

FACT SHEET:
**Recommendations
for Sitters**



BACKGROUND

Mediums are individuals who experience regular communication with the deceased (called **discarnates**) and report the resulting information to the discarnates' living friends or relatives (called **sitters**) during specific events (called **readings**).

A mediumship reading involves at least three people: the medium, the sitter, and the discarnate. In order for it to go well, all three of those people need to be a good fit and be willing participants.

The sitter(s) can optimize the reading process by using the do's and don'ts below before, during, and after the reading.

The list below was created with input from mediums who noticed that readings don't go as well when sitters have unrealistic expectations about mediums' abilities after seeing mediums on TV only giving accurate and meaningful information. It's important to remember that shows on TV are edited and real mediums and discarnates aren't perfect.

- ◆ **DO** remember that your mediums' instructions should carry more weight than the suggestions listed here.
- ◆ **DO** remember that which discarnates and which items come through are not up to the medium any more than what you hear when answering a ringing phone or see when reading an incoming text is up to you.
- ◆ **DON'T** rush into a reading before you and your discarnate are ready. There's no time limit on communication.
- ◆ **DO** choose a medium with care: choose one recommended by trusted friends or one vetted by an organization that uses transparent testing procedures. To choose one from a list, ask your discarnate to help you be inspired to 'feel' which one is right for you. The right medium for one might not be the right medium for another.
- ◆ **DON'T** forget that your discarnate is part of the reading. Let them know you'd like them to participate.
- ◆ **DO** know that a medium does not need to be in your area to provide a good reading. A phone reading is just as good, if not better, than an in-person reading. Your discarnate will be able to find the medium whether you are in the room with her/him or not.
- ◆ **DO** understand that a medium who charges more money or has more social media followers is not necessarily better (or worse) than any other medium.
- ◆ **DO** provide the information the medium asks for to start the reading but remember what you provide.
- ◆ **DON'T** give information beyond basic responses like, "Yes, that makes sense," "No, that's incorrect," "I'm not sure," "Sort of," "Maybe," etc., in response to questions the medium asks you during the reading.
- ◆ **DO** remember that your grieving can affect how you experience things including a mediumship reading.

- ◆ **DO** understand that it might be difficult to communicate with a medium once you are deceased and that, as a medium, it may be difficult to interpret all the symbols and other sensory information that you're seeing, hearing, smelling, feeling, and tasting during a reading.
- ◆ **DON'T** put too much pressure on the experience to prove your discarnate is still around. Just know it.
- ◆ **DO** record the reading or take notes (with the medium's permission) and review it later.
- ◆ **DO** remember that hiring a medium is just like hiring any professional service provider. Be sure that you understand what the medium will be providing and all the terms and conditions including the refund policy.
- ◆ **DON'T** use codes or riddles to prove the medium is communicating with your discarnate. Those can only prove that the answer exists somewhere in space and time, not that a discarnate is necessarily providing it.
- ◆ **DO** ask for information about how your discarnate will communicate with you after the reading.

CONCLUSIONS

A mediumship reading is a unique opportunity and having the information listed in the recommendations here will hopefully optimize the experience for you, the medium, and your discarnate. With these suggestions in mind, we hope you will be able to successfully prepare for, participate in, and reflect on a mediumship reading with ease.

MORE

Visit www.windbridge.org for more free educational materials offered by the Windbridge Research Center (WRC) including:

- [“The Potential Therapeutic Benefit of Mediumship Readings in the Treatment of Grief”](#) by WRC
- [“Testing Mediums’ Accuracy Under Controlled Laboratory Conditions”](#) by WRC
- [“End-of-Life Experiences: Advice for Caregivers”](#) by Patricia Pearson, MSc (article in [Threshold](#))
- [“The Afterlife as an Extension of Lifespan Development”](#) by Pamela Rae Heath, MD, PsyD (article in [Threshold](#))

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