

How Mediumship Works

To understand how mediumship works, we must first understand how our normal senses work.

We are all aware that through our physical senses of hearing, vision, smell, taste, and touch, that we gain information about our environment. This is due to a complex set of actions that allow information to be relayed to the brain for processing. Nerves that form the periphery and central nervous systems convey information to and from the brain by afferent and efferent nerves. The various sense organs, the skin, tongue, nose, ears, and eyes, transduce, that is to say change the information from a chemical process to an electrical one, so that the brain can functionalise this information and make sense of it all. This seemingly complex set of actions is broadly termed as sensation, and is seen as a bottom up processing in that the final destination is to the brain.

There is another step in this process however and it is termed perception. This is where the gathered stimuli are sent to the thalamus, essentially a post office, whereby information is then relayed to the various cortical sensory areas of the brain associated with each of the five senses. Granted this is a brief overview, so where does mediumship fit into this elaborate set of actions?

I am sure you would have heard and indeed read about extra sensory perception (ESP) the clue here is in the title "perception". You could say that information that is associated with mediumship does not undertake a "bottom up" processing, there is no sensation as no information is relayed to the brain via the nervous systems, it bypasses this and goes straight to the perception stage.

This would suggest that thoughts, including images and feelings that are conveyed from spirit to the medium would transit through into the brain and to the thalamus. The changing from a chemical to an electrical signal is not needed, it has all been done, the brain is in a way tricked into deciphering the information in the same way it would when having transited along the nerves.

A key element in the mediumistic process therefore is the limbic system of the brain, as shown in the diagram, and located in the area of the ear. The thalamus is in close proximity to the amygdala, though to be the seat of emotions and the hippocampus for short term memory. The thalamus holding a central position is therefore best placed to relay information to the various cortical areas of the brain, such as the occipital lobe, located to the back of the head (right of diagram) "the lumpy part to the rear of the head".

Having dealt with the internal aspects of mediumship communication, we can now ask the question of how are spirit able to convey information to us?

In answering this question, we have to ask another, what is spirit? One way in answering this is stating that spirit is the consciousness, the essence or soul of a deceased person, whose soul continues to exist after the process we know as physical death, the final cessation of bodily functions, namely, brain death. If spirit does not have a physical body, then how are they able to communicate? The answer is that of thought projection, mind to mind communication, also known as telepathy.

Thoughts are very powerful indeed, I am sure you have all been worried about a loved one, only to receive a phone call from them, have they subconsciously perceived your thoughts and phoned you.

Spirit often mention that they convey a lot of information via thought, that goes beyond the mere word, for contained within these thoughts are images, feelings, tastes, and smells. In this way spirit can provide a likeness of how they looked when in their physical body, convey their personality, their build, as well as an abundance of emotions and information that together constitute evidence of a continued existence after death. The biggest hindrance to this process is the human brain.

Just think what you do on a daily basis, in our job, driving to and from work, interacting with people, all of this takes energy and makes the brain more active. Think of the electrical stimuli that is taking place, electrical signals being

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acted upon, decisions made, perceptions through the senses, and the billions if not trillions of small actions taking place every single minute. For example, various regions of the brain will correlate information, making sense of what you see, decision when to apply the brake, turn the wheel, change gear, not forgetting keeping the head upright, the hundreds of small adjustments with the eyes as you take in everything around you. Imagine how busy the brain is! How can you be able to perceive what is being conveyed to you by spirit?

It is fair to say that your emotions will also play a part in spirit communication. If you are going through a difficult time, having a recent split with your partner, or the loss of your job. This causes stress and worry that can lead to over thinking and stress that have an impact on the functionality of the brain, the old saying "I can't think straight" comes to mind.

There is also your own energy field that is reinforced by the strength and activity of your brain as well as the emotional self. This energy field, more commonly referred to as the aura or auric field can be quite dense with electrical stimulus from the brain or in a dense emotional sense, both of which can attenuate the thoughts being conveyed from spirit.

This is one of the main reasons that the course is quite intense on the topics of meditation and mindfulness, having a calmer mind allows you to be in a better position to perceive thoughts from spirit, which at times are quite subtle.

The four noted brain waves, Beta, Alpha, Theta, and Delta each have their own energy values, with the beta wave having a higher frequency and correlates to an active mind, whilst the delta wave has the largest amplitude. Each of these brain waves will impart energy to the auric field, as well as the heart whose sinus rhythm is greater than the brain waves massed together, and also effects into the auric field.

Practice and perseverance are the keys to mediumship, for through our endeavours to be of help to others our mind will align with that of the heart, a synchronicity as it were of energies.

Lastly, it is spirit that establishes the connection between minds for the thoughts to be conveyed. Imagine if you will, a modulator demodulator (modem) which connects two devices such as your pc to the internet, over great distances. For the process to work, spirit firstly contact the mind of the medium, they ensure that the thoughts are able to come through, they reinforce this connection to facilitate a greater amount of information is able to be transmitted. It is not until this process has been established that the medium is aware of spirit being with them.