

Types of Mediumship

Did you know there are different types of medium? Being a medium you can be pigeon holed very quickly, its too easy to say that you are a particular type of medium when a whole variety of phenomena and communication could take place. All mediums have the ability to communicate with those who have crossed over, but the way in which they do this can differ tremendously. Remember that a medium can transcend a number of these methods and during the course of your ongoing development new skills will come to the fore.

Mediumship is usually broken down into two areas, mental mediumship and physical mediumship, both are fairly self-explanatory, but I want to explain a little further.

Mental Mediumship

This a form of communication with spirits using telepathy. The medium will either mentally hear, see or feel (or all three) spirit and be able to pass to a 'sitter' (the person they are giving a reading to) a description, information or feelings relating to the spirit they are in communication with. During this process the medium may be working with or through a spirit guide, or directly communication with the spirit.

Physical Mediumship

A more rarer form of mediumship, but this is when there is physical phenomena such as loud bangs, raps, apports, flashes of light or even ectoplasm. Physical mediumship can take the form of a séance, glass divination or using a ouija board.

While these are the two main types of mediumship, the following is also recognised:

Trance Mediumship

With all its detractors, Trance mediumship is one of the hardest and most incredible forms of mental mediumship.

Trance is an activity where the medium remains conscious but allows a spirit to use the medium's mind to communicate. During this process the medium will allow pure communication to take place from the spirit and not allow their own consciousness to interrupt or disrupt the flow of the communication. In recent years trance mediumship has been shown on TV to be an activity where the medium can walkaround and even threaten the living, if anything this shows trance in a bad light. Trance can be a great tool for obtaining evidence, after all, as mediums that is what we want to receive.

Transfiguration

Time, and time again transfiguration is confused with trance mediumship as it involves a change of form. Transfiguration is something that takes many years to master. During a deep altered state of awareness, the medium allows spirit to take control of their bodily functions. The spirit linking in with the medium will manifest itself by manipulating facial features, sometimes the body, limbs or in some circumstances a 'veil' or mask appears of the spirit itself.

Many people have asked why transfiguration takes place, it is my personal belief that it is one of the greatest ways to prove, that after we die that our consciousness does indeed continue – we do not die.

Channelling

Over the last few years the practice of channelling seems to have taken a back seat over the populist trance mediumship. Channelling, similar to trance involves connecting with a spiritual entity, but rather than relay messages from someone who has recently died, a channeller connects to an entity for transformative information and guidance. Channelling is allowing a spiritual teacher or guru to talk and teach through you to the sitters.

Types of **Mediumship**

Empathetic

Some mediums feel a direct connection with the other side, they may feel emotions such as love, happiness or fear and anger. These types of mediums are often called 'empaths' to explain how they relate to spirit. Empaths will often feel a strong emotional reaction during the connection and communicating stages, mood changes are often reported as well a feeling unwell or elated – often on different scopes to their feelings a few moments before.

No type of medium is better than another, and it is possible for you to have more than one type of ability. You can also strengthen your medium capabilities by taking a psychic development course. By learning to recognize your strength, you are able to notice when a spirit is trying to connect with you, and you can work on achieving a fulfilling communication session.