allow and release the energy, you will realize it is not necessary to feel you have to control the process, as you have dominion over all this taking place. Guides will help you. This is part of the agreements you have with your guides and how you want to work. They will adhere to your requests.

Claircognizance

Claircognizance, or “clear knowledge,” is when the medium suddenly acquires knowledge of the spirit communicator without seeing, feeling, hearing, or sensing. It is knowledge that appears in the mind of the medium and appears to have no source. It is a pure knowingness without knowing where this sense came from, or how you know this. Mediums who have been practicing for a long time just have a knowing. To quote Tim Brainard, a veteran medium for over fifty years, “You just know. You know that you know that you know. You just know.”

Those who have this ability will frequently find that they are able to practice the art of inspired writing (not automatic writing—this is something entirely different). Tim writes every day as part of his spiritual practice. I encourage every medium to journal every day, after their meditation. Spirit gives us so much information, and if we don’t capture it on paper, we don’t fully digest it into our consciousness, and then it is gone.

As with clairvoyance, pictures are dropped into your mind through actual events, symbolic associations, or pieces of information. All spirit communication is based upon the law of love and the vibrational connection with the medium and with the recipient.

As you work with the symbols, for example, if your dominant clair is clairvoyance, then you will be able to see it clearly. You should have symbols for relationships, symbols describing personality, life situations, and timing. Many mediums use animals to represent traits of a person. Here are a few examples, but you must come up with your own. These are very personal, and you create your own symbols with spirit:

<u>Symbol</u>	<u>Meaning</u>	<u>Seeing, feeling, hearing, sensing</u>
Female	Communicator	Sensing vibration energy on left side
Male	Communicator	Sensing vibration energy on right side
Apron	Grandmother	Seeing a pink apron with flowers
Suspenders	Grandfather	Seeing a man with suspenders
My Dad with Hat	Father	Seeing my dad in a Hawaiian hat
My Mom	Mother	Seeing a pic of my mother at a fountain

Spirit utilizes these symbols that you work out in advance. Remember, these are YOUR symbols, and no one else's. You work with your spirit guides in advance. Meditate or also see what comes to mind, or it could be that you feel a certain way. Whatever way you receive this information, you should know this in advance—you should be able to describe what you are feeling. Just as you trust spirit, spirit trusts you to deliver the evidence to the recipient. The symbols are examples of my symbols. You can use these symbols or create your own. But you will need to practice delivering the evidence. Take these relationships, life situations, characteristics of the spirit communicator, and string together the evidence. As the medium, it's like putting the pieces of a puzzle together to draw a picture. The evidence helps describe the uniqueness of this person, discern whether it is literal or symbolic, and describe the essence of the spirit communicator. You also want to work out symbols for life situations, as well. Weddings, buying a new home, going on a trip. Now realize that spirit can give this literally. I teach my students to give this literally, and if they get a "no," then deliver it symbolically.

I have a journal of symbols that I visit in my meditation, so they become clear. Activity will create the knowledge for you. For example, with my symbols, if I sense a male spirit, and I see suspenders, and then I see a teddy bear, I would say to the recipient, “I have your grandfather here and he is showing me a teddy bear. Does this mean anything to you?” Maybe the recipient received a teddy bear. If they say no, you still must hold the link with spirit and revisit the meaning of a teddy bear. This meaning of a teddy bear is specifically for you as a medium, so if you have worked this out ahead of time and teddy bear is on your list, you can then deliver it. So maybe I am sensing they are concerned about a health issue, or they are afraid because they will be going into surgery. The spirit communicator shows me a teddy bear. I know that they will be healing just fine and everything will be okay. So, I deliver the message that everything will go well with their upcoming surgery.

Another way to add to your evidence is by reading books on different subjects like gardening or a book of names. Spirit can show you a particular flower, for example. Instead delivering the message of “spirit is showing me flowers,” wouldn’t it be more powerful if “a grandmother is coming through and she is showing me blue hydrangeas”?

Similarly, by studying a book of names, you can get names more effectively from spirit. You can certainly ask spirit for the name, but if you are more clairvoyant, you might see the name on the page that you read or studied.

As a medium, the more time you spend in studying various topics of life, nature, travel and other experiences, you will add value, giving the best reading for your clients.