

Healing Sessions-

During healing sessions, I'm working in the energy of my clients helping them clear the spiritual and emotional root causes of illnesses, disease, trauma, and repetitive life patterns. As a psychic, I can see, feel, and hear what the client is storing. By addressing the root threads of these manifestations, a client can clear the associated energetic imprints and restore health and balance to the spiritual, emotional, and physical bodies. As a medium, I'm able to discern and communicate with any passed-on loved ones or spirits guides who present themselves during the session to help the client heal.

Definitions:

Mediumship is the ability to communicate with spirits. All mediums are psychic—meaning they can perceive energy beyond the physical senses. Mediumship takes psychic ability a step further. Mediums can sense spirit energy, discern it, and communicate with it. Some mediums are born with abilities rendering them to communicate with spirits since they were babies. This has been the case for me and my children. Other mediums may have developed their abilities over time.

Mediums use their psychic senses to perceive spirit energy. Not all mediums use the same senses because not everyone has developed all psychic senses. For me, mediumship is very natural. I do not enter an altered state to communicate with spirits. I am fully conscious and can receive information through all of my psychic senses. Mediums generally use the following psychic senses in communicating with spirits:

Clairvoyance – “clear seeing” – Mediums with this ability can receive mental images from spirit. They can describe what the spirit looked like physically. Spirits will communicate clairvoyantly with the medium by sending pictures of places or symbols. Mediums perceive these images using their third eyes located in the center of the forehead rather than their physical eyes. Sometimes I get a visual image of what a person looked like in psychical life and I can communicate that to my client. I may also get a visual image of a house, location, other people etc. that can be shared during a session.

Clairaudience – “clear hearing” – Mediums with this ability can receive information from the spirit realm without the use of physical ears. This is also referred to as [mental telepathy](#), which is the communication of information through thoughts. Most mediums use this ability. When I use this ability with spirits, they communicate information and details about their lives on Earth through thought. I may ask additional questions of them using my mind and they respond through thought.

Clairsentience – “clear feeling” – Mediums with this ability can perceive information and impressions through feelings. They can feel emotions, as well as environmental factors such as heat or cold, though those things may not be physically present. With this ability mediums can *feel* a method of passing. For example, I may feel tremendous pressure in my chest and then an explosion of energy in the heart. This is a spirit's way of communicating a passing through a heart attack. Sometimes, I feel extreme nausea that I also refer to as [chemo-nausea](#). When I feel

this way in a session, I know I'm communicating with someone who received chemotherapy and died as a result of a terminal illness such as cancer.

Clairscent – “clear smelling”- Mediums with this ability can smell scents without the use of the physical nose. Often mediums will smell a certain perfume or food scent that is connected to a person that has passed. In a mediumship session for a friend, a grandmother came through and the smell of sweet peppermint tickled my nose. My friend said his grandmother always had peppermint candies in her pocket for her grandchildren. Sometimes my maternal grandmother, Nanny, visits in spirit form. She carries the scent of Dior Poison, which was her favorite perfume.

Clairgustance – “clear tasting” – With this sense, mediums can taste substances without putting anything into their mouths. For example, a medium might taste chocolate during a mediumship session. Sometimes I get a strong medicine or metallic taste in my mouth during a session. This lets me know that the person was on some type of medication at the end of life on Earth.

Spirits may use one, a combination of, or all methods to communicate. Some may communicate through clairaudience and clairvoyance. Others may choose clairvoyance, clairscent and clairsentience. I'm not quite sure how they decide which way to send me the information. Actually, until now, I never questioned it. I think I will have to ask that question to a spirit in my next session. There are many reasons why spirits communicate with us. They often send us signs, though we may not be open to receiving them.

Mediums are on the Earth plane to facilitate communication with spirit. They're also here to open the door for those so those in physical form can take the steps to communicating with their passed-on loves ones. Maybe overtime, as people become comfortable with mediumship, they'll release their fears and open to it. Only then will we lift the opaque curtain that hangs over mediumship. As we do this, we'll illuminate and reveal mediumship at a truly Divine tool enabling communication with our friends and loved ones in spirit form.