

## Mediumship Course Outline

**Session 1: Introduction to Mediumship & Your Psychic Senses** Begin your journey by exploring what mediumship is and the different forms it can take, including mental, physical, trance, and evidential mediumship. Learn how spirit communication works, develop your intuitive “Clair Senses,” and practice grounding and protection techniques to prepare for deeper work.

**Session 2: Spirit Communication, Symbols & Psychic Tools** Learn how spirits communicate through signs, symbols, sensations, and messages. Explore the chakra system and how it supports mediumship, practice a Third Eye meditation, and try psychometry by reading the energy of objects. Meditation handouts are provided to support your continued development.

**Session 3: Working with Spirit Guides & Ethical Practice** Discover the many types of spirit guides—ascended masters, angels, animal guides, and more—and how they support your mediumship. Learn how to connect with your guides, strengthen trust with the spirit world, and understand ethical practices, including boundaries, creating an on/off switch, and working with integrity.

**Session 4: Giving Mediumship Readings with Confidence** Learn how to prepare yourself and your space for clear, grounded readings. Explore the CERT method for delivering messages, set healthy client expectations, and use a reading checklist for structure. Experience an Expanded Biofield Meditation to strengthen your connection before practicing readings.

**Session 5: Mediumship Tools, Techniques & Aura Work** Explore tools often used in mediumship such as tarot, psychometry, automatic writing, pendulums, dowsing rods, and EMF readers. Learn automatic writing, how to read auras and understand your own aura colors, and how to navigate myths, challenges, and sensitive situations with confidence.

**Session 6: Integration, Practice & Certification** Bring everything together as you practice full mediumship readings in a supportive environment. We’ll review responsibilities to clients, spirit, and yourself, discuss what it means to live a life of service as a medium, and complete with feedback, Q&A, and your Certificate Ceremony.

Property of EFT Energy Therapy