

# **The Development of Mediumship**

## **and the Spiritual Life**

### **Tools for the Journey**

Over the coming weeks we will be looking at the development of mediumship and the spiritual life. Each week we will print an article looking at what the spiritual journey is, how to develop mediumship and identifying some key tools and attitudes of mind that will help us be the best instrument that we can be for the spirit world to work through. Although each article will stand alone, it is hoped that at the end of the process that we will be able to collate the articles into a book and use them to help as many students as possible. It may prove to be a long road, the development of mediumship is never easy and it is one in which there will be disappointments, setbacks, obstacles and resistance, both from within and without and writing about that journey in depth is no easy task. The development of mediumship is a journey that can bring a great deal of joy and fulfilment that can change the lives, not just of ourselves and other people, but of the world. So firstly, I want to begin by

looking at the spiritual journey and the development of mediumship, what it is and what we need to do before we set out on the road.

It has been said that we are spiritual beings having an earthly existence, this is true to a certain extent, but there is nothing other than the spiritual life. We are spirit, mind and body, this is what makes us human. We will continue to inhabit a body even after death, albeit an etheric body and our earthly lives are about preparing ourselves for what will be the greater part of our existence.

The life we live in the physical world being like the tip of an iceberg, infinitely small when compared to what will be our future home. We are here for maybe three score years and ten but we will inhabit the spirit realms for eternity.

So we must remember that we are both human and spirit, eternal beings living here and now in a spirit world, it is our spirit which animates us, which connects with the divine and of course as spiritualists we believe not just in life after death, but life before death too. It is the attitude that we adopt to this future life that prepares us for this life, or not, depending on how we live our lives now. The process of cause and effect works without fail and the purpose of our existence is to express the innate character of what it means to be truly human but which we all too often surrender to mediocrity through

compromise and low self-esteem, even to the point where many of us question everything, including even if there is life after death.

There is something in each of us that knows intuitively that we are meant for more than the circumstances that we experience in this life, that there is something more and that we were meant for better things. When we begin to seek that which has ultimate meaning, shafts of light begin to appear in our lives. It is also true to say that ultimate meaning also seeks us, that somehow something can break through the prison of our hearts and wake us up to a richer fuller life. You could not be reading this if one of those shafts of light hadn't already illuminated your consciousness to some extent. Once this happens we are ready for change, in fact we begin to thirst for it. The journey however is a long and arduous one, we are beset with difficulty, both from within and without and we begin to wonder if we will ever overcome all the difficulties which attack us on every side.

To overcome these obstacles, maybe it is better to call them opportunities (for self-knowledge), we need some tools. Things that will help us along the way, helping us overcome whatever circumstances life may present us with.

Understanding how, why and when to use these tools, knowing what they are for and what they are not, is even more important than having them in our tool box. I am sure that we have all had experiences where we have used the wrong tool for the wrong job, for example using a kitchen knife to undo a stubborn screw, and we have ended up with more problems than when we began. It is very important to use the right tool for the right job.

We may think that we know this stuff, some of it is easy of course and maybe because of our family of origin we have been using some of these tools since we were very young. However it may well be that we have to re-learn, to remember (become part of again) something so that we get it right, maybe what is standing in our way is an attitude or an opinion held for a long time which needs to change. One thing that we can be sure of is that change happens and ultimately, we cannot change the world but we can change ourselves. When doing this we often find that by changing ourselves the world that we inhabit begins to look and react differently.

Some of the tools that I want to look at include meditation, mindfulness, sitting in the power, connecting to spirit guides, prayer, philosophy, how to live the

spiritual life, preparations for mediumship, circle work, the role of mentors on our spiritual journey and working with the public to demonstrate our spiritual gifts. Of course, each one of us is unique and therefore will need different tools at different points on our journey. It must be said that it is much better to master one skill before moving on to the next one and we will know intuitively when or how a particular tool is needed if we are ready to accept such things and work with that intuition.

Before looking at those tools I believe we need to understand fully what the spiritual journey is and how those particular obstacles that you face at the moment came into being. The spiritual journey is exciting, it takes in every avenue of human life and gets right to the core of who and what we are and that sense of excitement at commencing on the journey is very important. Becoming fully involved, with enthusiasm and commitment is the first key ingredient to success. This is important, life is important, after all we do call it life or death and every decision that we make can be life affirming, a choice for life and what is noblest and highest attributes of the human condition. So embarking on our spiritual journey is a choice for life but be aware that it is a bumpy ride. One that can help you walk on the pinnacles of life one minute

but wonder where you are going and what you are doing the next. That is to be expected and is not something to worry about. Make a commitment that you will never give up, that you are in it for the long haul and then you will begin to find wonderful things start to happen. I will endeavour to offer further resources, suggesting books, videos and websites that will help you go further and deeper into which ever topic takes your interest. Please follow your instincts with this, if something excites your interest then it is probably integral to your journey and you need to investigate it some more, which can be exciting.

The next article will look at what the spiritual journey is and how it unfolds. Of course, the circumstances will be different for each one of us but there is a common thread that runs between each of our stories. A theme that has been at the centre of every myth, story, fable and religion since the beginning of time, that thread is the hero struggle!

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