

IS IT SPIRIT OR MY IMAGINATION?

A Grounded Guide to Trusting What You Receive

Receive first. Interpret second. Stay curious, grounded, and willing to be wrong.

Healing Hearts Medium
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Mediumship & Spirit Communication • Resource #03

The Question Almost Every Developing Medium Asks

Did I really receive that - or did I make it up?

Second-guessing is one of the most common parts of mediumship development. An impression may arrive quickly, but within seconds your thinking mind can begin analyzing it, changing it, rejecting it, or trying to make it fit.

One of the experiences that taught me the most about this happened when I was still learning to trust information that felt completely outside my own experience.

1. When I Almost Didn't Say What I Was Receiving

One of the first times I truly did not trust what I was receiving happened during a mediumship reading.

I suddenly kept seeing **railroad tracks directly in front of me.**

Then I heard - or felt - an incredibly loud noise in my head. At the same time, I felt intense pressure in the back of my head.

The information felt completely different from anything I was expecting, and immediately my own mind started getting involved.

Am I really seeing this?

Am I understanding this correctly?

Should I even say this?

I almost didn't.

But I had been learning that my job was not to make the information make sense before sharing it. My job was to describe what I was receiving as carefully as I could.

So I told the woman about the railroad tracks, the loud noise, and the pressure I was experiencing.

She told me her female friend had been murdered near railroad tracks. She explained that the circumstances surrounding her friend's death were complicated and dangerous.

As the reading continued, I understood the woman who had died to be communicating something very strongly to her friend. The message I received was essentially:

"You know what happened. Please stop pursuing this."

At first, I didn't understand why the message felt so urgent.

My sitter then explained that she believed her friend's boyfriend had killed her. She also told me that he was involved with a gang and that she had continued trying to pursue the situation and have him held responsible.

From my perspective during the reading, I understood her friend to be trying to protect her. The message was not that what happened didn't matter. It was that continuing to pursue the situation could put her in danger.

What made the reading especially difficult for me was that **I knew nothing about that world.**

I didn't understand gangs. I didn't know the circumstances of her friend's death. I had no logical framework for the information I was receiving.

All I had were pieces:

Railroad tracks.
A loud noise.
Pressure in the back of my head.
A sense of danger.
And a message to stop pursuing it.

I wanted to dismiss the impressions precisely because they were so intense and unfamiliar. But I had to trust the small nuances as they arrived without pretending I understood more than I did.

2. What That Reading Taught Me

Sometimes we question information because it falls completely outside our own frame of reference.

That does not mean every unfamiliar thought is Spirit. It means unfamiliarity alone is not a reason to change or discard a raw impression.

- Say what you actually receive rather than what you think it must mean.
- Do not embellish an impression to make it more dramatic.
- Allow the recipient to recognize or reject the information.
- Be comfortable saying, "I don't understand this yet."
- Be willing to say, "I may be wrong."

3. Receive First, Interpret Second

This experience taught me to separate the raw impression from the meaning my mind gives it.

What I actually received	What my mind could have assumed
Railroad tracks	Someone must have died near a train
Pressure in the back of my head	This must describe an injury
A loud noise	This must have been an impact
A strong warning to stop pursuing something	I need to know exactly why before I share it

The raw impression is what you actually experienced. Interpretation is your attempt to understand it. Keeping those separate can prevent you from unintentionally adding information.

4. Mediumship Is Not Evidence of a Crime

A mediumship impression should never be treated as proof that a particular person committed a crime.

In my reading, the sitter told me what **she believed** had happened and who she suspected. My experience in the reading was spiritual and personal; it was not an investigation or independent verification.

If there is an active safety concern or information relevant to a crime, appropriate law-enforcement and professional channels matter.

Intuition can coexist with common sense and responsible boundaries.

5. What Can Feel Like Imagination?

Imagination and intuition can use some of the same mental pathways. A clairvoyant image may appear in the same inner visual space you use to imagine a room or remember someone's face.

The goal is not to eliminate imagination. Instead, learn how an impression **arrives**.

- Did it appear before I deliberately tried to create it?
- Was it brief, simple, or unexpected?
- Did I immediately start changing it?
- Was I hoping for a particular answer?
- Did later information validate any specific part?
- Does this pattern repeat in my practice over time?

6. Signs You May Be Over-Interpreting

- The story becomes much longer than the original impression.
- You keep adding details because silence feels uncomfortable.
- You change information after the recipient says no.
- You ask leading questions until something fits.
- You feel pressured to be impressive or correct.
- You turn every sensation into a spiritual message.

When this happens, return to the simplest version: **What did I actually receive?**

7. The First-Impression Exercise

Step 1: Ground yourself.

Step 2: Allow one impression to arrive.

Step 3: Write it down immediately.

Step 4: Under a separate heading, write what you think it might mean.

Step 5: If validation becomes available, compare it with the original impression - not the story you created afterward.

8. Practice: Raw Impression vs. Interpretation

What did I actually see, hear, feel, or know?

What did I THINK it meant?

What was later validated?

What did I add that was not part of the original impression?

9. When Information Is Intense

- Pause and ground yourself.
- Ask permission before continuing with sensitive material.
- Use careful, non-graphic language.
- Do not make accusations or frightening predictions.
- Share only what is necessary and appropriate.
- Respect the recipient's right to stop.
- If you feel overwhelmed or unsafe, end the practice.

Being a responsible medium sometimes means choosing **how** to communicate an impression - or deciding not to communicate it at all.

10. Validation Builds Confidence

Confidence develops when you record impressions before receiving feedback and then notice what is validated.

- A name, nickname, or relationship.
- A specific object, place, memory, or phrase.
- A recognizable personality trait.
- An unusual detail that has meaning to the recipient.
- A repeated symbol whose meaning becomes clearer over time.

Validation should make you more grounded, not more certain that you can never be wrong.

11. A Healthy Medium Can Say 'I Don't Know'

- "This is what I'm receiving, but I don't know what it means."
- "Please don't make it fit if it doesn't."
- "I may be interpreting this incorrectly."
- "Let's leave that piece and see whether it makes sense later."

Humility protects both the medium and the person receiving the message.

12. Your Trust Journal

What impression did I almost dismiss today?

Why did I doubt it?

Was the doubt because it felt unfamiliar, frightening, too ordinary, or too specific?

What was validated?

What will I do differently next time?

A Final Thought From Theresa

That railroad-track reading was intense for me because I didn't have a personal reference point for what I was receiving.

I remember not wanting to say anything because it felt like too much.

But I learned that trust is not the same thing as certainty.

Trust means honoring what you actually received without exaggerating it. Discernment means leaving room for the possibility that you may be wrong.

Receive first. Interpret second. Stay grounded. And let validation teach you.

**With love,
Theresa
Healing Hearts Medium**

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