

Trance Mediumship - What is it and what's it like?

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My husband, Martin always says that 'I'm not of this world' and when I was little, my friends said that I was 'never quite here'! I wonder if that is the mark of a Trance Medium? I am and have always been aware of Spirit. It never switches off, I share my existence with my Guides and Helpers and perhaps that is why all of my experiences with Trance Mediumship have been joyous ones. The only problems I have had have been with the incarnate!

The first time I 'went into Trance' was in the middle of a restaurant when my Granddad decided that he was going to tell this man I was going to marry that he wanted him to look after me. Fortunately, this man, Martin, was a Spiritualist Medium and was happy to talk to Granddad as he spoke through me in his deep East End voice in a crowded London eatery! I joined a Development Circle then and the relationship I had had all my life with my dear friend, White Owl, deepened. He inspired me on the rostrum and when I taught later on in my career as a Medium. Now, he and I are developing Physical Mediumship together and with my family of Spirit Friends, we demonstrate Trance publicly. I am very lucky to be a Deep Trance Medium, my brain-wave patterns having been measured scientifically by researchers.

When we communicate with the Spirit World we do so with our minds, telepathically, mind-to-mind. We know as Spiritualists that the mind and the brain are not one and the same. The mind is able to leave the body and soar into space when we are in meditation and those who have been declared 'dead' by the medical profession and then have been resuscitated, speak of going out of their bodies and of seeing all sorts of wonderful things. This shows that indeed we are far greater than this body we currently inhabit.

I realise from the years of work I have done with Trance Mediumship, that generally people do not understand it. The fundamental problem is that people do not realise that as soon as they begin to relax into meditation or to become aware of Spirit, they are already in an altered state of consciousness. There is a measurable difference between the brain's wave patterns when you are 'going about your normal business' to when you are delivering Clairvoyance or in a meditative state. Through working with students in Circles and Workshops, it is clear that the kind of feelings and experiences people have, when preparing for the delivery of Philosophy in a Trance-state is very similar to those they experience when preparing to give a Private Sitting. Trance is not so scary as all that!

However, there are some sensations that those going into deeper altered states do not like. These tend to be when the heart-rate changes, the breath becomes deeper, when they feel all tickly and prickly all over and they feel a presence. These feelings are totally natural and come from something called 'the Fight or Flight Reflex'. It all stems back to those days of when we caught our own dinner or became someone else's. If some huge great hairy creature is stalking you and is about to pounce on you, it is really handy to have the ability to sense it and to be able to run away really quickly or to have the strength to clobber it smartly on the head with a club! You initially sense the approaching friend or foe through your aura, and your clever body prepares itself to be able to run like billy-oh or clout it hard, by stimulating the production of adrenaline, filling your blood with oxygen (hence the change of breath) and getting the blood pumping hard (heart rate change). You are not puffing and blowing

like a steam engine and thumping away in your chest because some Spirit is about to take your body over! If the Medium can calm the body and gets to know the Trance Control, there is no problem.

Deep-Trance is a rare thing. There are a few of us about and there are loads of Trance Mediums and Spiritualists who think that the only form of Trance Mediumship *is* Deep-Trance Mediumship. This is not the case. I reiterate, as soon as you are beginning to become aware of something beyond the material, you are in an altered state of consciousness. Trance means 'altered state of consciousness'. Unfortunately, a lot of Mediums who are delivering wonderful philosophy and teachings from Spirit but are aware of what is going on as they speak, feel that they cannot be honest about that awareness. They believe that if they are in Trance, they have to be unaware all of the time. I am a Deep-Trance Medium because *some of the time* I am completely and utterly unaware of what is going on. People say that I have said something or other and I really do not remember. Sometimes, I can hear what is being said but I cannot do anything about it. Sometimes I am floating around the room looking at people. Sometimes, I go to a wonderful cave under a waterfall. I lose hours when I am doing a public Trance Demonstration. There have been loud bangs and crashes and everyone has taken off except me! You know life is a flowing, moving thing, and so is Trance.

I remember a lady telling me once that Deep-Trance was a thing of the past and that Spirit had told her that all Trance work would be done with the Medium being fully aware. They must have missed me. Another lady told me that Trance was boring because the Control did not talk to her. Another time I demonstrated Non-independent Direct Voice and Trance and no-one had heard my own personal voice. After the Demonstration, I went to the lavatory, obviously unseen by the lady who followed me in. We struck up a conversation as I was in the cubicle and she was outside and she asked me what I thought of the Demonstration? I was a bit dumbstruck by this question but she went on to tell me that she thought the Medium was a fake because she must have had a manly voice anyway for 'that voice' to have come out of her mouth. I responded in my apparently sweet girly voice, so they say, (ahem), that I was going to be a while and maybe she should use the gents!

What is Trance? It is when a Medium is in an altered state of consciousness and steps aside sufficiently for a Spirit Guide to use the Medium's forms of expression and communication, to link the two worlds together. The more the Medium steps away, the more the Trance Control can deliver his/her message with the least interference from the mind of the Medium.

What's it like? Great!

The Brainwave Patterns

Brainwaves - a measurable electrical impulse in the brain. This impulse is measured as a unit of frequency in Hertz (Hz): one Hertz is one cycle every second - 1 Hz. 10 cycles per second is 10 Hz.

As we move into the altered states of consciousness, our brainwave frequency changes, and slows down, as we go into deeper and deeper altered states. This has been scientifically measured by researchers using proper instruments whilst mediums have gone into altered states and into Trance.

Without wishing to scare anyone, it has been proved that a Deep Trance Medium can reach the Delta state, which is also the state that people reach at the point of 'death'; and as impossible as this sounds, it has been measured. Melanie Polley took part in experiments recently and was one of the mediums tested.

Listed below is a table showing the different altered states, the measured brainwaves, and the state of mind of an individual who would be experiencing these altered states.

NORMAL CONSCIOUS STATE ~ NORMAL MATERIAL LIFE

High Beta	30 ~ 23 Hertz	Panic, Hyperactivity
Beta	22.99 ~ 16 Hz	Twitchy
Low Beta	15.99 ~ 14.5 Hz	OK, Normal Consciousness
Beta/Alpha	14.49 ~ 13.5 Hz	Calm
High Alpha	13.49 ~ 12.4 Hz	Quietness

ALTERED STATES OF CONSCIOUSNESS

Alpha	12.39 ~ 9.9 Hz	Start of Meditation
Low Alpha	9.89 ~ 8.2 Hz	Inspiration, Mental Mediumship—Clairvoyance etc.
Alpha/Theta	8.19 ~ 7.7 Hz	Light Trance, Overshadowing
High Theta	7.69 ~ 7.1 Hz	Partial Loss of Awareness
Theta	7 ~ 4.9 Hz	Further Loss of Awareness
Low Theta	4.89 ~ 4.3 Hz	Deeper Trance
Theta/Delta	4.29 ~ 3.9 Hz	Out of Body Feeling
High Delta	3.89 ~ 3 Hz	Guides Controlling
Delta	2.9 ~ 1.5 Hz	Passive Body
Low Delta	1.49 ~ 0.5 Hz	Full Deep Trance
Panning	0.49 ~ 0.01 Hz	Where Have You Gone?