



## **Using your Medium**

Why do you want to sit with a medium? If it is merely to satisfy idle curiosity or indulge a craving for the sensational or learn about the future in order to gamble successfully – then cancel your appointment or, better still, do not make it at all. The practice of mediumship is a very serious business in which there is no place for fools.

On the other hand, if you earnestly desire to communicate with the supposed ‘dead’ in order to prove that life continues after death or if you want to obtain a more profound insight into reality through communing with higher spiritual beings, then you have given the best of all reasons for attending on a medium. Your quest is morally justified.

As an investigator of paranormal phenomena, you are entering an area where much that happens is by its very nature beyond the range of logical analysis. It is this that limits the effectiveness of a strictly scientific method of research as a means of exploring the psychic field. What produces clear results when applied to the material world often yields nothing but inconclusive and sometimes contradictory information when directed to paranormal phenomena.

### **Subtle Difference**

Anything learnt from the study of such phenomena has to be interpreted not only by the light of reason but by means of a higher faculty than the intellect, a faculty which is commonly called the intuition. The difference between the intellect and the intuition consists in the former looking at things from the outside and the latter looking at them from within. It is a subtle difference, which only becomes clear through experience.

Bergson, who expounded the philosophy of creative evolution, has said: “the intellect is characterised by a natural inability to comprehend life – but it is to the very inwardness of life that intuition needs us, thus, intuition may bring the intellect to recognise that life does not quite go into the category of the many nor yet into that of the one; that, neither mechanical

causality nor finality can give a sufficient interpretation of the vital process”.

Mediumship has as its object the creation of a link between this world and the next. Without such a link neither world could communicate with the other and the whole purpose of the search for proof of survival would be nullified. It is only because a link can be created that the development of mediumship is a worthwhile undertaking.

A link serves to connect but it can only perform its function properly if the connection is effectively made. To be successful, mediumship requires not only a high degree of psychic perceptivity from the medium, but also equally a substantial measure of sympathetic understanding from the investigator. Since the communicator is expected to fulfil his part the same must be asked of the others.

### **Rules of mediumship**

Let us remember that mediumship is, as it were, a musical composition designed to be played by a trio of investigator, medium and communicator. For the music to be rendered in a manner which expresses fully its essence and meaning the trio must play together in harmony and in accordance with the rules of musicianship.

Mediumship as much as musicianship has its rules which must be strictly observed if the sitting is not to become a farce. We are concerned with showing how the investigator should behave towards the medium in order to get the best result from the sitting. As we do not intend to offer advice on the development of mediumship, we shall consider these rules in relation to the investigator rather than the medium.

Nothing is more calculated to inhibit the powers of a medium than for her to be treated as if she were a charlatan when not a scrap of evidence has been produced to support such an accusation.

Yet this happens with many investigators who produced on the assumption that the medium is pretending to have paranormal abilities she does not really possess. They then confess to being surprised at the poor results achieved.

Anyone investigating the paranormal through the agency of mediumship should do so with an open mind.

When confronted with strange and seemingly inexplicable phenomena he should neither accept them without question nor reject them without reason. Having digested his mind of prejudice, he should be sufficiently objective in his attitude to arrive at a conclusion, which is at once sympathetic and reasonably balanced without being pointlessly impartial.

Mediums are fallible but seldom fraudulent. People often make the accusation of fraud against them whose ignorance or bias prevents an understanding of the nature of mediumship. But it must be remembered that the extreme sensitivity, which makes a medium responsive to the influence of disembodied spirits also, makes her vulnerable to a variety of external stimuli, some of which may emanate from the mind of the investigator. When the latter complains about negative results from a sitting he/she may have brought about such a situation himself through being in a hostile, sceptical or carping mood.

A medium must never be subjected to moral pressure or induced by any means to create a particular type of phenomenon. By the same token an investigator must never demand of a medium to be put in contact with a particular spirit. A rampant note of self-assertion should not dominate a sitting. A relaxed atmosphere should prevail which engenders a spontaneous development of psychic phenomena.

Above all, an investigator of mediumship must always remember that the subject he is studying is the subtlest, the most evanescent, of mental processes. It cannot be confined within the relatively narrow limits of conception thought or classified in a manner, which wholly satisfies the criteria of scientific knowledge. Too clumsy an approach or too rough a grasp and the fine flower of mediumship dissolves and vanishes.

## The Investigator

Since the purpose of mediumship is to form a link with the next world it implies a change of consciousness so far as the medium is concerned. The higher the level of consciousness attained the higher and more spiritual will be the realm of being reached. The investigator should therefore not only try to raise his own level of consciousness but persuade the medium as best he can to raise hers.

To sum up. If you want to sit with a medium, examine your motive and make sure that is a sincere desire to learn about life after death. Try to comprehend the nature of mediumship and, when you keep your appointment, remember that the medium is a channel for spiritual communication, not a source of material advantage. Treat her with sympathetic understanding and do not regard her as a potential cheat. Avoid the extremes of credulity and cynicism and you may reasonably expect to have a successful sitting.

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