

HOW SPIRIT COMMUNICATES

Recognizing the Different Ways Messages May Come Through

Learning Spirit's language one impression at a time.

Healing Hearts Medium
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Spirit Communication Can Come in Layers

One of the biggest things I learned while developing as a medium is that communication does not always arrive as one complete message. It may unfold in pieces.

You might feel an emotion first, then see an image, then hear a word, and finally simply know what those pieces mean together.

The goal is not to force every impression into a message. It is to notice what arrives naturally, share or record it accurately, and allow understanding to develop.

You are learning a language - and your language may not look like anyone else's.

1. The Four Main Clairs

Clairvoyance - Clear Seeing

Mental pictures, colors, letters, faces, objects, symbols, places, or brief scenes in your mind's eye.

Clairaudience - Clear Hearing

A word, name, phrase, song, or sentence that seems to arrive internally.

Clairsentience - Clear Feeling

Emotions, atmosphere, or physical sensations that you associate with the communication.

Claircognizance - Clear Knowing

Information that seems to arrive fully formed. You may not know how you know - you simply do.

Many mediums experience more than one clair during the same connection.

2. Other Ways Messages May Appear

- Symbols or objects that carry a personal meaning.
- Memories that suddenly enter your awareness.
- Songs or lyrics that remind the recipient of someone.
- Scents or tastes associated with a loved one.
- Dreams that feel unusually vivid or meaningful.
- Automatic writing, where words seem to flow more quickly than conscious thought.
- Changes in where or how you sense a presence around you.

An impression is not automatically proof of spirit communication. Stay curious and look for meaningful validation rather than forcing a connection.

3. When Spirit Found a Way Through

While I was still in my mediumship development class, we would sometimes have a guest come in to be our "sitter" - someone the students could practice reading.

One evening, a woman came in who seemed very difficult for everyone to read. Student after student tried, but no one seemed able to connect with her.

When it became my turn, I could feel what seemed like a wall around her.

At the same time, I became aware of a male presence **behind me**.

Today, I sometimes refer to spirits who approach this way as my "**peekaboo spirits**." But I was very new then, and I didn't understand why I was experiencing him behind me rather than in front of me.

I told her, "There's somebody behind me who wants to communicate with you, but I feel like you have a wall up."

As I focused on him, I felt something else: **shame**.

I had the sense that this man had something to hide and wasn't sure whether he would be welcome.

I asked the woman whether she wanted to allow him to come forward. She said yes.

Almost immediately, I began seeing letters: **W. I. L.**

Then I simply knew: **William**.

She told me William was her father. Her reaction told me there was much more to this relationship, so before continuing I asked again whether she was comfortable hearing from him. She agreed.

I reminded her that whatever came through needed to be for healing.

Then the information became much heavier. I felt tremendous remorse from him and understood that he was apologizing for pain he had caused her during his life. I then received information indicating that he had sexually abused her as a child and later died by suicide.

She confirmed both.

She shared how deeply those experiences had affected the course of her life, including difficult years that followed and the healing work she had already done.

For her, hearing what she experienced as an apology from her father was something she felt she needed in order to release another piece of that pain.

At the end, she gave me an enormous hug. She told me she had thought she was healed, but that this was the day she felt she could begin releasing what was still left.

That reading taught me how many different forms of communication can unfold inside a single connection.

4. Breaking Down the William Reading

What I experienced	How I understand it
Feeling a presence behind me	Awareness of where I sensed the spirit approaching
Feeling shame, hesitation, and remorse	Clairsentience - clear feeling
Seeing W, I, and L	Clairvoyance - clear seeing
Suddenly knowing the name William	Claircognizance - clear knowing
The sitter recognizing the relationship and details	Validation from the recipient

At the time, I didn't have years of experience to analyze everything that was happening.

I was learning Spirit's language one impression at a time.

5. Healing Does Not Mean Excusing Harm

That reading also taught me an important lesson about difficult spirit communication.

A message does not erase what someone did in life. It does not make harmful behavior acceptable, and it does not require a survivor to forgive an abuser.

For this particular woman, receiving what she experienced as an apology was meaningful to **her** and became part of **her** healing process.

Each person's healing is their own. A medium should never pressure someone to forgive, reconcile, or interpret a message in a particular way.

The recipient gets to decide what a message means for their own healing.

6. Spirit May Use Your Personal Dictionary

A symbol may mean one thing to you and something completely different to another medium. Over time, repeated experiences can create your own personal dictionary.

- A rose might come to represent a particular name, anniversary, or personality.
- A certain body sensation may repeatedly accompany a particular type of information.
- A song may identify a relationship or memory rather than deliver a literal message.
- A spirit appearing in a particular position may eventually become meaningful to you - just as I came to recognize some of my "peekaboo spirits."

Do not rush to memorize universal meanings. Record what you receive and notice what repeats.

7. Describe Before You Interpret

One of the best habits for developing mediums is to describe the impression before deciding what it means.

Instead of immediately saying, "This means your father," you might first note: "I see a fishing pole, I feel calm near water, and I keep hearing the word lake."

Specific observations give the recipient room to recognize the connection without you stretching information to fit.

8. Ask Permission - Especially With Difficult Information

If a connection begins to feel emotionally heavy, slow down.

- Ask whether the person wants you to continue.
- Share sensitive impressions carefully rather than dramatically.
- Do not present impressions as unquestionable facts.
- Avoid graphic details that are not necessary for understanding or healing.
- Respect a person's right to stop the reading.
- Never use mediumship to replace professional mental-health, medical, legal, financial, or safety support.

Consent and compassion matter as much as the message.

9. A Layered-Impression Practice

Try this as a low-pressure development exercise. Ground yourself first and set a clear beginning and ending time.

Layer 1 - Feel: What emotion, atmosphere, or body sensation do I notice?

Layer 2 - See: Does an image, color, letter, object, or place appear?

Layer 3 - Hear: Is there a word, name, phrase, or song?

Layer 4 - Know: Is there anything I simply seem to know?

Layer 5 - Stop: Write it down without adding a story.

You do not need to receive something in every layer. Some practices may produce nothing at all, and that is okay.

10. Track Your Own Language

What did I feel first?

What did I see?

What did I hear?

What did I simply know?

Which part, if any, was later validated?

Did any symbol or sensation repeat from an earlier practice?

11. What Builds Trust?

- Writing down first impressions before you know the outcome.
- Receiving specific validation rather than relying only on broad statements.
- Being willing to say when something does not make sense.

- Not changing an impression just because the recipient does not immediately recognize it.
- Reviewing patterns over time.
- Staying humble enough to be wrong.

Trust grows through experience. Discernment grows with it.

A Final Thought From Theresa

When I think back to that reading with William, what stays with me is not only the information that came through. It is how the communication unfolded.

A presence behind me. A feeling. A few letters. A name. Then more understanding.

That is why I tell developing mediums not to dismiss something simply because it arrives in a small piece.

Notice it. Describe it. Stay grounded. Let the next piece come if it comes.

You don't have to understand Spirit's whole language on the first day. You learn it one impression at a time.

With love,
Theresa
Healing Hearts Medium

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