

SARAH TYLER-WALTERS
TRANCE MEDIUM

Trance Mediumship: Do you need to prepare or not? by Sarah Tyler-Walters

Firstly, what do I mean by prepare? – The act of getting yourself (the Medium) into the right mindset and energetic expansion for working as a vessel or Channel for Spirit communication.

Being a Channel for Spirit is a gift. However, it also needs to be taken seriously and respected as you would any professional job. You need to start with training, dedication, and mindset (how you position yourself in the trancework).

What fascinates me is the odd mixture of approaches Mediums use to prepare themselves for working with Spirit in an altered state. It ranges from the "instant fixers" who close their eyes and Ta-Da; to the other end of the scale with the "ritual devotees" who have so many steps to do I am amazed they can remember them all.

Society is pushing more and more for the Instant, QUICK, IMMEDIATE, but should that apply to Mediumship? I don't think so. Working with Spirit needs and deserves time. Not only for Spirit but for the Medium. It is an act of respect.

The excessive rituals seem to stem from a place of fear or habit. If they haven't done everything in the same order, it won't work. It shows a lack of trust in themselves, Spirit and process itself. But both of these extremes are learnt; teachers need to be aware that they can pass on their anxieties or complacency to their students.

When you work professionally as a Channel, you refine your preparation process each time, streamlining it and challenging it to ensure it is the best for you and Spirit. However, I would not teach that advanced method to my students; they need to build their own. As a teacher, I need to teach my students the mechanics, ethics, and purpose of Trance Mediumship, equipping them to carve their own path.

I love to cook. Cooking requires method, precision, science and creativity. Once you understand how eggs cook, you can then create many excellent dishes with them. It is about how you choose to put the ingredients together. But you need to know what the ingredients are first.

With Channelling and Trance Mediumship, it is about knowing the energetic reality of the exchange and the nature of Spirit. Building a secure foundation from which they can safely step aside, handing their energy, body and mind over to a Spirit Being. Here is where the preparation is critical. The Medium needs to get into the correct space – both figuratively and literally.

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Years ago, during a meeting in a busy cafe, I was asked to Channel something, there and then. Even though they claimed to have personal experience, it showed they had no genuine concept of Trance Mediumship. The look on their face when I said no was priceless.

They had no concept of how ridiculous their request was; they were of the "Instantaneous" mindset and used people performing for them. Moreover, I suspect they were not used to people saying no.

Being in the "correct" space includes location. In that instance, it was not a safe or practical place to do Trance Mediumship. Energetically, I would have been vulnerable and disingenuous if had I played their game and "performed". I would also have been doing Spirit a disservice.

There's a time and place for these things. We need to take the words spectacular and entertainment out of the vocabulary used to describe Mediumship and put the work back into the right vibration and intention.

Spirit does not step forward to speak for your amusement; they do so to convey essential information and healing to assist us in growing and being all that we can be. The message is the gift, not delivering it.

Our Souls choose us to act as Mediums or Channels as part of our learning about personal responsibility, service and balancing ego. The notion of a "gift" can inflate an out of balance ego, causing arrogance or a sense of superiority. Mediumship training can only take you so far; the rest is up to you and your personal growth.

I hold the trancework in my hands like a precious thing, and I do not want to squander it, but that can also lead to suffocating it - I am mindful of creating a balance—a point of centred harmony.

Preparing yourself for Mediumship should be approached in the same way - what do I need and what does Spirit need. And, above all, remember not to become a slave to it. Preparation should not be in control - you should.

The "instant" versus the overly "ritual" are only extremes - always aim to walk the middle path, the balanced way. Finally, to answer the question - do you need to prepare for Trance Mediumship - Yes, you do.

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