

The Honest Sitter

How to prepare for a mediumship reading

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If you've booked a reading — or you're thinking about it — this page is for you. Read it once. Keep it somewhere easy. Glance at it before you sit.

THE GOLDEN RULE

Yes. No. Or *I don't know*.

That's your whole job in the moment. A clear yes is worth more than a paragraph of context. A clear *I don't know* is worth more than a reach. Stories and connections can come at the end.

BEFORE YOU SIT

- Arrive five minutes early so your nervous system has time to settle.
- Know who you're hoping to hear from.
- Decide if there's anyone you *don't* want to hear from. This is allowed.
- Take a slow breath. Your job is simpler than you think.

During the reading — do

- + Answer honestly. Yes, no, or *I don't know*.
- + Say when something doesn't land. Feedback helps.
- + Let specific details surprise you — don't force them to fit.
- + Stay present. You can process later.

— and don't

- Fill in gaps to help the medium along.
- Volunteer information unprompted.
- Treat it like a Q&A — mediumship has its own direction.
- Hand over your power. Good mediums report. You decide.

AFTER THE READING

Give yourself time. A good reading tends to stay with you. Talk it through with someone you trust if that helps.

Here's the one nobody talks about: sometimes a *no* in the room becomes a *yes* on the drive home. A piece of evidence clicks. A detail makes sense. If that happens — tell your medium. A quick message is enough. Retrospective validation matters, and it's one of the kindest things a sitter can do.

Being a good sitter isn't about being a believer. It isn't about being a skeptic. It's about being honest — about what you recognize, what you don't, and what you're hoping for, even if just with yourself.

That's honesty.

Know yourself. Own your knowing. Trust your good work.

— that's the whole spell —

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