

Overview of Mini-Readings

A *mini-reading* is a 10-15 minute session where the medium gives several messages to the sitter and answers one question. Mini-readings can help you to build your energy stamina and mediumship focus before you move to longer and more complex readings.

Establish a Rapport with the Sitter - Rapport is a close harmonious relationship in which the people concerned understand each other's feelings or ideas and communicate well. Welcoming the sitter, introducing them to the way you work as a Medium, and setting the tone with a prayer are essential steps in a Mini-Reading.

Spirit Connection thru the Opening Prayer - Your opening prayer is a green light to the Spirit World to work through you. It also prepares the sitter's energy for higher vibrational communication with the Spirit World. Together, you affirm the Divine connection and the Highest and Best intention for the session.

Communication between Two Worlds - One of the best ways to provide a successful mini-reading is to **focus on the CONVERSATION with SPIRIT**. Unlike a two minute spirit message in a Public Demonstration Gallery event, a mini-reading requires the Mediums to be able to consistently connect with spirit, be able to establish and SUSTAIN a link with Spirit and have a clear understanding of how to receive evidence. You are engaging in a three-way CONVERSATION between you, the spirit world, and the sitter.

Family Reunion - *The aim of a Mediumship Reading is for the medium to bring through several kinds of evidence that help to identify a spirit loved one of the sitter and to facilitate communication between the Two Worlds.* There is a difference between what a Psychic focuses on and what a Medium focuses on. A Psychic may focus on the energy around the client and many times future-telling. A Medium focuses on the communication with the Spirit World "I am here and alive and I love you. I see you." It is a **family reunion**. As a Medium, **you are building a loving rapport between two worlds**. And the spirit communicators appreciate the mediums who give them the opportunity to speak to their loved ones on Earth.

More about the process, staying in the flow - Start off with a spirit communicator (identifiers) and then a few pieces of information into the family association, relationship (past and present), and other dynamics. Checking in with the sitter from time to time, and then continuing with more information.

Staying in the Flow with Spirit will also help you strengthen your evidence and conversation with the spirit communicator(s). Things to say to stay in the FLOW OF SPIRIT:

- I am aware of ...
- And now he is telling me...
- And now your father is showing me ...
- And now he's making me aware of ...
- And the reason your father is here is because ...

PROCESS FOR MINI-READINGS

PREPARATION - before the sitter arrives quietly prepare your energy by closing your eyes, taking a few deep breaths, or with a brief meditation, allow any tension and anxiety to release

GREET the client/sitter – smile and welcome them, ask them if they have had a reading before, tell them you will briefly explain how you work as a Medium, and then we will do a prayer, set the tone in a friendly way

INTRODUCTION – briefly explain how you work, what level of response you expect from sitter

OPENING Prayer – set the intention, relax awareness, become still and quiet, set your insecurities and self-doubt aside, think expansion, think up (look up), become aware and sensitive to the atmosphere and energy, you may feel a tingle or building of energy

BEGIN – in that passive and receptive state of awareness, immediately connect with the first spirit communicator, conveying the spirit information received to the sitter.

ANCHOR the spirits to the clients as they come in. Sense the emotional relationship, build on it.

STRENGTHEN the connection by having a conversation with Spirit.

Check in/CONFIRM the information with the sitter (yes, no, I don't know) regularly – the sitter has an important job to confirm and verify, but you as the Medium need to check in with the Sitter from time to time (usually after a chunk or paragraph, **at least 3 pieces** of information)

CONTINUE with more information, staying in the flow of Spirit.

SHIFT to another spirit communicator if needed (depending on time remaining)

CONNECT more with the spirit who is MOST SIGNIFICANT to the client.

CONSIDER what is the greatest need of the sitter and of the spirit.

MENTION (in the last 3 MINUTES) we only have a few minutes left, do you have anything you would like to ask them or is there someone else you would like to connect with" then very quickly say "he/she says/gives me this/shows me this"

WRAP IT UP – happy to have helped you connect, let's do a closing prayer

CLOSING PRAYER – give thanks, keep it sacred and loving and uplifting

THANK the sitter, smile and stand up to gently encourage them to stand up and begin moving.

Blending and Allowing

BLEND with the frequency of thought of the spirit team around you to encourage the right flow of information. Then, there will be no time/space between what we hear and receive. Now this part is about TECHNIQUE rather than years of development – **don't try to relay information, blend.** TALK WITH the spirit communicator about their world. We are talking about moms, dads, sisters, brothers, spouses, children, and dear friends. Those in spirit are alive and well and intelligent.

ALLOW the spirit communicator to do the talking, sinking into their power, anchoring to their energy --- this will help you to adopt the manners, gestures, and terminology. Remember: You don't need to know the information in order to share it.

Focus on the Personality of the Communicator

- How do they feel about people
- How much time did they spend together
- How did they talk to each other
- Sense of humor between them
- Explore their interests

Once you have personality, you will be able to focus on the Relationship between spirit and sitter.

Tips for the Clairs

- *Clairvoyance* – have the spirit communicator show you how themselves as they were when they were living and then how they are now (for progression). This also helps the client to not be afraid to connect with a spirit person.
- If a spirit is using *Claircognizance*, this is a THOUGHT DROP. You will just know what a particular spirit communicator is like. And it is very fragile because it can feel like your own thought. Be in real time with the communication. Blend and allow.
- With *Clairaudience*, we get the silent noise/voice that helps us to hear the accents and tones of voices, even music.
- If you have *Clairsentience*, but the spirit is NOT touchy-feely, then you need to use Claircognizance AND Clairaudience.

To ensure a continued Conversation with Spirit, make sure you are NOT dropping into the psychic

Because you use similar faculties for spirit communication and psychic work, it can be confusing at first.

- Light feel (clarity) – spirit
- Heavier feel (dense) – psychic

You do have to be a good psychic to be a good medium, but monitor this in yourself.

For a mediumship reading, stay with the Conversation with Spirit. (See 'more about the process' for suggested phrases you can say to stay in the flow with Spirit.)

The ways your mind might interfere during mediumship

Ask yourself: Do you allow the information that the Spirit World is giving you to be changed by the client (ie. Mom vs Grandmother). How often and WHY do you change what Spirit gives you? Your mind can interfere with the information:

- When you are making the wrong association
- When you are people pleasing
- When you are allowing your analytical mind to pull you away from spirit
- When we are negative, we tend to mess up – so stay “up” and positive

What can you do about it?

It is wonderful that you desire to become a good medium and that you have high standards. However, sometimes your INTERNAL CENSOR is too strong. Your messages may become mechanical because you are using your limited mind rather than your Soul mind that is a channel to your higher powers. You may become so influenced by other’s opinions that a “rejection” can throw even an experienced medium into self-doubt. What can you do?

- Look for where your mind came into it. Observe this gently, and then return to your Soul’s Senses and the perceptions you directly receive from the spirit communicator.
- The spirit world will correct you if you are wrong (further showing you are definitely in contact with the spirit world).
- When you feel heavy in your gut, you are losing the Link.
- Focus on the Conversation with Spirit, be a “good listener”.
- Work with Spirit and ask for help.
- Be receptive to God and Spirit first because in that higher awareness you learn how to find what you seek.
- Remember that Spirit doesn’t judge or reject. Spirit offers guidance that nurtures your Soul.
- Trust in how Spirit is guiding you on your mediumship path.
- Rely on the spiritual natural Law of Loving Service.

Then, your mediumship will meet the highest standards for you will be intimately at one with Spirit.

To put this further into perspective, within the framework of mediumship, a good medium is true to their own Soul. When you seek an enlightened view in your daily life and mediumship practice, Spirit will integrate them into your mediumship.

Mediumship is a process of SPIRITUAL UNFOLDMENT. Spirit helps the medium on a personal and professional level, to become fully oneself. And through this ongoing process, the Medium’s Soul reaches out with love to uplift others as they have been helped. You become more honest, more thoughtful, and express beautiful virtues as you work closely with Spirit.

Remember: You can make the YES stronger by deepening the conversation with Spirit.

Guidance from Spirit

It is a great comfort that we may seek comfort and inspiration from the Spirit World, sometimes we need healing. To that end, during a mini-reading:

- The sitter may want confirmation that they are on the right track.
- The sitter may seek insight or direction about a troubling situation or reassurance that things will work out, even if it's not quite in the way they hoped.
- At other times, the sitter is faced with difficulties that are so overwhelming, they don't know where to turn, what to do.

Disclaimer: the Spirit World does not solve everyone's problems

It is a common misconception that the Spirit World will solve everyone's problems in a reading. Both mediums and clients must come to the understanding that the loved ones in Spirit are not God, they are not omniscient and all knowing. Clients must SELF-GOVERN and the Medium is strongly advised to reinforce this understanding of Personal Responsibility as per our Spiritualist Principles. Remember: sometimes it is beyond you, not because of you.

Each person has FREE WILL and must choose their own actions and reactions to events. The medium is in a perfect place to encourage a client to reflect on their decisions and listen to their own souls for guidance and direction from the Divine.

Special note:

- If the energy or question from the client feels dirty, don't go there!!! (ie. Cheating husband)
- When necessary, tell the client to get counseling.
- Be cautious and if you get vibes of danger, tell them your guides have told you that you are not the right medium for them, and send them on their way.

Your Sitter's Soul Needs

In a mini-reading, once you have brought through Evidence for a sitter to prove their spirit loved one is still alive in Spirit, you can receive information relevant to the sitter's Life that benefits them in some way.

- Spiritual Path/Relationship to the Divine/Dreams and Goals
- Work and Service opportunities
- Personal growth
- Friends and social life, community
- Finances, things, travel
- Physical activity
- Interests and cultural life
- Love Relationship
- Family and home
- Physical, emotional, mental, and spiritual health
- Education, learning, and creativity
- Talents
- Relation to Earth
- Earthly journey
- Geographic Connections

More Tips for Mini-Readings

- Do NOT ALLOW the client to say nothing – ASK for a Yes or a No (check in regularly)
- DO NOT let the client control the reading. “Can’t you get a name/specific info/etc?”
- A note about crying... as a rule, don’t cry with the client because it will tank your energy for the day. You can touch the emotion (feeling a couple tears in your eyes) and this will stimulate the energy connection. BUT have spirit takes the tears away because you must continue with the reading (and the rest of your day)
- Don’t be distracted by the sitter and their responses!
- The sitter might not be ready due to grief, skepticism, fear, etc.
- Mediumship is an art form of constantly shifting energy.
- Don’t rehash the information – move onto new information, otherwise you will need to rethread with spirit.
- I know you want YESes from clients BUT sometimes you get a NO – don’t get caught up in the YES/No in an emotional state.
- DO NOT talk to the client beforehand so you will NOT have AUTOSUGGESTION (avoid frontloading).
- Create the atmosphere when you enter the room. Set the tone for a caring session full of healing, love, and (sometimes) laughter. Keep the secrets and be someone clients can trust.
- Steer clear of diagnosis and advice (stay in your lane, you cannot medically diagnose or prescribe)
- Again, you are encouraged to connect with and identify your “source”/spirit communicator first!
- As needed, return to the prayerful intention you began with, go back to your foundational principles, and strengthen your awareness of your Soul’s connection with Spirit.

Hallmarks of Success

In a Mini-Reading, we are looking for:

- Preparation for spirit contact has been done.
- Greeting from medium to client.
- Poise (not too much informality).
- Medium controls the reading, not client.
- Spontaneous spirit contact.
- Evidence of continuity of life.
- Medium can accept confirmation from client.
- Medium can accept rejection from client.
- Medium establishes rapport with the client.
- Medium establishes closure with client.