

The Mechanics of Mediumship

by

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People often wonder how mediumship works - how do spirit people communicate?, often believing that you need to be special in some way to do it. In reality the opposite is true. There is nothing special about mediums, we are ordinary people, with a very ordinary, natural ability. Mediumship is a totally natural ability that has been in practice throughout all cultures, through all history, and every person has it within them to do it. However, in some people it is more prominent than in others, and lets face it, if we were all doing the same thing the world would be quite boring. On the other hand, if we were all developing and using our mediumship there would be a universal understanding of the reality of life and life beyond 'death'. As it is, so many people believe that death is the end of life. In truth, it is barely the beginning.

So, to get back to our original question - how does mediumship work?

To answer that we first need to look at, and understand, energy. Energy cannot die, this is a proven fact. It only moves into another state, changing vibration, changing form, but it does not die. You are made of energy, so you cannot die. Your soul or spirit (both are the same), which is the real you, is energy, housed in a physical body which is also made up of energy vibrating at a different rate creating dense flesh. When the body 'dies', the spirit separates from the body which is no longer required, and no longer animated, and the body disintegrates and returns to the earth after burial, and if we are cremated it becomes a pile of ash - a collection of molecules or particles of energy which have not died, just changed form.

So your spirit is now without a physical vehicle, but it still lives. It's the part of you which thinks and feels, shares emotions, and interacts with all other living things in the whole of creation. It is the mind which contains all your memories and thoughts, it is your individuality, your personality, and it is now without a physical vehicle to use for expression. But it is not dead - energy cannot die.

Whilst we are living in the physical world our spirit uses the physical body for expression, and our mind provides intellectual expression, but there are things that we are able to perceive that are non-physical. For instance, we can sense someone's mood or emotional state without even having to exchange words. It's just that feeling you get, like when you walk into a room after an argument and you can feel the anger present in the room. It might feel heavy, or depressive, and you need no-one to tell you, because you can sense it. Likewise, you might sense when someone is ill without being told, and without seeing any outward signs of ill health. This is because your spirit is already exchanging information with the other person's spirit, as soon as you meet, through your Aura (this is called Psychic work - person to person, both physically living). Your aura is a record of all those thoughts and emotions, both expressed and unexpressed. It contains all the information about you, all your experiences, everything you have done, what you hope to do, all your problems and ill health, all are recorded here. It's a bit like having a part of your spirit that's accessible to all, which contains information that we all need to go about our day to day living. I tend to liken it to a modem, which sends and receives information, your aura is much the same. Your aura extends out from your physical body by about 12 inches, and can fluctuate depending on your mood and health etc. You know that feeling you get when someone comes up to you and enters your personal space, like a shiver - well that's when your aura is registering a physical presence. So we are able to sense things because we are exchanging information, unconsciously, before we even speak. Mediumship is really no different, it is simply two spirits making contact with each other. One just happens to be without a physical body, and the other does have a body - both are 'alive'.

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If we accept that the spirit can and does live after it has separated from its body, then the next question is usually 'where do we exist?' I believe that we occupy the same space, and that because we are operating at different frequencies, we are not normally aware of the spirit world. Think about it. We occupy the same space as radio waves, but are not aware of them unless we use a receiver to tune in and make sense of them. A medium is a receiver, who can tune in and make sense of the communications from the spirit world. The way we tune into this other frequency is no mystery either. We understand that the mind is a very powerful tool, and we use our mind power to 'open the channel'. Using our mind, we quicken the vibration of our own energy field - the aura - so that we can meet the spirit world half way, as they slow down the frequency of their vibration slightly to become more easily perceived. And that's it - the lines of communication are open and away we go. If it all sounds too simple, that's because it is. Okay, it's hard to begin with, but it gets easier and better with practice. So, providing we don't actually talk ourselves out of accepting the experience and believing it is simply our imagination playing tricks, it shouldn't be too much of a problem communicating with spirit.

And what sort of things do we get in this communication? Well there are 3 faculties that operate during mediumship and psychic work - seeing, hearing and sensing.

Seeing - Clairvoyance - which means clear seeing.

When the Clairvoyant ability is used the medium might see spirit forms and describe the person making contact, or see symbols and pictures for interpretation to help get the message across.

Hearing - Clairaudience - meaning clear hearing.

The medium may hear noises or voices saying words or speaking sentences. Sometimes it can be clear enough to hear regional accents/dialects.

Sensing - Clairsentience - which means clear sensing.

Using the aura we can feel things that seem physical like a pain or a symptom of a communicator's ill health, through to non-physical sensations like emotions and thoughts. The medium might also sense energy fields, cold spots and temperature changes in the atmosphere, or even smell things - perfumes etc. Sometimes it is a case of just knowing something, and also a medium can appear to take on certain characteristics of the communicating spirit such as mannerisms or using phrases that they would have used.

All mediums will, at some point, use all three of these faculties, though there will be one which is dominant and in use most often, with the remaining two complementing it.

So this is how mediumship works. I hope that I have managed to keep the explanation of this very natural ability both simple and plausible, whilst making it clear and concise. Remember, it is something that we all possess to some degree, and you can choose to develop this if you want, it's up to you.