

Basic & Advanced Mediumship Home Study Course

...From Lesson 3

Making Your First Contact with a Spirit

By now you have been practicing the basics of grounding, protection, and hopefully, meditation. You have learned in Lesson 2 about the different types of mediums and how they work by utilizing their various Mediumistic channels to communicate with Spirits. And, you have learned by taking the **Profile** exercise what your current strengths and weaknesses are. It's time now to begin putting this into practice.



Below is an activity which should help you get a sense of what it's like connecting with the Spirit realm. In this first attempt, being relaxed, receptive, and without expectation is your best bet for results. Even if you might think responses and feelings experienced in the exercise are just your imagination, remember you must trust the process.

This is a beginner exercise for getting your feet wet in making contacting with the Spirit World. Consider this a very basic exercise. We will be covering more intensive Spirit communication techniques and exercises in the lessons to come.

Making Your First Contact Exercise

I suggest you record the steps below on some sort of recording device before trying it. This will help you to put all focus on the activity itself.

Think of someone you have lost in your life and would like to speak with again. If you don't have anyone, think of an important person you would like to make contact with and possibly receive some guidance, *e.g. Gandhi*.

1. Hold that person's face in your mind for as long as you can and try and feel their essence.
2. Now imagine you are in a beautiful room.
3. Visualize two comfortable chairs to sit in.
4. Now imagine that this person is beginning to materialize in the chair next to you...

For the Highest and Best

As mentioned before, one of the most important opening phrases you will be using in all your own developmental and circle work is to declare either mentally or out loud, that all messages received and passed along are for the highest, best, and good of all involved. By doing this you are insuring only positive and accurate information comes through. Furthermore, by setting this intension, you are creating a space or bubble which vibrates at a high frequency thereby boosting the level of quality for communication.

If at any time during your development or circle work, you feel something is not right or communications seem negative or abusive, then immediately STOP and cleanse the room.

Other Prayers you can use:

We ask in all that is holy that the highest and most pure beings of Light be with us in our endeavor to learn how to and communicate with Spirits today. We ask for knowledge, wisdom, and guidance for the highest and best for all involved, whether they are here in this room or residing in the World of Spirit.
Amen

From Lesson 5

How Does Ectoplasm Form?

Ectoplasm is a byproduct of the etheric body which we touched upon on the previous chapter. It is a life force agent which actually has weight and density. As you may recall, the etheric body is the exact double of the human physical body atom for atom. It is comprised, not of solid matter, but ether. Where physical matter is comprised of solid, liquids, and gases, the etheric substances are electric ether, pranic ether, light ether, and reflecting ether. These ethers, in order, are more refined and vibrate at a higher level than the one before it. They are so subtle in nature, they are even less dense than the lightest known element of hydrogen and can only be perceived through the para senses (our 6th senses) until projected from the medium's body.

Most people have their etheric body very tightly intermeshed with the physical body. In the case of the physical medium, the etheric body is not so tightly connected. The size of the body does **not** matter in order to produce an abundance of etheric matter. The four fluid ether substances contained in the etheric body are in various proportions with a nature so subtle; they can be influenced by directed mind energy.

Where Does the Spirit Control or Operator Come into Play?

At some point in the physical medium's development, there was a trust relationship established with a Spirit Control (some put the Spirit Operator into this role as well). The physical medium separates their...**MESSAGE BEARER/MESSAGE RUNNER:**
When we wish for things either consciously or unconsciously, a psychic message

ripples out into the ethers. If the wish coincides with our spiritual pathway, a runner is dispatched to bring the request to those on higher levels for consideration. Basically a runner is just that. Moving rapidly back and forth, he is constantly on the move. A message bearer on the other hand brings the message back directly to one our spirit guides or delivers the message directly to the incarnate person. This could come in the form of a dream, a thought, or a strong feeling.

JOY GUIDE: A joy guide is a highly intelligent Spirit whose function it is to bring lightheartedness to you and help you to have a balance between recreation, work, and all facets of your life. This wonderful guide usually manifests as a child or young person of either gender and is very eager to serve when called upon.

The Outer Band of Guides

Referred to as specialty guides, these guides are known as the *outer band* of guides available to us when we have new interests and needs. Their remembered expertise, talent, and knowledge in certain areas can be of great help and guidance. For example, someone who was a medium and is passed over, can be of assistance to an individual on earth developing Mediumship.

If You Are New to Working with Your Guides - Ask for a Message or a Sign

Ask for a reasonable message that can be verified within 7-10 days. If it doesn't work the first time, try again by rephrasing the request. Ask for messages for friends, family, reasonable favors, and for assistance during trying times. Spirits will not do the work for you, but they can assist. All you need to do is to ask.

Take a walk with your guides. Arrange and set aside a time to mentally communicate with them while walking in a peaceful atmosphere, such as a park or in the woods where you are not likely to be disturbed. You can also try a group exercise in which you can arrange a time when everyone is sleeping for a mental meeting. Simply ask your guides to take you there right before you go to sleep. Later, compare notes with others in the group as to where everyone "went" to and what was discussed.

MEDITATION 1:

Below is a meditation in two parts to meet one of your Spirit guides. You can put this on tape and work with it. Again, don't forget to do your **GROUNDING** and **PROTECTION** before any meditation or type of Mediumship exercise.

Sit quietly with your feet on the floor and direct your attention and consciousness to the area between your eyes which is known as the Third Eye. Envision this area as a

glowing and brilliant crystalline ball of light. As you inhale, feel and see this area warm and brighten the ball of light. Hold for a count of ten; exhale slowly. Do this again and exhale slowly. One more time--bring in the light, and exhale slowly. Now, as you inhale, draw the light backward from the brow area, through the head and then to the point of the crown which is the area of the crown chakra. This chakra awakens higher self-consciousness and creates a union with the Spirit realm. As you visualize this ball of light moving backward, also imagine a bridge of light, a rainbow bridge, being formed between the brow and crown chakra...

Important points to remember:

- Remember to do your Protection Affirmation (review lesson 2) before performing any type of Mediumship or meditation exercises.
- You might ask for protection for the person you are working with which brings with it an added safety feature for you. It's no fun to pick up other people's stuff.
- Always ask for the Highest and the Best to come in and thank your guide(s) for working with you.
- Keep Ego out of it, as it is not you, but Spirit that is working through you. Excessive Ego can cause your some of; your primary band to pull away until you start getting the picture of what true spiritual work is and the humility it requires.

Summarizing Spirit Guides

All of us have them. They are all around us if we could only perceive them. Often confused with angels, they are souls who walk amongst us who are here to help, offer guidance, comfort, and yes, even advice. Just what are these spirits and where do they come from? They are what are known as Spirit guides and they come from the Realm of Spirit, or what's termed the *Other Side*.

A Spirit guide, unlike an Angel, was once a human being. They lived their lives (probably many of them), performed their life tasks, died, and crossed over to the other side many times. There may have been a choice at some time to remain in Spirit so the soul could learn and spiritually advance while helping incarnate souls living on earth to learn their life lessons.

Spirit guides, as former human beings, are well aware of the mundane problems we

face in our everyday lives. They were once concerned with similar earthly matters and decisions. They tend to have specialized areas of expertise often based on past personal experiences or careers they experienced when incarnated.

How many can we have? At any given time, you could have as many as eight.

THE OTHER REALMS OF HEAVEN



The Angelic Realms

The subject of angels is covered in this Mediumship course because I truly believe since all is connected, it is important to have a basic understanding of who and what they are. Angels **do** watch over us when we do Spirit communication.

The word *angel* in English is a fusion of the archaic (old) word *engel* (with a hard ‘g’) and the Old French *Angele*. Both are derived from the Latin *Angelus*, and thence the Greek word *Angellos* ('messenger'). Angels are celestial beings which vibrate at a much higher frequency than spirit guides. Angels are different from guides in that they have not lived an earthly incarnation. They do not have karma or evolutionary issues to work out. There are a few exceptions which you will read about shortly.

Angels are androgynous (neither male nor female), however, they could appear in male or female forms at will. Most of the Archangels, however, appear as a male.
rage...

As Guardians

There are several types of guardian angels which are not necessarily assigned to individual humans. For example, a nature angel is guardian or protector of a particular area on earth and might care take an ocean. Archangels such as Michael with his sword of truth, serve as guardians for the entire planet.

Messenger angels are angels that sometimes take on human form for short periods to give you message, offer help in times of danger, or teach an important lesson. A guardian angel is your personal protector that is looking over you always. Your

guardian is a very special kind of angel that is with you from the moment you are born to help you move towards the light...

The Spiritual Hierarchy

Presented below are the nine orders of angelic beings (1 being the highest order closest to the Divine Source). Think of these spheres as rings around the Divine Source like the rings of Saturn.

THE FIRST SPHERE -- Angels who serve as heavenly counselors ...

1 - SERAPHIM: The highest order of the highest hierarchy are the Seraphim; the celestial beings said to surround the throne of God, singing the music of the spheres, and regulating the movement of the heavens as it emanates from God.

2 - CHERUBIM: The Cherubim, the second order, are the guardians of light and of the stars. Completely remote from our plane of reality, their light still touches our lives as the divine light that they filter down from Heaven. Lucifer (Satan/Devil) is known as the 'angel of light,' whom God's light shown through before his fall from heaven....



Short Descriptions of Archangels Best Known To Us

MICHAEL (Archangel): Michael is surely the best known of the Archangels. Michael is acknowledged by all three Western sacred traditions. He is believed to have appeared to Moses as the fire in the burning bush, and to have rescued Daniel and his friends from the lions den. To Christians, he's the angel who informed Mary of her approaching death. Islamic lore tells us that his wings are the color of 'green emerald and are covered with saffron hairs, each of them containing a million faces. In the Dead Sea Scrolls, Michael emerges as the 'Prince of Light' fighting a war against the Sons of Darkness in which he leads the angelic battle against the legion of the fallen angel, Belial.

Michael is the protector of the Christian Church, guardian angel of Israel, and commander-in-chief of God's angel armies. He led them during a war in heaven in which Satan and his fallen angels were driven out of the clouds. Christian art and iconography shows Michael with a sword or with a scale weighing the souls of the dead...

GABRIEL (Archangel): Gabriel in Hebrew means 'man of God', and is seen as God's messenger. Described as a human figure with long hair and multi-colored wings, he is often depicted holding a scepter or lily. Gabriel seems to be a most frequent visitor from the higher realms. He astonished Mary, and her cousin Elizabeth, mother of John the Baptist, with the pronouncements concerning the births of their respective sons.

In Jewish legend it was Gabriel who parted the waters of the Red Sea so that the Hebrews could escape from the Pharaoh's soldiers. According to court testimony of the time, it was Gabriel who came to Joan of Arc and inspired her to go to the aid of the dauphin (the eldest son of the king of France). (Joan of Arc also communicated with St. Catherine during that time.) Gabriel's apparent ongoing interest in this planet is most probably due to his function as heavenly awakener, the angel of vibratory transformation.

Lesson 9

A Suggested Séance by Steps

The Preliminaries:

Scout a location where you can burn candles and/or incense. Screen participants and tactfully exclude those who you don't think can handle a séance psychologically. If someone wants to attend who has just lost a loved one, gently suggest they come back in three to six months. In some cases, it is permissible to have an attendee who has just lost someone. Use your discretion but be ready for a strong emotional reaction when contact is made. Children must never participate in a séance. The minimum age should be 18. If friends or relatives of the sitters want to sit in the background, you need to use your discretion and decide if you wish to allow this. Once again, it could negatively affect the outcome of the session.

1. Set the time and date and gather together the people who will participate. According to some of the old timers, the number of participants must be divisible by three. But this does not seem to be an absolute rule. No fewer than four people should attempt a séance.
2. Using a round or oval table with a nice plain tablecloth is best for a séance. This helps create the symbolic circle believed necessary an easy flow of energy. A circle of chairs works well too. If no oval or round table is available, you may use rectangular shaped table. The exception to this is if you are at a Spiritualist church and a medium is giving messages to people from the platform. In this case, the chairs are placed as they would be in a church setting.

3. In the center of the table, place white candles and cut flowers or a potted plant. These may be placed on the floor on a table cloth if chairs are set up in a circle....

Lesson 11

Trance can occur at different levels ranging from light levels of consciousness to a deep trance state as in inspirational channeling or overshadowing. In trance Mediumship work, Spirit guides who have a strong connection with their medium are able to come very close to them. At times, they may even completely take control of the apparatus of breathing and subconscious mind of the medium. This connection induces the feeling that the guide has walked into their auric field or even into their physical body. We know that in a normal state of consciousness, the auric field extends out from between 2 to 4 feet dependent upon how the person feels. In a very deep altered state, the energy field and sensitivity may extend out a lot further—to possibly 20 feet.



There is usually a reciprocal mental agreement made beforehand that the Spirit control is able to take **complete** control of the medium if the medium is pliable enough. It's like "borrowing" the physical body of the medium for the duration of time they are in the trance state. Some mediums may have evolved a kind of mechanism which helps with the energy transference. I read the great 20th century medium, Eileen Garrett (pictured right), would sit in a chair and interminably yawn and yawn in an exaggerated manner until she achieved...

Illustration 2.



On the next page you will see what is termed, "The Ice Berg Model" (Illustration 3). It is a perfect example of the differences in brain wave cycle measurements when going into successive deeper state of consciousness.

Illustration 4 is a loose representation of our brain waves at both ends of the spectrum. The higher **beta** brain waves are a continued line of tight waves which represent our normal waking state. The lower **delta** brain waves pictures pictured are the 1-3 cycles per second and you can see the marked difference in how the brain waves are much

more widely spaced and smoothed out during the cycle. Of course, our actual brain waves never look this neat when recorded due to the continual spiking of our brain activity—even while sleep.

The following exercise will help you control your brain waves and learn how to drop into a deeper state of relaxation and trance.

Exercise for Brain Wave Control:

1. Go into your usual preparatory state for doing a meditation exercise. Imagine the lower line of brainwaves as a white wavy line in your inner vision against a dark background...

Working with Your Control (Spirit operator)

In deep (or unconscious) trance states, very often a medium has a Control (Spirit operator) working with them. This guide may have been with you since the beginning of your studies or appeared to you somewhere along the way. If no one has come forth, you may again ask for one. The famous Doris Stokes had a Control who came to her in the beginning of her trance Mediumship development. So, she did just that. He asked her to be available to him in meditation every evening at 11PM and their learning to work with one another began. Over the months she grew to trust and rely on this guide for her work. Doris became a very well-known trance medium in the UK and in the United States in the 1950's and 60's. She was often on American television talking about her life as a Medium and doing demonstrations on shows like Merv Griffith. A very down to earth and practical person of modest means, Doris was very popular and always freely used her abilities to help others.

If you recall, the three most important ingredients for successful Spirit messaging are:

Contact * Description * Message

These important three things should come through in a circle. The description, of course, is the evidence and validation of who is coming through.

How to put all this into practical application:

- The room should be dark or dimly lit. It must be a quiet place with no interruptions. Remind people to turn off all phones and cell phones. Children, friends, significant others, and pets should not be included for any reason unless someone in the group is physically challenged a... “seeing eye dog, for example, to be participating? Only you or the facilitator can decide this...