

# SARAH TYLER-WALTERS TRANCE MEDIUM

## Frequently asked questions

### About trance mediumship

#### **1. What does it feel like and where do you go when you are in a trance?**

That's a tough question to answer. What do you feel when asleep?

Trance mediumship is similar to being asleep for the medium (channel) there are no physical sensations. Sarah often loses track of time and would be unaware if the doorbell rang.

In the beginning, when she was training in trance mediumship, she was aware of more physical sensations and the energy of Spirit. For instance, she might get hot or cold, feel a tingling across her face, or the size of her hands increase. Sarah is not aware of going anywhere during a session of trance mediumship.

#### **2. Is it dangerous for the trance medium?**

Trance mediumship is not dangerous if you have been trained and work sensibly by taking responsibility for your safety. Some trance mediums prefer not to see clients alone in case the client misbehaves. The care of the medium falls on the medium and working alone may not be recommended. Sarah prefers to work with someone in the vicinity but not in the room.

The other reason for concern is about touching a trance medium. For many trance mediums, you will be advised not to touch them when they are working; especially if they are deep trance medium. Sarah and Master Chou have worked together for many years, and it is safe to touch her hands when they are working.

Deep trance mediums need additional precautions as even loud sounds can cause harm.

#### **3. How can I develop as a trance medium?**

When drawn to trance mediumship, we recommend starting with a one day workshop and allowing yourself to experience it first hand before committing to a group.

Trance mediumship takes years of dedicated training.

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Trance circles are difficult to find as there are less of them available; ask your Spirit Guides for help in finding the right one for you.

Sarah prefers her students to know the fundamental: Working with Spirit guides, About their aura and the chakra system, and Working with energy. She accesses each student individually before allowing them to join her development groups.

Hashtags: #TranceMediumship #PhysicalPhenomena #Ectoplasm #Channelling