

UNDERSTANDING MEDIUMSHIP

A Beginner's Guide to Spirit Communication

A gentle introduction to recognizing spirit communication, understanding the clairs, and learning to trust what you receive.

**Healing Hearts Medium
Created by Theresa**

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A Note From Theresa

For almost 40 years of my life, I didn't know I was a medium.

Looking back now, I can recognize many moments when I felt things, knew things, or experienced things I couldn't explain. At the time, I didn't have the language for what was happening, and I certainly didn't think of myself as someone who communicated with Spirit.

That is one reason I created this guide.

I want people to understand that mediumship doesn't always begin with a dramatic moment. Sometimes the experiences are quiet. Sometimes they seem ordinary. Sometimes we don't recognize what they were until years later.

As you read, don't put pressure on yourself to see, hear, or feel Spirit in a particular way. You don't need to prove anything, and you don't have to decide that you are a medium.

Start by becoming curious about your own experiences.

You may discover that some of the moments you once dismissed make a little more sense when you look back at them with new understanding.

With love,
Theresa
Healing Hearts Medium

When I Didn't Know I Was a Medium

One experience stands out to me as what I now consider my first real communication from Spirit.

More than 20 years ago, close friends of ours lost their daughter. She had been born with a disorder and had lived with it for 14 years.

After she passed, and before her celebration of life, I sat down to write a poem for her mom and dad.

I wasn't trying to communicate with her. I didn't sit down and ask Spirit for a message. At that point in my life, I didn't even know I was a medium.

I simply started writing.

The words flew out of my pen. There was no struggling to figure out what to say. I wasn't stopping to edit or think about what should come next. The poem seemed to pour through me almost faster than I could write it.

Today, I would describe that experience as **automatic writing**. But back then, I had no idea.

When her mother read the poem, her reaction stopped me. She immediately said it was as though **her daughter was speaking directly to her through the poem**.

It was deeply personal to their relationship - so personal that her mother recognized her daughter in the words.

More than 20 years later, **I can still remember that poem**.

At the time, I thought I was simply writing something from my heart for grieving parents. Today, I see that experience very differently.

Spirit communication doesn't always begin when we decide to become a medium. Sometimes it may already have been happening for years - we simply haven't learned how to recognize it yet.

You may want to ask yourself: *Have there been moments in my own life that I couldn't explain at the time, but that feel different when I look back now?*

1. What Is Mediumship?

Mediumship is the practice of receiving impressions that a person interprets as communication from someone who has died. People describe these impressions in different ways: a mental image, a word or phrase, a physical sensation, an emotion, a memory, a symbol, or simply a sudden knowing.

Mediumship is deeply personal and spiritual. It is also important to stay grounded. Not every thought, sensation, dream, or coincidence needs to be treated as spirit communication.

A healthy approach leaves room for curiosity, validation, common sense, and the possibility of being mistaken.

You can explore mediumship without forcing certainty.

2. Psychic Intuition vs. Mediumship

Psychic / Intuitive	Mediumship
Often focuses on a living person's energy, choices, emotions, patterns, or possibilities.	Focuses on impressions interpreted as coming from a person who has died.
May feel like sensing what is happening around a person or situation.	Often includes details intended to help identify or validate the loved one.
Can involve seeing, hearing, feeling, or knowing.	Can use those same intuitive senses, but with the intention of spirit communication.

The experiences can overlap. The distinction is often about **where you believe the information is coming from and what the communication is trying to convey.**

3. How Spirit Communication May Come Through

Clairvoyance - Clear Seeing

Mental pictures, symbols, faces, places, colors, objects, or short scenes in the mind's eye.

Clairaudience - Clear Hearing

A word, name, phrase, song, or sentence that seems to arrive in your mind.

Clairsentience - Clear Feeling

Emotional impressions or body sensations that you associate with the communication.

Claircognizance - Clear Knowing

Information that seems to arrive all at once, without knowing how you know it.

Some people also describe meaningful scents, tastes, dreams, or automatic writing. You may experience more than one form, and your strongest way of receiving can change over time.

4. Evidence Before the Message

When I work as a medium, I want to receive information that helps the person understand **who** I feel I am connecting with before moving into a message.

Evidence might include:

- A relationship or personality trait.
- A physical characteristic or health-related memory.
- A job, hobby, favorite object, or meaningful place.
- A private memory or family detail.
- Something unusually specific that the recipient recognizes.

Not every detail will make sense immediately. Sometimes the smallest or strangest piece of information becomes the strongest validation.

5. The Chocolate Ice Cream

When I was fairly new as a medium, I was doing a reading for a woman. I knew her dad was coming through and had already received a couple of messages from him.

Then, all of a sudden, I saw **chocolate ice cream**.

It seemed so out of context that I didn't want to say it. I remember feeling as though I was arguing with Spirit because I thought, *Why would I say chocolate ice cream?*

Finally, I took a breath and told her, "**Your dad wants to talk about the chocolate ice cream.**"

Her reaction was immediate. She was overjoyed.

In the final days of her mom and dad's lives, they were both on hospice. They had fed each other chocolate ice cream and made a mess everywhere. It had become a funny, tender memory - and something other people wouldn't have known.

Her dad wasn't bringing through something grand. He was bringing her a memory that made her laugh.

That experience taught me to share what I receive before deciding whether it makes sense to me. The message isn't always meant to make sense to the medium. It needs to make sense to the person receiving it.

6. Why Messages Can Seem Random

Beginners often dismiss impressions because they seem too ordinary or unrelated. A red bicycle, a nickname, a cookie, a fishing pole, a particular song, or a strange phrase may feel meaningless to you.

But communication is often built from **personal association**. What seems random to you may carry a very specific memory for someone else.

Try recording the impression exactly as it arrives before adding your own interpretation.

7. Ground Before You Practice

Grounding helps you slow down and recognize what you are actually experiencing.

- Place both feet on the floor.
- Take three slow breaths.

- Imagine roots extending from your feet into the earth.
- Notice your body and your own emotional state before beginning.
- Set a simple intention to receive only what feels loving, respectful, and appropriate.
- When finished, intentionally close the practice and return your attention to the room around you.

If you feel overwhelmed, frightened, physically unwell, or emotionally activated, stop the exercise and return to ordinary grounding and self-care.

8. Am I Receiving - or Imagining?

Almost every developing medium asks this question.

The goal is not to eliminate imagination. Mental imagery is one of the ways our minds process information. Instead, practice noticing the difference between an impression that **arrives** and a story you consciously begin constructing afterward.

- Write down the first impression before analyzing it.
- Avoid stretching a vague impression to make it fit.
- Ask for clarification rather than inventing details.
- Look for validation over time.
- Be willing to say, "I may be wrong."
- Practice with low-pressure exercises rather than trying to prove yourself.

Confidence should grow from experience and validation, not from forcing certainty.

9. A Gentle Beginner Practice

You do not need to try to contact a particular loved one. Start with awareness.

Step 1: Ground yourself and notice how you feel before beginning.

Step 2: Set an intention such as: *I am open to noticing a loving, respectful impression, without forcing anything.*

Step 3: Sit quietly for a few minutes. Notice the first image, word, feeling, memory, or knowing that naturally appears.

Step 4: Write it down exactly as it arrived.

Step 5: Stop. Do not build a story around it.

Step 6: Close the exercise, ground again, and return to your day.

Some days you may notice something; other days you may notice nothing. **Nothing happening is also okay.**

10. Your Spirit Communication Journal

Keeping a journal can help you notice patterns without rewriting the experience after you know the outcome.

What was my first impression?

How did it arrive - seeing, hearing, feeling, knowing, dream, scent, writing, or something else?

What did I think it meant at the time?

Was anything later validated?

What did I learn about how I receive information?

11. Boundaries Matter

You are allowed to decide when you do and do not want to practice. Developing mediumship does not mean you have to feel "open" all day.

- Set a beginning and ending time for practice.
- Do not feel obligated to give messages to strangers.
- Respect other people's grief, privacy, beliefs, and consent.
- Avoid making frightening predictions or presenting impressions as guaranteed facts.
- Do not use mediumship as a replacement for medical, mental-health, legal, financial, or safety guidance.
- Give yourself permission to step away when you need rest.

Being sensitive does not require being available to everyone.

12. You Don't Have to Become a Professional Medium

You may be reading this because you've had experiences you don't understand. You may simply want to explore your spirituality. Or you may eventually feel called to develop mediumship more deeply.

There is no requirement to turn it into a profession.

For some people, understanding mediumship simply helps them make sense of their own experiences and feel more comfortable with the way they perceive the world.

A Final Thought From Theresa

If I could go back and speak to the version of myself who spent so many years not understanding what she was experiencing, I would tell her to stop being so quick to dismiss herself.

I would also tell her not to believe everything automatically.

Those two things can exist together.

You can trust yourself and still use discernment. You can remain open and still stay grounded. You can explore Spirit without forcing an answer.

Sometimes understanding begins simply by noticing what has been happening all along.

**With love,
Theresa
Healing Hearts Medium**

Want More Guidance?

If you'd like personalized guidance exploring your intuitive or mediumship abilities, I offer private mentorship and spiritual development services through Healing Hearts Medium.

Visit the "Book a Service" section of the Healing Hearts Medium website to explore your next step.

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