



## So you want to be a Medium: A Down to Earth Guide

By Rose Vanden Eynden

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Through exercises involving meditation, breathing, dream work, symbols, and energy systems, the author teaches how to prepare one's mind and body for spiritual communication. Readers also learn about the many kinds of spirit guides and elemental energies, how to get in touch with them, and how to interpret their messages. Whether you're seeking to become a professional medium or simply interested in a closer connection to Creator, this fascinating guide to the spirit world can enrich your spiritual life-no matter what your religious background.

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### Editorial Review

#### About the Author

**Reverend Rose Vanden Eynden** (Ohio) has been a spiritual student all of her life. At sixteen, she began reading Tarot cards and became a professional consultant in her early twenties. She holds a Bachelor of Science in Education and has been a licensed massage therapist since 1996. Rose started studying mediumship in 1997, and in 2000 became a certified medium with the Indiana Association of Spiritualists and an ordained Spiritualist minister with the United Spiritualists of the Christ Light Church. She is a founding member of the U.S.C.L. and now serves as their Director of Education. She is a popular lecturer on a variety of esoteric subjects, including mediumship development, Tarot, Wicca, magick, angels, and energy healing. She has been featured in regional newspapers and television news programs, has published several metaphysical articles in national magazines, and has co-hosted a spiritual radio program.

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#### Part 1

##### Starting from Scratch

So what exactly are we talking about when we say the word mediumship? Because there are so many different sources available today and so many different meanings ascribed to the words that we use, I think a good way to start this book is by defining our terms. More than likely, we are discussing the very same issues, situations, and experiences.

Semantics, however, often has a way of building roadblocks to understanding rather than helping people to communicate better. Let's talk first about some different terminology that will be used throughout this book, so that we're all starting with the same information.

#### 1 Defining Terms

A medium is someone who is sensitive to the vibrations of the spirit world and can communicate with entities there. This person may also relate messages from those in the spirit world to those here in the physical world. A medium is different from a psychic. The difference between the two hinges on the concept of spirit contact. A psychic picks up her impressions through ESP, or extrasensory perception. She may also utilize telepathy, or a mind-to-mind link with the person for whom she reads (although the psychic may or may not be aware of this method of retrieving information). A medium gets his information directly from Spirit. He may communicate with his client's loved ones who have passed, or information may come from his client's spirit guides. This direct link makes the information very accurate and reliable. I believe that many psychics receive their impressions from their own spirit guides but just don't realize it. They would probably enhance their readings immeasurably if they learned how to work more closely with their spirit people.

Now, just a side note: please don't take this comparison between psychics and mediums as some sort of one-upsmanship. There are many talented psychics working today who are not mediums, and I am not suggesting that they all need to become mediums to be better professionals. I can only speak from my own experience, which illuminates for me how much more accurate the readings I have done for my own clients have been

since I've learned to work with Spirit in my practice. Everyone must follow the path that is right for his or her own individual progression. Becoming a medium was the way to go for me; it might not be for everyone. For you, however, who have picked up this book to learn more about communicating with Spirit, let's move on.

Mediumship, then, can be defined as the process by which a medium establishes contact with an entity in the spirit world and communicates with that entity. The entities in the spirit world can be human, as in the case of passed loved ones and spirit guides, or a medium may contact angels, animal energies (such as beloved pets), and elemental energies (such as faeries). After-death communication can be included under the umbrella of mediumship, for it refers specifically to the process of communicating with someone who has experienced the change called death and dwells now on the Other Side.

Summerland is one of the myriad terms used to describe what people experience after they transition from their physical life. In this book, we will refer to the afterlife as Summerland, the Other Side, the spirit world, and possibly other names. Summerland comes from the Welsh Gwlad Yr Haf, which translates into "the Land of Summer" and is the origin of the Wiccan term for the otherworld (Spiral Dance 2004). Summerland is all around us here in the physical plane, but most of the time, we cannot see it or sense it in any way. This is because everything in the spirit world vibrates energetically at a much higher rate than we do in our plane of existence. Higher vibrations cannot be seen with the naked eye, nor can they be picked up using the normal senses of hearing, touch, taste, sight, and smell. Occasionally, we are able to tap into the spirit world, often when we're not even trying. Have you ever seen movement out of the corner of your eye, but when you turned to look in that direction, you saw nothing at all? More than likely, you just saw a spirit moving past you in Summerland. When we as mediums work with Spirit, we have to heighten our vibrations to hear, see, or sense them. We'll talk more about that process later in the book.

Summerland, though, is a wonderful place, and we can learn to have access to those who dwell there, like our passed loved ones and spirit guides.

Spirit guides are the people in Spirit who work with us, performing a variety of duties. We have at least five main spirit guides. Before our current incarnation, while we were still in Summerland, these particular guides agreed to aid us while we took on another lifetime. As we grow spiritually during our physical incarnation, our guides grow spiritually on the Other Side. They are our closest companions, and they will be with us until we make our transition to Summerland, where they will meet us again. We'll discuss all of our different guides at length in Part Three, "Who's Who in the Spirit World."

Spirit (with a capital S) is a catch-all way to refer to those who dwell in Summerland, as well as a word that highlights belief in Creator. When a medium mentions communicating with Spirit or being led by Spirit, he is acknowledging the influences of his spirit guides and teachers, his passed loved ones, and his connection and faith in a higher power. Most people refer to this divine presence as God. Some people, though, are uncomfortable with that term because of its connotation of God as a male entity. I prefer a more general, gender-neutral term, which is why I personally refer to that divinity as Creator most of the time. In Spiritualism, many mediums and ministers prefer the term Mother-Father God to remind us that within Creator we find both male and female energies. Creator is the ultimate source of balance; it only makes sense that Creator holds both of these energies within Itself. Spiritualist mediums will often refer directly to Spirit, as we believe that Creator gave us Spirit to help us in our everyday matters as well as to guide us ever closer to the source of ultimate love and goodness in the Universe.

A Spiritualist is one who believes, as the basis of his or her religion, in the communication between this world and the spirit world by means of mediumship and who endeavors to behave in accordance with the

highest teachings derived from this communication. Spiritualism is a science, a philosophy, and a religion of continuous life, based upon the demonstrated fact of communication by means of mediumship with those who live in the spirit world (National Spiritualist Association of Churches 2002, 35). A person does not have to be a Spiritualist to be a medium, nor does she have to convert to Spiritualism in order to practice or believe in spirit communication. Many of the world's great religions have elements of spirit communication prevalent in them. In Jewish tradition, the Kaballah is studied as a mystical connection to Creator. The Christian Bible is filled with instances of prophecy, healing, and other spirit phenomena. The Muslim religion is based upon the Koran, which was given to the prophet Mohammed by the angel Gabriel. The Pagan traditions have many connections to ancient, esoteric mystery schools, which highlight divination, prophecy, and healing. Many Eastern philosophies, like Hinduism and Buddhism, endorse the idea of reincarnation. Most major religions teach a belief in an afterlife and encourage their followers to work hard to ensure a place there after this lifetime. A belief in mediumship and communication with those in the spirit world doesn't seem too out of place next to these faiths and their systems.

Although a person does not have to be a Spiritualist in order to practice or believe in mediumship, the interest in after-death communication and the proof of its reality began with Modern Spiritualism in the United States. In the next chapter, we'll take a few moments to discuss the birth of this movement and its repercussions, which are still felt throughout the world today.

## 2 Modern Spiritualism

Modern Spiritualism began on March 31, 1848, in the small, quiet town of Hydesville, New York. So what happened on that March evening that so changed the perception of people about the spirit world?

The movement of Spiritualism can be traced to a house owned by Margaret and John Fox, who moved into the home in December of 1847. The Foxes had an older son, David, who lived on his own farm, as well as three daughters. Leah, the eldest, was not present that evening, although she later became a famous medium. Margaretta, also called Maggie, and Catherine, also called Katie, were home on the night of March 31, along with their parents. The incidents that incited the birth of Spiritualism are recounted in *Hydesin History*, by M. E. Cadwallader.

Through most of their stay in the house, the family had heard noises that they couldn't explain. In January 1848, the noises became knockings, sometimes heard in the bedroom, sometimes heard in the cellar. The rappings often caused tremors throughout the house. During the month of February, the knockings became so distinct and continuous that the family had a hard time resting at night. Of course, they tried to pinpoint the cause of the knocks, but they could only ascertain that the noises came from inside the house. No other cause could be found. Other phenomena also manifested, such as Katie feeling a cold hand upon her brow; an invisible presence, like a dog, that settled on the bed one night; and the pulling of the covers off the bed as well.

On Friday, March 31, 1848, the family, weary from so many sleepless nights and countless investigations into what was causing the trouble, retired early. They had moved all their beds into one room, and of course the knockings started as soon as they tried to sleep. The girls, whose exact ages are disputed but who were most likely young adolescents at the time, were more excited than alarmed by the noises, and they chattered away about them even though their mother tried to keep them silent.

Finally, after a long while listening to the knocks, Katie, the youngest, sat up in bed and said, "Here, Mr. Split-foot, do as I do." She proceeded to make a number of silent gestures in the air; their effect was instantaneous. The invisible rapper immediately knocked a corresponding number of times, to indicate that

her movements had been seen. Katie, delighted with this new game, cried, "Only look, mother! It can see as well as hear."

Obviously, the invisible knocker was attempting to communicate.

Mrs. Fox, then, addressed it: "Count ten." Ten raps sounded. She then asked the invisible rapper to indicate the ages of first Maggie and then Katie. The correct number of knocks, corresponding to each girl's age, were given; apparently, this being had intelligence as well.

Mrs. Fox continued her questioning, and the rappings made in response correctly answered each of her inquiries. Finally, she asked, "Are you a man?" She received no response to this question. When she countered with "Are you a spirit?" a series of very firm knocks was made.

It was determined through subsequent communications that the spirit was a traveling peddler named Charles B. Rosna, who had been murdered by the former occupants of the Fox family home. Many years later, a full skeleton was discovered in a wall of the cellar, just where Mr. Rosna's spirit told the family it would be.

Naturally, when word got out about the Fox family home, interested seekers began to flock there. Immature and impressionable as they were, the Fox sisters were overwhelmed by the publicity they received, since the spirit seemed willing to communicate only when they were present. The spirit also followed them wherever they went, as the girls were sent to live in other places to escape the attention they were receiving. When someone finally thought to ask about this, the following message was spelled out to them:

Dear friends, you must proclaim this truth to the world. This is the dawning of a new era; you must not try to conceal it any longer. When you do your duty God will protect you and good spirits will watch over you.  
(Fodor 1934)

Thus the message of Spiritualism, and its advent as a new spiritual movement, was born.

The girls began to appear at public demonstrations, where they would communicate with the spirit world before a live audience, and the fascination with spirit phenomena grew. More and more people became interested in their own mediumship development, and mediums sprang up all across the United States. Home circles and séances became all the rage. Even Mary Todd Lincoln, the first lady of the United States, held séances in the White House, which her husband, President Abraham Lincoln, also attended.

For the Fox sisters, however, the revelation of spirit phenomena was a mixed blessing. None of the sisters handled the fame, or the responsibility of bearing spirit messages to the hungry masses, very well. All of the girls married, but their personal lives were plagued by the pressures of a demanding public. After a terrible quarrel and a vow to ruin their sister Leah, Maggie gave a public lecture in New York in which she denounced Spiritualism and claimed that she had produced the famous rappings at will, demonstrating this for the crowd. Her sister Katie supported her, and they revealed the ways in which they claimed they'd deceived the public.

This confession, however, did nothing to quell the rising popularity of the movement, and a year later, Maggie retracted her statements, claiming that she was in desperate financial straits and needed the money she'd received from the lecture. Dr. Isaac Funk, a well-known American publisher, once said of Maggie, "For five dollars, she would have denied her mother and sworn to anything" (Fodor 1934).

The irony of Maggie's love-hate relationship with her spiritual gifts was apparent at the end of her life in 1905, when she was attended by a female doctor called Mrs. Mellen. During her last days, Mrs. Mellen cared

for Maggie in a tiny, dirty room, one with no closets or hiding spaces. Maggie was unable to move her hands or her feet, and yet, when she asked questions of her spirit guides, they rapped out the answers on the floor, walls, and ceiling of the room, a phenomenon Mrs. Mellen witnessed. Will we ever really know the complete truth about Maggie Fox and her mediumship? Probably not, but the fact remains that she was able to demonstrate honest and proven spirit phenomena under the strictest of test conditions. Her personal life and all of her mistakes are, as is true for all of us, between her and Creator.

Both Katie and Leah Fox were also tested and declared legitimate by some of the greatest scientists and thinkers of their time. Although none of the sisters led exemplary lives, who among us can cast the first stone? Remember, they were the first to experience such contact in the terms by which we understand it today. They were the epicenter of a phenomenal spiritual movement that shook the foundations of many long-established religious views. I agree with the findings of Nandor Fodor in his article "The Ghost Story which Started Spiritualism": it's hard to imagine that children could have schemed together to begin and perpetuate such an elaborate fraud.

Are there fraudulent mediums? Of course there are. They existed at the beginning of Modern Spiritualism, and they exist today. Don't be too quick to dismiss all mediums, however, just because of a few deceitful ones. There are dishonest people in every profession, from sports figures to CEOs of large corporations to cashiers who steal from their own tills. Does this mean that every person who serves in that occupation is corrupt? Of course it doesn't. The same can be said of mediums, too.

Spiritualism has survived many trials and much skepticism to remain alive and vital in the world today. Centers of Spiritualist phenomena and education, like Lily Dale Assembly in New York and Camp Chesterfield in Indiana, continue to thrive as more and more people become interested in exploring the idea of after-death communication and their relationships with those in the spirit world. The National Spiritualist Association of Churches (NSAC) is the oldest and largest organization devoted to the religion of Spiritualism in the United States, founded on September 27, 1893. The NSAC estimates that there are around four thousand practicing Spiritualists in the United States today, although because so many people do not declare this religion but practice its belief, the number of supporters of Spiritualism is hard to establish.

As a religion, Spiritualism embodies beliefs in several tenets in conjunction with mediumship. Spiritualists believe in Infinite Intelligence, a way of describing God without the male/female connotations that most religions place on Creator. Spiritualists are also very concerned with the idea of personal responsibility and do not, like some faiths, believe in vicarious atonement. In other words, Spiritualists believe that each one of us is solely responsible for our own actions and that no savior can take on our sins or transgressions for us. We all have free will and must choose our actions reasonably and responsibly. Spiritualists believe very strongly in the Natural Laws of the Universe (which we will discuss in the next section), and one Natural Law is that of cause and effect.

Whatever you do will return to you in some way, whether in this lifetime or in the next. The idea that a savior can remove your responsibility for your actions does not make sense to Spiritualists, because it violates this Natural Law of the Universe.

As I mentioned before, one does not have to be a Spiritualist to be a medium, nor does one need to leave a current religious practice in order to include spirit communication in that belief system. I found the religion of Spiritualism to be the right choice for me. Its principles and beliefs made sense to me, and it fit in well with my study and background in Wicca and magick as well. I also could reconcile within Spiritualism my own thoughts and feelings about Jesus, held over from my Roman Catholic upbringing, and I could still study and use the Christian Bible along with other religious texts as a basis for further growth and enlightenment. Since I was also studying to be a medium, it seemed that Spirit was once again leading me to

something that I needed in my life. When I began training at Camp Chesterfield in Indiana in 1997, I never imagined I would someday become an ordained Spiritualist minister. When Spirit calls you, you can dig in your heels and ignore that call all you like, but take it from me: Spirit won't leave you alone until you face the music and determine what your choice is.

Perhaps this short discussion of Spiritualism will spur some of you on to explore it as a religion, science, and philosophy, and perhaps its tenets will resonate for you. If so, the appendices and bibliography in this book may be a good place for you to start. They include many excellent sources relating to Spiritualism. For now, let's move on in our discussion of mediumship.

### 3 Natural Law

The foundations of mediumship and after-death communication cannot be complete without some mention of Natural Law. Just as there are laws governing our nation that all people are expected to follow, there are Natural Laws of the Universe that all human beings, and all of nature, adhere to as well. Natural Law oversees all that has been created, and Natural Law has been set in motion by God. It can be thought of as "God in action in the Universe" (Ryan 2000). Natural Law is immutable; it never changes or varies. These laws are constants in the Universe.

In searching for information about Natural Law, I discovered that there are many sources discussing it, and the names and numbers of the laws vary from source to source. Is this because the laws themselves change? No, I don't believe so. It is obvious to me that this is so because the perceptions and understandings of the authors of these texts vary, and this is reflected in their work. Does that make the laws themselves flawed? No. Natural Law comes from God, so it cannot in any way be flawed. The only flaws come from our misunderstandings concerning the laws. We are human beings, so we can only speak about things from our own levels of experience and comprehension. This means that sometimes our interpretations of the laws may not be as deep or as encompassing as they should be. We are all learning and growing. Each of us is personally responsible for learning about the laws and working with them in accordance with our understanding. Just as in society, ignorance of the law does not mean that we don't have to live by it. I am explaining this to you here for a reason. I have chosen to highlight only some of the Natural Laws of the Universe in this book. I was guided to discuss these particular laws because they are essential to an understanding of mediumship. Other laws do exist, and if you are interested in learning more about Natural Law, I encourage you to pursue the study on your own. And remember, my interpretation and understanding of the laws may also be flawed. I'm human, too. I can only give to you what has been given to me and tested through my own experience. You can draw your own conclusions based upon your own tests.

#### Underlying Principles of Natural Law

By realizing that the Universe operates under Natural Law, we begin to understand that it is thus always operating in perfect order and harmony. Even in the midst of chaos, the Universe is still running due to the control of Natural Law. Natural Law influences and defines all aspects of life, in this lifetime, in eternity, and in all planes of existence. According to Natural Law, our ordinary state of being is good. We feel happy. Our world moves in an orderly fashion. "Good" equates to everything that encourages unity in the Universe—that is, unity in God. Evil can be seen, then, as everything that separates us from God.

Natural Law applies to everyone and everything. No one can escape its influence. This means that justice will come to all people, either here or hereafter. Does this negate a belief in free will? Not at all. It simply means that when we live in accordance with Natural Law, we have absolute control over our lives. We help ourselves, we help others, and we help our world. Natural Law provides for us a way to avoid negative



outcomes and circumstances. We are still given a choice: to work with the law or to work against it. This is why a better understanding of Natural Law is helpful in every way, including in our study of mediumship.

### Natural Law #1: The Law of Love

In Good News Bible's Gospel of Matthew, chapter 22, verses 34-40, Jesus is approached by one of the teachers of Jewish Law, who asks him:

"Which is the greatest commandment in the law?" Jesus answered, " 'Love the Lord your God with all your heart, with all your soul, and with all your mind.' This is the greatest and the most important commandment. The second most important commandment is like it: 'Love your neighbor as you love yourself.' The whole Law of Moses and the teachings of the prophets depend on these two commandments."

This passage illustrates the most important Natural Law: the Law of Love. In these two aspects of love, loving God and loving humanity (including ourselves!), we find the basis for all the other laws of the Universe. The love exemplified in this law, however, is love in its purest and most potent form. It is love without conditions and restrictions. It is love that purifies us by freeing us from jealousy, negativity, and revenge. It is transcendent and yet still attainable by all those who strive to achieve it.

Paraphrased as "Do for others what you want them to do for you" (Matthew 7:12), this tenet is also known as the golden rule. This is an example of how Natural Law is truly universal throughout humanity. The golden rule appears in many different cultures and spiritual traditions. It may be worded in a different way, but its basic message is always the same.

The Law of Love is the basic foundation for everything within Natural Law. Without love, we drift further away from the Source of All, God, Creator, Infinite Intelligence. With love, we move ever closer to that source, becoming more powerful than anything we can possibly imagine.

### Natural Law #2: The Law of Mind

In *The Kybalion: A Study of the Hermetic Philosophy of Ancient Egypt and Greece*, the first of the seven Hermetic principles is the Principle of Mentalism. This law states, "The All is Mind; the Universe is mental." The great truth of this law is that everything is consciousness. Everything that is visible and apparent to us, as well as all that is invisible and unnoticed, is Spirit-the "Universal, Infinite, Living Mind" (1912, 26-27). We exist within the ever-continuing Mind of God. We are Spirit, and we are connected to everything else that exists within our Universe. Within this law, we can see and begin to understand the separation of our mind into two sections: the lower mind, which controls and runs our everyday lives and is greatly affected by ego, and the higher mind, which is directly linked to the Divine Source (Ryan 2000). As human beings, we are in a constant state of struggle to bring the lower mind into accord and harmony with the higher mind. One way to do this is to silence the lower mind, which can be achieved through meditation. We will talk more about meditation later in the book, but it is a key to successful work as a medium and is one of the best ways to access our own higher selves and the other realms of the Universe. To do this, we must master the Law of Mind.

### Natural Law #3: The Law of Vibration

If we understand the Law of Mind, we can begin to see how all matter is spiritual energy moving at different rates of vibration. No two things are identical, no matter how much they may seem to be, because at the most basic level, they have their own unique vibrations. For example, my sons are identical twins. Many people

have a hard time figuring out ways to keep straight who is who. Folks will often ask me, "How do you tell Max and Ben apart?" Aside from their slight physical differences (one is a bit taller and has bigger feet, and one has a rounder face), I usually chuckle to myself when I prepare to answer this question.

Anyone who is around my boys long enough will start to instinctively sense the differences between the two. At a very basic energy level, one moves at a much slower pace than the other. Of course, this is not the only difference between my boys, but do they vibrate at different rates? You betcha, and it's easy to see when you spend just five minutes with them. We all have our own unique rate of vibration, as this law describes.

To better understand the idea of energy vibration, think for a moment about how you feel on a spring day. Have you ever noticed how everything in the world seems right on a bright, sunny morning? Imagine standing outside, looking up at the azure sky unmarred by a single cloud. Notice the sun's light pressing its warm fingers against your skin. Take a deep breath and feel the vitality of the sweet, clear air coursing through you. You feel alive, filled with vigor, ready to take on any challenges that come your way. You may even feel physically better than you have in ages: a walk in the park or a lap around the block may suddenly become quite attractive. You have more energy than you remember having all winter.

Yes, that's right-your energy vibration has heightened, and you didn't even realize it!

Now think about how you feel on a rainy, cold day. When you look out your window, the sky is gunmetal gray, filled with clouds and a steady drizzle. The dampness seems to permeate everything, enveloping you in its chilly embrace. You feel tired, grumpy, and unwilling to do anything except curl up on the couch under a warm blanket. You're drained of any ambition you had for the day.

Exactly-your energy vibration has significantly dropped.

Now think about our loved ones and guides who dwell on the Other Side. Many sources indicate that Summerland is a beautiful place, practically indescribable in our limited terms, but so much more astounding than even our most exquisite landmarks here on earth.

They don't call it Summerland for nothing! Imagine living in such an astonishing place. No wonder our spirit friends' energy vibrations are so high: they are alive in ways we can scarcely imagine. They are also much closer to the Divine Source of all energy-Creator-when they are in Summerland. Their energy vibration is constantly high.

In working with those in Summerland, we learn that this energy vibration is much higher and faster than the rate of vibration that we have here on the physical plane. In order to communicate with Spirit, a medium must raise his rate of vibration. Our spirit guides or loved ones must lower their rates of vibration so that we can meet somewhere in the middle to make a connection.

Think about the propeller on an airplane. When the plane is flying, the propeller is moving so fast that the naked eye cannot see it. Yet this movement propels the plane forward so that it can travel from one place to another. When the plane lands and the pilot shuts down the engine, the propeller slows, making it visible to any people who happen to be around. This is what Spirit must do to communicate with a medium-slow down its vibration. The medium must speed up his vibration as much as possible so that it is more likely that the connection to Spirit will be made.

We will address ways to heighten our energy vibrations for message work later in this book. This is the reason, however, that we say that the Law of Vibration governs mediumship: without the connection of

energy vibrations, communication with the spirit world could not take place.

#### Natural Law #4: The Law of Attraction

Once we understand that everything in the Universe vibrates at a distinct energetic rate, we can also realize that these energies have an affinity for and are attracted to similar energies. The old adage "Like attracts like" fits into this Natural Law. In our social lives, we often find ourselves in groups of people who share similar interests, like sports or other hobbies. Many of us attend a certain church because we feel the need to share our spiritual experiences with others who believe in the same tenets that we do.

Likewise, our spirit guides and teachers connect with us because we have similarities with them. For example, I have an interest in magickal training, and two of my spirit guides claim this same background. Many times, we've shared a physical incarnation with our guides, and we may still have an affinity for that particular time in history, whether it be ancient Egyptian or Renaissance British.

Our similar energies keep us together and help to bind us to our guides. This is an example of the Law of Attraction in action.

The Law of Attraction also goes hand in hand with the Law of Mind. The Law of Attraction splits the thinking process into two: desire and expectation (Ryan 2000). The Law of Mind tells us that all is consciousness. The Law of Attraction teaches us that we should desire nothing we do not expect to get and that we should never expect anything that we do not want. When we put these two laws into action and we focus our expectation on something specific that we desire, we then become irresistible and the Law of Attraction brings to us that which we desired and expected. Again, the saying "Be careful what you wish for, because you just might get it" is much more than an old wives' tale when we understand how Natural Law applies. This is positive thinking in its most powerful and influential state. The other side of this coin is, of course, the dreadful effects that negative thinking can bring to us. We are capable of drawing to us the very things that we most fear by constantly seeing them, in our mind's eye, as invading our lives. Make no mistake: the Law of Attraction will bring you negative situations if that is what you choose to dwell upon in your mind. Again, this is potent proof of the Law of Mind in action through the Law of Attraction.

#### Natural Law #5: The Law of Cause and Effect

The next Natural Law is another extension of laws already addressed. The Law of Cause and Effect states that every action has an appropriate reaction. This law demands that we accept personal responsibility for everything in our lives, as we are constantly creating causes that result in effects. There are no chance occurrences in life; all is in Divine Order, and every action brings a result that is correct for it. If our lives are not what we would like them to be, we have the power to change them by changing what we are doing to create our circumstances.

Change begins at the most basic level: in our minds. The Law of Mind states that everything is consciousness. The Law of Vibration and the Law of Attraction both tell us that thoughts are things, and thoughts create their own vibrations and draw to us that which we ask for. To make important changes in our lives, we must first begin by changing our thoughts and our attitudes. If we are constantly complaining that we have no money, what are we drawing to ourselves? The very limited financial situation that we are lamenting! Remember, like attracts like. The Law of Cause and Effect takes the Law of Attraction one step further. If we need more money in our lives, we need to think in a productive and profitable way. We need to change something (cause) to bring about the desired end (effect). We always have the power to change. Our biggest hurdle is usually recognizing how much power we really do have to make changes.

The Law of Cause and Effect has another law that extends from it-the Law of Compensation. This law justly metes out payment to us for all of our actions, whether they be good, bad, or indifferent. Simply put, this law states that we receive back from the Universe what we give out. We might not always receive it right away; it may take days, months, years, or lifetimes to receive payment for some actions. But the justified compensation will always come at some point.

The Law of Cause and Effect is an important one in mediumship because it reinforces how important it is to do our work in the world with love and compassion. Setting our intentions before we do any type of work is essential to reaping positive benefits from our actions. If we work in love and ask that our work be blessed, then we will only affect our clients, ourselves, and our world in positive ways. This is important whether we are professional mediums, construction workers, garbage collectors, parents, or anything else. Remember, Natural Law is about bringing us closer to divinity, and to do that, we must live in love. All else separates us from God.

#### Natural Law #6: The Law of Balance

The Law of Balance justifies equilibrium in all things. All actions, no matter what their nature, must be balanced. As we learned earlier, our lives are meant to be good and to run smoothly. If our circumstances seem chaotic or out of control, it is because we have somehow unbalanced them. One of our greatest challenges is to maintain balance in every aspect of our lives.

This is not always an easy thing to do, and so this aspect of our spiritual growth can become an ongoing work in progress. We must strive to think calmly and rationally, to not allow our emotions-especially our fears-to overwhelm us, and to put all things into perspective.

One thing to remember about the Law of Balance as we study mediumship is this: being a medium is only one aspect of our lives. All of us must learn to work it into our daily practices without sacrificing the other important components of our existence. I started studying mediumship in 1997 when my twin boys were only a year old. I had to make some sacrifices on both ends of the spectrum in order to do so. I carved out time in my schedule to meditate, to go to classes, and even to go on weeklong seminars so that I could continue to grow spiritually. I also put on hold some interesting spiritual studies I would have liked to pursue so that I had ample time to spend with my babies and my husband. My family must always come first in my life. I made a vow to my husband, and by extension to my children, a long time ago that I have every intention of keeping. My life is a constant high-wire act. I'm always thinking many days ahead and trying to balance my work time, my play time, my family time, my study time, and my writing time, along with everything else that needs to get done. I'm sure that you will also have to modify your schedule if you truly wish to learn about mediumship and incorporate working with Spirit into your life. Just remember to keep it all balanced. Don't overdo studying and neglect another important area in your life. Believe me, those loved ones will keep you sane when nothing else will!

#### Natural Law #7: The Law of Use

The final law we will discuss here is a natural extension of all the laws that have come before it. The Law of Use tells us that energy cannot be destroyed. It can only be changed into something else, and scientific law supports this. Look at the three forms of water: solid (as in an ice cube), liquid (as we usually see it), and vapor (as in steam). The water has not been destroyed when we freeze it; it has simply taken another form.

This same principle can be applied to spiritual things. The ability to communicate with Spirit is a spiritual talent. In order to achieve this communication, we must work hard and train our minds to open to the

process. Once we've achieved contact with Spirit, we must maintain that contact, and we must strive for even better communication. We have been entrusted by Creator to be responsible for our own abilities. If we don't hone our skills, we won't be able to rely upon them for very long. And if we know that we have these skills and that communication with Spirit is possible, why would we ignore this ability? Why wouldn't we do our very best to become adept at communication? This is what the Law of Use is all about. We must use our minds in a positive way in order to grow spiritually. This law doesn't just address mediumship. It encompasses all of our work in positive thinking and in creating a more abundant and loving life on this planet, as well as every other good action and thought that brings us closer to Creator. The Law of Use encourages us to be active participants in our spiritual growth.

## Summing Up

By now, you hopefully have a better understanding of some of the underlying principles that govern mediumship, specifically in the form of the Natural Laws of the Universe that oversee every aspect of this world. We've discussed definitions that should help you to comprehend the remainder of the information in this book, and we've investigated the roots of modern mediumship by looking at the past. I would certainly encourage you to dig even deeper into any of these subjects that interest you. Knowledge is power; you can't go wrong by learning everything you can. And if you ask, Spirit will most definitely lead you to the sources that will help you in the best way possible.

In our next section, we will begin preparing ourselves for spirit communication by preparing our minds and bodies. As we move forward, you'll need to have a journal in which to record any experiences that you have. This journal can be as simple as a spiral notebook, or you can keep loose-leaf pages arranged in a binder. Whatever you feel most comfortable with is fine. Once you have this, take a deep breath, adjust your thinking cap, and follow me on to the next section.

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