

Discipline and Control

Discipline is central to the development of mediumship, particularly when first starting out on your journey into mediumship. Emotions can rise and fall due in part to increased sensitivities to the “unseen” world around you, and coupled with the natural “I am in control” our feelings within our daily lives, getting out of bed, keeping focused on work, romance, essentially every facet is whereby there is an element of being in control.

Working mediumistically is no different, there is control, such as your choice of when to work mediumistically, and when to not work, you have the choice and therefore control. It is essential that you build up a firm rapport with your guide, for it is he/she that will inform you of opportunities of working with your mediumship, they may for example ask you to convey a message to a person sat in a coffee shop, ensuring you that the message will be accepted and much in need. When you first begin to become aware of being a medium, heightened sensitivities, and being aware of people around you, (spirit) that other people are not reacting too. Most people report having heard voices in their heads, shouting their name or merely saying hello, at other times you may glimpse a spirit person walking by or a loved one coming to say hello, all this happens naturally.

You should be taking note of how you work, what are you doing when you hear voices or see spirit, is it when going to sleep, upon first waking or whilst reading a book. All of these situations involve the brain waves reducing in amplitude to within the alpha wave, around 8-15 cycles per second, and is where the vast majority of mediumship takes place, naturally therefore at these times the mind has to be relaxed. As you can imagine, when first starting out on your journey, or when at a much younger age, things started to happen. ***“please refer to the document and video regarding the clairs”***

Mediumship is natural, and most mediums refer to themselves as a natural medium, though in this case they are stating that they have not had any guidance, training, or development of their ability. This is where this course comes into its own, for the information in both the written form and visually are in order to provide knowledge of how mediumship works, and how you can better build up the rapport with your guide(s) in order to enhance your ability. Knowledge leads to the removal of fear, for if you are hearing voices, and yet not seeing who the voice belongs too, the mind can fashion monsters very easily, resulting in shying away from mediumship or wrongly thinking it the work of the devil.

Discipline is the order of the day, and you as the medium need to play your role in the process that links spirit, yourself and the person you are giving the information by way of a reading to. Please refer to the document and video ***“how mediumship works”***. Spirit will always make the link to you, the human brain is incredible in what

it can achieve, spirit utilise its functionality in order to convey information that comes in the forms of visual, audio, sensory (feeling, taste and smell) and will undoubtedly develop in compliance to how you yourself respond to learning. For instance if you are a very visual person, reading books and seeing the words play out in a visual manner, or responding better to tasks through people showing you how to do something, therefore the more likely you would be to visualise spirit. The same can be said for people who break tasks down into separate pieces, making notes, needing to write things down in order to follow the task at hand, are most likely to be auditory in their mediumship. Know how you work on tasks and let spirit work with you on mediumistic development.

Having heard voices, that seem to be as if heard with your physical ear (termed objective clairaudience) are not random strangers, more so family and friends that have passed to the spirit side of life. Your guides are involved in these circumstances and would not want you to be in a situation whereby anyone could start communicating with you, seemingly because they can and choose to do so, it would not serve any meaningful action, and in some circumstances, cause the medium to shy away from such contact. Trust your guides in that they know what they are doing, talk to them, ask them who the person is that is talking to you, your guide is there to help and to nurture your ability for the betterment of you and those you will be able to help in the future. One reason that people only hear snippets of information is due to the development of your ability, you may only have heard six words out of a twenty-four-word sentence, which should you have heard it in its entirety, would have made perfect sense, one step at a time, however.

When you are doing your meditations, let your guide know, granted you would probably be thinking, he/she already knows, it is part of the rapport building, talk to him/her as you would a close and loving friend. If you are not comfortable with any situation, again ask your guide to help you, allow them to help you and as is your choice, for spirit always maintain that they could not adequately reach people in this world if it was not for the mediums wishing to learn how to do so.

You could loosely associate developing mediumship in the same way as you first learned to talk, to read, to drive a car, it takes practice and patience, and discipline. There is a need to put in the time needed to enhance your ability, regular times for meditation, taking part in a development circle, they run the same time week in week out. You need to show your commitment, for spirit will be aware of your desire, though they will not force you onto a journey you do not wish to undertake. A lot of mediums have regular episodes whereby they hear, see and feel spirit around them, yet are not expecting it or are frightened by it. In these cases, it usually stems from much earlier in life, when mediumship was taken as natural, akin to a child having an imaginary friend, though at times and due to lack of understanding, people shut it away, not knowing what it is, and in time the opportunities once offered in early life are given a second time, when the mind is more focused and

knowledgeable, as such the experiences occur more regularly over an often short period of time, you are being asked upon a journey that can be difficult at times, though the rewards are quite literally out of this world.

It is good to question, logical in fact, ask yourself why now, am I ready this time, choose to spend time with your guide, indeed ask him/her to show they are around you, and of course there is always the option of saying NO THANK YOU.

Points to note: YOU the medium are always in charge, your guides respect that fact, talk to them.

Be disciplined in your approach, meditations or communicating with spirit at the same time on any chosen day(s), if you are unhappy with anything, state this fact, ask spirit to stand back, they will understand, treat spirit as you would like a dear friend to talk to you.

You will be entering into a life whereby you will touch the lives of many people, for a short while will be privy to such deep emotions of love, that tears will flow, and emotions choke you up – it is all part of the journey, respect it, do your bit of the bargain, discipline, discipline, discipline.