

SPIRITUAL PSYCHIC DEVELOPMENT UNIT 4

MEDIUMSHIP II: A HANDS-ON APPROACH



PACKET 1: THE MODERN MEDIUM & PSYCHOMETRY
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PRE-CLASS PREVIEW EXCERPT

UNIT INTRODUCTION

Welcome to Spiritual Psychic Development unit four. In the material from the previous unit, I introduced you to some of the most basic traditional concepts of mediumship, including what a medium is, what distinguishes mediumship from generalized psychicism, the different types of mediums, the astral plane, the importance of psychic protection, your spirit team, and how to have a personal séance.

This was your *introduction* to the basic concepts of mediumship. Since it was just an “introduction”, I tried to limit the material that was covered to the most basic & fundamental aspects of mediumship. This was to ensure that you had time to adjust to the more “other-worldly” aspects of mediumship development (such as the astral plane), and also to get your daily meditation practice going. I also wanted to get you accustomed to the idea of building relationships with the spirit world, especially with your own spirit team.

Now that you’ve officially had your introduction, it is time to take the “kid gloves” off and go deeper. In this unit, we will be taking a more “hands-on” approach to mediumship, both figuratively and literally.

When I use the phrase “Hands-On Approach”, figuratively speaking, this means that now you have been introduced to the “basics” of mediumship, we can go a step further, and teach you to implement the practices of mediumship in your **day-to-day life**. The expression “hands-on” is also used *literally* here, to refer to the practices of **psychometry** and **psychic healing**, which both rely heavily upon the actual use of the physical hands.

Basic psychometry was introduced at the end of the last unit. I hope to go further with this psychic skill in this unit, and to teach you the more advanced aspects of this practice. Depending on the rate and speed at which our group completes our psychometry lessons, we may also progress into the beginning of psychic healing in this unit (or, we may save that for the *next* unit). In any case, the “hands-on” mediumship approach that I am sharing with you here will provide you with the tools for gathering psychic data in nearly any type of setting.

In addition to covering various aspects of advanced psychometry (and possibly introducing psychic healing), we will also begin exploring what it means to be a “modern medium”. In fact, you might even consider “the modern medium” to be our *sub*-theme for this unit, as in the “hands-on” approach that I am teaching you (and the idea of integrating

mediumship skills into daily life, rather than keeping them separate) is a very contemporary approach.

This is the first of five packets in our “**Mediumship II: A Hands-On Approach**” unit. In this first packet, we will be exploring what it means to be a “modern medium”, and introducing the fundamentals of psychometry. Although some of what I have written here on psychometry might be familiar to you (especially if you have taken a psychometry class with me before), most of it will probably NOT be something you have heard before, as I tapped deep into my inner knowledge bank to bring forth new & illuminating concepts for you in this packet.

I sincerely hope you that enjoy working with the ideas in this and future packets, and find spiritual enrichment here. Good luck on your path of study...Good luck on the path of knowledge. May all the power of the Universe be with you.

Many Blessings,
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Relevant Definitions from the Previous Unit:

***Psychic...**General, all-purpose term used to describe the non-physical & spiritual senses, and their related phenomenon. Also “psi”. Psychic is an umbrella-term that refers to the use of the non-physical senses in any & all capacities, including telepathy, prophecy, clairvoyance, remote viewing, clairaudience, clairsentience, energy sensing and healing, psychometry, and more. Mainly deals with sensing (and directing) *energy*, especially the energy of places, objects, and living people.

***Mediumship....**Spirit Communication....The ability to communicate with spirits on the astral plane and be receptive to spirit influences. Mediumship is a specialized kind of psychic communication that traditionally deals mainly with the spirits of the so-called “deceased”, although technically *any* kind of spirit (including fairy, angelic and other non-human entities) can be reached. Mediumship is also a form of spiritual development that assists one in becoming less materialistically orientated and more spiritually focused.

***Medium....**One who acts as a channel for communication with the spirit world. Also, one who consciously communicates with Spirit/spirits.

Remember: A medium is always a psychic, but a psychic is not always a medium. Although both mediums and psychics can read energies, not all psychics chose (or know how) to consciously commune with spirits.

A medium is not only interested in reading energies or knowing the future. One of her primary focuses is on building a relationship with the spirit world, especially her own spirit guides and passed-on loved ones. A medium can do anything that a psychic can do, except that she usually does it with the help of the spirits.

MODERN MEDIUMSHIP..... This Ain't Your Momma's Mediumship

Gone are the days when mediums work only from the platform or in dark séance rooms. Today's mediumship work is just as likely to be done over a cup of coffee with a friend or in an office cubicle.

Gone also are the days when only a few "gifted" from birth could ever hope to make contact with the other side. True, there are still those "naturally-gifted" mediums who developed in childhood and have exclusively devoted their life to the work of mediumship and psychic communication. However, many of the mediums of today are also nurses, doctors, lawyers, mothers, wives, husbands, accountants, secretaries, teachers, laborers, law enforcement officers, social workers, and other kinds of so-called "ordinary" people.

The mediums of yesterday were quaint and novel characters who often moved in different circles than "ordinary" people. Mostly because they were never completely taken seriously by society, many of them were forced to work from the "stage". When they *were* taken seriously, mediums of the past were often elevated to an almost "God-like" status by their followers. In many ways, these mediums were a product of their times, times when society would not or could not yet accept the innate psychic ability inherent in humans, or its potential relevancy to day-to-day life.

Times have changed, and the consciousness of modern society has changed.

While there are still many "skeptics" and so-called "non-believers", mainstream society is beginning to open its mind to the possibility of many kinds of psychic phenomenon, especially energy healing, telepathy, and communication with the dead. This more wide-spread interest in (and in some cases, acceptance) of psychic phenomenon can be at least partly credited to the increase in popularity of quantum physics, whose theories often have a way of "proving" how various psychic phenomenon are possible.

Also contributing to the rising acceptance of mediumship and psychic ability in our society are the various medical and psychological studies that have been done in recent years relating to spiritual and psychic phenomenon. As a result of these studies (and also partly as a result of strong anecdotal evidence), energy healing is now being practiced right along with traditional allopathic medicine in some hospitals

(www.thechiropracticjournal.com/news9.php?M=october&Y=2010). Prayer and consciousness are also beginning to be more understood as powerful contributors to healing.

But the studies being done do not only apply to physical healing. More and more researchers are becoming interested in human consciousness itself, and what potential this consciousness has for so-called “extra-sensory” abilities and perceptions.

For example, in early 2011, a study by the prominent social psychologist Daryl Bem (Cornell University) on “*Feeling the Future*” was published in the respected “Journal of Personality & Social Psychology”. This paper (written by a respected researcher) relates to the psychic experiences of *premonition* and *precognition*. It offers “statistical evidence for PSI”. At the time this packet was written, you could read the paper on-line at:

<http://dbem.ws/FeelingFuture.pdf>

Because it challenges the long-held traditions of the orthodox view of reality, Professor Bem’s paper is highly controversial. Already, those researchers who are antagonistic to the possible reality of psi are planning to set up similar experiments with the hope of *dis*-proving what Bem’s study proves....mainly, that it *is* possible to predict the future (at least under some conditions), something that psychics and mediums have known for centuries.

So as the science catches up, society catches up. And as society changes, so do the mediums and psychics that it produces.

The Modern Medium

The modern medium must live with her feet in two worlds, so to speak. Firstly, she lives in the so-called “ordinary” day-to-day life of the “ordinary” human. She eats, drinks, loves, works, and must earn a living like the rest of us. Unlike mystics of the ancient past, she does not live in a monastery or a cave, because all of the good caves are already taken (smile). Besides, even if she *was* able to secure a cave to hide away in for a months or years, the exact location of that cave would be easily available to any one who wanted to find it (or her) via google. She lives in the days of “global connectivity”. There’s just no “getting away from it all” anymore.

What makes this woman (or man) different from all of the other so-called “ordinary” human beings is that she has an *extraordinary* relationship to the realm of spirit. Yes, she lives in the so-called “ordinary” world, but she does it with an extraordinary consciousness, and a higher awareness than what the average person possesses.

She pays attention to things. She doesn't just sleepwalk through life. She is alert, and notices what is happening around her, on all levels. She is aware of the vibrations in her environment at all times. She notices when her energy field is being disturbed by destructive or unproductive thought forms, and does her best to intentionally neutralize these undesirable energies. Unlike the so-called "average" person, she is in charge of her own energy field and what enters it.

The modern medium is like a radio who knows how to tune into spiritual vibrations clearly. Unlike a radio, the modern medium never turns herself "off", as she knows it is important to be in-tune with spiritual guidance at all times. However, she does have different levels of sensitivity, and depending on the situation and need, she can turn her sensitivity "up" or "down". Nonetheless, she always has her psychic radio turned "on" to one extent or another. Guidance isn't something she reserves only for when she is on the platform or doing a reading for another. She is constantly communicating with the spirit world, and seeking its guidance.

Many mediums of the past focused almost exclusively on "making contact" with humans who had passed-on to the other side. Today's medium still desires to make contact (or *keep* contact, depending on how you want to look at it) with her passed-on loved ones. However, the modern medium is just as likely to commune with angels, fairies, devas, nature spirits, and higher level spirit beings, as she is to commune with a passed-on human spirit. For today's mediumship isn't focused only on proving the continuance of life after death, but also providing its practitioners with a path for higher spiritual evolution and growth.

Because modern life does not allow most of us the luxury of living in a cave or escaping to a commune, the modern medium must know how to work in any setting. She must be able to move quickly and easily in and out of trance. She must be flexible and adaptable and able to tune into psychic guidance while talking on the phone or sitting at her computer just as easily as she could while giving messages in a séance room or standing on the "platform". Indeed, **it could be said that *everyday life* is the "platform" for the modern medium.**

Of course, we still have our circles, séances, and our "platforms" in our cherished traditions. These practices will probably always be part of the development of mediumship in one form or another, and for good reason too. Whenever you gather together a group of like-minded psychic "believers" (or at least those who *want* to believe), it has a way of accelerating the spiritual and psychic development of all present. However, the modern medium understands

that true mediumship is about much more than just standing on a platform and delivering a message. **Mediumship is a way of living life in constant and conscious communion with the helpful and loving spirits.**

Mediumship is also about living day-to-day life with a heightened awareness and increased psychic perception. A true medium isn't only "psychic" when she is standing on the platform or doing readings. True, her abilities will probably be heightened during these times due to the highly "charged" energy of the atmosphere. But the modern medium understands that she needs her psychic perception when she is going grocery shopping just as much as she does when she is standing on the platform or doing a reading.

Technically, to be a medium, you do not even have to do a single "reading" for another, as true mediumship is about your own personal communication with the spirit world, and not necessarily your communication with other incarnate beings. However, mediums have historically used their higher awareness to bring comfort to the grieving and the bereaved. Even if you do not consider yourself a "reader", it is likely that at some time or another in your development, you will feel led to share a psychic revelation or insight with another that could be beneficial to them on their path. If you're on this path, Spirit (or a particular spirit) is likely to nudge you to "speak up" from time to time.

Not all people who study mediumship will go on to do readings or become ministers (at least, not in the traditional sense of these words). But almost all who embark on this path *do* go on to offer spiritual guidance and support to others in their lives in one way or another. Every medium is called to use this knowledge in a different way. Your spirit guides, and the Holy Spirit itself, will lead you as to what is appropriate for you in terms of sharing and developing.

Whether you use this knowledge in a very public way to serve thousands, or in a more private way to benefit yourself and your family, it makes no difference. What *is* important is that you are opening up and developing your consciousness, and tuning in more deeply to energy and the reality of the spirit world. *This* is what makes you a medium. Gone are the days when only those who could deliver a message on a stage would be called "medium".

On the other hand, if you feel called to serve in a more public way as a medium, I encourage you to "go for it". We need workers to man our circles, séances, and platforms, and we also need high-quality psychics & mediums to deliver readings, teach classes, and inspire us with their writings and talks. Not everyone can be the "prima ballerina", so I encourage to not

get too wrapped up in your ego or in attempting to be “better than” other psychics or mediums. Concentrate on doing the best that you can in your development, and practice regularly. If you truly have a “calling” for mediumship, it will unfold over time, and there will be nothing that you can do to stop it.

Exploring YOUR Life as a Modern Medium

Here are some ideas for how you can apply your mediumship awareness in your day-to-day life....

For Self

- 1) To gain creative inspiration
- 2) To get guidance about “practical” matters, such as relationships, finances, & career
- 3) To lead you in the direction of your higher purpose
- 4) To enrich your sense of higher love (through spirit communion)
- 5) To communicate with passed-on loved ones & spirit helpers
- 6) To assist you in any self-healing efforts
- 7) To unlock greater spiritual knowledge
- 8) To facilitate a sense of deeper inner peace
- 9) To help you become more of your “true self”
- 10) To protect yourself from the intrusions of negative energy & negative people
- 11) To connect with joy
- 12) To enhance or learn new talents & skills

For Others

- 1) To offer wise counsel & advice
- 2) To comfort or console
- 3) To inspire & encourage
- 4) To bring assurance of the continuation of life after death
- 5) When appropriate, to give a “reading” or “message” from the other side
- 6) To assist them in *their* self-healing efforts
- 7) To teach a class or lecture (educate others)

- 8) To help them feel more at ease with their *own* psychic & mediumistic inclinations
- 9) To help establish a field of “protection” around them (especially when they do not know how to do this themselves)
- 10) To listen
- 11) To share the truth
- 12) To just “be there” for them, even in difficult times

For both yourself and others, mediumship can be the doorway to KNOW YOUR TRUTH, and the key to always SPEAK YOUR TRUTH, or be silent.

Journaling Exercise #1: *What Does It Mean To Be a Medium?*

I invite you to take a few moments now to meditate on what it means to you *personally* to be a medium. What is *your* definition of what it means to be a medium in the times we are living in?

On a personal level, do you feel “called” to serve as a medium in a more public way? If so, in what ways? Perhaps you feel that it is more appropriate to keep your mediumship abilities “private”, between you and just a few friends or loved ones. What are some ways that you can think of for utilizing your mediumship awareness to help enhance your day-to-day life?

Spend a few moments meditating and journaling on these questions now. If you’d like, you can write some of your responses in the space provided below.