

Certified Mediumship Training

Discovery Homework Module 1:

Creating Your Signs & Symbols Dictionary



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Signs & Symbols From Spirit

I always describe communicating with Spirit almost like a game of charades. As I grow in my mediumship, my list of signs and symbols from Spirit grows as well.

Over time I have accumulated hundreds of signs from Spirit! Just like in the game of charades, we know that tugging on the ear means “sounds like” or imitating the cranking of a camera means “movie”, or holding up three fingers means “three words”

Just like the signs we mime and have grown to know from playing charades, I have grown my own list of signs and symbols from Spirit.

For example:

Spirit tapping on the nose means “we look alike”

Hand over the heart means “I love you”

Pointing at the eyes means “glasses”

Flexing your arms means “Strong”

There are lots of different signs and symbols and I built this by writing down the messages I was given and how the Spirits gave me that sign. Your signs will be different from other mediums because Spirits know how to send you signs based on your own intellect and life experiences. They show you things that you relate to! For example, I recently had a Spirit who spoke about music and wanted me to mention the artist Prince. The way they did that was by showing me my friend Terry, who is a HUGE Prince fan! See, Spirit using my friend Terry as a sign to me wouldn't make much sense to you.

By establishing a list of the signs and symbols you receive from spirit, it makes your readings easier and stronger.

All You Need Is A Journal... And Spirit!

Your assignment this week:

 Buy yourself a beautiful journal!

Go to a bookstore and find yourself a beautiful journal that you connect with. This is a special book that you will really want to cherish and continue to use, so take the time to find a journal or notebook that you love.

While you're looking at journals, you may want to consider buying a few more for other purposes:

 Progress Journal: I recommend journaling your progress in your mediumship journey. It's always special to look back and see how far you've come, and how you've grown.

 Dream Journal: Keep this by your bed to write down your dreams and any messages you might have received.

 Readings Journal: write down some of your favorite messages and validations from Spirit in your readings.

You might want to add photos into this journal or maybe even draw in it.
There are no rules. Just make it your own! And have fun!