

THE BRILLIANT MEDIUM

Full Development
Certification Training

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IMAGINE SPIRIT



Complete Mediumship Home Study Course

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Total and complete Mediumship
training covering most topics and
developmental exercises
necessary to become a full-
fledged medium

*“A medium is a connecting link between this physical
world and the world of Spirit. Anyone can learn to act as
that link. Anyone can become a medium.”*

~Lady Ann M. Burdock 19th Century Medium

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Disclaimers

The information in this course comes from years of research, my own experiences with the faculty of clairvoyance, working with thousands of clients and students, and innumerable studies I have undertaken. Students will progress at their own rate. Success resulting from the techniques offered will depend on the student's dedication and practice of the exercises set forth. While every attempt has been made to verify and provide the most accurate information, the Author assumes no responsibility for errors, typos, omissions, wording, or contrary interpretation of the subject matter herein.

This publication has made every attempt to provide all information that is currently available on the subject; however, the serious reader may find certain areas of information not covered.

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Everything written in this handbook is a matter of years of study, personal experiences, and teaching countless individuals in the art of Mediumship development.

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Everything the student decides to do whether as a result of this course, or as a result of their own studies, will totally be the student's own personal decision and experiences.

As with any endeavor, results may vary and are based on individual capacity, dedication to development, paranormal experiences of any kind, and prior and/or attained expertise.

The use of the information provided and supplemental audio files purchased, or classes, should be based on diligence and the student agrees that Imagine Spirit and Carol Nicholson is not liable for any success or failure of Spirit explorations, be it business or personal that is directly or indirectly related to purchase and use of this information, product, and/or service.

How to Take This Course

This Home Study Course is the foundation from which your new or current Mediumship abilities will be greatly enhanced. If you are currently seeing or sensing Spirits, this guide will help you to control when or where you experience the phenomena and how best to work with it. Our goal with this study guide is to promote a greater sense of confidence and expertise for contact with Spirit whether you are a beginner or are already practicing Mediumship. We feel the more you know about all the facets of Mediumship, the better equipped you are to practice the art. Knowledge is power and the course information provided comes from years of practice, study, and working with hundreds of students just like you. Finally, this course will create a solid foundation for you to work from for years to come and, will assist you in becoming a truly accomplished medium! Read the following carefully:

Read the lessons thoroughly and do the exercises and quiz at the end of each lesson. For examples given to search the internet for additional information, please do so to augment your knowledge base. Review often. If you get tired or frustrated for any reason, stop for a bit and return to the lessons later on. Frustration and or anxiety will only stop the flow of Spirit communications coming to you.

Please do not rush through these lessons. True Mediumship development takes time. Start a study group or join one nearby if you possibly can. Feel free to print your Mediumship Glossary of Terms provided to you and refer to it when needed.

If you have questions about the course materials, just send an email *to* info@imaginespirit.com with the **question and the lesson it pertains to.**

Practicing the Exercises:

There are many developmental exercises presented throughout the entire home study course. The *Complete Printed Mediumship Home Study Package* includes an audio-only materials DVD of all the Exercises in the handbook recorded and a real Live Class MP3s to follow along with as you work through the course.

We realize it's impossible to do all of the exercises presented in this course every day. We suggest you pick an exercise or two from each lesson and work with each for a while. Experiment with the exercises that you feel you need the most. Then choose the ones you wish to practice with throughout all the lessons. This way you can get the most out of the exercises presented.

General information, addendums, and questions about the course materials:

Even though we have made every effort to present the course with as much factual information due to the experience as a medium Carol Nicholson has garnered, there will be times the student may not agree when what has been set forth. Also, some students have taken other courses and have their own way of doing things. This is perfectly fine. The purpose of this course is not to change how one perceives and makes spirit contact if already doing so. Our goal is to enhance any abilities and training you may already have. Ultimately, it is you who will be doing the Spirit communication and you need to be comfortable with how it is accomplished. Also, we would just like to mention, if you see something which is confusing or concerns you about the wording of the lesson, send an email to:

<mailto:info@imaginespirit.com>. As we are constantly striving to provide the best in training and information available for your development, we are always open to

suggestions and have in the past, sent out addendums and updated course material versions containing added information and other changes.

Resources and Suggested Books:

This handbook is used for the Mediumship Training by Phone Program and the In-person Mediumship Training Intensives which I hold several times a year. There will soon be Advanced In-Person Intensives offered for those who wish to take them.

I first started this home study course project in the summer of 2008 expecting to have it finished in a month. Little did I know that the endeavor would take almost 12 months to complete. I have to say that even though it was extremely time intensive, it has been most definitely been a work of love.

I am often asked what resources I have used in the formulating of this program. As mentioned in the disclaimer, the information contained within has come from countless years of study, sitting in development circles, reading others, and the most vital resource of all, the students who have come to me for training just like you. I would like to take this opportunity to thank them all for their dedication, hard work, and their amazing connections to the Spirit world which I claim no credit for.

Important Notes: If for any reason you are not feeling well or you have any uncomfortable physical or emotional sensations while doing the course work, please stop until you feel better. We are not responsible for any condition the student might suffer from doing the course exercises.

Also, for those wishing to become a professional Medium and either charge for their services, or offer voluntary help via Mediumship or teaching others the techniques within these lessons, we are not responsible to any party whatsoever, for any outcome of a session(s).

If you wish to become certified, the Mediumship Certification Process is covered at the end of Lesson 12.

I also suggest you practice as much as you can to achieve true Spirit contact. See *Practicing Spirit Communication on page 10*.

I sincerely hope your venture into this realm is as exciting for you as it was for me. I welcome you now to the Mediumship Home Study Course.

Enjoy!

Carol Nicholson, Ph.D.
Certified Psychic Medium

Updated: January 2017

INTRODUCTION

“Never utter these words: ‘I do not know this;
therefore, it is false.’”

“One must study to know, know to understand,
understand to judge.”
(Hindu Philosopher)

Welcome to an amazing home study training course for the development of Mediumship. After several years of people contacting me from all over the world requesting a course like this, I finally felt compelled to put one together. True, I resisted this for a long time because I believed Mediumship training should be experiential in nature and that in-person training was the most effective route to follow. I have since changed my mind about this after conducting a few trial runs with training by phone with selected students. To my pleasant surprise, I found that training by this method is as effectual as training in person. The only real condition for this is that the students learn the materials, practice, meditate often, and is sincere about their desire to learn. More importantly, a student being patient about experiencing through the process we call unfoldment is paramount.

This handbook has been written to provide you with everything you need for safe and positive experiences with Spirit contact. It's no secret that Mediumship today, is a hot topic. It has not always been so. For years, I struggled like so many, to do my work and not be considered weird or unnatural for what I did. Now with the help of television and mediums who have become well known, we are now able to do our work with pride and get the word out to others who wish to develop their own abilities as well.

I always feel such joy when working groups whether in person or by classes by phone. When my students shine, I know I have done my job. It's true, many were as frightened when they began study, but as time went on, the abilities and skill sets increased and, in some cases, went right through the roof!

I always tell every class at the beginning, start your Mediumship journal at once. Document every incident in which you feel may be Spirit related including dreams. Note the time of day, the weather, the phase of the moon which can be found on most calendars, and what you were doing at the time. It is a great source for charting your progress and to refer back to when similar phenomena happens. After a while, you will discern a pattern. If you are starting a development circle, please follow the same suggestion. Document everything in your journal even if it's just a few sentences or, you are not sure what you experienced. The answers to what are going on will eventually come.

Last but not least, remember to have an open mind and believe in yourself. Just by adhering to these two principles, you will be taking quantum leaps in your training. If your development seems slow or if you feel you don't seem to be making headway, give it time. Often a student taking the course or in-person classes may have absolutely nothing happening for a while as far as Spirit contact is concerned. Then one day, it all clicks together and the hard work has become worthwhile. My students hear me say this often:

“Trust in this. Trust in yourself. And, most of all TRUST what you get!”

Practicing Spirit Communication

Throughout this course you will learn a great deal about the art of Spirit communication. You may be wondering, “When do I really practice Spirit communicating with all the reading I must do?” The answer is simple. Throughout the course and during meditation, you can practice seeing and communicating with Spirits. Having a group or someone to practice with, is your **best** way to learn true communication skills and chart your progress.

- You should start a group of like-minded people to practice with on a weekly basis.
- During your daily meditations, you can practice calling in Spirits and see what happens. Keep a notebook of everything that occurs. If at first you think it’s only your imagination, try to shove that thought aside. True Spirit communication starts with the imagination!

How do I do this?

After learning the Basic Essentials in Lesson 2, meditating techniques, and about our energy bodies in Lesson 3, do your meditation period and then call in Spirits of the Light who wish to communicate with you. Do this for ten minutes as often as you can. You may sense, clairvoyantly see, hear, or feel Spirits around you. If anything at all seems negative, stop, clear your energy, and try again. Or, do it another time.

Try a Mirror!

I teach my students to use a mirror for Spirit contact practice. **Have a mirror that you use just for spiritual work.** This mirror should not be used by others.

In this mirror, you will eventually be able to see your angels, guides, or maybe deceased loved ones or-- Spirits. I have one that's about 2'x3' that is lightweight, framed, and I prop against a chair. I sit on a big pillow on the floor and have the room dark with a candle lit behind me but I make sure I cannot see the candle itself in the mirror.

1. Clean your mirror if you just bought it. Consecrate it by touching it and infusing white or gold light and angel blessings into it. Imagine you are mentally cleaning this mirror off too. Say to it, "You are now clear of any previous viewing energy and ready to do spiritual work."
2. Always always call on your angels, Spirit Guides, religious protectors, or deceased loved ones in to be with you while you do this. Ask them to help you to do whatever it is you are using the mirror for.
3. Now gaze at the point WHERE your third eye is (Lesson 3).
4. Soften your gaze. Keeping your eyes relaxed, keep looking at this spot.
5. Looking from the shoulders up, notice any energy waves which start to appear around your body. This is your energy field. You might also see flashes of light.
6. While still looking at the point, allow your peripheral gaze to notice the glow around your body. This is the etheric body (Lesson 3). You may also begin to see colors.
7. Ask Spirits to visit with you and see what happens. It may take several weeks, but you will start to get Spirit contact. You may not know what they want in the beginning, but you will learn how to dialog with them in later lessons. Some may want to cross over. This is called, Spirit Rescue. (Lesson 8.)
8. If your eyes become tired, blink them several times--or rest. Then document what you have seen or experienced. Again, this is a very helpful technique but not mandatory. If you don't see anything at first, please don't get discouraged. You will eventually begin to notice various phenomena happening. Be open to what you see, hear, or sense.

Practice is essential for true Spirit communication. Please practice what you have learned as you go through the course as often as you can. Your experiences will change and grow as you move through it. Please be patient. Again, if you feel uncomfortable in any way, stop what you are doing.

If you are using a mirror, when you are done with it, clean it off and put it away in a closet somewhere. I put a black velvet cloth to cover mine when it's not in use.

I wish to emphasize that Spirit communication is not dangerous. However, as you begin to open up, unusual occurrences might begin to happen. This includes things such as hearing knocking or rapping sounds, whispering, musical instruments when none should be playing, feeling light touches, and finally, seeing Spirits. If you use the proper protections like I teach, you'll be fine. If you still feel uncomfortable, stop everything for a while and try again later.

Finally, use your common sense. There's a lot of disinformation and scare tactics on the Internet and in some books. Be confident and sure of your desire to achieve authentic Spirit communication.

Getting Started

Lesson 1

TOPICS IN THIS LESSON:

Important Definitions

What Is a Medium?

Why People Seek Out a Medium

Why Become a Medium

The Spirit's Point of View

Categories of Mediums

The Difference between a Medium and a Psychic

The Two Most Common Forms of Mediumship We Practice Today

Benefits of Developing Mediumship

The Various "Clairs" We Use to Communicate with Spirits

What Happens in Our Bodies?

Developmental Exercises and Activities

Important Definitions to Know Up Front

Note: You should have received a 'Glossary of Terms' in your course package downloads.)

Sitter(s): Person(s) receiving the messages from the medium

Querent: Same meaning as "Sitter" but the term is usually used in reference to psychic readings

Circle or Séance: Where a group gathers to contact Spirits and is usually led by one medium

Spirit/Discarnate: Someone who is no longer living on the physical earth plane

Veil: Dimensional thin membrane of ether which separates the living from the deceased

Incarnate: Someone who is presently alive on the earth plane

Occult: Often misunderstood as being negative, this term simply means "knowledge that is hidden".

What is a Medium?

Definition of a Medium from Miriam Webster's Collegiate Dictionary

A Medium is a...

(4) c: GO-BETWEEN; INTERMEDIARY: an individual held to be a channel of communication between the earthly world and the world of Spirits.

A medium's sole function is to relay messages from the World of Spirits to the living. Simply put, a medium is the go-between or pipeline of communication between discarnate entities and incarnated persons. A properly trained medium, by utilizing their various psychic centers, can communicate with the dimensional plane where Spirits reside. We will touch on these centers later in this lesson.

Mediumship, as with any other natural ability is in no way a reflection of superiority over others. It is a God given gift which can be used for any number of positive reasons. And, let us be clear on this. One does not need to be naturally gifted to develop this ability.

Note: There are some in this field who have written books on the subject of Mediumship Development and take issue with the fact that Mediumship talent might be termed "a gift". I really don't want to quibble on rhetoric; however, I personally feel that the ability for Spirit Communication is a gift that God has given us.

Why People Seek Out a Medium

This answer is very similar to the explanation above but in reverse. Individuals visiting a medium are seeking comfort and some sort of verifiable information that assures them their deceased loved one is still alive and hopefully happy in their new state of being. They want to hear, "It's really me. I am here with you and I am OK!" Does this mean the Spirit or deceased loved one will always come to you in

a Mediumship Circle or private session? Not necessarily. Does this mean they don't care? No. This only means that they may not be able to communicate at that particular time. In fact, another discarnate Spirit or relative might show up instead. This can be upsetting for the living person strongly desiring contact and is hard for them to understand. If a Spirit, for any number of reasons, is not able to communicate during a prearranged sitting, they will most likely attempt communication at a later time and in some other way. We will be covering more about this in later lessons.

Why Become a Medium?

Why would someone wish to communicate with the dead? The answer for many is clear. Spirit communication helps bring back that which seems to have become separated and lost through what we term death. With the help of the medium, interaction with the deceased can offer encouragement and proof that the love and other emotions present upon passing is **not** irrevocably lost, but survives after the body has stopped breathing and the brain registers no brain wave response. We in the field of Mediumship understand that individuals do not really die; they continue consciousness in another dimension very close to our own. And by understanding this concept, a developed medium can offer assurance and hopefully bring peace and closure for a person seeking to contact the dead by imparting validation that the seeker's loved one or friend is not really gone but truly alive and aware on another plane of existence.

Having the desire to do this wonderful work is why many people take this course. There is an inner calling to pursue this amazing subject in order to facilitate communication with the other side for personal reasons, spiritual growth, and to comfort others. Also, I wish to state here that not all people who become mediums originally started out in life to do so. Not all practicing mediums felt the calling at a young age. For many of us, we head in one direction early in adult life, and then for various reasons, decide to pursue another path. I know people who began their Mediumship studies in their 40's, 50's and yes, even 60's.

About the “Veil” and Messages Received by the Medium

Souls who pass over have, in essence, transitioned to another plane of consciousness and become Spirit once again. Spirits are **not** far far away, but are, in fact, very close to the living at all times. Mediums understand that this other place (sometimes referred to as “Summerland”, is not separated by a great distance, but actually interpenetrates our own 3-dimensional earth plane.

Often, when a loved one has died, they will attempt communication with those still living in various ways. The living, however, in the depths of their grief, cannot see, sense, or hear the loved one and therefore lose the opportunity to communicate. I call this *psychic debris*.

A membrane, called “The Veil” stands between the seen and unseen and is very thin. Almost anyone can “penetrate” this veil for purposes of communication with proper training. Again, we emphasize there is no *real* separation between our world and the World of Spirits.

Those who have transitioned before us will always return if called upon to do so. Perhaps not at first, but spirits will eventually attempt to manifest themselves. Spirits will try to communicate to those left behind through dreams, moving things around, leaving a familiar scent associated with them when alive, or other subtle indications showing they wish to be noticed. When a medium comes into the picture, it’s easier for the Spirit to communicate their messages using the medium as the vehicle for message giving. Messages may come to the medium in the form of symbols, empathic feelings, smell, taste, and inner hearing. This input comes through various energy channels which are called “Clairs”. We will cover the “Clairs” later in this lesson.

One of My Own Experiences

My sister lamented, not long after the passing of our mother, “Where **did** mom

go?” This is coming from an atheist. In her shock and grief, my sister, could not fully reconcile that our vibrant, strong, and loving mother had been suddenly eradicated from our lives. For my sister, despite her lack of spiritual belief, there remained a spark of hope that our mother was not gone forever but still existed somewhere, and my sister was almost desperate for the knowledge that our mother was still **alive**. In our conversations, I assured her, that mom wasn’t gone—but had just moved to another place of being and was still alive (conscious) residing in that dimension. Although not entirely convinced, I could tell this statement helped to ease my sister’s grief and pain. Ultimately, she was able to move through her grief and later thanked me for helping her to understand. Today, she still asks from time to time if I have “heard” from mom.

From the Spirit’s Point of View

Why would a Spirit wish to communicate with their loved ones left behind? Let me ask **you** a question. If you were to die and were given the opportunity to contact your loved ones, do you think you would want to? Do you think you might have particular messages to give? The answer for most of us is, yes. There are many kinds of messages a departed loved one might wish to express. Some are urgent in nature, some asking for forgiveness, and some comforting and offering loving reassurance. There are no absolute rules or guidelines on what Spirits might wish to convey from the other side. Remember, they are still alive in their new dimension with the same thoughts and feelings they had while living on earth.

In many cases, a Spirit who comes through a medium has unfinished business they want to help resolve. Maybe their purpose for coming through is to make some sort of amends. Perhaps they’re aware the family is in dire financial straits and want to help. Possibly the passing was sudden, and there were important words left unsaid. The reasons are unique to each situation and are as varied as the number of stars in the heavens.

Think on this for a while and jot down some of the things a Spirit from the other side might wish to communicate to loved ones left behind.

As you might have guessed, the reasons a Spirit agrees to come back and attempt communication are varied. The most obvious is that they wish to convey the fact they are not gone forever but exist somewhere else. Understandably, it's difficult for a soul in Spirit, especially ones newly crossed, to witness their loved ones left behind in so much pain and grief. In a nutshell, they want to comfort those persons and help them to move forward with their lives. They also want to assure them that a reunion will take place at some point when it is that soul 's time to pass.

Whoa! Things People Write and Teach Shock Me

I actually read in one book authored by an alleged medium, where she emphatically stated that discarnate souls only get to give messages to the living if they *karmically* deserve to do so. Meaning, if they had been an extra good *doobie* while on earth, they get merit points of some sort and are allowed to give messages. I actually take issue with this statement! If this were truly the case, I hardly think many of us, it is our spiritual **right to make a choice whether to communicate or not**. And, given the opportunity, we usually choose to do so at least once. In cases where discarnate a soul feels deep anguish, shame, or guilt about how they might have treated or abused their loved ones when alive, they might pass up on the opportunity to communicate— at least at the beginning of their Spirit sojourn. The same applies to cases of death by suicide. Often times, it is the latter. They feel an urgency to come through right away upon passing to set things straight with loved ones left behind that might be suffering from guilt over the desperate act of their loved one or friend. Should they be allowed to do so if the intent is pure? Absolutely! Conversely, it should be noted that in some cases, those still living may not wish to communicate with a deceased relation or friend at all.

The Main Difference Between a Medium and a Psychic

A psychic is a person that uses their innate or developed sixth sense abilities to give an intuitive reading to a person by “tuning in” with that person’s energy field. In doing so, they can offer up accurate information to help the individual in their life’s journey, answer pressing questions, and provide overall necessary guidance. A medium usually communicates with deceased persons only. Their primary purpose is to relay messages from a soul in the spirit world to the living. Mediums can also be a trained psychic, but not all psychics are mediums. Many psychics do have mediumistic abilities but choose not to pursue or develop it.

Definition of a Channel

A Channel is an individual who has the ability to access what we term higher beings thus receiving and passing along information. These could be from ascended master teachers, Spirit Guides, angels, or from our higher self. This information is primarily transmitted for the good of mankind and imparts lessons and addresses questions of a spiritual nature. Messages are often relayed verbally channeled or in some cases, obtained by means such as automatic writing (covered in Lesson 10), and even an Ouija board. (E.g., *The Michael Teachings* were channeled to a group via an Ouija board, the *Seth* materials channeled through Jane Roberts while her husband took dictation and the personage of *Ramtha*, (channeled through J. Z. Knight.)



An interesting side note: Many have labeled Edgar Cayce (1877– 1945), ‘America’s Sleeping Prophet’ a trance medium. Cayce, by his own admission, did not consider himself to be a medium. In fact, he distanced himself from doing Mediumship for the most part. An exception to this was during WWI. When several of his former Sunday school students were killed in action, Cayce would channel

messages from them to the families he knew so well. (Read “There is a River” by Thomas Sugrue.) I consider Edgar Cayce a Trance Channel.

Definition of a Mystic

A Mystic by definition is a person who seriously follows a mystical path through life. Mysticism is about finding one’s own personal experience with God (the Divine Source) through serious and lifelong study as well as deep inner soul searching. Often a mystic will utilize some form of ritual to help them create potent divine revelations and can produce manifestations of power and prophecy. The legendary French seer, Nostradamus (1503 –1566), is definitely a good example of someone practicing mysticism. There are both positive and dark sides to the world of the Mystic. It is a matter of choice which road someone chooses to follow.

Mysticism is **not** about religion. It is merely a means selected for the independent study of occult practices. On one side of the coin, a few mystics have become foundational leaders for world religions such as Buddha and Jesus of Nazareth. By choosing to follow their own spiritual pathway and the sacrifices they endured, they brought about teachings of peace, love and ultimately established the world religions of Christianity and Buddhism. On the other side of the coin, following mysticism can become an unhealthy obsession which leads to taking a spiritual plunge into darkness. These individuals use their knowledge to gain power over

others which is in direct violation of Universal Laws. Such was the tragic case of Alistair Crowley whose son died under mysterious circumstances – supposedly during a ritual gone wrong. Crowley’s own life ended badly. Some attribute this to his relentless pursuit of the dark arts despite his son’s death. ([Read about Alistair Crowley as of the writing of this manual.](#))

The Benefits of Developing Mediumship

Mediumship has a variety of important reasons for being an integral part of an individual who has come into this lifetime with strong natural Mediumship abilities or who have the desire to learn and develop mastery of Mediumship. Listed here are just a few:

Revelation: There is an innate understanding that this ability is a precious instrument for revealing universal truths about the Divine, the immortality of the soul, Universal Laws, the continuing consciousness of the Spirit, and the actual existence of an afterlife. We begin to actually comprehend that the information coming through can only be **from** the deceased which in itself is proof that life goes on and this is not all just wishful thinking.

Healing: Important information is provided to individuals who need guidance for their own spiritual progress and/or feel a calling to get the information out to the world about the true existence of spiritual planes. There are volumes of books, holy and otherwise, on the subject of a possible afterlife. Our purpose here is not to initiate philosophical or religious arguments, but to just relay relevant information about the World of Spirits and their connection to us, the living.

Karma: Before we come into our physical state from the Spirit state, it is believed that we make choices as to the vehicle used in which to accomplish spiritual lessons during our human lifetime. Those who have chosen Mediumship as that vehicle may have the opportunity to balance out some of their karmic debt by using their ability in a compassionate way to help others.

The Two Most Common Forms of Mediumship Practiced Today

Note: It is very common for an individual to possess some qualities of each. It is up to the individual to make the choice which category of Mediumship they wish to pursue. And even then, at some point, they could move into another category entirely.

Let's begin now by learning about the two most common types of Mediumship practiced.

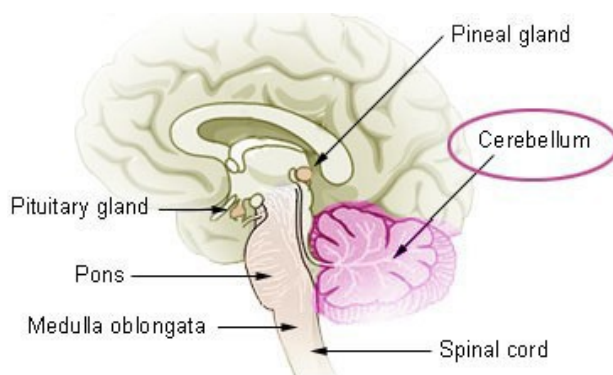
Mental Mediumship: Considered *Subjective* Mediumship

Mental Mediumship is primarily accomplished in a fully conscious to light trance state. The term *Mental Medium* is not about someone considered a “head case” or is mentally ill. In this category of Mediumship, the medium links with the Spirit world without going into a deep trance state. Mental Mediums can be fully conscious and aware while interacting with Spirits. They are able to impart information from a Spirit very much like having a phone conversation with someone and relaying the gist of the conversation to others in the room. Most well-known mediums, as seen on television and heard on radio shows, are called Mental Mediums. **This is the form of Mediumship most commonly used today.** Mental Mediumship is predominantly demonstrated in broad daylight without the assistance of ectoplasm, trumpet messages, apports, etc., and is much more believable in today's sophisticated society.

The physical hot spots in the body attributed to Mental Mediumship stem from the base of the brain around the area of the cerebellum. The cerebellum is directly linked to our 8th energy center called a chakra (*see 8th Chakra in Lesson 3*). This is the center which enables an individual to achieve acute spiritual perception, spiritual wisdom, and a direct linkage to higher realms. Through the developmental process, this linkage strengthens. Some students are aware of this fact and some are not. Sometimes what is called a Spirit Helper (*Lesson 5*), will actually aid in

adjusting the medium's physiology and cause a momentary greater opening into the Spirit World. It is also important to be aware that a medium's emotional and physical state can either enhance or cloud the accuracy of the Spirit communication process. This is why it is so important to remain focused on spiritual and physical fitness on a daily basis. We will cover how to develop and enhance Mental Mediumship in subsequent lessons.

The picture below shows the part of the brain where psychic activity originates. This area is the Cerebellum portion of the brain which responds when mentally activating the psychic centers—either for intuitive or Mediumship purposes. We will also be covering the role of the Pineal and Pituitary glands and their importance in the developmental process in later lessons.



Physical Mediumship: Considered *Objective* Mediumship

Physical Mediums are capable of producing physical phenomena, either felt or witnessed by others and who all agree on what is being seen or felt. This could manifest in the form of ectoplasm, breezes, rapping noises, discarnate voices, and so forth (See Table 1.). Physical Mediumship is more associated with the early 19th and 20th century's primary mode of Spirit Communication. **Doing Physical Mediumship can be tremendously draining, and this is one reason it is not practiced as much today.**

Like Mental Mediumship, Physical Mediumship activation stems from the base of the brain as well but also forms a connection to the solar plexus (the gut) area along with energy drawn from other sitters. Individuals in the room lend their energies to help raise the vibrational level of the medium, which in turn aids in the connection with our Mediumship Spirit Guides helpers. (More about these special guides in Lesson 5.) This enables the physical manifestations to take place.

In cases of students gathering for mediumistic development and unfoldment, a conscious effort is made to raise the vibration level of all in the room whether it is for mental or Physical Mediumistic training purposes. Often circles are begun with prayer, singing, chanting, and the use of Tibetan bells, 'singing' bowls, or anything else which can produce a pleasant reverberating sound. This is another one of the primary reasons to be involved with some sort of Spirit development circle. By combining the energies of all present and causing an increase in vibration, it is much easier to heighten receptivity and blend with the Spirit Realm which is also commonly referred to as, the Astral Plane.

As far as Physical Mediumship goes, some say this is the *crème de la crème* or highest form of Mediumship. And, one of the greatest feats of a Physical Medium is to produce an apparition.

Physical Mediumship can be seen in some Spiritualist Churches around the U.S., in England, and Scotland. And, as mentioned before, demonstrations of Mediumship are also prevalent in countries such as Brazil and India. Recently there has been a huge upsurge of interest in Physical Mediumship in Japan.

I wish to re-emphasize that the practice of Physical Mediumship is extremely draining for the medium and therefore is not taught or developed as it once was. Other reasons for the decline of Physical Mediumship are varied. We live in a fast-paced world, there are limited qualified teachers, and individuals who just do not have the time or do not want to devote the years it takes to develop it. In truth,

some are afraid to practice Physical Mediumship due to the possible pitfalls entailed. (See Table 1. for listed traits of Physical Mediumship.)

Note: As to the actual development and training for mental or Physical Mediumship, we will be covering these topics in subsequent lessons.

Sub Categories of Types of Mediums

Note: There are some types of mediums not listed. We are listing the most common types in this course.

The way in which the medium's psychic (6th senses) express themselves and the nature of the communication that exists via these senses is widely varied. As the individual develops, they may find that their own unique abilities fall into a certain niche and they eventually pursue a direction towards this specialized area of Mediumship—some of which are defined next:

Rapping Medium – Individuals by whose indirect influence produce noises, bangs, and raps. Whether voluntary or involuntary, these are usually traits found in Physical Mediums.

Mediums Producing Apparitions – Mediums that produce apparitions of the deceased that are visible to witnesses. They have the ability to emit a substance body called ectoplasm from various orifices in the body causing visible apparitions to manifest and take form.

Trance Medium – A Medium who places his or her self into a deep semi-conscious or completely unconscious trance state and link up with a unique spirit guide called, a “Control” Guide that speaks for the Spirit who wishes to communicate. Levels of trance consciousness can vary.

Sometimes the actual voice of the discarnate soul will be recognized. The earmarks

of a trance medium is that they may breathe quite heavily and even moan when going into a trance and might not speak for some time. Of course, this might alarm those present. This is why a facilitator is always present during a Trance Mediumship session. Often, Trance Mediums have very little awareness or memory upon awakening of what transpired during their trance. Then there are light trance mediums that can remember almost everything that occurred.

Note: A Trance Medium is not always a Physical Medium. They can, however, attain a deep level of trance.

Rescue Medium – A medium that has the ability to see and communicate with earthbound Spirits that have not crossed over to the astral realm and attempts to help them to do so. *(The Astral realms will be covered in subsequent lessons.)*

Direct Voice Mediums and Mediums Producing Musical Effects – A type of Physical Mediumship, Direct Voice Mediums are able to produce audible voices in the room without actually speaking words. Some can even produce sounds of musical instruments. More about these phenomena will be covered later on.

The Various “Clairs” We Use to Communicate with Spirits

*Some mediums are more specialized by using only 1 or 2 of the listed psychic “Clairs” present next and some mediums utilize them all. This in no way should be construed that a medium who does not use **all** the “Clairs” is in any way less gifted or trained properly than a medium who uses them all.*

Mediumship development and practice is initially brought about through conscious training and expansion of the “Clair” senses. “Clair” in French means “clear”. This term has been commonly used for a couple of centuries to denote various psychic and Mediumship centers – aka The Chakras as explained in Lesson3. After reading about chakras and if you think, after taking The *Guided Meditation Profile*, that

you only possess one or two of these characteristics, do not despair. Even one psychic channel, when properly developed, can be astounding for enabling Spirit linkage and communication. Recognized “weaker” channels can always be worked on and developed more fully. If you find that you have more than one of the traits listed below, that’s great!

The “Clairs” or 6th senses in psychic or mediumistic terms are:

Clairaudience, clairsentience, clairvoyance, claircognizance, clairaulience or clairscent, clairtangency, clairgustance, clairempathy

The “Clairs” are directly related to the energy centers (Lesson 3-Chakras) from which your abilities primarily stem from.

CLAIRAUDIENCE: (Clear Hearing)

Clairaudience is the hearing of either in the mind’s hearing (subjective) or experienced as actual spoken words (objective), messages from other frequencies as opposed to our own physical dimension. We actually use clairaudience more than we think; especially under duress or in an emergency. In times of trauma, our body sensations often move into slow motion, and our normal senses are significantly heightened. Just prior to a serious event, reports of a sort of mental shift occurring and unexplained phantom voices heralding a warning have been recorded through history.

We are **always** connected with the higher vibration realms, so we need only to listen to what is being said whether in times of trauma or everyday living. This is why meditation is such a great and essential developmental tool. It forces one to stop and “listen” for a while. Eventually, you will know when the voice you perceive originates from within yourself intuitive self or comes from a Spirit entity. The source attributed to messages of warning is often linked with one's own soul (or higher self). The other possible sources could be Spirit Guides, deceased loved ones, angels, or other religious icons. It is important to note that if you receive

negative input, this can only be attributed to the darker/negative forces. These beings, however, would hardly ever warn you of danger. If at any time something occurs, which is seemingly negative, you don't have to be alarmed or even put up with it. Mentally or out loud tell them in a firm voice to go away. Leave now! This almost always works!

One important indicator that a Spirit is attempting communication is a ringing or buzzing sound in one ear which goes on for several seconds. Many who receive input clairaudiently, sometimes compare it to tuning in with a particular radio station. Additionally, they might hear jumbled bits of conversations or music just as one might adjust the radio frequency. If this occurs to you, just make sure there isn't a television or radio playing in the vicinity when you receive this kind of audio input.

Clairaudience can be frustrating at times when it interferes with life. Learning how to close this faculty to its normal state to get some peace and quiet is something we teach later on in this course.

On Hearing Voices and the Mentally Challenged...

Not all, but some people with severe mental problems hear voices. The voices are most likely an indication of a severe imbalance in the brain chemistry, and a psychiatrist should be consulted. This is especially vital when the voices are threatening. People, who suffer from or are clinically diagnosed with certain kinds of conditions--say schizophrenia, should **absolutely avoid** Psychic or Mediumship work entirely.

Psychically Gifted People Persecuted

Throughout history, many who possessed the natural abilities of spirit communication were shunned, severely tortured, or more recently, put into institutions. Those persecuted were accused of being in collusion with Satan, were usually tortured and burned at the stake. If they were very lucky, they were just hung by the neck.