

COMPLETE & TOTAL



Mediumship Training



IMAGINE SPIRIT

by Carol Nicholson, PhD, Certified Psychic Medium

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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Sample Page numbers are different from Table of Contents and Actual Course

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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.

It’s no secret that Mediumship 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 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 is 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. Keep looking at the point. Keep relaxed. Let your eyes be relaxed.
5. Now with your peripheral vision, notice any energy waves that start to appear around your body. You are looking from the shoulders up. You could see or sense flashes of light --anything.
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. Now notice the soft glow around you. Soften your eyes if you are staring too hard. Staring makes you tire quickly. *If it's too hard to look at the point between your eyes, you can look towards the top of your head and around your shoulders.*
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, as in 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 eventually will start to notice various *phenomenon happening. Be open to what you see, hear, or sense.
9. 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.
10. 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 have to emphasize that Spirit communication is not dangerous, however, as you begin to open up, unusual occurrences might begin to happen such as hearing knocking or rapping sounds, whisperings, musical instruments when none should be playing, feeling light touches, or seeing Spirits when you didn't see them before. If you use the proper protections like I teach, you will be fine. If you still feel uncomfortable, stop everything for a while and try again later.**

Use your common sense. There is 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. This handbook has been written to provide you with everything you need for safe and positive experiences with Spirit contact.

Getting Started

Lesson 1

TOPICS IN THIS LESSON:

- Important Definitions**
- What Exactly 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 will 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 Exactly 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'm OK!" Does this mean the Spirit or deceased loved one will always come through 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'll 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.

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 vocally (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.) There are many more channeled teachings available. These are just examples of some of the better known channeled teachings.



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.

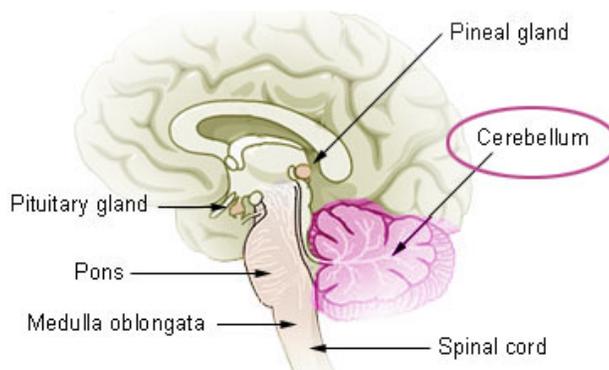
Mental Mediumship: Considered *Subjective* Mediumship

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, it is also quite 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. Often the actual voice of the discarnate soul will be recognized.

The earmarks of a trance medium are 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 Lesson 3. After reading about chakras and if you think, after taking The *Guided Meditation Profile*, that you only possess one or two of these characteristics, don’t 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 into a particular radio station. 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.



Joan of Arc, (1412 – 1431) the teenage French female warrior and heroine, claimed to have heard the voices saints and angels speaking to her. She claimed they advised her on how to defeat the English in battle. Although more than successful in her efforts, she was ultimately betrayed by her own French people and was practically handed over to the English. Joan of Arc was condemned as a witch and burned at the stake. Her own people, whom she so victoriously led to defeat the British, did nothing to help her as they themselves were suspicious of her “voices”.

CLAIRSENTIENCE: (Clear Sensing and Feeling)

Clairsentience in Mediumship is experiencing other realities or entities through the

sense of a feeling or an actual physical feeling that does actually belong to the medium.

The following sensations listed are just a few examples of what might be experienced by a clairsentient medium:

- A tickling sensation on the body when connecting with a Spirit. This usually involves the face, hands, or neck although it can be noticed in other parts of the body.
- Hairs on the back of the neck standing on end when a Spirit is close by.
- A sensation on the left side of the face when talking with a Spirit as energy enters through the left side of the body (right brain) and extends through to the right side.
- Pressure or fluttering sensations in the solar plexus gut area.
- Heaviness or pressure in the chest or head area.
- Feeling drafts, breezes, or unusual coldness.
- An intuitive sense that in somewhere in the room a Spirit, guide, or angel is present.

Other indicators of clairsentience are the experiencing in one's own body of how the Spirit died or the type of discomfort and pain felt in their last hours. This is an excellent way of validation and identification of the Spirit who is communicating these sensations. A few examples of this are presented here:

- A medium experiences heaviness in the chest and deduces that the Spirit is trying to convey they died from a heart attack or a crushed chest resulting from an accident...
- The medium feels a sensation of a severe headache or constriction about the head which could be indicative of a head injury in a fatal accident or perhaps brain cancer...
- Troubled breathing could indicate the Spirit died from pneumonia or emphysema and so forth.

CLAIREMPATHY: (Clear Emotion)

This “Clair” often gets confused with clairsentience. An Empath is a person who can psychically experience the emotional state of a person, place, or even an animal. Simply said, claim empathy is feeling the emotions of a Spirit. The empathic medium has the ability to receive information as to the Spirit’s emotional state in their lifetime, at death, and even when in the Spirit realm. This can be tricky for a beginning medium to deal with. After the information is conveyed, these heavy feelings or happy feelings must be shaken off or channeled through the body down into the earth after the session is ended. It does the medium no good to get emotionally involved and become co-dependent by worrying about what the Spirit has gone through either in life or after death. A very sensitive student medium may have problems with clair-empathy and must be strong-minded and ever vigilant so as to not carry feelings which are not theirs.

CLAIRVOYANCE: (Clear Vision)

Clairvoyance is strictly related to perceiving and registering images which come into the mind. The ability for clairvoyance stems from the third eye area also known as the 6th chakra center. This region is right above the eyebrows in the middle of the forehead. The pictures received during clairvoyance sessions act much like the ones experienced during the daydreaming process. These visions can be of people, places, and events. The term clairvoyance is often used as a blanket term for all facets of ESP or psychic abilities. A lot of individuals who don’t understand the real meaning of clairvoyance will tend to lump all psychic experiences under that label, and this is not the true meaning of clairvoyance.

In Mediumship, the pictures which pop into your inner vision can represent symbols or code that represents meanings of communications sent via thought forms from other dimensions, e.g. the Spirit realm. The images can be an archetype (a universal symbol most recognize such as the symbol for a man or woman), colors, still frame picture slides or even an animated scene. The image could

remain for a few seconds or much longer. Initially, it's easiest to see them with your eyes closed. As you develop your clairvoyant channel, you may be able to perceive transmitted pictures coming from the Spirit as a thought form with your eyes open. We will devote a whole lesson to clairvoyance development and how might we put this ability into practice in Lesson 6.

CLAIRCOGNIZANCE: (Clear Knowing)

The term claircognizance translates to “clear” knowing. What this means is that one ‘just knows’ without prior knowledge of a situation. Claircognizance doesn't necessarily correlate with clairsentience although the two are quite similar. There are no words heard from someone else, no images are received. However, the information is just there instantaneously, and the medium trusts it as being pertinent to whatever situation is happening at the time.

Where this ability comes from is the direct link from the God Source which transmits knowledge via a stream of light down into and through the upper chakras, the higher self, and then down into the crown chakra (the energy center at the top of the head). The knowledge received just seems to be inside your mind and knowing. If you have to keep questioning what you are getting, or if it doesn't feel right, then it's most likely not your claircognizance in play.

Claircognizance can also manifest at a more mundane level when tuning into someone's energy field, or in just talking with a person, we just know things about them without knowing why.

The Lesser Known “Clairs”

CLAIRGUSTANCE: (Clear Taste)

Clairgustance is being aware of exotic tastes you experience without having put anything physically in the mouth. This sensation of taste can often be linked to a

Spirit on the other side. Those who possess this ability and are able to perceive the essence of a substance from the Spiritual realms know without a shadow of doubt it something sent from Spirit. For example, a medium which has a strong taste of garlic in their mouth and mentions this to a client (or person sitting for the session). The client might excitedly exclaim, “I think that’s my Italian grandmother. She loved to cook with a lot of garlic!” Get the gist?

CLAIRAULIENCE or CLAIRSCENT: (Clear Smell)

Sometimes referred to as clairscents, clairaulience is the ability whereby smell sensitive people can detect the familiar odor of the individual who is in Spirit. They can sometimes become aware of pipe or cigarette tobacco, perfume smells, or different spicy smells as if they are actually coming from a kitchen. Some mediums profess to detect the places where the deceased person worked as a chemical factory, the wharf, or other familiar locals. It’s always important to report what you are getting when noticing aromas even though it doesn’t make sense to you at the time.

Note on the proof of telepathy (or ESP-Extra Sensory Perception):

Not long ago, there was a time in which the world of science or skeptics considered the idea of telepathy a lot of hooey. It is ironic that nowadays skeptics will often claim that **Mediumship is nothing more than *telepathy**. (Telepathy is someone reading the mind of another.) To counter this, I say in most cases, a person isn’t sitting there thinking, “I’ll know it’s my Dad coming through if I smell fish”, if let’s say, the father was a fisherman. No, these are not the usual things going through the mind of a person visiting a medium for a message and wanting proof.

CLAIRTANGENCY-PSYCHOMETRY: (Clear Touch)

Clairtangency also known as Psychometry, is the ability to handle an object or touch an area and perceive through the palms of the hands and fingertips

information about the article or location such as its history or facts about previous owners unknown to the medium. There is a link from information gathered by doing Psychometry to the Akashic Records. Check my website or blog for more details about this astral link.

*(*Read about the empirical work of J.B. Rhine, Duke University who finally convinced science that telepathy and ESP is a real phenomenon. Also, read what the 'Akashic Records' are as of the writing of this manual:*

http://en.wikipedia.org/wiki/Akashic_records)

When using this “Clair”, you might experience one or more of the following:

- A tingly sensation when holding the object
- Emotional feelings or a trauma attached to the object—or illness of some sort
- Clairvoyantly divine pictures of people and events
- Channel information not previously known to you and is verified by the individual that provided the object, etc.

Next, thoroughly read through Table 1. and become familiar with attributes of Mental Mediumship versus Physical Mediumship. Remember, one can have attributes of both.

TABLE 1.

MENTAL MEDIUMSHIP (Subjective) Light Trance Mediumship More commonly used today	PHYSICAL MEDIUMSHIP (Objective) Deep Trance Mediumship	PHYSICAL MEDIUMSHIP (cont.) Primarily used from the mid-1800's to the mid-1940's
<p>The ability to communicate with the world of the dead while in full consciousness and full daylight using the 6th senses below.</p> <p>Clair voyance -clear seeing</p> <p>Clair audience - clear hearing</p> <p>Clair sentience - clear physical feeling</p> <p>Clair empathy - clear emotional feeling</p> <p>Clair cognizance - clear knowing</p> <p>Clair gustance - clear tasting</p> <p>Clair alience-Clair scent - clear smelling</p> <p>Clair tangency -clear touch -used mostly in Psychometry (Covered in Lesson 10)</p> <p>*Orbs often appear when investigating ghosts through taking photographs of a location--and taken on most any kind of camera. They are roundish in shape and are Spirits trying to manifest.</p>	<p>Someone who has placed themselves in a deep trance state and produces physical phenomena.</p> <p>Spirit Rapping Sounds such as tapping and rapping noises produced by the medium which the source cannot be explained.</p> <p>Telekinesis/Psychokinesis Objects moving through the power of the mind and with the help of Spirits present.</p> <p>Spirit Lights The phenomena of lights of different colors and pulsations appearing to be moving about the room which cannot be otherwise explained. Some are called *orbs.</p> <p>Apports Objects which are gifts and proof from the Spirit realm which seem to fall into the room from nowhere.</p> <p>Materialization The act of producing an apparition of a Spirit which can be touched as well as seen.</p> <p>**Ectoplasm Used for materialization, this is a white to milky substance omitted from different bodily orifices of the medium.</p> <p>Direct Voice</p> <p>Communication The medium speaks with the actual sounding voice of the Spirit who has crossed to relay messages. Actually, it's Spirit who produces theis phenomena with the aid of ectoplasmic materials.</p>	<p>Sound Phenomena The ability of the medium to produce voices, music, and other sounds without using their own mouth. The voices just seem to come from within them or in the air around them. <i>(see Direct Voice above)</i></p> <p>Smells/Odors Fragrances which are detected and cannot be explained away.</p> <p>Table Tipping A group of 3 - 4 people gathered around a table which begins to vibrate and are able to answer questions from Spirits with knocks and rapping sounds stemming from the table itself.</p> <p>EVP Electronic Voice Phenomena is used to capture voices from Spirits..</p> <p>Spirit Photography Alleged photographs of Spirits</p> <p>Trumpet An instrument which looks like a trumpet used to amplify and bring through Spirit voices.</p> <p>Levitation The act of lifting from the ground persons or objects without support--usually with the help of the Spirit world.</p> <p>Breezes Unexplained movement of air which can either be warm or cold which should not be happening in the room.</p>

Activities to Do

In two or three sentences, describe the reasons you wish to pursue the study of Mediumship...

At this stage of your development, what kind of medium do you think you would like to be?

Important to Know!

You will read time and time again throughout this course the best way to receive information from the Spirit realm, or Spirit entities is to relax, focus your attention inward, and passively receive what comes through. The more you strain or try to force it, the more difficult if not downright frustrating, the effort becomes.

Complete the self-quiz next.

Quiz for Lesson 1

1. What is the difference between a psychic and a medium?

2. Why are people drawn to Mediumship or want to visit a medium? Two-part question.

a. _____

b. _____

3. What is a Rescue Medium?

4. What type of Mediumship abilities are not often seen in today's world? List 3.

_____, _____, _____

5. What is the term for transportation of objects through the act of Mediumship?

6. What part of the brain does Mental Mediumship stem from?

7. Physical Mediumship is more prevalent today than Mental Mediumship.

True

False

8. What does the word "Clair" mean and where does it come from?

1. Name three very common "Clairs".

_____, _____, _____

2. Where do our "Clair" abilities actually stem from?

11. What are three indicators of Physical Mediumship?

_____, _____, _____

12. Hearing rather than seeing Spirits is called _____?

13. How might you experience Spirit contact using clairsentience? List 3.

_____, _____, _____

14. How does Mediumship prove it isn't just accomplished by using telepathy?

15. What are some of the famous names mentioned in this lesson which have to do with some sort of PSI (extra sensory perception), channeling, or Mediumship development? List 3.

_____, _____, _____

16. Why is Mental Mediumship more believable today than physical or trance Mediumship?

17. What is Direct Voice Phenomena?

18. Why would a Spirit wish to communicate with the living? List 2 reasons.

_____, _____, _____

Quiz Answers for Lesson 1

1. What is the difference between a psychic and a medium?

- A. *A psychic assess current situations and foretells events. A medium communicates with the dead.*

2. Why are people drawn to Mediumship or go to see a medium?

- A.
- a) *There are many reasons for pursuing Mediumship. The student needs to go within and ask themselves what their own personal reasons are.*
 - b) *Bereaved individuals who have lost someone want or need closure and comfort. They could wish to connect with the deceased again for any number of reasons.*

3. What is a Rescue Medium?

- A. *A Rescue Medium is a medium who connects with earthbound Spirits to help them cross to the other side which is called the Spirit realm. There are times a Spirit won't cross to the other side upon death due to any number of reasons!*

4. What type of Mediumship abilities are not often seen in today's world? List 3.

- A.
- 1. *Physical Mediums that produce ectoplasm.*
 - 2. *Mediums who perform levitation either with objects or with their own body.*
 - 3. *Use of a Spirit Trumpet or Direct Voice Phenomena.*

5. What is the term for transportation of objects through the act of Mediumship?

- A. *Apports*

6. What part of the brain does Mental Mediumship stem from?

- A. *The cerebellum which is close to the base of the brain.*

7. Physical Mediumship is more prevalent today than Mental Mediumship.

- A. *FALSE - Mental Mediumship is the most prevalent form used today.*

8. What does the word "Clair" mean and where does it come from?

- A. *"Clair" is the French word meaning clear.*

9. Name three very common “Clairs”.

10. Where do our “Clair” abilities actually stem from?

- A. Our energy centers--better known as the chakras. More in later lessons about this.

11. What are three indicators of Physical Mediumship?

- A. Physical Mediums can produce ectoplasm, apports, or manifest rapping or knocking sounds.

12. Hearing rather than seeing Spirits is called _____?

- A. Clairaudience

13. How might you experience Spirit contact using clairsentience? List 3.

- A.
 1. You may experience fluttering in the pit of the stomach
 2. You could actually feel the emotions of the Spirit trying to communicate
 3. You might feel a tingling sensation in various parts of the body

14. How does Mediumship prove it isn't just accomplished by means of telepathy?

- A. Often times, information is supplied to the Sitter on topics which is not in their current thinking at the time or in fact, hadn't entered their mind for possibly years.

15. What are some of the famous names mentioned in this lesson which have to do with some sort of PSI (extra sensory perception), channeling, or Mediumship development?

- A.
 1. Edgar Cayce
 2. Arthur Ford
 3. Alistair Crowley

16. Why is Mental Mediumship more believable than physical or trance Mediumship?

- A. It can be demonstrated in broad daylight without props of any kind.

17. What is Direct Voice Phenomena?

- A. Direct Voice is the means whereby a Physical Medium can produce voices, sounds, or music without using in any vocalization or apparatus in their body.

18. Why would a Spirit wish to communicate with the living? List 2 reasons.

- A.
 1. Console those who have been left behind
 2. Tie up loose ends

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