

The Mechanics of it All

For me, I like to understand what makes something work, why it works, how it can do what it does. To know that you put fuel in a cars tank and turn the key and it moves would never be enough for me, I want to know what goes on under the bonnet to turn the energy released from that fuel into a forward motion for over a ton of metal. It's probably a bloke thing but you'll have to work with me on this. In the world of the medium there has always been a long history of airy fairy stuff that has perhaps added artificially to the mystique of the subject. This paper is intended to lay bare the mechanics of how it works and show this as being very real, very practical and most of all, down to earth.

The five physical senses

Everything we understand about the world around us we understand through the five physical senses; taste, touch, sight, sound and smell. In our everyday lives, if we can't receive information about the world around us through these faculties then it doesn't, indeed, in our world it cannot exist! Using electrical impulses the receptors attuned to these five senses communicate the information of the world as they see it to the brain. This is a process which goes on day and night 24-7-365! Whether we are awake or asleep, happy or sad this process continues to keep us in touch with the world around us.

The brain

These five senses feed the brain a constant stream of electrical impulses. Not pictures or sensations, just electrical impulses. The brain is like the central processor of a computer and constantly processes the impulses that it receives and turns them into something that we, as sentient beings, can understand. There have been theories put forward that if you were able to connect the optic nerve to the auditory receptors you could see sound. Whether that is true or not, I don't know, but there is a certain logic about the statement. The brain processes every experience that we receive and turns it into a thought or memory which it passes up the chain to our conscious mind. The brain has many centres which deal with specific aspects of our everyday lives, but essentially it is in two halves, left and right. The left is the logical side of the brain, I remember that because the two 'L's go together. The right is the intuitive side. The left is the masculine and the assertive side of the brain and it is the left which makes me want to know how all this works rather than just accept it saying 'it is that way because that's what it does'. On the right side is the creative, the feminine, the maternal.

The conscious mind

Having processed the information and turned it into something that we can understand, the brain passes it to our conscious mind. That is where 'we' exist. That is where we understand what is going on around us and it is this bit which is making sense of what you are reading now. Depending upon your moods or frame of mind at the time as to where your conscious mind appears to you to be. It is not something that you would normally ask yourself, where am I in relation to my physical body? But think about it as you go through your day, when you're working hard and thinking hard it could be at the front of your head or even in front of your head! When you are feeling down or under attack it could perhaps exist deep at the back of your head or even behind you. At a romantic occasion or when you have moments of great parental pride it could be deep in your chest or perhaps above you. It will vary for each person but the theory is still the same. As each thought comes in, something that happens thousands of times each day, the conscious mind does three things to that thought. Firstly it applies logic to it, 'Should that car

really be on top of that hedge?'. Then it applies your intellect, 'Ok, I can hear him talking and I understand the language, but do I agree with it?' The last of the three is to apply an emotion. Not just love or hate, but any one of thousands of different emotions that we are capable of. It has now become a memory

The subliminal barrier

The conscious mind, having turned our little experience into a memory with an emotion attached, needs to pass it to the subconscious mind where our memories are stored. There is a barrier between the two minds known as the subliminal barrier. To pass through this barrier the memory passes through what could best be understood as a single track road; traffic can only pass one way at a time. This is something that you need to bear in mind when exercising any kind of mediumship, but I will explain that later. I cite the example of when you are wracking your brain to try and remember someone's name and when you have moved on to something else suddenly the name pops into your mind. All the time that you are asking your subconscious mind for a memory, in that case someone's name, you are sending the question up through the barrier "What's this guy's name? What is his name?" Whilst you are sending the questions up, the subconscious mind may well have the answer for you, but it can't get the message down to you because there's too much traffic going the wrong way! Basically, if you shut up for long enough the memory will appear.

The sub conscious mind

On the diagram I have drawn the subconscious mind as being the biggest item in the chain, not because of any physical properties, but because its influence in our lives is greatest. Strange for something which is not normally part of our conscious thought processes! As the memory passes through the subliminal barrier it is stored in our memory banks. Along with every memory; of every second of our lives! It's all in there, every moment of it. We may not be able to recall it easily, but it is there. One of the reasons we are believed to need to sleep is to give the subconscious mind an opportunity to process and catalogue all these memories, to enable us to recall them when needed and this is very important to us. Every single thing we do, even if it is for the very first time, we do from memory. As our memory gets filled with all these little observations and experiences, so our ways of dealing with something for the first time gets easier. Hence kids seem to have so many apparently un-thought through accidents. If we are confronted with a new gadget bought in a shiny box. Our memory is, that all gadgets have switches, so it will have a switch on it somewhere to turn it on. Our memories also tell us that this switch could be a rocker switch, or a flick switch or it could be a button so we know what to start looking for. Our memories also tell us that last time we opened such a shiny box we managed to connect the wire to the wrong socket on the back of the gadget and blew it up, so this time we know that the instruction booklet will be a good place to start! Well that is the theory anyway! But a child will have no memory to tell them first hand that electricity can hurt, badly, and so craving experiences and memories on which to base their next new thing to do and so a dribble covered finger poked in the socket seems an excellent way to gain experience. We know the pain that can result because we all will have received an electric shock at some point in our lives and so our memory is telling us that this is not a good idea.

Each memory went in with an emotion attached to it that connected somehow with that original experience. When we call that memory back to guide what we are attempting to do now, so that emotion will come with it. If the last time you had an ice cream was the start of a blazing row with your partner because they dropped part of it down your best coat then the anger, hurt, outrage or whatever you were feeling will come with it. However if you look back further you will find a memory of an ice cream bought and given to you under much better conditions and if you use that memory to guide you in the art of eating an ice cream without getting in a right old mess then this experience and the emotions attached to it will become the building blocks for the next time

you buy an ice cream and so on until ice creams are always a pleasurable experience again. This little process is going on all the time, every day and the subconscious mind is inherently lazy and will give you the first memory it can put its hands on that seems to fit the requirements. If you begin to demand that it only gives you good thoughts and really mean it when you do demand it then your subconscious will give you better memories to work with. Make it your waking mantra that you repeat, if only quietly to yourself, many times at the start of each day. Before your mind wakes properly and starts to clutter itself up with all the thoughts of the day. Where's the clean shirt I ironed yesterday; did they have to leave the top off the toothpaste??? Etc. Repeat to yourself "Today I will have a good day! Today I will have a very good day! Today I will base my experiences on only good memories!" Repeat it and mean it! Our today is built on our yesterday and tomorrow will be built on our today. If you slowly change the way that you deal with your todays, then your tomorrows will have a chance of being better and it's your subconscious that will provide the key. Program it slowly but deliberately to give you a better day. Your circumstances during the day will not change particularly but the way you deal with them and the way you allow them to affect you, will!

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Beyond and above your subconscious is your sixth sense and this is your link to the unseen world that really surrounds you. There is a theory in some theological circles that this world that we exist in, or at least we perceive ourselves to exist in, is not real and the real world is the one we ignore. This may or may not be true but what we are aware of is that we do indeed have a sixth sense that in some way connects us to a different world. We are all born with a pronounced sixth sense as indeed are many of our other senses. An experiment some years ago showed that kids are able to tell Ring tailed Limas apart in some pictures they were shown. Now to you and I as adults, one Ring Tailed Lima picture is exactly the same as another Ring Tailed Lima, but a young child has that ability. They have many abilities, we HAD many abilities, which because we didn't need them or our parents discouraged the use of that ability, dwindled and all but died. As with the ability to tell Ring Tailed Limas apart, in modern Britain it is not something you are regularly called upon to exercise so we lose that ability as we grow up. If Ring Tailed Limas suddenly took over parliament and we needed the ability again we could resurrect it and start using it again. There are those of course who may suggest that Limas are indeed running parliament and perhaps we should be learning to tell them apart. As with our ability to perceive the world around us through our sixth sense, in most families or peer groups this is actively discouraged or at best ignored. How many children had an imaginary friend? Many, if not most! These friends are very real at the time to the child and unfortunately are discouraged and eventually disappear from their perception of the world around them. Many adults develop an uncanny ability to predict the thoughts of a partner or close friend and can say what is going on through their partners mind. Or answer a random question before they have got to the point of the question. This is the number six in action! This is you making a subconscious connection with another human being. Few realise what they are doing, it just happens when the conscious mind is off its guard. When the conscious mind is most at rest and least aware of what is going on around it is when the subconscious is best able to exert its real magic. This is why most clear visions will happen when the mind is just waking after a nights sleep or even when just restless during the night and why, when attempting to reprogram the subconscious, the first thought of the morning is the best one to use, when the subliminal barrier is at its easiest to penetrate.

Mediums

There are five types of mediumship that can be explored. There is the Psychic medium, the Clairvoyant medium, the Clairaudient medium, the Clairsentient medium and the healing medium. All of the information and energy for which come through the sixth sense 'portal'. Our purpose is to enable you to harness that power and be able to differentiate between the various forms of information and energy to know where they are coming from and therefore how to apply them.

The Psychic medium is a medium who works with those on an earthbound plane i.e. you and me. They have at least three tools available to them. Through the sixth sense they can access directly the mind of another person as in the example of being able to predict what someone is about to say, about which I have already spoken. They could use psychometry, which is when an object has been worn repeatedly by just one person for an extended period and their 'vibration' has been infused into it. By holding the object in your hand it is possible to 'tune in' or concentrate on what that object is telling you about the wearer. That could be a combination of emotions, memories or other significant triggers. The last tool is the aura, in which an entire lifetime of memories are stored in an electro-magnetic form, much the same as the old fashioned tape recorder. Every electric current or circuit has an electro-magnetic magnetic field and if you want proof of the field around an electric current stand under high voltage pylons on a damp day with a fluorescent tube in your hand and point it upwards. It will light up! The human body has electricity running everywhere through it, no-one to my knowledge has ever worked out how it is generated but if they did, maybe we could harness it and use it to relieve some of the pressure on our energy supplies! Never the less it takes 40 watts of electricity to drive the human brain. This kind of current inevitably has an electro-magnetic field which is normally referred to as the aura. Any life form has it, whether it is a yeast culture or human and it can be seen and it can be photographed. The psychic medium uses that to access memories and establish a pattern that the individuals life has formed and use that pattern to predict the natural outcome. In this form of mediumship you will not hear voices telling you the dialogue of that memory but you will see or hear significant pointers which you need to interpret and this requires practice.

The Clairvoyant medium has the ability to see spirit. This will not be in the form of a grey shadowy ghostly shape, but rather as a mind's eye picture over the top of what you can see around you and is often helped when lacking experience by partially or completely closing the eyes. Clairvoyant is taken from the Greek meaning clear seeing. As with all the means of mediumship to follow, this relies on your spirit guides communicating a message or in this case an image to you which you need to interpret. There is nothing as boring as a medium telling you of a series of images that are coming into their heads without them having learnt to interpret those images. Let me explain. I can see a wood, I can see a path going through the wood, there are bluebells beside the path and at the end of the path I can see a clearing. There appears to be tables with cakes and sandwiches on and people standing around waiting.... Now that proves nothing or illustrates nothing of any significance in itself. Other than maybe the medium has an active imagination. Let's interpret this story and turn it into a reading. You have been through some dark times (the wood) even though there have been some lighter moments along the way (the bluebells) you have stuck to your principals (the path) knowing there is an end goal in sight (the clearing). You are nearly there now and people are going to be very proud of what you have achieved (the people standing around waiting) and you will have great cause to celebrate (the picnic laid out on the tables). Experience with your guide will prove your biggest help in interpreting the images given to you. Which would you rather hear in a reading given to you, the pictures or the story?

The Clairaudient medium has the ability to hear spirit. Clairaudient is taken also from the Greek meaning to hear clearly. This is perhaps the most easily interpreted form of mediumship as you can hear a voice or voices. However don't expect to have a conversation in the style of Whoopi Goldberg in the film Ghost! You may only hear a few words or sounds and again you will have to interpret them.

The Clairsentient medium has perhaps the hardest job to demonstrate their art on a platform or in a one to one situation as a single form of mediumship. Clairsentience is best used as a support to other forms of mediumship but is still a valid form in its own right. Clairsentience provides the feelings and emotions received from your spirit guides and a rapport with that guide is essential to be able to interpret the true meaning of the message.

The last form of medium is **The Healer**. In its strictest sense this is the medium offering their body as a medium through which spirit may channel energy into the patient to affect a very real recovery. The healer must also listen to the clues being given to them by their guide as to where they need to rest their hands to be in exactly the right place to allow the energy to flow and concentrate in the affected area. The healer may also use their own energy for the same purpose. In some ways all of the previous forms of mediumship are healing. Someone will only turn to a medium because of some hardship or difficulty within their lives, however minor. All lives are a sequence of highs and lows, peaks and troughs. There will always be light at the end of the tunnel; it's just that sometimes circumstances prevent us from seeing it. Often the only job required of the medium is to show them where the light is and offer a friendly face of belief that they can reach it. Often that in itself will help someone to find the strength to get there, and that has provided them with a different but very real form of healing.