

What to do after an Intuitive or Mediumship Reading

An Intuitive or mediumship reading can be a healing and comforting experience. If this is your first time having a reading, it can feel transformational. Depending on the type of information revealed, you might feel awakened afterward and experience perspective shifts that cause you to question things in a new way. This is typically a positive experience, but it can feel overwhelming for some. You might realize there are changes you'd like to make in your life or feel inspired to explore spiritual subjects on your own.

Immediately After

Process through journaling

Even if your session is recorded, I recommend having a journal or notebook and writing down your key points and impressions directly after your reading. During a reading, healing energy is transferred between you, the reader, and the spirit world (during mediumship.) Depending on your level of sensitivity, this can leave you feeling a bit floaty or dazed. Writing down your key takeaways will allow you to record your thoughts before they fade, like waking up from a dream and immediately recording your impressions. It can be beneficial to take some quiet time to reflect.

Ground yourself if you're feeling spacey.

Because psychic and mediumship readings are a healing modality, you might feel particularly sensitive to this energy, and this can leave you with a "floaty" feeling. You might also have much new information to process and become lost in your thoughts. Before driving, take a few moments to ground yourself or have a snack. It's also a good idea to nourish yourself and drink water to replenish and clear your energy, especially if the reading has been an emotional experience.

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Over time

Share your experience with someone you trust

This is a lovely way to process a reading if you have a trusted friend or family member that can support you. You might decide to be selective with who you share your experience if you have friends or family members that don't believe in an afterlife or have religious beliefs that don't align with mediumship. Remember that a reading is to support you and your understanding. It doesn't need to make sense to anyone else. You might decide to keep certain information private until you feel more confident of your understanding and beliefs.

Pay attention to signs and Synchronicities

It's common for people to notice signs and synchronicities after a psychic or mediumship reading. Your loved ones that have passed to the Spirit World are always with you and want to bring you the comfort of knowing that they are still present in your life. If you are open to receiving them, they will send you signs and validations of their presence. You might receive signs through nature. Many people associate birds, butterflies, or dragonflies with signs from their loved ones in Spirit.

You could notice numbers and synchronicity on a license plate, address, or receipt from the market. The exact number you see repeating isn't important; rather, it's the importance you place on it.

Lights flickering, the TV going on, static on the radio, a song that plays at just the right time. Electronic devices produce currents of energy that allow the spirit world to communicate with you, and these can all be signs from your loved ones that have passed.

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Read through your notes or listen to your recording again.

I receive messages from people quite often who have a realization after listening to the recording a second time or looking at their notes. In a good reading, eighty percent of the information shared should make sense to you in the moment. However, it's common that a few pieces come together after the fact. If you feel drawn to listen to your recording again after some time has elapsed, you might be surprised at how information can take on a different meaning.

Give it some time before returning.

Process your experience through journaling or spending some time alone. Ask yourself questions and trust your instincts. Give it time before you book another session. This will allow the information and guidance presented to you to take effect in your life. Coming back for a session too quickly can undermine your intuition and instincts, and this could leave you feeling dependent on a reader for connection. Remember that you are the greatest source of power and connection. The ultimate goal of a psychic or mediumship reading to help you to trust your own wisdom.

For a mediumship reading, I recommend waiting at least six months unless you have experienced another loss or dramatic life changes. For a psychic reading, I recommend going three months between sessions unless you have experienced many changes. Everyone's circumstances are different if you have a question about booking contact me.

If something doesn't feel right

If something is revealed in a reading that doesn't feel true or accurate to you, trust your instincts. Remember that no psychic or medium is 100% accurate all the time. A reading is meant to be a healing and uplifting experience, not to reveal upsetting truths. If someone shares something bothersome to you in a reading, try to find a way to let it go. Trust your intuition.

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Explore curiosities around your own spiritual development.

Everyone is intuitive. Your intuition is always communicating with you and can help you to live a life grounded in your truth and authenticity. By getting to know what our own energy feels like, you can begin to understand how intuition manifests for you. It's important to know the difference between intuition and anxiety. Once you understand how your energy and intuition feel in your body, you can set boundaries that support you and make decisions based on your soul's knowing. None of us are alone; we are always guided. Learning how to connect inward and recognize signs and synchronicity can help you to build trust with your intuition and yourself.

Find ways to honor your passed loved ones or your intuition.

You can communicate with your deceased loved ones as much or as little as you like. Especially when you feel their presence, sending a thought or even speaking to them out loud can help you form an energetic connection. I have a client who sets the table for her husband around his birthday or anniversary of his passing and cooks his favorite meal - this makes her feel closer to him during these occasions. You could also write a letter to your deceased loved one that you either keep or leave someplace meaningful. When I visited St. Giles Cathedral in Edinburgh, Scotland, I lit a candle for my Scottish great-grandmother. I felt her presence as I did. You might decide to create an altar in your home that helps you feel connected to your passed loved ones. An altar is the energetic center of your home, where you can call on or call in your Spirit Guides, loved ones, or inspiration from the Spirit World.