

Mediumship Journal

You can use this journal format with any notebook or journal. Feel free to copy and use this sheet as well. The intent is to record your experiences as you practice mediumship, then reflect on the experience.

Date: _____

Intention: _____

Message Experiences:

Visualizations: _____

Emotional/intuitive: _____

Other: _____

Physical Sensations: _____

Thoughts/imagination: _____

Connections & Messages:

Reflection: _____

Date: _____