

Be a
MEDIUM
in a day!



Third Edition

By: DAVID CAMMEGH

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a day!

David Cammegh

THIRD EDITION

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(Third Edition)

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Acknowledgements

The first time I made conscious and direct contact with Spirit was when I was under the excellent guidance of Anthony Kesner, in a class at *The College of Psychic Studies* in London. Antony is perhaps one of the greatest teachers I have had in my life for anything, and many of the techniques in this book have evolved from his generous, humorous no-nonsense teaching. Another great teacher of mine was Arthur Molinary, also from *The College Of Psychic Studies*, also a man of great charm and humour, whose teaching skills in psychic work greatly influenced my own.

I would also like to acknowledge my friend Jonathan Allen, whose passing when I was eighteen was one of the main reasons I ended up taking such an interest in medium work.

A note on this book

Please note that in this book I am showing you how to improve your life by working not only with Spirit, but also psychically; and I show you the techniques that have worked not only with me but many of my own students.

It is important to understand that when you begin psychic work you want to do so; and that you are in a happy and clear state of mind – that you are not tired, depressed or in any way intoxicated.

Of course, if you use any of the techniques shown you do so responsibly and understand that it is your responsibility and no one else's.

Anyone can be a medium

Let me tell you, without any hesitation whatsoever, that you and anyone can be a medium. That is, whoever you are, you can make direct contact with those people who have passed over to the Other Side.

Of course you're going to need to practice to be any good at it, and you're going to have to want to make progress, and you're going to have some natural ability, but anyone can do it. It's like golf. Anyone can play golf – we can all hold the club and hit the ball, but not everyone has the inclination or natural ability to win the British Open.

By the same token, everyone is psychic. In fact, medium work and psychic work go

hand in hand. As you'll see when you read this book, you cannot be a medium without being psychic. And we're all psychic.

I'm not the only one who claims this, either. In Lynn McTaggart's book, *The Field*, she explains that in the USA there has been a great deal of Government research into psychic abilities. They found that anyone could get accurate psychic information (via what is called 'remote viewing'), as long as they have a relaxed and happy state of mind and actually want to do it.

I have given private readings and I have given readings to members of an audience many times. I have also given readings on radio. I have studied the process of medium work and I have written about it. I have also taught it. In my classes I have seen time

and time again that anyone can be a medium. It's just a matter of being shown how. And you can learn the techniques and get good results in just one day, or, as I have often seen in my classes, a couple of hours.

You may think that only I have the key to teaching this work. Well I don't. If you want to show people how to do it, then follow the structure of one of my classes, or the exercises in this book, and you'll see that anyone can do it.

A few years ago, when I was teaching in New York, I was invited to go to California to show some people how to do medium work. Unfortunately I couldn't make it, but a friend of mine, who had attended only about five of my classes, offered to give the class. She had proved herself to be a very able

medium, and was very clear about the structure of the class. She had no doubts that she was able to teach, and so she did, very successfully, which amazed the class members.

By 'results', I don't mean anything vague. I mean precise, recognisable details of someone on the Other Side that the client acknowledges to be accurate. These details include things like what clothes the person on the Other Side used to wear, what they looked like, what they did, how tall they were, their build, how they passed over and so on. There is no use just saying that you have some old lady who loves someone. We all have one of them. Instead, we need to know who it is, with as much proof as possible, which can include names and dates and, hopefully, a message.

If you read this book and follow its instructions, or attend one of my classes, you will all be working as a medium.

Why learn how to be a medium?

Imagine if you had no arms and no legs. Would you want to have arms and legs? Of course you would. Imagine if you are ill and incapable, would you not want to be well and capable? Of course you would.

The same principle applies to medium work. There is a part of you that is sensitive beyond this empirical world of matter and energy. There is a part of you, or a level of consciousness you have, that is connected directly to loved ones who have completely passed over. It is a side of you that does not reside in energy, like our physical bodies (for there is no energy on the Other Side, which is one of the reasons why science will never get to grips with it). It is a real and living

part of you. And if you don't exercise it consciously, it's like ignoring a limb of yours, or a skill of yours. In short, by not exercising it and using it, or at least acknowledging it, you are incomplete. And it is far better to be complete than incomplete, because by being complete you will be more fulfilled, happier, have more clarity, and have more understanding of this life and beyond.

When you work properly with your psychic abilities, you are automatically working with your consciousness in a different way than you do in everyday circumstances. You are therefore becoming far more aware of how you function, of your moods, or of who you are and what you are. You begin to discover what information is coming from your imagination as compared to information

coming from your psychic senses (the two are very different). You find out how to differentiate between your memory, your mind and your thinking. Such an understanding of how you function is a very good way to keep your mind clear and sane.

The old adage 'Know Thyself' hasn't lasted for so long for being nonsense.

Another great benefit of doing medium work is that there is no better proof of something than doing it yourself. It's all very well seeing a good medium and getting some good messages and evidence, but this falls far short of actually experiencing direct Spirit contact yourself. And with regular experiences like this you can't fail to see that there is beyond reasonable doubt life beyond the grave. In fact, you'll get to realise

that there is far more life there than there is on this side of the grave. And such an insight is quite a wonderful one, helping you to enjoy an inspiring glimpse of the great landscape of Existence that is so often hidden from view.

Also, since you are working with consciousness, you cannot fail to get more acquainted with absolute and pure consciousness, which many call 'God' or 'God consciousness', which is without doubt a good thing.

What does psychic mean?

At the beginning of every class I always ask what the word psychic means. I am not looking for the ‘correct’ answer, as from the *Oxford English Dictionary*, but I am trying to get people to think about what they will be doing, and to think about the word ‘psychic’ that is so often used, but seldom properly considered.

I always get a range of answers. Some say ‘intuitive’, some say ‘seeing into the future’, some say ‘sensing things not normally sensed’ and so on.

I then give my definition:

‘Our psychic capacity is our capacity to perceive through the barriers that surround us – barriers of time, space and dimension.’

Okay, I don't define the actual word 'psychic', but I make my point quite clearly. I illustrate that psychic work is a matter of perception. It is as simple as that. There is nothing mystical or magical about this any more than there is anything mystical or magical about any of your senses of perception – sight, smell, hearing, taste and touch.

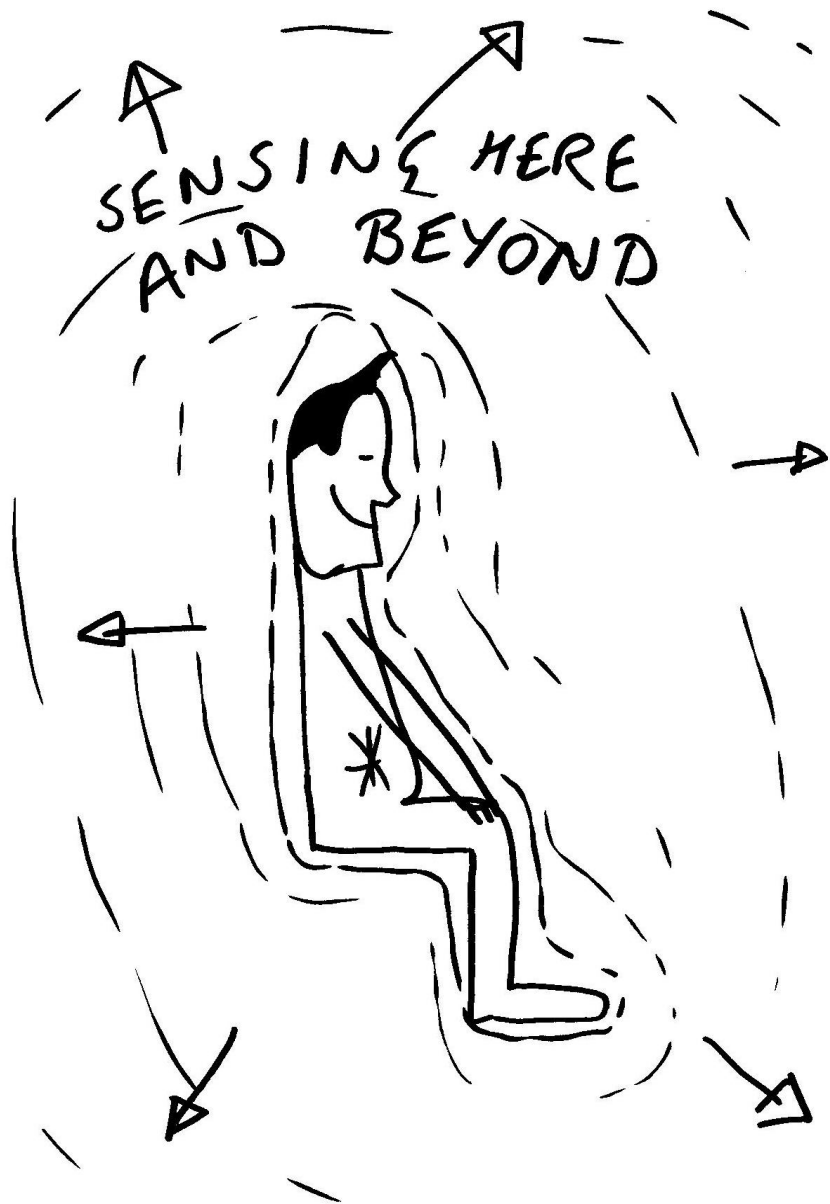
But there is reasoning behind my 'definition'.

The word psychic comes from the Greek '*psukhe*', which, according to *The Concise Oxford Dictionary*, is 'breath, life or soul'. Thus anything that is psychic must relate to our ethereal essence, the one that is *beyond* the physical and measurable.

The Concise Oxford Dictionary also defines the word 'psyche', which is a word directly connected to 'psukhe'. The *Dictionary* defines 'psyche' as: 'soul, spirit; mind'.

One may wonder what soul, spirit or mind is, as it's very hard to quantify. However, if you consider that the psyche is not physical, you can get some sort of clue.

You can get close to experiencing such an essence if you sit quietly, close your eyes and allow yourself to sense not just within your body but beyond its surface. Do this and you lose any sense of your physical shape. Indeed, you actually feel *larger* than your physical body, which is because your psyche or your mind extends well beyond your body.



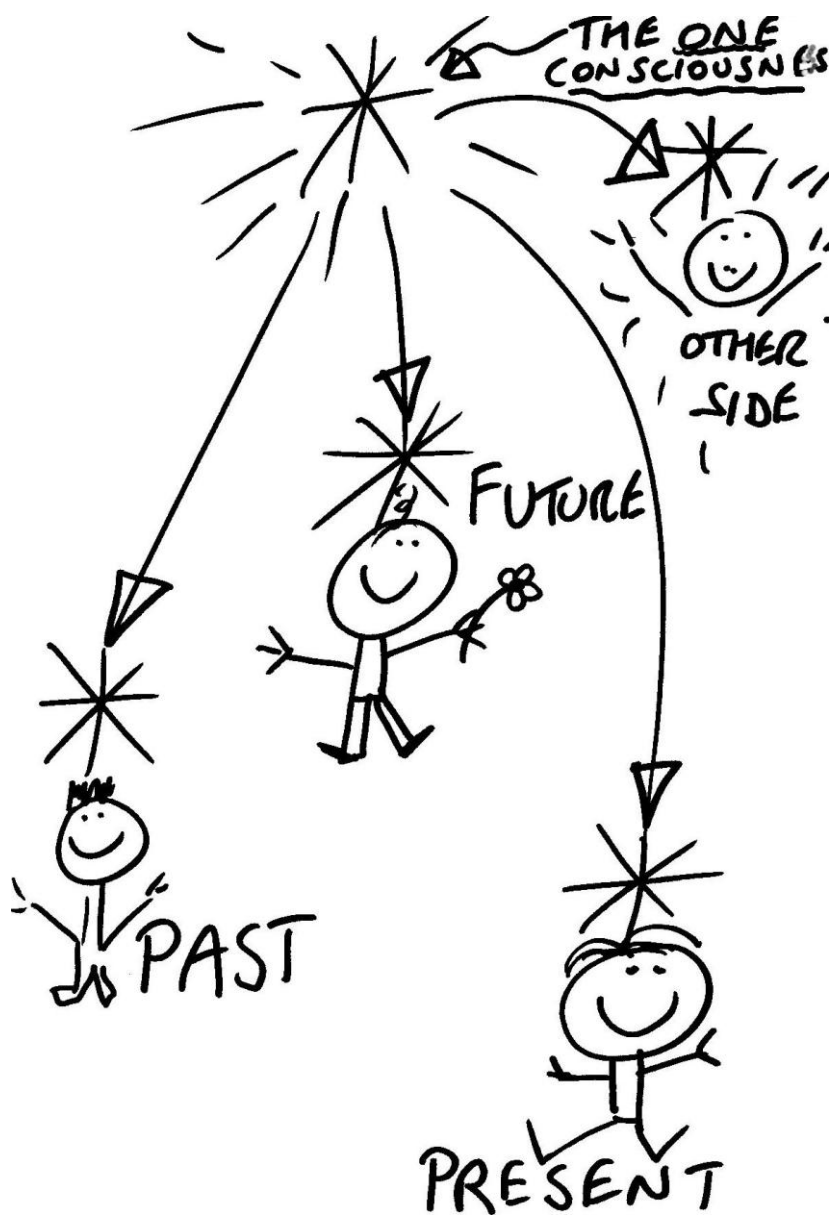
The very fact that you can sense beyond your physical body, is why we all have the ability to sense if someone is looking at us, or if there is someone else in the room, and so on. Such sensing is indeed psychic because you are sensing beyond the physical body.

Now, when you are relaxed and sensing like this, try simply easing back on that sensing, letting everything go, reducing right down you somewhere at the centre of your body (and inside it), and you'll begin to be meditating (I'll talk more about this later in this book).

When you meditate, you will find the part of you that is alive – the part that *is*. It is the 'part' that is centred within the body but

extends without it. It is your consciousness. It is your *knowing* that you are.

In its purest form consciousness is unity. It is One. Because it is One it cannot be separated by time, space and dimension. And because it is One, it is not two or three or millions. It is simply One. Therefore your One consciousness is the same as my One consciousness, which is the same for everyone in every time and in every place and in every dimension. That means every single individual in every time, place and dimension is connected to every other individual.



Now, since consciousness is directly related to perception (you cannot perceive without being conscious), to varying degrees, you're able to perceive at any place and at any time. You are therefore able up to a point to sense how someone feels. You are able to 'look' into the future. You are able to 'look' into the past. You are able to sense what is going on far away. And this is the very crux of our psychic abilities. It is simply to use your consciousness to perceive through the barriers of time, space and dimension.

Of course the people in the realm of Spirit are also conscious and are connected to us by consciousness. Thus, by using our psychic senses, we are able to connect with those people. That means we're all able, without exception, to communicate with people on the Other Side. In fact, I'd go so

far as to say that we all communicate with them all the time, but are just not aware of it.

The Limitations of Psychic Work

Like everything, psychic work (and medium work) is not the be-all-and-end-all. It's just something we can do that helps us get some more insight into Existence, something that frees us up, something that helps make life just that little more understandable and easy.

Being a medium or a psychic doesn't therefore mean that you have any *special* powers. It just means that you have honed some of the powers of perception that we all have.

Being a psychic or a medium certainly doesn't mean you have access to the 'secrets of the world', so that you can get things like

lottery numbers and so forth (or at least all of them, all of the time!). The reason for this is that, as you will find out, psychic senses are not precise tools. And it's understandable that they are not. It's hard enough getting detailed information right here in this world right now. If I were to nail the lottery numbers on a tree two hundred metres away, you might well find it very hard to see them from where you stand, and yet there they are in this world, in the present moment, written clearly. Now consider how hard it is to getting precise information from the future or the past.

A psychic at best can have glimpses into moments of the future or past.

It's also worth noting that, whilst you can be a medium in a day, or make verifiable Spirit

contact, your expectations must remain very low. As you will find, when you practice working psychically, the information is very subtle and fast. It is not like in the films, with surround sound. Nor is it necessarily in pictures, or in little motion pictures.

Psychic work is also not magic. It is not about manipulation. It is about perception and understanding. It is therefore – and I repeat - not an exact science. Very seldom will a psychic be 100% accurate, and seldom will a medium give a catalogue of exact and precise details of someone on the Other Side. Nor will someone on the Other Side give the details we may expect.

This is understandable, because nothing is 100% accurate. Also, why should someone

on the Other Side give you what you expect?
Do people in this life do that?

All of these limitations to psychic and medium work are even more understandable when you apply your own psychic skills, because then you realise just how easy it is to make a mistake, to make an incorrect interpretation. You'll then be far less likely to fall for every word you're given by a psychic. You will therefore see psychics as fallible humans like anyone else. You will then modify how you treat your psychic readings, if you have them. You will also select very carefully who gives you a psychic reading; and when you feel you have found a good psychic, you will treat their information only as guidance, or for putting your life into context.

Psychic work should be treated as a means of self-understanding and a means of helping others. It should not be treated only as a predictive tool. Nor should it be treated as some magic means of getting you a better job, making more money or getting a lover.

Medium work should be treated as a gentle means of bringing two worlds together, so that there is a unity and a sense of unity. It should *never* be treated as a predictive tool, for seldom do those on the Other Side make big predictions. They may encourage, and they may very occasionally say that something will happen. But these are usually only a minor part of the reading and are usually another of their means of proving that they are there.

Religions and Psychic Work

If you take a look at *The New Testament* – *Mathew. 34*, you'll see that Jesus says:

Assuredly, I say to you that this night, before the rooster crows, you will deny Me three times...

Similarly, *Mohammed* wrote *The Koran* at the request of the angel Gabriel.

Both these examples are clear evidence of the use of psychic senses being used. In fact *The Bible* is full of example of psychic activity, as is *The Koran*. But then this is obvious. All Prophets (men who reveal God in a totally new way for their age) must have

well-tuned psychic abilities. There is no way one can have empathy without them. There is also no way one can have a sense of the working of All Things without well-tuned psychic abilities. There is no way one can experience a sense of being, or 'God' without well-tuned psychic abilities.

I would go so far as to say that it is one of the requirements of a Prophet, and that anyone who claims to be a Prophet without well-tuned psychic abilities and understanding of them is not a Prophet at all.

I would also go so far as to say that all true spiritual teachers must have well-developed psychic senses. If there is someone who claims to be a 'man of God' or a 'teacher of the Word of God' and yet does not have well

tuned psychic abilities, or at least a good respect for them, then he is no teacher of his subject at all. Instead he is just someone who lives only in the realm of energy and body – he is of the material world only. He is someone who glories in the mundane power of the written word, but has no sense of the Truth that lives well beyond any words. He is someone who teaches with empty words – words that sound correct, but have no true meaning.

Protection

I've seen many books written about psychic protection. Pages and pages of furious writing all about how very scared we all should be of 'psychic attack', and 'possession', and all sorts of horrors. Pages and pages of ridiculous techniques of how to keep untold legions of demons at bay. And if I had fifty pence for every time I've come across someone who, when I tell them about my teaching, immediately snaps out: 'What about protection! I hope you protect yourself!' – well, I'd be a wealthy man.

It's as if the whole of any sort of self-discovery is about protecting yourself. Never mind understanding yourself, or the mechanics of psychic work. Never mind the

beauty and majesty of Truth and God. Never mind the delights of making happy contacts with people on the Other Side. No, no, none of that! Just focus on the alleged dangers and horrors associated with psychic work and you'll at least have the moral high ground.

Well, sorry, but I don't care too much for that prohibitive fear mongering. It makes things so very boring.

Let me tell you about a very scary experience I've had.

It was when I ate some magic mushrooms – the first and last time I will ever do that. In short, they were especially powerful 'Thai' ones. I don't know why their Thai origin made them any more powerful than any

other magic mushroom, but then I am no expert. Anyway, I was hungry so I ate a load of them. Slowly my perceptions changed and everything became colourful and peculiar. The girl I was with started to look like a bird. When we got to a pub I started to laugh at everything, which was fun at first, but then I got a bit fed up with it. That was when the fear kicked in. And what a fear! It was terrible! I thought of asking for help from 'Above', which I did. But all efforts at getting any such help just increased the fear tenfold. Then, for some reason, I decided to get in my body, get my nose to the grindstone as it were, and focus on the 'real world'. Apart from focussing my attention on the here and now, I also did physical exercises – running on the spot, press-ups and so on. This helped keep me together until the madness finally left me.

There is a moral to this story: if you're going to do psychic work, BE CENTRED IN YOUR BODY. Or BE GROUNDED. Oh, and yes, it always helps to have a POSITIVE, CLEAR, LIGHT STATE OF MIND.

It also helps if you limit your psychic work to what is good and enjoyable. Limit it only to perceiving and sensing in a way that helps you, and, perhaps others. You do not therefore indulge in anything beyond developing your consciousness and your sense of perception. Nor do you indulge in any manipulation of anything either good or bad. Also, if you follow the procedures I give in this book you will not have any problems.

Incidentally, I have had many people who complain that when they meditate their

head spins, or they 'go off somewhere', or they feel sick. This is purely because they are not centred in their body. Below I will be giving an exercise that helps you get in your body, and stay there.

A good exercise to help you be centred and grounded can be found in the Japanese martial art *Aikido*, or any of the internal Chinese martial arts, such as *Bagua*. You will find that with all things being equal these are the most effective martial arts. There is very little kicking involved, as this tends to make you fall over. There is also awareness of the flows of energy (*Ki* or *Chi*), with this awareness always centred an inch or so below the navel and an inch or so inside the body. Also, as you develop your martial arts in these areas, you learn how not to think. You therefore allow your

psychic awareness to 'predict' or sense what your opponent will do. In other words, you become as much at one with your opponent as possible. This also encourages less hatred for your opponent. It also develops incredible speed of movement. In fact, the masters of these martial arts have an uncanny ability of seeming to disappear and reappear behind you. Of course, they do not disappear, but they do move very quickly, as their mind and their body has been trained to operate as much at one as possible.

Here is an exercise for you that will help you understand the benefits of being grounded in your body.

First, you'll need another person to help you and you'll both need to be standing.

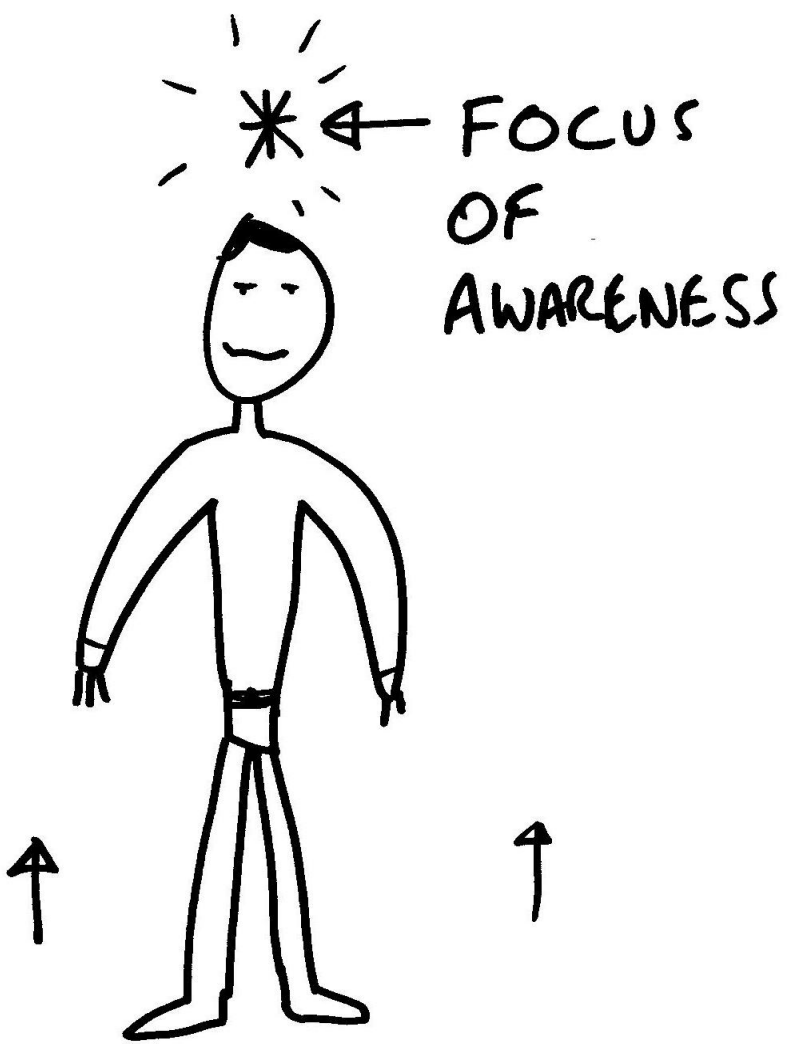
Then decide which one of you will do the exercise and which one of you will push. Yes, pushing – a gentle push - is involved here.

This is what the person doing the exercise must do:

- First settle down and relax
- Focus your attention on your forehead for about half a minute
- Take your awareness to the crown of your head for about half a minute
- Take your attention to six inches above your head for half a minute
- Take your attention to twelve inches above your head
- When the attention is twelve inches above your head allow your partner to

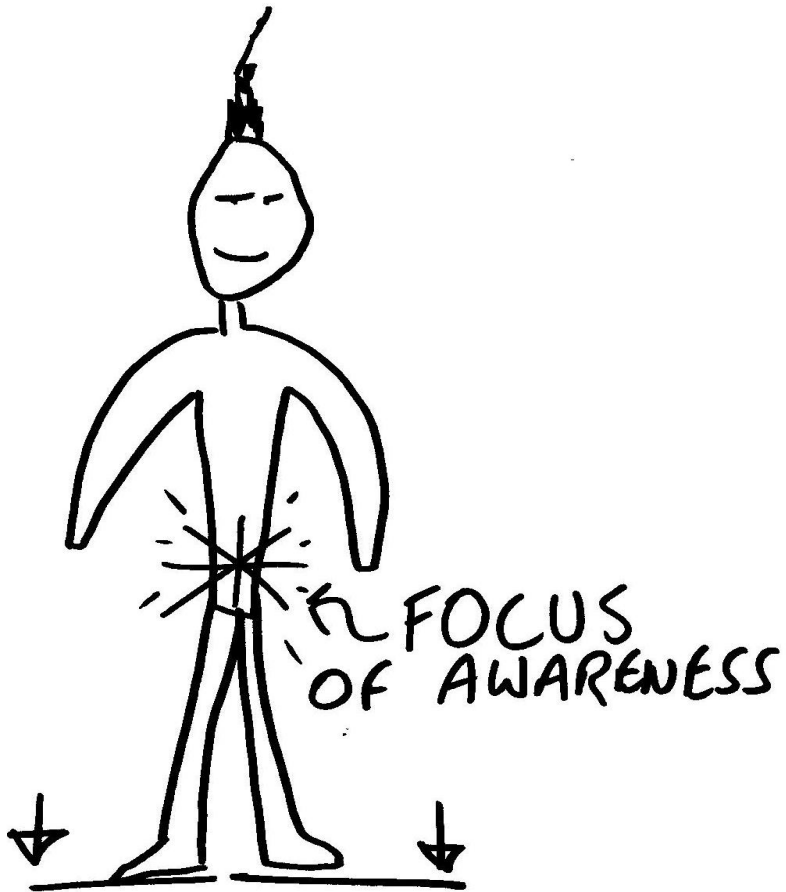
give you a gentle push. Take a note of how you feel when pushed.

- Now return your attention to your body, and slowly allow your awareness to sink to two inches below your navel and two inches inside your navel
- Focus your attention there for thirty seconds
- With that done, allow your partner to give you a gentle push. Take note of how you feel when pushed this time.



FOCUS
OF
AWARENESS

NOT GROUNDED



GROUNDING

The purpose of this exercise should be self-evident. When your awareness is above your head, it is far easier for you to be pushed over. With your awareness in your belly you are solid and firm – it's far harder for you to be pushed over. The significance of this should speak for itself. It is this: the more in your body you are, the more grounded you are, the safer and surer you are.

While we're on the subject of martial arts, I was watching a film called *The Last Samurai*. In that film, the character Tom Cruise was playing - the hero - was learning how to fight with a sword. He kept losing and falling over and the other fighters kept laughing at him. Then, after the training session, one of the other fighters took him aside and said: 'You have too many minds.'

Just have one mind. Just have your mind, otherwise you will be distracted.’ Or words to that effect. I took this to mean that the character Cruise was playing had to be properly centred in his body if he was to make any progress.

I have heard an eminent medium, who will remain nameless, say that we protect our physical bodies with clothes, gloves and so on, and so we must go to great efforts to protect ourselves in the same way psychically. But the psychic ‘world’ is NOT the physical world and they operate on different principles. ‘Psychic energies’ are very subtle and are easily affected by state of mind. You cannot ‘catch’ them. Instead you ‘allow them in’, through the pitfalls of your own mind-set. You actually create them yourself. Or, more accurately, you can avoid

all such negative ‘intrusions’ simply by being centred and having a clear, cheerful state of mind and knowing exactly who you are and knowing how your consciousness functions.

Sometimes negative, out of centre mind-sets, such as sorrow, anger, sad thoughts and so on, are very seductive. And there’s generally nothing wrong with being occasionally seduced by them, as we must experience negative, out of centre mind-sets from time to time. BUT, the very fact that you are aware of them, and their pitfalls, brings you into the centre, allowing YOU to KNOW objectively that you are being negative, and therefore simply observing and not acting upon the mood. This is very different from being tossed about by a bad state of mind like a small boat on the waves

of a storm. Remember, since it is *YOU* knowing the *NEGATIVITY*, you are *separate* from it. Thus in a true sense you are not touched by it. Once again, you see, it is awareness, consciousness and being centred that is the best and, really, the only form of ‘protection’ at these levels.

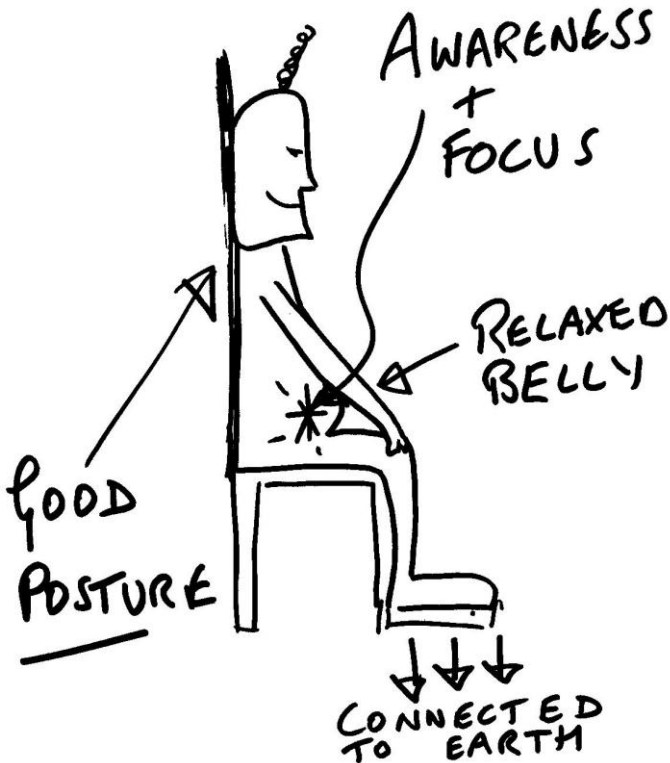
And while we’re on the subject of boats being tossed around, let me remind you of a lesson all rowers must learn in the early stages of rowing. It is this: ‘Keep your eyes in your own boat!’ That is, don’t be tempted to look out of your boat at the opposition. If you do this, you’re no longer focussing on what you’re doing, and the consequences are that your boat will go slower and you have a greater chance of losing. To get a good idea of this, take a look at the Oxford and Cambridge oarsmen in The Boat Race.

They always keep focussed on exactly what they are doing. Once again, the principle is simple, the best way to begin to keep control over your life and what you're about is simply be centred and grounded.

Finally, there are a few other ways that help with grounding. A good meal is excellent. So is a good time on holiday, enjoying the pleasures of life. So is a good hard work out, or a long run (in fact, research shows that running is one of the best ways you can keep depression at bay – cycling's quite good too, as far as I am concerned).

Meditation

MEDITATION



One of the bests way to begin to be acquainted with your consciousness at all of its levels is to meditate.

Pure meditation involves sitting (or standing) with a good posture, feeling connected to the earth through your feet or the base of your spine. The good posture is assisted by allowing your head to feel as if it is floating, while your body feels as if it is sinking. This will help ensure you have a nice, straight spine. When you do this, check that your chin is level – not up, and not down. This ensures that you gently stretch the spine, and it allows the energy of your body to have improved flow, which will help you relax.

When you have found your position, don't immediately close your eyes. Instead, just

gently note all that you can see, hear and feel. And every time you sense something, know that it is you who sees, you who feels, you who senses. Then sense who that 'you' is. Compare it to what you sense. Then just allow what you sense to be as it is.

When you're aware of and happy with your surroundings and that you accept them as they are, gently close your eyes.

At the same time, you should still be aware of all that is around you. You should still have a good posture. You should still be fully awake and aware of as much as possible. You should begin to be losing all sense of body shape so that you no longer feel like a body, but instead a solidly grounded sphere, one that is centred well and truly within your body.

Now slowly draw your attention to your navel – two inches below it and two inches inside. Make sure your belly is as relaxed as it can be, as if it's a big balloon of water. Slowly and gently without any force draw your breath into your belly. Sense it slowly enter and slowly exit. Feel this point slowly fill and empty with your breath.

As you progress with your meditation you'll begin to feel as if you are in a space that is your own, and totally untouched by the world around you. Then you may well find that you just *become* this space, as if you and everything is one. When you do this you're advancing into a deeper meditation. You will find that time passes quickly when you do this.

Practice this technique regularly and you'll begin to develop your awareness to an extent that you acquaint yourself very nicely with your consciousness, the fluctuations of your mind and feelings and so on. You'll also begin to become more sensitive to your surroundings and other people and how you affect them and how they affect you. You'll also be better acquainted with yourself, and how you function, which lends itself to more awareness. You will also be in a far better position to improve your psychic work.

How do we perceive psychically?

Before considering our psychic means of perception, let's just start with what we know and consider to be our ordinary means of perception.

These are our senses: smell, touch, sight, hearing, taste.

These senses do not just operate at one level; they do so with varying degrees. For example, we have all had to stop for a moment and pay special attention to what we can hear. We may need to focus on a very slight noise that will lead us to a problem, say in our heating system. What do we do when we do this?

Well, I'm sure we do a variety of things, but generally they involve slowing our breathing and stopping, while ensuring everything else is quiet. Then what do we do? We listen. To do this we focus our hearing and in many cases when we do this we will hear a noise we would not normally hear.

We also focus when we need to see something in the distance so that we can see things that we wouldn't normally see with just a passing glance, and so on.

The point is that we have varying degrees of our senses.

The psychic senses are just extensions of these degrees. Thus we have psychic hearing, psychic seeing, psychic touching, psychic smelling and psychic tasting.

These senses are commonly known as the following:

Psychic **hearing** is CLAIRAUDIENCE

Psychic **seeing** is CLAIRVOYANCE

Psychic **touching** is CLAIRSENTIENCE

Psychic **smelling** is CLAIRALIENANCE

I don't know of a term or even if there is a term for **Psychic Tasting**, but it's said to come under Clairaliene.

Clairaudience

This is ‘clear hearing’. It is an extension of our hearing – one we experience even if we were deaf. In other words to use it is not to rely on the physical structure of our ears.

Have you ever experienced it? More than likely.

How many times have you been relaxed and you hear a voice or a sound that is from *within* your head? Probably many. Whether you put these sounds down to daydreams or not, they are definitely sounds, ones that have no direct link to the physical world. They are therefore from beyond your normal realms of perception and are experienced *psychically*.

Other forms of clairaudience are your own thoughts that arrive for no reason whatsoever. Again you might be relaxing and you just get something in your head – a sentence, a name, a word. And there is no voice but your own ‘thoughts voice’. This is also a form of hearing and is thus grouped under clairaudience. It is also very common.

Clairvoyance

Again this is very common. It simply means ‘seeing without the eyes’. That is, not seeing the walls and doors and streets and fields that surround us physically, but the images that appear ‘in your forehead’. Many of you can just shut your eyes right now and you’ll see something appear and vanish very

quickly. Or you might just be lying down as you go to sleep and images come in your mind – in your forehead. Seeing these images is clairvoyance. It's very important to remember that these images can appear in many ways – in colour, in black and white or gold, as stills or as small motion pictures. More often than not they are experienced in an instant.

Clairsentience

This is related to touching, and thus to feeling. There are times when we might literally *feel* for someone else, in other words feel what they are feeling. For instance if someone has a bad stomach we might come out in sympathy and also 'feel' a sensation

in the stomach. Another way we can feel is to 'feel' we 'know' something. Often in a reading it might be said that for instance 'it feels like you are going to France for your holiday'. Hence clairsentience also means 'clear knowing'. If 'feeling' facts is a little strange to you, then you might be one who doesn't so much 'feel' the facts as *know* them. This is also clairsentience.

Clairalience

Many of us have smelled smells that are not apparent to others around us. When we do this, it's more likely than not that we are using our psychic sense of smell. Again this is an extension of our normal senses. The most common smell sensed with clairalience is the smelling of cigarette or pipe smoke, though many people also smell perfume.

Such smells are usually a direct contact from someone on the Other Side.

Psychic Exercise 1 - Cards

First of all, have someone with you who wants to hear some of your psychic information. Feedback is essential.

Second, get yourself a nice set of cards. You might like Tarot cards, or some other variety of cards. Just make sure that they *inspire* you. And, no, you don't have to have them bought for you to make them work. Psychic senses are psychic senses, they work without rituals and old wives tales.

It doesn't really matter what cards they are, as the information you get is not actually in the card, but in your mind. The card acts only as a springboard for your psychic senses. Hence it's vital that you like the

cards and that they set you alight with enthusiasm.

After giving your cards a good shuffle, lay them out on a table, face down. Ask your friend to select one card without looking at it.

Take the card from your friend, again, WITHOUT LOOKING AT IT.

Now, sit and relax, feeling yourself become very receptive, alive, and in a good, happy and creative state of mind.

Decide to get some information on your friend. Once you have made the decision to do this, forget about it. Your mind will do the work.

Be very aware of anything you sense, no matter how subtle. Then, when you're ready, turn the card over.

When you first glimpse the card, you will certainly react in some way. THE INFORMATION FOR YOUR FRIEND IS IN THIS REACTION. You might feel happy. If this is so, say that your sitter feels happy. You might just for no reason whatsoever, for example, think of the word 'cake'. If this happens, tell your friend about cakes. If anything in the card immediately leaps out – how does it feel, what does it mean to you? Tell your friend the reaction you get. Ask them for their opinion on what you have to say – get feedback. Remember it is your friend's validation and help that will help you begin to learn what information is right, and how it feels to get the right information.

You will then begin to discern what is psychic information and what is your imagination, your memory and so on.

PLEASE REMEMBER THAT YOU ARE ALLOWED TO GET IT 'WRONG'. THIS DOESN'T NECESSARILY MEAN YOU'RE NOT RECEIVING PSYCHIC INFORMATION. IT MEANS THAT YOU MUST SIMPLY DEVELOP YOUR DELIVERY OF INFORMATION.

Now try the second part of the exercise.

DO NOT CHANGE THE CARD. JUST TURN IT FACE DOWN AGAIN AND FORGET ABOUT IT. THEN CLEAR YOUR MIND.

When your mind is clear, decide what information you are going to give your

friend. Let's say you're going to give him or her information on their love life. Just decide to do that. Then relax again and clear the mind, but keep it lively and playful. When you're ready, turn over the card and give your friend the love life information you get. It doesn't matter how subtle it is, give it.

If you did this correctly you will notice that the card is different from the first time you looked at it. You will be drawn to something entirely different. If you are not drawn to anything different, it doesn't matter, just give the information – even if it's the same as last time.

The most important point that this exercise shows is that the information is not in the card but in your mind. Also important to

note is that the information comes from where your intention directs it.

Psychic Exercise 2 - Names

Now, the idea behind psychic work is to work psychically. That is, to use the mind and your more sensitive psychic senses. That means, it's best to work without the tools of cards, or any other tools. If you can do this, you're on the way to developing good, strong psychic senses.

This little exercise is to help wean you off cards.

Instead of cards, you will just be hearing a name.

So, ask your friend to think of someone they know, but whom you don't know. Ask them to keep that name to themselves until you say so.

Then relax and become very aware. When you're ready, ask your friend to give the name clearly of the person they know. It might help for you to make a small gesture or say 'now' at the appropriate time, otherwise your focus could be slightly broken.

When you hear the name your status quo of awareness will change. It is this change that you use to describe the named person. You might for instance feel briefly sad. If so, say that the named person is sad at the moment. You might see a face in your mind – if so, describe it. For a split second you might feel taller – if so, say that the named person is tall.

But remember: the way information comes in is very subtle and very quick. You must be alert and you must say whatever it is you get as quickly as possible. Don't kill it by mulling over it, no matter how ridiculous it may seem.

That is why, for psychic work, you should have an alive, awake and responsive mind.

Many believe that to get psychic information you should be meditating, or in a meditative state. Getting psychic information in this way is, however, impossible. That is because the meditative state is a complete stillness, disassociated from everything, including words, ideas, thoughts and so on. For example, if I were meditating now, I would not be able to write this, or speak to you about it.

As Arthur Molinary once said to our class,
'Mediumship is about communication, not
meditation'.

Psychic Exercise 3 – Merging Consciousness

In this exercise you will see what it's like to feel like someone else. This is done by the simple means of merging your consciousness with someone else.

So, once again, select a friend you can work with and sit opposite that friend. What you are going to do is allow your friend's consciousness to merge with yours. To help you visualise what will happen, consider that it's rather like your friend steps across and 'sits in' your body.

You will be sensitive enough to feel the changes and thus experience what it feels

like to be your friend. So, if you prefer, you're simply sensing what it is like to be them.

Here's what you do.

Sit opposite your friend. Both of you relax. Decide to adopt a happy frame of mind, in which you wish well on yourself and your friend. Calm your mind to find your centres so that you both know each of your central (in your body) reference points (i.e. that central part of your body; for example, just below your navel).

When you have each found your centre, feel a beautiful white light of peace, humour and happiness shining outward from that point so that it surrounds you. Then bask in that for a few moments.

Your friend then decides to allow a part of their consciousness to enter into your consciousness. That is all they need do.

Then, when you have found a clear and alert state of mind, in which you are sensitive to any changes, select a moment to allow your friend's consciousness to merge with yours. Allow them to fill your boots, as it were, to sit where you are sitting. You should feel a change. If you do not feel any change politely ASK their consciousness to leave your space and return (of course you do not do this out loud). The reason that it's best for you to ask their consciousness to leave is that you must get into the habit of communicating in this way. That's because this type of communication is the foundation of good Spirit contact. There is

no use just sitting back so passively that you have no control over the situation.

Then, when you have asked them to leave, even if you have to imagine it, FEEL them leave. After that, settle down and repeat the process.

When you feel a change, if your friend is taller than you, you might feel slightly taller, or if they're newly in love, you might feel a slight 'in love' sense and so on.

When you have felt a change, no matter how subtle or how swift, **acknowledge what it is and politely ask** their consciousness to leave. Then feel it leave.

Repeat and practice this process and get more information. When your friend is

merging with you, decide to see what it is like in their house, or what it was like at work that day, and so on. You'll find that your information will increase in time.

Whenever you have finished the exercise, always make sure you reverse the process. That is, first of all, ensure that your friend's consciousness has completely left your body. Also, ensure that your friend has knowingly accepted their consciousness back, so that you're each in your own space and your own space alone. Then once again feel yourself surrounded by the white, happy light.

With that done, find your centre just below your naval, and feel yourself centred. Feel yourself firmly in your body, feel yourself as a good, solid, heavy physical being with your

feet firmly on the ground. Open your eyes and get back to normal.

This exercise prepares you perfectly for medium work, because in medium work you simply merge your consciousness with another individual on the Other Side. The sensations are much the same as those you have so far experienced, when you use your psychic awareness. The only big difference is that medium work is far easier. That's because, in mediumship, you actually have intelligent enthusiastic complete people on the Other Side really making an effort to make contact. So, it's far easier, because it's far more active.

Interpretation

The essence of interpretation is to get meaning from what you psychically see, hear, smell and so on. If you don't give meaning to what you pick up, you're missing a major link in the communication.

Let's say for instance that when you're working psychically you smell roses. That alone could mean many things. It could mean for instance that the sitter enjoys roses, or has a rose garden, or is having problems that 'are coming up roses'.

So, what do you say?

This is where one of the main challenges in psychic work comes. And the answer lies in just allowing your mind to have a free reign on whatever it is you pick up, which in this case is the smell of roses.

So, let's take a look at this:

You sense a smell of roses. So, you say, 'I smell roses'.

But your mind will never stop there. It will always make associations with that smell. It may for instance remind you of a smell you experienced when you were very happy. So you could say, 'Things are happy for you'.

But then what was the nature of the times when you were happy? Let's say you were at a wedding and the memories of the

wedding are very much with you when you smell that smell. If that is the case then you could say that the *sitter* is associated with a happy wedding (*N.B.* - the person you are giving the reading to is the ***sitter***).

What I have done is shown you how a small impression of a single smell has so many relevant associations that all come in an instant. The trick is to have the confidence to speak these associations in terms of the *sitter*.

Practice will improve this.

Being ***reminded*** of something relevant to you is a very useful means of getting psychic information.

Once I met someone who reminded me very much of a friend from the past. At that moment I recalled that this friend had:

1. Been upset by his girlfriend
2. Was very irrational about this
3. Stole his mum's car – but had not passed his test
4. Crashed his mum's car
5. Walked home

I told all this to the new person, saying: 'When you were 17, before you passed your driving test, you were upset by your girlfriend and so you stole your mum's car, crashed it and waked home.'

All this was true and he was amazed. He asked how I knew. I told him it was merely psychic work, which it was. I was being

receptive in terms of him and being reminded in this way is being receptive. I allowed it all to live *in relation to him*.

Keep it simple – don't over-interpret

More often than not psychic information is pretty straightforward and needs little interpretation. For instance, you see a white car, so you mention a white car, and you find that the sitter has recently bought a new white car.

Another thing is that you mustn't be afraid to ask the sitter questions. There is nothing wrong with this. Psychic information is far easier to come by if you have a good rapport with the sitter. So, if you just see for instance a bowl of fruit, say that you can see

a bowl of fruit and ask whether or not that means anything to the sitter. If it does, fine, they know what it means and you can move on. If not, then begin to interpret.

Don't think – be receptive

Notice that all of the above means of perceiving rely very much on you being receptive. That's because the essence of perceiving is simply to watch – a very receptive process. Thinking on the other hand is active and is a process that applies to our current physical realm. So, you just say what you get *in the context of the sitter*.

Clear mind

When you work psychically you need as much access to your mental faculties as possible. That means it is better to work with a clear head. So make sure you're well rested and not suffering from a hangover. I have found that working when tired can cause my messages to be garbled and sometimes completely upside down.

Practice

You'll find that you always have information, but is it psychic? Test this on others and you'll soon find that psychic information comes from a certain place. Keep working with it and you'll get more and more familiar with this 'certain place'.

What does mediumship mean?

Mediumship simply means Spirit communication. That is, **direct communication with those on the Other Side**. You'll see that to do this properly you must merge your consciousness with that of the person on the Other Side. In other words we simply find a part of each other's consciousness where there is an overlap, or mutual ground. You do this in a very similar way as in psychic exercise 3.

There are many who say they are mediums when they are not. They are often simply psychics. If you have understood the earlier part of this booklet you will know that there is much you can do with your psychic work

– you just decide what to look at and you'll receive appropriate information. This includes details on those who have passed on, but that does not mean we are in actual direct communication with those on the Other Side. Thus a good psychic could get all the information they need on your dead grandmother to give you the impression they are actually in touch with her. This is, of course, not a direct communication. It is not mediumship. It is purely psychic.

What happens when you die...

It always helps to put things into context, so let's just have a quick look at **what happens when you die**.

There are three stages and thus three levels we go through between when we leave our body and when we pass into the World of Spirit.

The first is what I call **The Death Stage** or more precisely **The Conscious Conception Stage** (which is the conscious experience of our conception, but we need not go too deeply into that right now – see my other book, *The Astrology of God*).

In The Death Stage we are here in this world, but out of our body and isolated from

all we can see around us. It's rather like being invisible, but unable to make any contact with anything we can see. We may 'float', especially when we approach the next stage – **The Interface Stage**.

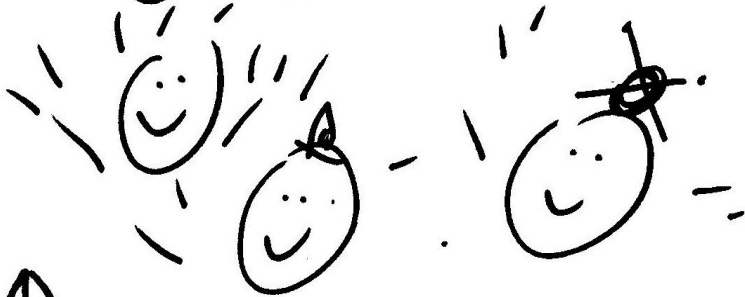
The Interface – this is when the world around us vanishes and we 'move on' into another level. It can be a blissful experience as we begin to let go of all our attachments. But it is also the stage when the barriers (the interface) of our self slip away. This, in turn, leads us to **The Potential Stage**.

When our barriers go, we are also exposed to what we have hidden from ourselves, from what we have buried, and we enter into The Potential Stage. Here for instance we experience what we have been afraid to be or do - our 'potential'. And since ***we have***

treated it as something undesirable we experience it as such during this stage. We have no get-out clause here, because the barriers are gone, and we can do nothing about that. We have no choice but to confront ourselves consciously.

To get some idea of this, you know when you have a sudden realisation about acting in a stupid way, and you feel such a complete idiot for acting that way? And you know that after the realisation you simply never want to behave in such a way, and never will, because your awareness has grown? Well, it's a bit like that, except it can be a lot worse than just feeling like an idiot – depending on what you have done in your life.

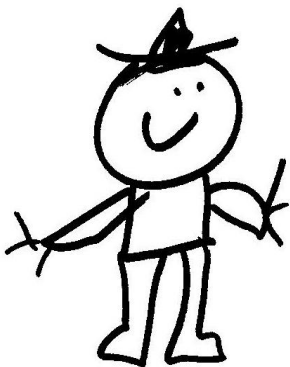
OTHER SIDE



POTENTIAL STAGE

INTERFACE STAGE

'DEATH' STAGE



PHYSICAL
WORLD

However, we need not fret too much about this (especially if we have lived a good life). All of these stages are finite, no matter how much we have hidden from ourselves and no matter who we are.

We know the Potential Stage is ending when we see a point of light that grows until it becomes a tunnel of light. We then ascend this tunnel and enter into the World of Spirit.

The process of passing through these stages can be very quick or very slow *in relation to our time here and now*. That's because time is not consistent and is entirely subjective. Hence the sense of time for the individual in the process varies – also the apparent duration in each stage is variable. It's also worth noting that we can pass through all

stages in an instant. Then we are instantly on the Other Side, in the light (this often happens with people who die at an old age and have had time to reflect on their life honestly, and so in many ways experience these three stages while actually here in their physical bodies).

The merging of consciousness with those on the Other Side

When we perform true mediumship we raise our awareness as close as possible to that of the Other Side. We then allow the consciousness of the individual on the Other Side to come as 'close' as possible to us. So, in effect, we merge our consciousness with theirs rather like we did in the Psychic Exercise 3. We feel them 'be' us. That means, we can to a very subtle degree feel what it's like to be them. We will then in a very subtle way, feel taller, shorter, male or female and so on. We are therefore as close as possible to that person, and thus we have the strongest link with them possible.

In my experience I allow the person to be me as much as possible. I see what they see – or show me, and I sometimes move the way they move.

It's worth noting that the effect is so very light, that if you were not focussed on working sensitively and psychically, you would find it very difficult or impossible to feel or see anything. So, please don't worry if you have concerns about being in any way out of control. Moreover, you will **only** be dealing with people on the **Other Side**, people who are complete in relation to this world and who are in 'The Light'. These individuals will fully understand you and how you feel. They will never cause any problems.

Spirit choose – we receive

It is remarkable how many times people ask me to contact a particular person as if I have a special Spirit Phone. But a medium does not and cannot ‘dial’ up specific individuals on the Other Side. Instead we simply make ourselves open to them. They choose.

And it stands to reason that a true medium lets them do this. The difference between the level of consciousness of those in Spirit and our own is rather like that which is between a well-adjusted adult and a baby – us being the babies. So, just accept it – they do know better than we do, and trust that they’ll work positively with us.

'Lost Souls'

There is a lot of talk about 'lost souls'. I have come across a few in my time. They are individuals who are simply not yet on the Other Side – they are between the death of their physical body and the life on the Other Side. They will end up on the Other Side – just like everyone else. However, for the sake of simplicity we shall for the time being not work with these individuals.

The reason for this is that they have a very strong position in relation to ours, but are not yet complete in terms of this life, or they are not 'in the light'. As such, they are rather like us. They have 'issues' and, whilst they can be as friendly and happy as the next man, they can by the same token be capable of being most unhelpful. They

might for instance use their heightened perception to predict events, including terrible ones, which may or may not be true. This can cause all sorts of problems and unnecessary fears.

As a general rule we'll be focussing only on those in the World of Spirit – in the light.

Medium exercise

First of all... prepare yourself like you did in Psychic Exercise 1. That is, be relaxed and aware. Make sure you adopt an inner smile. Then, whilst still being aware of your belly, find where your centre of awareness naturally finds itself. It's often somewhere around the chest or throat. Focus on that place for a minute or two.

Now...

- Try moving that centre of awareness. First, go down to your feet – how does it feel? It should be slightly heavier.
- Now move it back up to the chest and feel the difference.

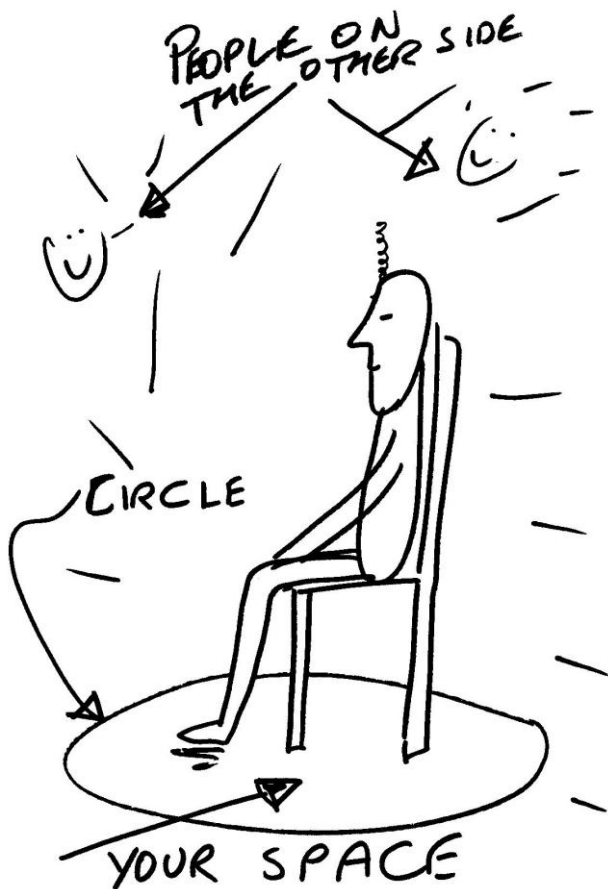
- Now move it up to your throat. Hold it there. How does it feel? It should feel slightly lighter.
- Once again check that you have adopted a nice, relaxed inner smile.
- Now move it up to the centre of your forehead.
- Then move your awareness to the crown of your head. How does it feel?
- When you're happy about these variations, take your awareness to a few inches *above* the crown of your head. How does that feel? It should be very fast, very light.

Now, it's time to contact Spirit...

- Take your awareness above your head.
- Feel its lightness.

- Then slowly take it higher and higher until you feel your awareness suddenly join up with the light on the Other Side. You'll feel a sudden expansion. If you don't feel this, simply imagine it.
- Then, as if you were winding in a cord, slowly draw that fast level of awareness down to your centre – this time, the centre of your chest. This in effect merges you with Spirit.
- Feel the bright clear light of spirit about you. Feel its humour, its fun.
- Now, because those in Spirit are at a level that is very light and bright and fast compared with our own, it is best to make your position very clear and make contact with one at a time.
- To do this, first feel a circle and its corresponding space around you. Know

that no individual enters this space without your consent.



You also have help... The Gatekeeper

- With you at all times are several higher beings or higher spirits ('guides' or 'guardians'). One of them will act as **The Gatekeeper**. This individual allows people on the Other Side to come one at a time into your space.
- **When you have your circle of space around you**, allow The Gatekeeper to come into your space.
- You will feel him/her come in from behind you.
- You will feel his/her hand on your right shoulder to show they are with you (If you have no strong feeling of his/her presence, simply imagine their presence as lightly as possible).

- When he/she is there acknowledge them in your mind – begin a communication. Sense their response. Imagine if you are not yet feeling a clear connection.
- Then clear your mind as before.



The Work

- When you are ready, ask your guide to allow one individual from the Other Side to enter into your space – to fill your body.
- This will happen in an instant.
- If you do not feel it instantly, ask them to leave and repeat the process.
- You will soon feel a change in the status quo – just as you did when doing the psychic work.
- What is this change?
- It may be very faint - just a glimmer.
- Work with that – communicate an acknowledgement that you have received the communication. Feel whether the individual is a male or a female.
- Then communicate with them in your mind.

- Ask questions. Ask for details of validation. Ask for dates, memories, what the sitter did that day, what message the person in Spirit has, how they passed over and so on. You must keep it alive and light – let them live and do what they want. Remember Spirit will not necessarily answer all your questions and, if they don't, just trust that it's not best for you to know whatever it is.
- You can get quite a lot of the message from the **way** in which the spirit enters.
- For instance, are they sad? If so, what does this mean to the sitter? Incidentally, if the Spirit does appear sad, please note that they are not sad at all, because they are on the Other Side. When they appear sad they are more than likely just showing the conditions of their passing over. And when you tell the

sitter this and it is acknowledged you'll normally notice a complete shift in the 'mood' of the Spirit from sad to happy.

It's important that your Gatekeeper lets in one individual at a time. The reason for this is that, if you merge your consciousness with more than one individual, things can get quite confusing. Once I had a little boy who made contact with me for a client. But he came in with his Grandmother, which made me have a sense of an old lady with the legs of a small boy. I had to ask one of them to step back so that I could get a more precise impression. The old lady stood back without any hesitation.

So, you see, since Spirit are in such a unity, it can be difficult for your Gatekeeper only to let in only one person at a time. They are an

exuberant lot – those on the Other Side. But in time, and with plenty of practice, you'll be a lot more fluid with your dealings with Spirit, and will be able without too much difficulty to make contact with more than one individual at a time.

Closing down

- When you have finished your work, always thank Spirit for coming. Acknowledge them as they leave and see/feel them release the contact with you. Then let go of the light – feel it go - so that you are fully aware of the room you are in. Decide no longer to be working psychically and mediumistically. Then, just as before in the psychic work, feel your senses attune to the world

around you. Feel your limbs, your body. Look about you and hear the noises of the ‘real world’. Stamp your feet.

- With this done, you’re back in this world – you’re grounded.

Practice!

It took me a few minutes to know I was working psychically, but a long time to get some idea of how to **work** with it accurately. So, practice and practice and you’ll soon get a great understanding of this great work.

Get accurate details

Make sure you're making real contact with Spirit by getting real facts. You'll enjoy it much more when you get good accurate details.

A last few words...

Hopefully you now have some better insight into psychic work and medium work. I hope you see that you can 'send' your perception almost anywhere into almost any time, of course with varying degrees of clarity. And I hope you realise that it is simply your intention that sends your perception to these various places. Thus, if you want to work with Spirit on the Other Side then you will. If on the other hand you want to work with those who are between here and the Other Side, then you can, although I would advise against it, just as I would advise against going into bad neighbourhoods without the proper expertise and knowledge. The point is that it's your *intention* that

allows you to locate whatever part of your consciousness you would like to access.

As I said earlier, Lynn McTaggart, in her book *The Field*, explains that in the USA there has been a great deal of Government research into psychic abilities. They found that anyone could get accurate psychic information, as long as they have a relaxed and happy state of mind and actually want to do it. Indeed, 'remote viewers' were given simple grid references and accurate information was received. This confirms my claim that there is no big deal whatsoever in psychic work and medium work. It is for all of us, and anyone can do it.

It is because, in its truest sense, our consciousness is everywhere, in every time, in every dimension, and this is because our

true consciousness is not just connected to the One Ultimate Consciousness, *but it is* One Ultimate Consciousness. So, of course this One Ultimate Consciousness is indeed all 'knowing' through all time, space and dimension.

Your psychic practice and medium practice will help you get closer to the infinite wonders of this Consciousness, and will therefore allow you to get closer to the wonderful Truth of Existence.

A closeness to, and awareness of, this Truth will help you begin to grasp the extraordinary and eternal wonders of being. This will help you to see through life and all the challenges it may bring. This in turn will bring you great clarity, peace, optimism and happiness.

