

## Mediumship Begins At The Beginning

"Mom, I have decided to become a medium." So, now that you have decided you wish to try mediumship...now what? You run home to mom and dad and tell them the good news? How do you think that conversation will go? Then what? Declare to the world "I am a medium...come and get it!"

Unfortunately, it is not that easy. Developing these capabilities really is a lot of work. Training to be a physician requires many years of formal education and many years of practice in the field. In reality, training to be a useful medium or psychic takes an entire lifetime – in fact MANY lifetimes!! But, once you have been called, you cannot be un-called. It is very similar to the call to missionary work, or the clergy. It requires a serious motivation to be willing to spend long hours with very low pay (or none at all) to learn the skills needed to help others who may or may not actually appreciate your help. You will be accused of trickery and even people close to you will snicker and make fun of you. It is not glamorous work and you will not find overnight riches and fortune.

But, you will carry your skills forward through time and space. You will see your people helped and healed by your assistance. You will be rewarded with spiritual growth and development beyond your wildest dreams. You may even encounter Ascended Master Spirits such as Buddha, Jesus, Krishna, and a whole multitude of other wise and masterful spirits who can and will share their knowledge, experience, and insights with you.

So, how do you begin? Meditation!

All of energy is motion. The result of vibrations. We, as humans vibrate each at different frequencies, but all at rather low frequencies. Most brain waves are measured in the 8 to 10 Hz range. The spiritual beings we are trying to communicate with are vibrating at much higher frequencies than we are. In fact their frequencies are so high and fast that we do not have tools yet available to measure them. That is why we cannot see them or hear them. Their frequencies are outside of our range of perception. So, in order for you to communicate with them you must increase your vibratory frequencies as much as possible, and they equally need to slow their frequencies down. This requires work on both sides – and it is WORK.

The possibility that you will achieve this without seriously working at it is nil to none. There are occasions when the need is so great, some spirit breaks through for a moment to contact you. But,

believe me when I tell you this is rare because it is very, very difficult for them to accomplish. Meeting them half-way is only fair and the only way to achieve consistent communication channels.

You must set aside time every day to meditate. This is a requirement. You need to get into the habit of meditation, because until you can control your thoughts at will and calm, and empty your mind, there is no room for spirit in there. Begin with a simple breathing meditation and proceed on from there. Many meditations are useful and switching between them is fine to do, just as long as you do it. I, personally, enjoy the guided meditations such as those on this web site.

Here is a schedule you can follow to get you started:

A relaxation meditation – every day for one full week – ten to fifteen minutes per day.

A cleansing meditation – every day for one full week – ten to fifteen minutes per day.

A spirit guide meditation – every day for one full week – ten to fifteen minutes per day.

Your sacred space meditation – every day for one full week – ten to fifteen minutes per day.

Of course, this is just a suggestion. You must follow your own path. But, meditation is an absolute must to get from here to there. No shortcuts are available. But, luckily we have others who have gone before us to guide us.