

## **HOW CAN I DISCERN IF IT'S A MESSAGE**

### **(A clue...) Messages don't come in Paragraphs!**

#### **Mediumship Un-fold-ment**

Although there may be different schools of thought regarding mediumship development, the end result should be the same; responsible and competent mediums. A good grounding in the basics is essential, without getting wrapped up in distracting bizarre strange to wonderful things. These things are worth experiencing but to develop mediumship to its full potential starts with the right intentions.

Becoming a medium is something that requires dedication and direction. You will need your many skills to develop mediumship, building upon the aptitude that you already naturally have. The most important first step is to find a mediumship un-foldment circle. Think of this as a training ground, a place in which to grow spiritually and to learn about mediumship in an environment that will sharpen your skills and help you to become a better medium.

There is always more to learn and no matter how much you know about mediumship, there is always room for un-foldment and growth.

#### **Helpful Hints on Un-folding your Mediumship Skills and Channeling**

The un-foldment of mediumship requires, time, rather hard work, study, and, above all, patience. Despite what so many weekend intensives may promise, there is nothing "instant" about mediumship.

If you are interested in learning and growing your mediumship and channeling, here are a few suggestions which will help you get started:

- Always work with a group of people who share your interests. Mediumship is developed in what is known as a "un-foldment" or "spirit" circle. The un-foldment circle should, if at all possible, be under the guidance and direction either of a qualified medium or someone who has studied mediumship and knows the "ins and outs" of mediumistic un-foldment and development. It is called a "circle" because people sit in a circle.

How many people is a matter of choice or circumstance. Where two gather in the name of God, Spirit will join in. There is really no hard and fast rule concerning numbers work with Spirit. Seven or eight is usually an ideal.

- Once the group has been established; decide upon the day and time you will be sitting. This is very important: meet at the same day and time every week.

Ideally, circles should meet once a week. People should arrive at the meeting a bit early and be prepared to sit at the appointed time of your meeting. You are making an appointment with Spirit. They will be there; you should be on time.

Some believe the seating arrangement should be determined at the first meeting. Each person has an assigned seat, which should not change unless the circle teacher feels that a shift in energy is necessary. Generally I do not subscribe to that idea. I believe spirit will work with you no matter where you are or where you sit.

- Every circle leader has his or her preferred circle format. Regardless of what that format may be, the circle meeting may consist of the following segments:

Opening prayer, which includes a call to God and Spirit. (God truth Christ is Blessing us...Healing us...etc) This is to raise our vibrations and a focus for us.

An exercise or guided meditation could be included

A period of message work, where the students work with Spirit and Spirit messages.

Closing prayer. (include a thank-you and the call to the spirit...to be a blessing to all the lives we enter...)

We need to remember, the purpose of the circle is to stimulate unfoldment and challenge the sitters to step beyond their current limitations.

- Circle meetings should run at least one hour, but no longer than 75 minutes. When the circle is closed, and the people stand up and depart from the designated circle area this dissipate the energies formed during the circle meeting. We resume our usual activities
- Patience is so important. Mediumship is a beautiful gift of the Spirit. But, like anything else, it comes with a price, its growth and maturity require time, patience, hard work, and discipline. Work hard, study hard, be patient, and you should see results.

**Finally, here are some other important points to consider:**

You are working with Spirit. Mediumship is a cooperative effort. God is the ultimate Guide, and you and the Spirit work together in this great adventure. Never forget this all-important fact.

One rule I adhere to with the greatest of stringency is: once the circle is closed, NO MORE MESSAGES.

Accompany your circle work with study; not just in mediumship, but in other related areas of thought

Last, but not least, if you have any questions about your un-foldment, please do not hesitate to talk to me, after all that is what I am there for. I want to help and guide you along your way.

### Added information

<u>Five physical senses</u>	(and 5 sisters-Clara)	<u>Five psychic senses</u>	(Upper octave of physical senses)
<u>Seeing</u>		<u>Clairvoyance-clear seeing</u>	
<u>Feeling</u>		<u>Clairsentience-clear feeling</u>	
<u>Hearing</u>		<u>Clairaudience-clear hearing</u>	
<u>Smelling</u>		<u>Clairgustance-clear smelling</u>	
<u>Tasting</u>		<u>Clairaliense-clear tasting</u>	

### Mental Mediumship

Mental mediumship involves the relating of information, through communication, via of thought transference, or mental telepathy. Mental telepathy is the relaying of information through thought, without using any of the five physical senses. Mental mediumship takes place within the consciousness of the medium. The results are expressed verbally and must pass through the medium's mouth. Because of its telepathic nature, mental mediumship is sometimes referred to as telepathic mediumship.

1. Clairvoyances      Clear seeing
2. Clairaudience      Clear hearing
3. Clairaliense      Clear tasting
4. Clairgustance      Clear smelling
5. Clairsentience      Clear sensing (most common form of mediumship)
6. Psychometry      Vibrations from and object
7. Inspirational Writing      Impressed mentally what to write
8. Semi Trance      Aware of the information you are giving

## **Physical Mediumship**

Physical mediumship involves the spirit in this case, causing something to happen upon the Earth plane. What it is that actually happens varies but the results can be seen and heard by others. Physical mediumship is the spirit phenomena which the medium does not control.

1. Automatic writing
2. Independent writing
3. Voice trance
4. Trumpet mediumship
5. Levitation
6. Transfiguration (Very common)
7. Materialization
8. Full Trance

## **What is Vibration**

Vibration is the ceaseless oscillation characteristic of life on every plane. When we speak of vibration of a person we are referring to the pulsating magnetic field surrounding that person.

## **Function of the Medium**

A medium is the vessel in which various vibrations are able to function. The medium must be capable to change vibration quickly in order to move from one subject to another.

## **Ectoplasm**

This is a vaporous substance which is a tool for most phenomena. No one knows for sure *yet* how it is formed or exactly what it is but there are many theories.