

MEDIUMSHIP

Myths, misconceptions & what actually happens in a sitting

Mediumship can be fascinating, comforting, intriguing — and, for some people, a little confronting.

Our ideas about mediumship can come from many places: religion, culture, films, television, stories we've heard, or experiences we've had ourselves. And sometimes those ideas can make mediumship seem far more mysterious — or frightening — than the experience of actually sitting with a medium.

So, what is mediumship? What happens during a sitting? And what are some of the common misconceptions surrounding it?

Here are a few things I think are worth talking about.



“A medium summons the dead.”

That's not how I practise mediumship.

I don't command, summon or attempt to force anyone to appear.

When I practise mediumship, I quieten my mind, become receptive and pay attention to impressions that arise. These might come in the form of thoughts, images, feelings, memories, words or physical sensations.

I then share what I'm experiencing with the person sitting with me.

There is no dramatic summoning involved.

“A medium can choose exactly who comes through.”

No.

You may come to a sitting hoping to connect with a particular person, and we can absolutely hold that intention.

But I cannot guarantee that a particular loved one — or indeed anyone at all — will come through. For me, an important part of practising mediumship ethically is not forcing information or trying to make something fit simply because we want a particular outcome.

We remain curious about whatever arises.

“I'll have to do something strange or enter a trance.”

Not in my sessions.

You remain yourself, aware and in control throughout the experience.

You don't need to enter an altered state, perform a ritual or attempt to contact anyone yourself. For the most part, you simply sit with me, listen to what I'm experiencing and let me know whether anything I share feels meaningful or recognisable to you.

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“Everything a medium says must be true.”

Definitely not.

Mediumship involves interpreting subjective impressions, and mediums can get things wrong. Something may make immediate sense to you. Something else might make sense later. And something may simply not resonate at all.

You should never feel pressured to agree with something or make information fit your life.

You remain the authority on your own experience.

“The medium will know everything about me.”

No.

Mediumship isn't mind-reading.

I don't suddenly have access to your entire life, your thoughts or your secrets.

I share the impressions and information I perceive during the sitting and you decide whether any of it resonates.

“Mediumship will tell me what I should do with my life.”

That's not how I work.

I don't believe mediumship should replace your own judgement, agency or decision-making. I would never want somebody to make a major medical, financial, legal or relationship decision simply because of something said during a mediumship sitting.

A sitting may offer reflection, connection, comfort or another perspective.

What you do with the experience remains entirely up to you.



“Mediumship is the same as fortune-telling.”

Not in the way I practise it.
My mediumship work isn't about predicting your future.

The focus is on exploring the possibility of connection with someone who has died and sharing whatever impressions arise during that process.

The future is still yours to live.

“Do I have to believe in mediumship for it to work?”

You don't need to adopt my beliefs to sit with me.

You can be spiritual, religious, agnostic, sceptical, somewhere in between — or simply unsure.

You are welcome to question what you hear and decide for yourself what meaning, if any, you give to the experience.

Curiosity is enough.





“Is mediumship against my religion?”

This one isn't a myth that I can simply dispel.

Different religious traditions have different teachings and beliefs about death, the afterlife and communication with people who have died. People within the same religion can also understand those teachings differently.

I won't tell you what your religion permits, what you should believe, or whether mediumship is compatible with your faith.

If you're concerned that participating in mediumship may conflict with your religious beliefs, I encourage you to explore that question within your own faith and decide what feels right for you. And if it doesn't feel right?

You don't have to do it.
You can ask questions.
You can be interested.
You can be curious.

And you can still decide that mediumship isn't for you.

There is absolutely no pressure to cross a boundary that feels important to you.

So, what actually happens in a sitting?

If you come hoping to connect with a particular loved one, we can begin by holding that intention.

I then quieten my mind, become receptive and pay attention to whatever impressions arise. These may come as images, words, thoughts, emotions, memories, physical sensations or simply a sense of knowing.

I share those impressions with you as they come. You tell me what you recognise — and what you don't. I prefer not to know too much beforehand, so I can distinguish between information I've been given and impressions that arise during the sitting. And we don't force anything.

If something resonates, wonderful. If it doesn't, you can say so.

If nothing comes through, I won't invent something simply because we hoped it would.



A gentle note

Mediumship is an exploratory spiritual practice. I cannot guarantee contact with a particular person, specific messages or any particular outcome. I don't present mediumship as scientifically established proof of an afterlife, nor as a replacement for grief counselling, psychological support, medical care or other professional services when needed.

What I can offer is a respectful space to explore the possibility of connection and see what — if anything — emerges.

Come curious.

For me, mediumship is an exploration of connection, memory, intuition and the possibility that our relationships may extend beyond physical death.

You don't have to arrive certain.
You don't have to believe everything I believe.
You don't have to make anything happen.

**I don't ask you to believe.
I invite you to come curious.
See what resonates.**