

# MESSAGES

Dec. 6, 2020 ISA Winter Meeting

The first key to giving messages is consistent meditation. This definition of meditation was given to me by Spirit:

***“The art of quieting the mind, to feed the soul.”***

Meditation is vital, not only for receiving and giving messages, but especially for our individual well-being, Mind, Body and Soul. If we are healthy, happy and compassionate, that will be reflected in our message work. After all we will attract the highest and best from the Infinite Intelligence and the World of Spirit.

Might I suggest, that the best way to learn to give messages is in a group setting, where everyone is working together for unfoldment. Find the teacher that suits you best, don't settle for less, if you are serious.

The religion of Spiritualism is based upon the demonstrated fact of communication between this and the Spirit World. Our message work is what sets us apart from traditional religions. In my opinion our messages prove that life is eternal. Other churches talk of eternal life, leaving the individual to “have the faith” and I have no issue with that philosophy. Faith is the most important part of every religion, even Spiritualism. To quote Dr. Wayne Dyer, “If you believe, you can conceive.”

Most people are raised to believe that this physical world we live in, is all there is, that the Spirit World only exists after death. How fortunate we are as Spiritualists to know that those in the Spirit World are available to help us in the here and now.

I first set foot in a Spiritualist Church to ask Rev. Norisa McConnel to interpret a dream I had of a high school mate who died in 1969 and had showed himself to me. Her explanation gave me peace, knowing he was watching over me during a particularly troubling time. When I shared this with another high school friend, she told me that he also came to her when times were difficult. Over the years he has come through to me in messages.

I share this with you because most people walk into a Spiritualist Church hoping to get messages from their loved ones who have transitioned and want to know they are ok. The message work in our churches is also what keeps people away – because of fear. The biggest fear we as humans have is the fear of the unknown. Learning of and understanding the religion of Spiritualism will bring peace to the individual.

Our messages can prove that there is “life after death”. Too often this is the only comfort a grieving person receives about their love one.

What greater gift can we as Spiritualists give to mankind? Maybe to teach others that the Spirit World is available to everyone.....

Before we talk about the message itself, I'd like to share my experiences. When I began giving messages, I was like everyone else – SCARED. When called to the platform, I wanted to be the first to give my messages (I wanted the pick of the litter so to speak) I would think of people and try to get a message before I was called. I knew that someone else might reach to them first and then I would have to reach to someone else and what if I didn't receive a message? I always wanted to give a message to someone I didn't know, to make sure my message was of Spirit and not colored by my knowledge of the person. Eventually, I wanted to be last to make sure that everyone received a message. Did this come overnight – NO – it took years. A medium is not created overnight, it takes time and effort. Be patient with yourself and always work for the highest and best.

### **OK, MESSAGES, the meat and bones of a message.**

The first time I was asked to give messages by Rev. Hilborn at Evangelical Spiritual Church, the previous mediums gave a short prayer before giving their messages. I'd never done that, but figured I should, fortunately Spirit gave me the prayer that I still use today: "I ASK FOR THE HIGHEST AND BEST THAT IS OF GOD AND THE WORLD OF SPIRIT, THAT THE MESSAGES I GIVE UPLIFT AND GUIDE THOSE WITH WHOM I TOUCH."

- 1. There is a beginning.** You must always ask permission of the person you wish to give a message. Know that they have the right to refuse, so move to the next person. Anyone that has been in my classes know that I have one big pet peeve. When asking permission such as "May I come to you/touch with you?" Notice I said MAY, that is the proper way to phrase the question. When you use the word CAN (I come to you/touch with you) it actually is a question – the word "can" implies ability and if you are called to give messages then you are able. Messages are a gift from Spirit and that is what you are offering – a gift.

If you know the person you wish to give a message to, by all means call them by name. If not, a general description of what they are wearing would be helpful, the lady in the red hat or the gentleman with the blue tie. I was guilty one time of

reaching to the “gentleman in the plaid shirt in the back row” who happened to be a woman. So maybe “person” is a better option.

Never point, an open palm up gesture is a peaceful way to reach toward a person, whether you know them or not.

**2. The message itself.** Names don't always come easily, so a description of what you are seeing in your mind's eye, hearing or sensing should be described. Maybe you sense a family connection, maybe you are given a situation, share it. In time you will learn to trust your guides with the information they give to you. To quote the medium John Edward “ I trust my guides more than I trust your memory”. That was his answer when someone he reached to with a message, did not recognize who or what he was sharing with them. Ask the recipient to remember the message and ask a family member. I gave a message once from Elizabeth, she was not recognized until later – it was Aunt Lizzie. I received a message once that I would date a man who colored his hair. My immediate thought was that I would not date a man that shallow.....The message was correct and I was wrong. The most meaningful message I've ever received was from a Phyllis that no one else in the room could take and I could make a distant connection. She brought Donna with her, my mother. I don't remember any of the message other than, Phyllis brought my mother in. A message doesn't have to be more than that. You can ask your guides questions such as Who, What, Why, Where and When. A good guide will help you with your messages, again trust them.

**Some important don'ts when giving a message.** Never diagnose or prescribe, never give a message about health and most certainly never give a message regarding death. All of these things may cause distress to the recipient. Even saying that one should get their affairs in order can be disturbing. My answer when asked questions of this type is “If I were to receive a message of this type (implying that I don't receive) I would not share it.

Another thing not to do is to make up a message. If you are not receiving, make it known and excuse yourself. We all have times when we are not in tune with the Spirit World. At all times be honest in your message work. I once received a message from a medium that I respected, until she turned a conversation we had into a message. My faith in her abilities was shattered.

Our mission when giving messages is to help, not hinder. *First Do No Harm.*

- 3. Last but not least, is to close out the message with a comforting message such as “I leave that with Love and Blessings or God Bless” *it is after all a gift.***

This presentation is a starting point of your message bearing experience. It is advantageous to develop your techniques in a class setting with an instructor who will guide you in reaching your highest potential.

Please study the chapter on Ethics in the ISA Foundations Guide for more details on the does and don'ts of mediumship and messages.

As a teacher, I can say that there is no greater pride, than when the student exceeds the teacher. To help another reach their potential is why we teach. This is how we grow Spiritualism, by caring and sharing.

May the Infinite Intelligence continue to bless you as you bless others.