

### *My Journey Into Mediumship*

This story is about my journey into the world of Mediumship and how it has changed my life. A couple of years ago, I was home alone one evening and decided to try out the Ouija Board that my friend Lucy had gotten me for my birthday. Growing up with a psychic mother, I was used to being around the energy of all sorts of metaphysical phenomena. However, the Ouija Board had always scared me. My mom wasn't a big proponent of the board but once in a blue moon she would take one out and see what kind of messages she could get. She always told me to bless the board and ask for only highly evolved spirits to come through. Having had a bit of experience behind me, I said a prayer, asked if there were any highly evolved souls who wanted to speak to me and waited for a response. After about 15 minutes of sitting there with the board on my lap and my fingers on the planchette (the pointer that moves across the board to spell out words), waiting for something to happen, I started to lose patience and was about to put the board away. All of a sudden, the planchette started to move very slowly. The first thing it spelled out was my deceased grandmother Rose's name followed by the message "be a coach." I almost fell off my chair! I had a nice conversation with her for about 10 minutes and then she signed off. I was pretty excited and a bit unnerved knowing that I had just connected with a grandmother who I never knew in life but had just met for the first time in her spirit form. I called my mother immediately and shared my good news with her. She was very happy for me but not a bit surprised, as she had always told me that I had "the gift" (meaning some sort of psychic ability) but I needed to discover it in my own way. After that, working on the board became a common event at my house. As I got faster on the board and my skills started to develop, I would have friends and family come over for messages from the Spirit Guides. It was quite fun meeting all these new spirits; many of which were deceased family members. Then one night things started to change.....

I was on the board and my Guides (whom I lovingly call the "Relatives") told me that I no longer needed the board because I had actually been receiving my messages from them telepathically and not through the board. They said it was time that I started talking to them on my own! They proceeded to tell me how the board had basically been my set of "training wheels" to start the ball rolling for me to communicate with them. They knew me well enough to know that if I just started hearing them talk to me out of the blue that I would probably have fainted. By starting me out on the board, I would be able to pick it up when I wanted to communicate with them and then put it away when I was done. I was not happy about them taking away my "training wheels" but once I got the hang of speaking with them on my own, it was so much easier and the messages came in very clearly.

I must take a moment to explain how the "Relatives" energies come through to me. They each have very distinct personalities and they each feel very different to me when they come through. Some have a lighter feeling to them and some have a more serious tone to

them. Some have accents and some are jokesters. They can be extremely serious when they need to get a point across to someone or they can crack jokes with the best of them. My grandfather Willie, who always had an eye for the ladies in life, obviously still carries that same flirtatious persona in the after life. I was doing a reading for a friend of mine one evening when Willie came out with "Gee, she's a babe. If only she were dead. I'd love to take her out some time!" On another occasion, I had a client sitting in front of me who was wearing very strong perfume. I was gagging from the odor when my grandmother Rose chimed in, "that woman's perfume is so disgusting, we can smell it all the way up here in heaven." Needless to say, it was very difficult for me to keep a straight face and continue on with the reading as if I had just gotten some kind of important message for the woman sitting in front of me. I always have to warn people ahead of time that I never know who is going to come through or what they might say.

I have since been doing readings for people and have realized that this is my life's path. The "Relatives" have not only given me much guidance, love and support but have also had a huge impact on my family, friends and client's lives as well. They told me that one of the things I'm here to do for people is to introduce them to their spirit guides. This has been such a wonderful privilege for me to do this and to see the bond that develops between my clients and their guides. The transformations that occur in people's lives once they are united with their guides are simply amazing!

As a Personal Life Coach, I work in tandem with the "Relatives" to help my clients get on their spiritual path and get a new perspective on their life. It has truly been the most rewarding experience of my life and I treasure the wisdom, encouragement and determination they provide me to stay on my path and to bring their messages out into the world to share with the people who are ready to delve further into their spiritual journey.

To book a Mediumship reading or experience a complimentary coaching consultation, contact Jana Hollingsworth at **[jana@dreamsnmotion.com](mailto:jana@dreamsnmotion.com)**. Jana is a Life Coach, Medium and Human Design Analyst  
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