

So you want to be a Medium?

The first thing that we have to remember is that we cannot make ourselves into mediums, it doesn't matter how hard we try, as mediumship is not dependent upon us, it is dependent on the spirit world, who have to be there for us to be mediums, otherwise we are psychics. This is the reason why the development of mediumship normally begins with an invitation from the spirit world. This invitation is a call to development and the beginning of the adventure of mediumship. Added to that we also must remember that if we have experienced the spirit world once, whether it is through a vision of someone we love, an unexplained voice or whatever else it might be, then we are mediums, we have the ability to communicate with the spirit world. We should need no more proof than that, what we are developing after that is our ability to communicate, the training to become the best medium that we can be, which will involve dealing with everything that is in the unconscious, our doubts and fears about ourselves, the fear of speaking in public or whatever it might be. Anything and everything that is in the unconscious will surface during the development of mediumship and rightly so. Our spiritual development is what is of paramount importance to the spirit world, even more so than our mediumistic development. This is due to the fact that those who work with us from the spirit world love us and have our highest and greatest good at heart. Three things that will help us as we begin our journey and throughout it are intention, self-reflection and our ability to change.

An intention is an idea that you plan (or intend) to carry out. If you mean something, it's an intention. Your goal, purpose, or aim is your intention. It's something you mean to do, whether you pull it off or not. Now there will be an

overall intention as well as an intention that you set each time that you work. The first thing we have to ask ourselves is why do you want to be a medium? Sadly in the modern world there are many who have the wrong intention when setting out on the road of development and the wrong intention will lead to difficulties not just for the medium but for those they are working with. Some mediums, sometimes unconsciously, want fame or fortune, they are running to something which inevitably ends in failure. Yes there can be money to be made and some do find fame working on television shows or theatres and travelling extensively but this can be a very lonely road which will take its toll not just on the medium but on their family and friends as it can mean living out of a suitcase and is never as exotic as it sounds. Those who do this work can become dictated to by the television company or venue that they are working for and this can be difficult as it can take you out of your comfort zone, the demands to deliver can be incredible. Each time that you go to a venue they don't just want you to be as good as you were last time, but better.

When questioning those developing about why they want to be a medium, you often hear statements like "I want to help people" which is in itself a noble sentiment however it is a little misguided. Nine times out of ten we fail to help people in the way that we should and does anyone really know what is best for their highest and greatest good? Then the other time that we do help someone we probably shouldn't have anyway for all sorts of reasons like the fact that spiritually we have to let someone work out their own spiritual problems. That is one of the rules of spirituality, you should not be doing for some else what they should be doing for themselves. Becoming independent is how God helps us to grow up and each of us has to face some very difficult things in our lives which can make us stronger if tackled in the right way. Added to that, if you try and help

someone too much you become a crutch which they cannot do without, which could well become a burden to you.

As mediums you can hear and become involved in the most heart breaking of stories and when everyone has gone away and you are on your own, who heals the healer? Mediums have to be able to look after themselves too which is why mediumship is a spiritual journey, if you become too involved in other people's heartache it can be emotionally draining. The world is a complicated place and life is hard for lots of people and that is no different for the medium. No matter how far you have come and how much you understand the fact that life is eternal, difficulties will still be experienced and the medium has to find ways of dealing with that.

The real reason for developing mediumship has to be that it is who and what you are, a medium. Working for the spirit world will be something that you will probably end up doing each and every day and whilst it has its highs it can also have some tremendous lows. What are you going to do after a bad demonstration? They do happen, especially in the early days and if you are motivated by popularity and fame then bad demonstrations can be very hard to take. I have heard some mediums give all the credit to the spirit world when the demonstration has gone well, what do these mediums do when the demonstration does not go so well? You cannot blame the spirit world as it is a partnership. Added to this fact is the fact that the spirit can often be experimenting with our mediumship, to see how we communicate, how they can influence us. Our mediumsistic development is very important to the spirit world and it will continue to develop throughout our lives, there is no such thing as a developed medium, mediumship is a road of continual progress.

There should also be an intention set each and every time that you are working as this will have a huge influence on what you do and upon your mental and emotional states whilst you are working. Before each demonstration it is good to sit with the spirit world and set the intention that you trust them, surrender yourself to them and that you allow them to use you as the best channel that you can be in whatever way they can, for the highest and greatest good of all those involved.

This setting of intention is even more important when teaching mediumship as it will help to order and structure what happens. The spirit world always work with whoever is teaching and would not operate without permission, which is why when you hear people say that they have gone off into trance or whatever it might be you know it is not the spirit world but something else. Of course the teaching medium has to be skilled enough to know what is going on and able to react to what the spirit world wants which takes experience and expertise. This is the reason why it is harmful for mediums to teach before they are ready as it can do more harm than good if they rush things. This then leads us onto self-reflection which is an indispensable tool for anyone consciously embarking on the spiritual journey and working with their mediumship.

For self-reflection, to be done properly, requires honesty and integrity. Sometimes we are our own worst enemy, either being too critical on ourselves, or unable to see the truth. All of us have seen shows like the X Factor where people with absolutely no talent whatsoever are absolutely convinced that they will be the next big superstar only for their lives to come crashing down when they are told the truth. Therefore, it is very important to surround ourselves, especially in the early days of our development, with those who can be both complimentary and able to criticise in the right way when the need arises. Having the wrong kind of voice

around us can be extremely harmful which is why we need someone of the right calibre to help us out on the road, to mentor us and to push us even when we do not want to be pushed. My mentor was extremely tough with me, but always with compassion, he would never let me hide or escape but kept pushing me to be the best that I could be.

After each demonstration I would spend time with the spirit world, asking those who work with me for feedback. How did I do? Should I have done anything differently? What did I miss? What could I do better next time? What should I not do next time? During their development the medium should have built up a trust and a rapport with their spirit family to be able to do this. If the medium is still left with any doubts concerns or questions they should have a trusted colleague who they can go to who can help them in the right way. Someone that they are able to ask difficult questions and know that they are going to get honest feedback.

Some of the feedback that we get can be hard to take, challenging and unwelcome at times. As Carl Gustav Jung said one of the problems about God is that he hides what we most need to learn in the place where we least want to look for it. I have had numerous experiences where this is the case and if we really want to grow and develop spiritually we have to be unafraid to change. Change can be hard and yes God loves us exactly as we are but will not settle for that. Life is continually change and one thing that mediumship proves is that the best is yet to come, isn't that what heaven is, that place of eternal bliss. However to get there we often have to climb mountains and get confronted with truths about ourselves and the world which can be bitter pills to swallow. To be the best that we can be, both mediumistically and spiritually we need to face these obstacles and realise that we can overcome them. Of course for many of us the biggest obstacle in life is death so mediumship helps us see that whatever circumstances present themselves to

us on the road there is life on the other side. Mediumship gives us courage to face those challenges and transform them, when we can do that our lives become a living prayer of who and what we are. To achieve this we need to keep our eyes fixed on the goal, the destination of our journey which is when all colours will beat as one and everyone will live in harmony realising that we are all connecting in one great web of life. Mediumship is a means to achieve that end and we have to be strong enough to realise that there will be times when we should not use our mediumship. Times of crisis in our lives or forks in the road that may take us away from mediumship for a while and our ability to recognise these times will be in direct proportion to the trust that we have built up in our spirit family, and our ability to make hard decisions for our highest and greatest good. If we set our intention correctly when we begin the journey we will not go too far wrong.

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