



VALIDATION POINTS

The evidence gathered from the spirit during a session should be specific and meaningful to the client. It should provide validation that the medium is truly communicating with a particular spirit. This evidence can include:

- **Personal Details:** Information about the spirit's physical appearance, personality traits, hobbies, or preferences that the client can confirm.
- **Shared Memories:** Specific memories or experiences that the spirit had with the client.
- **Names and Relationships:** The spirit may share their name, the names of other people they were close to, or details about their relationships.
- **Cause of Death:** The spirit might reveal how they passed away, especially if it's relevant to the message they want to deliver.
- **Messages of Validation:** These are often deeply personal and specific messages that have significant meaning to the client.

BEGINNER MEDIUMSHIP

Elements to include in the structure of a practice session

Remember, the goal of a mediumship reading is to provide healing, closure, or guidance for the sitter.

➤ OPENING STATEMENT

The medium should start by explaining the process, setting expectations, and creating a comfortable environment for the sitter.

➤ CONNECTING TO SPIRIT

The medium will then connect with the spirit world, typically calling upon their spirit guides to assist in making connections with the spirits relevant to the sitter.

➤ VALIDATION OF EVIDENCE RECEIVED

The evidence that's received by the medium should be validated using information and language that only the sitter would know. This ensures that the connection with the spirit is authentic.

➤ VALIDATING WITH YES, NO, I'M NOT SURE

Provide opportunities for the sitter to validate the info. This helps to confirm the connection with the correct spirit and builds trust and power in the link to the spirit in the reading.

➤ DELIVERY OF MESSAGES:

Once a connection is established, the medium communicates spirit messages clearly and compassionately. These messages may include insights about the past, present, or future guidance. Always say what you get! It's important to know what No's feel like.

➤ ENDING THE SESSION:

When the session is coming to an end, you may feel your link losing its power, the medium should close by thanking spirit for coming through and helping you practice or read for your sitter. You can also ask if there are any closing thoughts they would like to leave.