

Sitting in the Power

Building Spiritual Awareness Through Stillness, Presence & Practice

HEALING HEARTS MEDIUM

A Mediumship Development Resource

Not forcing. Not chasing. Not expecting. Just being.

What Is Sitting in the Power?

Sitting in the Power is a quiet spiritual-development practice centered on presence rather than performance. Instead of trying to receive a message, identify a spirit, predict something, or make an experience happen, you sit quietly and become familiar with your own awareness.

For many people who practice mediumship, the value is in learning what their own thoughts, emotions, sensations, and energy feel like when they are calm. With practice, that familiarity may make subtle changes easier to notice during intuitive or mediumistic work.

Sitting in the Power can resemble meditation, but the intention is a little different. Meditation may focus on relaxation, breath, mindfulness, or quieting thoughts. Sitting in the Power is often practiced specifically as part of spiritual or mediumship development.

There is no requirement to see, hear, feel, or receive anything. A quiet sitting is still a successful sitting.

What Sitting in the Power Taught Me

When I first began developing my mediumship, I didn't even know about Sitting in the Power. It was something that was introduced to me later.

But my first experience with it was beautiful - and it's an experience I've never forgotten.

As I became quiet, I immediately saw myself sitting on a brick wall.

In my mind, one of my legs was on the side of the Spirit world, and the other was on the side of my everyday world.

I was simply sitting there, almost teetering gently between the two.

I wasn't trying to go anywhere.

I wasn't asking Spirit for anything.

I wasn't trying to receive a message.

I was just there.

There was something incredibly peaceful about that image because I felt completely neutral. I didn't feel as though I had to perform or make something happen.

For me, that became the perfect representation of Sitting in the Power.

As my mediumship developed, I began to interpret Sitting in the Power as an opportunity for Spirit to simply get to know me - how I receive information, what my energy feels like, and how I recognize something that feels different from my own thoughts or emotions.

Whether someone else interprets the experience the same way isn't important. This is simply how I came to understand it within my own mediumship.

I began thinking of Sitting in the Power almost like building a relationship. You spend time together. You become familiar. You learn the subtle things.

For me, Sitting in the Power became that quiet meeting place.

I Still Come Back to It

There are times when I get busy and forget to practice. Eventually, I'll notice that I feel a little off or less connected, and I'll realize that I haven't been Sitting in the Power.

When I return to the practice, I begin feeling centered and connected again. But I am still not sitting down demanding something from Spirit.

I'm not saying: Show me something. Give me a message. Prove that you're here.

I'm simply creating the space.

When you're developing mediumship, it can feel as though you're constantly supposed to be doing something - trying to see, trying to hear, trying to feel, trying to connect, trying to get evidence.

Sitting in the Power gives you permission to stop trying.

Just sit. Become familiar with your own energy. Notice thoughts without chasing them. Notice sensations without immediately assigning meaning to them. Allow yourself to be quiet without expecting a result.

Maybe you'll experience something beautiful. Maybe you'll see an image like I did. Maybe you'll feel peaceful. And maybe you'll sit for ten minutes and think absolutely nothing happened. That's okay too.

One leg here. One leg there. Just being.

A 5-Minute Beginner Practice

- 1. Get comfortable.** Sit somewhere you can remain undisturbed for a few minutes. You do not need a special room, music, crystals, or tools.
- 2. Arrive in your body.** Notice your feet, your seat, your breathing, and the physical space around you.
- 3. Notice yourself first.** How do you feel emotionally? What thoughts are present? What sensations do you notice? You are establishing your own baseline.
- 4. Become still.** Allow your attention to rest. You do not need to empty your mind. Let thoughts come and go without following every one.
- 5. Do not ask for evidence.** Resist the urge to test the practice. Simply be present.
- 6. Finish gently.** Take a deeper breath, notice the room, move your hands and feet, and return your attention fully to everyday life.

Try five minutes for several days before deciding that you need to sit longer.

Theresa's Brick-Wall Visualization

If you have trouble understanding what it means to simply sit, you can experiment with the visualization that came naturally to me during my first experience.

Close your eyes and imagine a comfortable brick wall beneath you. You are sitting securely on top of it.

Imagine one leg resting on the side that represents your ordinary, everyday life - your body, home, responsibilities, personality, and physical surroundings.

Imagine your other leg resting on the side that represents your spiritual awareness.

You do not need to cross over. You do not need to invite anyone in. You do not need to see anything.

Simply imagine yourself sitting comfortably in the middle.

Notice what it feels like to be completely present in your everyday life while also allowing space for spiritual awareness.

If the wall image doesn't resonate with you, let it go. Sitting in the Power does not require a particular visualization. This is simply one way to understand the neutral space that helped me.

A 10-15 Minute Development Practice

Minutes 1-3: Ground

Notice your body, breathing, and surroundings. Let yourself settle.

Minutes 3-6: Know Your Own Energy

Notice your natural thoughts, emotions, sensations, and internal atmosphere without judging them.

Minutes 6-10: Gently Expand Awareness

Allow your awareness to include the space immediately around you. Do not search for a person, message, or sign. Simply notice.

Minutes 10-15: Rest in the Experience

Stop analyzing. Allow yourself to sit quietly in whatever state is present.

Close

Bring your awareness back to your body and room. Stretch, drink water if you like, and write down a few observations.

Longer is not automatically better. Consistency and comfort are more useful than forcing yourself to sit for a particular amount of time.

What Might You Notice?

Experiences vary widely. During a sitting, you might notice relaxation, warmth, tingling, emotion, imagery, memories, colors, thoughts, a sense of spaciousness, or simply ordinary mental chatter.

You may also notice nothing unusual at all.

Try not to immediately label every sensation as Spirit. First learn what is normal for you. Over time, your journal may help you notice patterns.

Ask yourself:

What did I feel before I began? What changed during the sitting? Did anything arrive suddenly? Was I trying to make something happen? How did I feel afterward?

The goal is observation, not proving an interpretation.

Don't Chase Spirit

One of the easiest traps in development is turning every practice into a test: Did I see something? Did Spirit come? Was that thought mine? Who is here?

Sitting in the Power can help you practice the opposite. You are learning to tolerate stillness without needing an outcome.

If something comes into your awareness, notice it. You can write it down later. But you do not have to chase it, interrogate it, or turn it into a message.

The quieter the expectation, the easier it may become to notice the difference between an impression that simply appeared and something you deliberately created.

Not forcing. Not chasing. Not expecting. Just being.

When to Pause the Practice

Sitting in the Power should not become something you force yourself to do when you are frightened, severely depleted, or unable to stay grounded in everyday life.

If you become uncomfortable, open your eyes, notice the room, put your feet on the floor, and stop. You can always return another day.

If unusual experiences are repeatedly frightening, disrupt sleep or daily functioning, create severe confusion, or make you feel unsafe, consider stepping away from spiritual practice and seeking appropriate professional support.

Taking care of yourself is part of development, not a failure of development.

7-Day Sitting in the Power Challenge

Day 1 - 5 Minutes

Simply sit and notice your baseline. No visualization required.

Day 2 - 5 Minutes

Pay particular attention to how your body feels before and after.

Day 3 - 7 Minutes

Notice thoughts without following or judging them.

Day 4 - 7 Minutes

Try Theresa's brick-wall visualization if it appeals to you.

Day 5 - 10 Minutes

Begin with your own awareness, then gently include the space around you.

Day 6 - 10 Minutes

Practice without asking for any sign, message, or evidence.

Day 7 - 15 Minutes

Sit quietly, then review the entire week. Look for patterns rather than dramatic experiences.

Sitting in the Power Journal

Use this page after a sitting. Short notes are enough.

Date / length of sitting	
How I felt before	
What I noticed in my body	
Thoughts / images / feelings that arose	
Did anything feel different from my baseline?	
Was I expecting or forcing anything?	
How I felt afterward	
What I want to remember	

The Lesson I Want You to Remember

You do not need to prove your mediumship every time you sit down. You do not need a vision, a voice, a physical sensation, or a message for the practice to matter.

For me, Sitting in the Power became a quiet place where my everyday self and my spiritual awareness could simply exist together.

I still picture that brick wall sometimes.

One leg here.

One leg there.

And me sitting peacefully in the middle.

Give yourself permission to become familiar with stillness. The relationship you are developing begins with knowing yourself.

- Theresa

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