

Training & Development

By Maureen Murnan Medium & Teacher

Training and development for the unfoldment of spiritual gifts is, thankfully, now being accepted. The age of enlightenment is truly upon us and more and more we see evidence of people from all walks of life and all age groups opening up to their own spiritual nature.

I consider all forms of mediumship to be a natural and God given gift to mankind. And, just as the musician, the artist, the poet, and all those that are blessed with the gift of a beautiful singing voice must practise and fine tune their gift so that they are able to present a thing that is worthy of public attention and appreciation ~ so too should the gift of mediumship be encouraged to unfold, under the guidance and direction of teachers who understand the mechanics of spiritual work along with the pitfalls of not treating this equally delicate and beautiful gift with tender loving care, patience and dedication.

There is one school of thought, that mediums are born with some extra quality of sensitivity that develops naturally. This may well be true for some, but I have also seen the potential for mediumship abused or ignored because the novice medium is not sure what, how, or why things are happening around them.

I would personally like to see more spiritual awareness groups becoming available for those who wish to know more of the various degrees in which the Spirit world are able to help and inspire our lives, and the role that we as mediumistic channels are able to play in all communication from the Spirit. To understand our purpose in life is something that so many seek to understand, even spending their entire lives in pursuit of spiritual knowledge, so that they as individuals may discover the hidden qualities inherent in all of us as our spiritual birthright.

It is here, in the awareness class, under the guidance and direction of a medium & teacher that we discover the potential for spiritual development. But, knowing more of the self is also very important, whether we simply want learn about, or develop, spiritual gifts. In so many of the ancient religions we see the statement *“Man Know Thyself”*. This knowing includes the profound and fundamental realisation that **we are Spirit here and now**.

When people ask, *“can awareness help everyone?”*, I have to say, quite definitely *“YES”*. For too long a great proportion of mankind spends their lives running around in seemingly senseless circles, always chasing what is over the next hill, and never really feeling satisfied with themselves. Becoming aware of the ‘self’ can help us to look closely at our inner space, the depth, the breadth, the infinity and the immortality of our own being. When we know and at least understand this a little better, we give more attention to who we are, and where we are, so life is seen in very different dimensions, and we can begin to appreciate all that surrounds us, and all that life offers us.

When we can truthfully look at the self, and accept what we are, and maybe acknowledge what we would like to change, then set about activating those positive changes, making our lives better, we will then find that we interact much more harmoniously with the rest of creation for we are fulfilling our true life’s purpose ~ to become a better being that can contribute to the making of a better world.

Awareness shows us that we are all born with psychic ability, we become attuned and attentive to our psyche (**our soul**), and learn how we are all sending and receiving signals from one soul to another all of our lives, and from all other people we meet. We interpret those signals and make the decision on whether or not we are comfortable with this person or this place or situation. Understanding this helps us to see that we can direct the course of our lives through our own free will.

My own awareness has changed my life dramatically. I see so much more of my surroundings, and I appreciate life in all its forms far more now than I did even just ten years ago. I find my tolerance for my own failings and the failures of others is far more sympathetic, and feel that now I am on a journey of self discovery, a pathway that I am happy to be on, for however long it takes, progression is my goal. To see others discovering their true self and learning to love the self, is a privilege and a pleasure, and I haven’t met anyone who has not felt some benefit from self awareness.

If our new found awareness proves that we have the ability to raise our sensitivity beyond the psychic and earthly levels and become aware of the unseen world of the Spirit, then that is a bonus. But we should be taking into consideration the responsibility that comes with mediumship. Let us all encourage our mediums now and in the future to be professional, and treat this beautiful gift with the respect it deserves.

Would a budding musician, after having a few lessons, be expected to compose a masterpiece, would we cultivate a rare and beautiful plant, then drag it from the ground when it’s just beginning to show signs of growth, then expect it to flower overnight? No, we would not, because common sense tells us that we must nurture and protect in order to reap the rewards. The very same applies to mediumship. Knowledge, practise, and the correct training will encourage a safe, sincere, worthy unfoldment of this special gift.