

Connecting with Spirit

The first spirit that we have to connect with is our own. We have to remember that we are spirit beings now, living in a physical body. To understand this we have to remind ourselves what spirit is, our spirit is that part of ourselves that gives us life, it is connected to God. You often hear people say that it is a spark of the divine, or God, but I don't believe that, I actually agree with Carl Gustav Jung who said that the spirit connects us to God. This is important because we are not Gods, we would be if there was a spark of the divine in us and we make very poor gods. When we understand the spirit as a connection to God we begin to realise that through the spirit we can recognise God, in the world. I am sure we have all had those moments of grace when everything makes sense and the world seems to come together in a synchronistic way.

The trouble is that these moments are fleeting. They go as quickly as they come and we don't know what brought them about as it is something outside of ourselves. We are able to drown out that connection with God which is why that voice inside has been called the still small voice within. We often have critical voices which tell us all sorts of things like we are not good enough or I cannot achieve what I really want. These voices are developed over a long period of time, Jung said that they belonged to the shadow side of our personality. Our first task is to heal ourselves, endeavouring to make ourselves into that which we were created to be and allow our true nature to shine through. When we are able to do that then we become who and what we were meant to be and there is something inside us that drives us towards that goal. Jung called this the individuation process which I spoke of in the article on the hero struggle.

However there are so many things that can prevent that true nature from being able to shine through and the process of healing can be a long one. In fact all mediumship is healing, the goal behind a message from a loved one in the spirit world being to

allow this process to happen, not just for those in their physical body but for those in the spirit world too as the process continues long after we die. Once we enter the spirit world we inhabit what is called the etheric body, which is an exact duplicate of our earthly bodies. This could be said to be the soul, but the soul is not eternal, only the spirit is and at some point in the spirit world we will go through what is called the second death, as described in the book of the Apocalypse in the bible. When that happens we become pure spirit and it will only happen when we are fit for that state of being. So there continues to be a process of spiritual development in this spirit world. This is the reason why we call it spiritual development and not soul development.

Allowing the process of healing to take place can be difficult at times because it challenges so many things in our lives. It is no good wanting to heal when we do things to ourselves that we know are destructive or harmful to our physical mental and emotional wellbeing. True spiritual development will affect every aspect of our lives and as it is a process of transformation it can really take us out of our comfort zone. Our ability to go with this process will determine how long it will take.

Another thing that Jung said which resonates greatly with me is “God hides what you most need in the place which you least want to look for it”. I have found this to be so true and is why in myths the treasure, which is our true spiritual nature, is guarded by a dragon, which is the predator of all predators. These obstacles to our spiritual growth come both from within and outside ourselves but must be mastered for us to progress. However much we tackle them or overcome them in some way the residue of whatever has happened to us will always be there and integrating this aspects of our personalities can be challenging to say the least, but we must attempt to do so as this truly is what life is about. Life is a never ending journey and whilst we might have destinations which we reach along the way, once reached another destination presents itself to us. As mentioned previously our ability to travel this road will

depend on our courage to take up the challenge and to press fearlessly on, wherever the journey may take you.

One of our biggest assets, both mediumistically and spiritually is, just as was written above the gateway to the oracle at Delphi “Man know thyself”. All too often we look for encouragement or appreciation from others, especially if we have been deprived of such things as a child, when we truly know and love ourselves for who and what we are then we can become our own teacher and coach. This has an added aspect in the field of mediumship as to know oneself is vitally important. How can you know whether it is the spirit world or not if you do not know yourself, as the spirit world communicate through the subconscious mind?

You often hear the question, I am sure that we have all asked it ourselves at some point, “is it the spirit world or is it my imagination?” This doubt presses heavily especially when we have just set out on the road and if we allow the doubt to persist it can be overwhelming, maybe even compelling us to give up. The truth is that there is no easy answer as it can be both, as when the spirit world are communicating with us they often utilise the imagination to enable communication to flourish. When a medium allow this to function properly the results can be quite amazing and I believe that this process has been involved with every great writer and artist since the beginning of history, many would talk about their muses or demons who assisted them in the process and helped in the birth of whatever it was that they were working on. Creative people allow the process to happen, they get out of the way and put all their fears and doubts to one side because what they are doing is more important and the developing medium must do the same.

I am always nervous before working and always will be as when I become nervous I know that the spirit world are there. I am always encouraged when I hear students talk about their nerves as it shows me that they want to do the job properly. I would be very suspicious if someone told me that they were never nervous before doing something as important as mediumship. There is absolutely nothing that you can

guarantee with mediumship as there are so many factors which are involved not least the spirit world and you do not know how receptive you are going to be to them.

I am a great fan of the work of Mel Robbins who talks about confidence which she says we have misunderstood in the modern world. Confidence Mel says is not about the absence of doubt, it is about our ability to give something a go. Mel came up with the five second rule, if you want to do something do it straight away, if you have not done it in five seconds then you won't do it at all. We have to get out of our comfort zone and get involved. I have seen mediums develop for this very reason, they got involved, had a go no matter how they were feeling or what fear jumped up.

The next thing that we have to do is to start to experience our feelings and name them. So many of us do not understand our own feelings and are therefore limited in their expression, we are tired, hungry, cold angry or whatever it may be. That is only the surface and our feelings and emotions go so much deeper than that. Then behind every emotion will be another emotion, the source of whatever it is that you are feeling, everything comes from somewhere and the more work that we are able to do on and with ourselves the better that we will be able to identify what is us and what is the spirit world. We have to realise that feelings are neither right nor wrong, they are just feelings and at times it is right that we be angry, sad, and happy or whatever it might be. It is how we use those feelings that is right or wrong not the feelings themselves. So if I get angry and use that anger to lash out at someone it is the lashing out that is wrong not the anger itself. I could use that anger for a practical use or as a trigger to have a conversation with someone explaining how I feel and what led to that but I won't be able to do that if I do not understand myself what is going on within me.

Sometimes we mix up our feelings with a thought, it is a very easy thing to do. The way to tell the difference is to put your feeling into a sentence, if you can substitute the feeling word for the word think and the sentence still makes sense then it is a thought not a feeling. It is important to get this right as our feelings are very powerful,

after all the word emotion stands for our energy (E) in motion. The use of our words is also very important as our words have power and we should use them wisely, they shape our future. Being aware of what we say and how we say it is invaluable in our spiritual development.

Spend some time naming your emotions, allow yourself to be with what you feel and really experience them. As emotions are neither right or wrong we can be with whatever comes. Sometimes we make value judgements where emotions are concerned telling ourselves that we should not feel certain ways but this is not helpful as there is no right way to feel, just a right way to act or react. The more that we understand our own emotions and feelings then the easier we will be able to understand other peoples. Those in the spirit world still feel and have emotions and often communicate with and through them.

One of the best tools for getting in touch with our own spirit is meditation, meditation is not for contacting the spirit world, we will talk about that in a future article. Meditation can be very simple, often starting with exercises to concentrate on the breath. This allows us to be in the present moment, fear being to do with the past and anxiety with the future. In the modern world mindfulness has taken the place of meditation but they really are the same thing, whenever we allow ourselves to be in the present moment fully and completely we are meditating. So we can meditate whilst walking, experiencing everything we encounter, or whilst eating, whatever it may be so that we can experience ourselves in the present moment as completely as we can.

This process of knowing ourselves inside and out is the only way that we can ever know when the spirit world are with us and when they are not. There is a similar thing with dreams where we can have fear dreams, precognitive dreams, dreams where we communicate with our loved ones in spirit and all sorts of other possibilities and it is up to the dreamer to discern what is going on and work it out. Contrary to popular belief no dream journal can give you a definitive answer as in our dreams we are the

writing, the casting agent, all the characters and everything that goes on within them, so dreams are very personal. Everyone's mind operates in different ways and it is working out how your mind works which will help you use your mind in the best way possible.

Everyone stores information in different ways, some people store information visually (pictures) others auditory (sounds) and others kinaesthetically (feelings) and eyes access cues will help you understand how your mind works. The way our eyes move when access a memory shows someone skilled in reading such cues how someone is storing information. This storing of information is the key to learning, if someone knows how they store information they can then use techniques to help them store whatever they want to remember and there are techniques to help someone do this. Our schools go wrong as they expect everyone to remember in the same way and we don't. To find out more about this subject read the work of Richard Bandler and John Grinder in *Theory and Practice of NLP Coaching: A Psychological Approach*, chapter 10.

Once you know yourself and how your mind operates you will be able to use it for what you want, remember that you are not your mind, it is just part of who and what you are. Thoughts flow through the mind but we do not have to believe everything that enters the mind. Then once you begin working with your mediumship the spirit world will also begin to work with you to see how best they can communicate with you. A trial and error process takes place especially in the early days of development. Just as in any relationship this takes time and effort. The building of that relationship is something that we will look at next week.

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