

# Café Calm Courses



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What's It Like to Be a Medium  
PSYCHIC DEVELOPMENT  
KAY BEST

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Most people have some psychic/medium ability; some use it naturally, often as a child. If you think back, things happen, we say something, hear things, etc., and never really know what it was about, why, etc., and we may think of it years later, or we may not.

Many natural mediums find their path and go with it; others have no idea what it's all about unless someone else recognises it in them. I had no idea what or why I just knew things until I went on a couple of training days, received loads of information, and a lady at the end of the second day asked me what development group I had sat in! At that point, I had never heard of one and had to ask her what it was—that day changed my life! I sat in a circle for a couple of years; I was getting messages from the first week; however, I did not trust myself to give what I got. Because of this, I had a period where I was almost arguing with spirit. “why do you want me to say that? It doesn't make sense to me; if it doesn't make sense to me, how can someone else make sense of it?”. It took me a long time to trust what I was given enough to give everything to the person in front of me.

We do not stop learning with it; every spirit teaches me something and brings something else to the reading. I do lessons where I feel it was the craziest reading I have ever done, yet the person I am reading for is over the moon. It does not matter how trivial it may sound to you; it could mean everything to someone else.

Things such as Tarot, Numerology, etc., can all be learnt; even tarot readers get messages from spirit. Some use cards, numbers, etc., because that is how they like to work, but often, you will find elements of their psychic side coming into it.

So, how do we receive the information we get? It is always good to either sit in a circle, if possible or do a thorough course to understand better the differences between certain things and ways of working. Not everyone will receive the messages the same way, and even if you think you are working the same way as the next person, chances are, you are not! Developing yourself spiritually helps you become a better person, making it easier for the spirit to use you as a channel.

I also believe that whatever life we have led, however bad that may have been at times, those are lessons we need to learn! In giving information to your clients/people you read for. If you had not had those times, how would you be able to interpret the messages to pass on to them? It took me many years to get to that stage, and I didn't want to be going over things I had been through in my childhood. Still, if I hadn't had to live those lessons, I wouldn't be the person I am now so I could either use it to move forward and make the best of it, or I could keep living it, and it became my life, for life!

None of this says you cannot develop independently; of course, you can. Many books, courses, and information on the web can point you in the right direction. Regardless

How you learn, be it in a circle, on your own, or through a course, is about clearing your mind and doing what is suitable for you; it is the only way it can work.

## What is a Medium?

The difference between a psychic and a medium.

Psychic and medium are interchangeably used all the time in the media. But what is the difference?

A psychic can tune into the energy field of a place, person, area, building, or even object. They can also pick up on current events from the past and see possible future outcomes. A medium can connect with passed loved ones and provide evidential details about the deceased. A medium may be able to verify details such as how that person died, type of passing, age, personality, Job, Occupation, married/single, kids, hobbies, memories, and a message.

Mediums can receive messages from the spirit world, such as connecting with passed loved ones and spirit guides if you believe in them! I say if you believe in them as I work with or without them and have equally the same amount of information passed to me!

Spirit guides are higher vibrational beings who continue to work with us, providing wisdom and guidance. They channel this information through telepathic communication with spirit. Psychics will receive impressions from the auric or energy field of a person, object or telepathically. They do not usually work with spirit energy to receive information about someone psychically because they can sense it intuitively.

Psychics and mediums will receive information through their parapsychical or psychic senses, such as feeling, seeing, hearing, and smell.

Psychic development can assist in various ways, including life decisions, finding lost objects, and even finding lost people. It can help with relocation and heighten personal awareness. Mediumship is helpful when we want to connect with passed loved ones for messages or spirit guides for life guidance.

As you develop your intuition, you will notice the difference between psychic and mediumship impressions.

### Mediumship Is Based on:

What is most natural to you?

What comes easiest to you?

What makes sense to you?

What feels good to you?

It is essential to learn about different types of mediumships to understand the kind of medium you might be. Once you know your type, it will help you to set the intention and have a road map of how to get where you are going. With practice and in time, you may be able to do all types of mediumships. You may find that one kind feels most natural, or all may feel good. There is *no* one type of medium.

## Types and Tools of Mediumship

Whether it is acting/comedy, sales, banking, parenting, or organising our wardrobes, we all have different techniques and ways of doing things. The same is true of mediumship. All forms of mediumship serve as a bridge between two worlds. We all connect differently and have different abilities based on our individuality, personality, how we receive and communicate information, and our style.

There is no right or wrong way to connect in the world, just like there is no right or wrong way to communicate with spirit.

### A Few Different Types of Mediumships:

**Mental Medium or Spiritual Medium:** Use all their senses to connect, feel, receive, and deliver messages. This is the most well-known type of medium. Many people visit them to receive notifications from loved ones who have crossed. These mediums provide messages using their *claims*, a French word meaning clear. These are also the type of mediums you see on TV giving messages.

**Physical Medium:** Uses physical objects that they have around them to receive messages from the spirit. Examples of this include automatic writing, table tipping, candle readings, seeing ectoplasm, spirit trumpets, flower readings, etc. Many spiritualists use physical mediumship to prove there is life after death, working with the spirit to produce physical phenomena. You can learn more about spiritualists by visiting their websites.

**Healing Medium or Energy Worker:** Uses the energy field to heal the mind, body, and spirit. Many people report seeing loved ones, angels, guides, ascended masters, and more when working with energy. An example would be using hands-on healing techniques such as Reiki or other forms of hands-on healing.

**Channelling Medium:** Uses the physical body to give messages from the spirit. Unlike a spiritual medium, which uses their own body to convey messages, a channelling medium permits spirit to come into their own bodies. This is also known as trance. This takes some getting used to and is not recommended until you have been a spiritual medium for some time. It takes some getting used to and requires much trust and faith to hand over control of your body to your spirit. Edgar Cayce was well known for being a channelling medium.

Again, there is not one way to give messages. It is always lovely to connect with spirit in many ways. A suitable medium who understands genuine mediumship knows that labelling themselves and others is only used to describe a way of connecting. It is not to say that one way is better than another--how we give messages does not matter. Learn to appreciate the spirit and all the different ways notices are given. Remember that you can learn to connect with the spirit in several ways because nature is always open to communicating with you.

### Different Tools that Help You Connect with Spirit

Although these tools are not directly connected with mediumship, they are ways we connect with psychic energy. Psychic power is about the past, present, and future and often about making predictions. People like to see psychics to see what will happen in the future. Mediumship is giving messages and validations from those who have crossed over. It is the middle person between this world and the other side.

By learning new ways to connect with loved ones who have crossed over, we also learn new ways of joining in the living. Why? Because communication is the basis of all relationships-- here or there. By learning new ways to listen and express ourselves, we are connecting with people on the other side and learning to communicate more deeply with people here.

Talking to the other side is something all people can do. The only thing stopping most people is the belief that it is a "gift" for others and not them, that they cannot do it or are afraid to do it. These feelings stem from personal beliefs that took root in childhood and have grown.

Often, our earthly beliefs about what is right and wrong, or what is possible or not possible, hold us back. But why would some people be able to do this and others not? There are *no* chosen people. It takes the desire, practice, belief, and focus to connect, which we can all do if shown how.

We are meant to stay connected to our loved ones, even after they die. You hear all the time how people have dreams or occurrences and know their loved ones have given them a message. Many people believe they are receiving signs but do not believe they can go any further in communication with them. By learning to ask the next question, develop the skills we already have inside of us, and trust what we are getting, all people everywhere can connect with spirit.

There will always be people who say it runs in the family or it is generational. Some say talking to the other side is wrong for various reasons. For many people, mediumship is not a desire, so they never consider it.

Many of our beliefs are "earthly" beliefs. They have nothing to do with the other side or how the spirit works. When connecting with nature, we rise above all our preconceived earthly ideas and connect with another vibration.

Nothing is wrong with feeling love, staying connected, knowing our loved ones are there, and receiving messages. There is no bad in it. There's only love.

Sure, some people will use their "gifts" for evil, but that is true of people in *any* industry. There are shady salespeople, doctors, businesspeople, lawyers, builders, etc. There are also a lot of good ones too. Do not let their negative actions or earthly beliefs stop you from connecting with those who have crossed over. This group we can communicate with can include our loved ones, pets, guides, angels, etc.

Once you connect and feel unconditional love and wisdom from spirit, you will understand the bigger picture of who you are and what spirit really is and understand the truth of what we collectively are. Once you feel the love and energy of spirit, you will have a greater appreciation for this side and the other side.

With that said, no one and nothing can die--we only change form. As a glass of water slowly evaporates, it does not disappear; it simply changes shape. We do the same thing. There is no here and there. There is only one everywhere.

The first thing to do is understand this. When you understand and *know*.

### [New Communication Skills](#)

We need to learn to listen differently. By learning a new way to communicate with spirit, we also learn new communication paths with others. It becomes easier for us to decipher the differences in the various feelings we might be experiencing. We know that just because someone does it differently does not mean it is wrong or that our way is better. It just means that we learn differently.

When we connect with the other side, we are using senses that we have not consciously known we have used before. Opening those communication centres teaches us to see, hear, sense, feel, taste, and learn things differently. We are used to communication feeling like this: Someone talks, someone listens. Your experience with spirit will be a much more singular and deeper connection.

### Exercise – Clearing the Rubbish

***This should only take ten minutes and can be done daily for any reason, even when not developing or in meditation.***

Sit and allow yourself to relax, and imagine you are standing overlooking a deserted beach! There are five steps in front of you, and in a moment, you will walk down those steps; with each action, you can count from 5 down to 1 and relax that little bit more with each step. Once you are standing at the bottom of the steps, look around you; nobody is there to bother you, and no one wants anything from you. So, you can begin walking and relaxing with each step. Feeling that soft, warm sand beneath your feet, the sun's warmth across your skin, with just a hint of a breeze to keep you comfortable.

Listening to the birds as they fly overhead, the rustle of the leaves in the trees, and all the time, you are just relaxing and allowing yourself to go a little deeper.

You are listening to the waves, feeling the water trickling over your toes and relaxing all the time. As you continue this journey for a few minutes, I'd like you to think of the day's stress for a second. As soon as it's there, imagine that you can send it away from you, just a short way up the beach, but somewhere that you can't quite see right now, and then you will notice other things that may have happened in the last few days, it doesn't matter how trivial it may seem to allow it to go and just keep doing this.

In a short while, notice a pile of rubbish more prominent than you may have even realised you needed to get rid of! Beside it is a small rowing boat, then imagine that you can put all that rubbish into the ship. (This reinforces that you want/are ready to eliminate it).

Once all of that rubbish is in that boat, place a tarp over the top of it and secure it down and then push that rowing boat into the water's edge and watch as it peacefully and slowly starts moving out to sea, just gradually and slow to begin with, once you're sure it's moving out just take a languid stroll back along the beach, periodically looking over your shoulder to make sure the boat is still moving and notice that it gets smaller the further it goes out, further away and smaller as it continues on its journey!

As you continue to walk along that beach, still feeling the soft, warm sand beneath your feet, the warmth of the sun across your skin, and the sound of the waves, you can still feel yourself relaxing and notice how clear your mind is already feeling, and look back and notice that you can no longer see that rowing boat, it has gone along with all the rubbish that was

in your mind. So, you can continue back along that beach feeling more accessible and relaxed, but when you are ready, you can just open your eyes.

(This would work the same if you imagined walking in the country, putting the rubbish in a hot air balloon, and sending it away. With a clearer mind, you will find that meditation or any exercises you do to help improve and bring forward your psychic abilities will work quicker and better.)

There is no right or wrong way; there is nothing to make the next person better or worse when you're developing; everyone develops at their own pace.

Some people worry that they are mad, psychotic, or schizophrenic when they hear voices, get specific thoughts and feelings, etc., not realising they are picking up messages from those passed.

### Exercise to still your mind

To meditate or when trying to still/quieten your mind, you need to allow yourself 15 to 20 minutes at least. Some people use a timer in the beginning so their mind gets used to the required time; others go with it; it may take slightly longer, maybe a little slower!

#### *Sit somewhere quiet where you will not be disturbed.*

Sit as straight as you can with your feet on the floor. Close your eyes and begin to pay attention to your breathing. Take a slow, deep breath from as far down in your diaphragm as you can, nice and slowly, and then breathe out slowly. On the next breath, breathe in calmness and out any frustration. On the next breath, live in peace and relaxation and out any stresses or strains of the day left behind and keep on doing this.

As you breathe in, allow this relaxation to start going through all of the muscles in your body, slowly, surely, breathing out tension and allowing each in-breath to bring more peace with it and each out-breath to take any negativity.

***(If you prefer, you can play some background music to help relax you.)***

Notice how your mind starts feeling, as well as your body. Imagine you can move up and down through your mind; does anywhere feel more relaxed? Is there any place that needs more relaxation or to get rid of some more tension? If you need to imagine, there's a lift or some stairs in your mind so you can travel up and down through layers. This will help you relax even more.

Allow yourself to relax as much of your body as you can until you can relax all of it. This may take a day and a week, but you need to learn how to still your mind to go as deeply relaxed as you can before moving forward. Do this until you cannot move up or down anymore, where you feel you are totally in your own space and completely clear, no thoughts, no tension, just stillness and allow yourself to sit like that for a while. And when ready, open your eyes.

First, it can work better for you if you continue these exercises until you are comfortable doing them and can sit in the stillness for a while. It can happen quickly but mainly depends on how much time you must practice and your other commitments.

Whilst sitting and practising these exercises, you will find that your body may feel lighter. You may not feel the chair you're sitting on beneath you, but you may feel movement from the chair, around your body or even through your body. You may feel uncomfortable if you are in a group situation and feel that the next person is sitting far too close, yet it was okay beforehand; this is your personal space, your aura and sometimes, when you feel the vibrations from this and someone is that close you become aware of their aura too.

Once you have gotten to this point where you can begin to feel these things, you can take a further step, practice meditation at a deeper level, and practice different exercises to help you receive more messages. Do not worry if it does not feel like much information to start with; I cannot emphasise enough this will come with time. Do not panic. That will hold you back.

### **Mediumistic Reading**

Work in pairs, one acting as the medium for the reading and the other for the recipient. If possible, connect with someone in the Psychic Messenger group and either work in this group or, if preferred, work from your messenger.

Choose 1 of you to be the medium first and then swap over. So, whoever is the medium, sit still for a moment, relax, and let go of the silence.

It should not take long to achieve this state. At this point, ask your spirit guide to come into your space. Wait to feel the calling card and ensure you feel the presence of spirit before you proceed.

Ask your guide for permission to work with the recipient and if there is a loved one wishing to communicate.

If you are sure you have a link for the person, question the spirit who wishes to communicate.

When you have the first answer and are sure you are clear, let the recipient know what you are getting.

Work through the questions you would like answers to with your spirit link and try to get as many answers as possible.

Always tell your sitter exactly what is happening to you when you get an answer because they may be trying to communicate differently. Be aware of all aspects of yourself and any changes which come.



When you are confident that you have tried to allow the spirit to communicate all the information, you want to thank them and ask them to stand back.

Take a few moments to focus and relax your mind.

Allow your sitter to share any information they felt was relevant and to confirm whether they thought you had a link and a message from the spirit word for them.

## HOMework

Starting now, pay close attention to your sensations when conversing with someone.

What do you feel?

Are you getting any pictures in your mind?

Pay attention to things you usually do not when having a conversation.

Write down these feelings or impressions. Remember, there are no wrong answers, only what you are receiving.

Start thinking of how opening yourself up to spirit can help with your past, present, and future.

Draw three columns.

Under each column, write how a new understanding of how spirit can help you with the things that have happened, what is happening now, or moving forward.