

Mini Reading Best Practices

It is important for mediums to stay in control, be firm yet graceful, and provide concise, clear information to clients, while creating a safe space during mediumship readings.

For pacing and precision in delivering mini-readings, mediums need to focus on identifying the spirit communicator quickly and avoid over-explaining. Keep check-ins brief, while still allowing clients to express themselves when needed to meet the sitter's Soul needs.

1. Mini-readings require *tight energetic transitions* and precision. In mini-readings, you don't have time to wander or to spiral.

- Lead with evidence (identifiers, essence, etc)
- Deliver evidence in clean, concise statements to avoid rambling
- Identify an "anchor" piece of evidence
- If a sitter is Over-Talkative, gently interrupt and redirect as necessary
- Support emotional sitters
- Pivot, listen to Spirit, avoid panic, keep the reading flowing

2. Mini-readings require quick elevation and sustained power --- this can be the difference between "okay" and "excellent."

- Raise your power fast (see pre-session suggestions below, use intro and opening prayer to launch your energy, use the "butterflies")
- Stay in the power (increase your energetic stamina)
- Prevent energy dips mid-reading by returning to your spiritual "elegance"
- Maintain high energy between sitters
- Pace yourself to avoid burnout during reading events
- Transition between spirit communicators quickly - invite the next spirit, avoid blending energies
- Stay clear and focused – reconnect with your spiritual "home base" rather than overthinking the process

3. Mini-readings require you to maintain professionalism under time pressure

- Utilize the mini-reading structure as a "flow map" for a repeatable Mini-Reading framework
- Practice your timing – aim for the 7 minute mark
- Build confidence through repetition --- crucial to have teacher feedback to help with bad habits and structure of right practice AND important to have sitter feedback via check-ins AND essential to develop a trusted system of teamwork with Spirit

Staying in Control of the Mini-Reading

The medium must stay in control of the reading and create a bubble of safety and containment with and for the client and spirit communicator.

POISE is an essential part of mediumship delivery and must be cultivated to maintain balance, equilibrium, control, grace, gracefulness, and presence.

The inner quality of Elegance is A PART OF THE SOUL THAT IS VISIBLE TO OTHERS. It is a combination of simplicity and concentration. Simplicity in this case refers to the coming together of the True values of Life and makes no effort to “be” elegant. During a reading:

- Be gracious and welcoming
- Show compassion
- Be firm and redirect when necessary - Well, that is interesting... the next thing your Father is giving me is.... Or spirit is now telling me/showing me....”
- Check-in with compassion and to reinforce your integrity
- Educate the client briefly when necessary and reinforce Spiritualist principles
- End the session on a positive note

When we observe another person in a state of Elegance, it arouses respect and love, teaches us to walk in the Light, and transforms complex thoughts into something everyone can understand. **When we are walking our chosen path, we walk elegantly, emanating Light.**

PROTOCOLS for Mini-Readings

for church fundraisers and other events

- Stay within the time limits as given (typically 8-10 minutes)
- Establish credibility with the client/sitter by providing evidence of contact with spirit.
- Obtain confirmation from the client.
- Towards the end of the reading, ask if the client has a question or questions (this depends on remaining time).
- Keep the reading on a formal basis and avoid becoming personal with the client.
- Provide impressions from spirit and avoid personal counseling.
- Be positive, cheerful, and uplifting. Remain poised, in control, and avoid unpleasant mannerisms and/or gestures or profanity.
- Messages cannot be given that diagnose or prescribe medical conditions in accordance with state law.
- Spirit messages of a confidential or sensitive nature shall not be given in front of other people. The medium is responsible for the messages they give.

Reminders when Crafting the Wonder:

Use descriptions, feelings, visions, and your **enthusiasm**. Immerse yourself in the experience with joy. Remember the qualities and virtues you wish to express as a good medium. And focus on the Process of Blending and Allowing (see Handout #1).

What is your first impression? Open your Soul Senses to the spirit world --- what do you see? Sense? Hear? Or even smell or taste?

As soon as you pick up something, give it out to your sitter... notice the details and share them. Give out what you receive, no matter how small. Everything is important. Spirit is not wasting a moment. However, some things are for later.

If the sitter does not recognize the information shared, move on. Spirit may bring more clarity at another time.

You may continue to receive information from Spirit without having to ask for any specific information kind of evidence. If so, continue to share what you pick up with your Soul Senses.

When you want greater clarity, ask Spirit to help you. Take a sacred breath and return to “home base”.

If the flow of information stops, ask your spirit team to bring you more evidence. You can mention a specific kind of information (for example: “Show me the physical appearance.” “Is there an object inked with this Spirit?” “What was her work?” Fill in those boxes.

If you are stuck, relax and say to the sitter “that is all he/she is giving me at this time about such and such. What else should we ask about?” Let your sitter direct your focus to the other areas, subjects, etc. Don’t try too hard. Let visions and sensations emerge for you. Enjoy the next spurt of information.

When you know the power is leaving you and you cannot sustain your higher state and focus:

- Indicate to the sitter that you are ending the communication with the spirit world.
- Say: “Spirit is shifting away now, and it is time to end the session.” “Okay, I sense it time to end, let us do a closing prayer.”
- Take a deep breath, and silently give thanks to your spirit team and you consciously release all connection with the client’s spirit communicators.
- Offer a closing prayer, a victorious ending to the session.
- Verbally give thanks to the client/sitter and say goodbye.

Do not allow the client to prolong the session. Be kind and firm. Stand up and gently encourage them onward.

Mediumship Energy Management Techniques

In the world of internet and computers, buffering is caused by a caused by a slow or overloaded network. If your home broadband connection isn't up to scratch, video data can't load quickly enough while you watch. That's when your stream pauses to play catch-up. It's waiting for enough data to load so that you can keep watching without annoying lag.



In the world of mediumship, buffering is caused by a slow or overloaded network too. As the medium, if your energy isn't up to scratch, evidential information from the spirit communicator can't load quickly. Sometimes, the spirit communicator is slow and/or the client's energy is lower vibration, but it is usually the medium.

What can you do? Stay calm.

Prevention before the session: Optimize your energy by ensuring good sleep, nutrition, exercise, attitude, and ego. Sit in the power before a session to begin the link with your spirit team. Empty your cup. Prepare the client with your introduction and prayer.

During a session: Use the Opening Prayer to launch your energy. Get used to setting aside your worldly cares temporarily, return to "homebase", ask your spirit team for the spirit communicator's **dossier** (detailed information a particular spirit person or subject), and/or switch to a stronger spirit communicator when needed.

Only if truly necessary, ask for a re-do for another time. Tell the client that you recognize your own energy is preventing a good connection/reading right now (do not go into great detail about your personal problems, keep it brief). Apologize and rebook the session. Or refer them to another medium.

After a session: Allow only a moment or two of reflection. Do not ruminate, obsess, or analyze this to dust. Take a nap, go for a walk, breathe, listen to music, read an uplifting inspirational quote or devotional, focus on self-care. Empty your cup. Most understanding will come later when you are relaxed, up in energy, and open to intuitive guidance.

The Importance of Closing Down

As a Medium, you live TWO LIVES: one as a Medium (the spiritual side) AND one as an ordinary human being (material, emotional, physical). Closing down is essential because you are living a Physical life in the Material world. You must close down because it will help you with your sacred duties with mediumship AND because these other roles (spouse, parent, sibling, child, friend) are important. Don't abuse yourself. Do you work until you are drained? **Let the Closing Prayer be the end of the connection with the spirit communicator.**