

Chapter 6: Channeling and Mediumship

So much has been written on this chapter, yet the more I read and am exposed to, I see that not enough has been written on it. There are two words that you will often see used in conjunction with spirit work, and those are “channel” and “medium.” Yes, this also includes all derivatives of the words, which include “channeling” and “mediumship,” to name a few. According to the *Oxford English Dictionary*, channeling “serve[s] as a medium for” something, usually spirits. Also, according to the Oxford dictionary, medium means “A person claiming to be in contact with the spirits of the dead and to communicate between the dead and the living.”

To clarify, the body is the channel, and the medium is the person. Another alternative definition of the word medium has to do with art and creativity. For example, the *medium* on which something is created, is the most commonly understood concept, as in an artist using charcoal pencils as the medium to convey their art. While the terms are used interchangeably, there are those very detailed differences to know. In this chapter we are going to look at both concepts in the name of clarity. This is a fine detail that I have found all too lacking in a lot of books on mediumship and channeling. These concepts are not interchangeable, yet oftentimes they are used that way. We will look at both as separate concepts, which will also reveal overlap in a lot of ways, and we will look at how to work with both.

However, as much as I’m separating them, I’m also showing *how* they work together, for ninety-nine percent of the time they are used in tandem with one another, so to only study one concept or the other would be remiss, and to only study them together is equally bad. Critical thinking tells us we should look at them individually and together. It is simply wise to delineate concepts in the name of clarity, and therefore it makes sense to start here.

Channeling

Let’s start off with what channeling is, and what it isn’t. Contrary to popular belief, you can be good at channeling but not at mediumship. But, how, Bill? I’ve never read that before! What do you mean? Well, let me break it down. The easiest way to understand it is to think of a channel that water runs through, something like a man-made river or gulley. A channel is what something travels through, and in our text we are referring to the person, but as you can see from above, channeling

a consciousness is very parallel to water traveling through a channel. Hence, someone can be very good at putting their consciousness aside. Water is an excellent metaphor for energy that has been used for a very long time, and it holds true in this case as in every other. With what we're discussing here, it makes things clearer if we keep this in mind through this last section of the book. For our practical purposes, let's work with the image that the human body is the channel. That means that there are physical limits to what we can channel. Yes, this can be worked with and modified to a large degree, but this still holds true in a lot of ways. The reason for this is that we are in a physical existence, and because of this, we adhere to physical laws, which means we have physical limits. We can no more grow an arm out of our forehead than we can fly.

When first beginning to channel, this is wise to keep in mind because it also provides a framework to work within. If we are mindful of this, we can focus on the development of our skills and not get dragged into spiritual fantasy. The lesson we take away from this is to focus on our physical health first and foremost to the best of our abilities. This is our due diligence and daily maintenance of our channel. The more we physically deteriorate, the more we negatively impact our ability to channel. Yes, there is an exception or two to this, but by and large, this is simply true. For example, the spirit of an athletic swimmer wouldn't necessarily be at home or comfortable in the body of an overweight, old and sick armchair magician, unless there was another mitigating factor, like the channel reminding him of a parent. Succinctly, perspective and context are two major themes to be mindful of when preparing the channel.

There are two facets to this to note, so let's take a moment to address them here. The first facet is addressing this on an ongoing basis. Diet, exercise, regular doctor visits, and all things related should not be neglected in the name of spirit contact. All of those should be regularly performed to the best of the abilities of the channel. I'm not going to assume that this is the same for everyone though, so use your best judgment as to how to address this, but simply know that if you let your body go, you're inhibiting your ability for spirit contact to a large degree. An esoteric reason for this is that if you're in poor health when it comes to your legs, then you may not be able to recognize if a spirit has an issue with legs, and thus you're missing an association of the spirit for future reference. Diet is the biggest point to consider when channeling because, as has been said many times before, "garbage in equals garbage out." If you are not mindful of what you put into your body, you're sending the message to the universe that you really don't care what you take in, so the type of energy you'll get from the universe is the same level of beings. This doesn't mean that every meal should be a steak dinner, but rather this

refers to grocery lists, supplements, and basically anything that is good for you to take in so that you attract a higher quality of being.

The second facet to note is that of the preparation of the self before a channeling session. A general rule of thumb in occultism is that you want to avoid eating, specifically eating heavy foods, three hours before the spirit contact. When I was first working with this and learning it, I just took it at face value and accepted it because it seemed reasonable, but as I learned, there are actual biological reasons for this. The most obvious is that you don't want to be in the middle of a spirit contact session and have a flatulence attack! That is rude in many different ways, and if it can be avoided, then it should be. One of the best ways to avoid it is to be mindful of what you eat and when you eat it. Something else that I read about the way the human body processes food is that it takes approximately three hours to truly process a meal. Hence, the further away you are from your last meal before channeling, the better off you are. I realize, though, that life happens, and sometimes this is not an option. If you find yourself in this situation, then adapt to the circumstances. Foods that are considered good to eat in a pinch like that includes fruit and yogurt specifically, but can also include any kind of food that is light like those are. Metaphysically, these foods keep the vibration high, and sweeten the body, so to speak. If neither of these are options, then a granola bar or energy bar can work just as well, but only one or two. Theoretically, it will only take one or two to get you through the spirit contact session anyway, and after the session, it is wise to eat foods that ground you and bring you back into your waking consciousness and physical body. Two of the best foods to eat in this instance are meats and grains.

While we have been discussing foods up to this point, let us turn our attention to liquids. There are a lot of adamant perspectives on this out in the world, and I would like to shed some light and perspective on things. To begin with, water is the best liquid to drink to prepare yourself for spirit contact. We are approximately seventy percent water, and because of this, when it comes to hydration, we should make sure we are up on our water intake. Soda is something to avoid, as are related drinks. One of the best drinks you can drink ahead of time is water with lemon in it. While the three hour fast rule doesn't play a huge role in this, it is wise to keep in mind how long it takes water to travel through the body so as to avoid any uncomfortable situations. There is an esoteric reason for this as well, though, and that is that if we are mindful of what we take in when it comes to food and drink, and we keep ourselves as pure as possible, it allows us to establish a base to work from when we are channeling. If we go into every channeling session in the same physical state, or as good as we can make it, it then becomes easier to identify

subtle sensations that may be associated with the being. For example, if we ate a salad three hours before the channeling session and only drank lemon water, then we are in a better position to recognize subtle associations attached to the being, and more information is always good to have when dealing with spirits. If you ate a salad three hours before the session, yet during the session the people there smelled pork, you would then know that pork is related to the being in some way, and this can provide a clue as to the ethnicity or preferences of the spirit being.

And now, for the infamous and almost expected perspective on mind altering substances. Quite honestly, there is very little I'm going to say about them, so this may be briefer than you would like. However, it will be very clear by the time I am done so that you can make an informed decision for yourself. After all, you're a channel, and I'm a channel, and I think we can agree that there are different strokes for different folks. What works for one channel may not work for another, and that's okay. Here again, like in the section above, use your best judgment when it comes to your channeling development. In today's politically correct culture, the generic answer would be that you should not be on any mind altering substances when channeling. There's also something else to note for consideration, and that is that old time Spiritualists believed that if you even took one drop of alcohol, you were a damaged channel and were not allowed to work with them in their development circles. Yes, they were that strict about it; however, keep in mind that was the late nineteenth century. We don't live in those times. Let's break the perspectives down so we understand them clearly. The first perspective that says no to mind altering substances is saying that for a very good reason. Their reason is that if you're not influenced by any external stimuli, you are in a better position to understand the consciousness, and to study it clearly. I completely understand that point, and agree with it. However, the other camp in existence says that it is okay to use mind altering substances when contacting spirits. Their perspective is simple, too, and that is that mind altering substances shake us out of our day to day waking consciousness to be in a more open and receptive state to the entities coming through. Hence it increases the doors of perceptions and opens them wider than we could otherwise. Frankly, the way I see it, both sides have good intentions, and both perspectives bring up both points, and like most things in life, the truth is found somewhere in the middle. As the old saying goes, "everything in moderation." Use your own discretion and judgment, but temper it with moderation. I have found that oftentimes it is a sliding scale based on who or what I am contacting. Sometimes mind altering substances can be helpful, but sometimes they are not, and this is also true of sobriety. Sometimes it is helpful, and sometimes it is not. Context tells us that we should be mindful of the culture

of the spirit being channeled. If the culture of the spirit being channeled is conducive to mind altering substances, then it is worth considering, but if it's not, then we shouldn't push and force it, either. Another point to think of is that oftentimes you will be channeling when you are around other people, so their perspectives should be taken into account, too. While you may be okay with it, they may not, and this would provide an energetic distraction, so it would be wise to avoid it. Ultimately, just keep your own counsel, but be mindful and respectful of others around you. Moderation should not be neglected though, as many times I've seen people channel while altered, and the quality of being they bring through is much, much lower than they are capable of, so there is something to be said for being sober while channeling.

Now that we've addressed the physical form and how to handle it for highly effective channeling, let us turn our attention inward to the mind and spirit of the channel. While the physical body is the physical plane channel, the heart is the emotional or astral plane channel. If you have a clouded heart, it will greatly impact what you channel. By and large, the way it will affect you is that you will attract beings to you that have to do with emotions and emotional situations that you can empathize and/or sympathize with. This takes us into a slight tangent, so let us ponder that for a second. If what I said is true, and I have seen it true more often than not, then the spirits we contact have messages for us as well as for the others that may be around us when we channel. This is a common rule of thumb, which is that when you bring through messages from a spirit, they more often than not have relevance for you, too. At first this may make you uncomfortable, but with time you can gleam great wisdom from keeping this in mind as you channel. By staying in control of our emotions and approaching life from a position of love, we put ourselves in a position to receive pure and true spirits when we channel. If we are not in firm control of our emotions and our heart, then we limit ourselves to what we can easily channel. Of course this also means it is wise to be emotionally healthy, or at least actively working on that when you begin to channel.

Following heart health comes mental health and knowledge. Let's break it down into those two sections. Let us first look at mental health. To be a truly effective channel, it is wise to be mentally healthy. Some people take this to the extreme and get psychological clean bills of health before engaging in the work on a regular basis. Or you can just make sure you are as mentally healthy as you can get. This also includes more mature concepts as well, and sometimes these trip up good channels. What I'm talking about here are things like discipline, being stable on one's feet, and all things related to living a balanced and productive life. A

common phrase that I like to use when assisting people to analyze the results of a channel is to remember the source in all things. I have known many excellent channels over the years that didn't have it together to pay the bills and be stable in the physical world. That is a sign that things are not right within them. I have known many psychics that have lived with elderly parents or in some other way were caretakers for people, and those are the ones that are exempt from this. Look, it's real simple: Someone that doesn't have a firm grasp on the physical world is someone that is going to attract unstable and lower vibrational entities as a general rule of thumb because they are, themselves, unstable. It's simply the law of attraction in action. Does this mean that I think every channel should 100 percent devote their lives to living a channel lifestyle 24/7? No, not at all, for this can be almost as damaging, if not worse. One's best judgment should be used when considering how this will play out in life, but for now it is simply something to ponder. Let's say that you are just opening up to channel, and until now, your life has been largely unstable, so what do you do? Simply put, focus on making sure your life is stable, your responsibilities are honored, and that you are as healthy as you can get. In occult circles this is known as making sure that your house is in order. Esoterically, this is creating a solid foundation to build from to climb to the higher planes. The best rule of thumb to help with this is Maslow's Hierarchy of Needs.

Now let us discuss knowledge, and how important it is. When you are first cultivating your channeling skill, you may find it very useful to expand your knowledge base. This can be learning a new subject, or learning a foreign language, or even simply trying new things. By the way, this should be in addition to learning the subject of channeling. The reason for this is very simple: by increasing your knowledge base, you add another skill to your palette so that you attract more diverse spirits. Spirits will use the most conducive channel to work through, and thus it is wise to continually expand your knowledge base to be a better receptacle for spirits and channeling. This doesn't have to be a lifelong journey, though, as you may simply find one subject that really appeals to you and you dive deeply into it. That is quite all right as well, but keep in mind if you do that, you will attract spirits of that specific type, but they will in a lot of ways be experts of that particular subject above all else. Increasing your knowledge base is how you improve the channel that you are in a more cerebral and thus higher vibrational way. When you expand your horizons, your mind opens up to new possibilities, and because of this, it is easier for spirits to communicate.

Mediumship is something that is quite different than channeling, so let us turn our attention to it for a few moments. If the body, heart, and mind are the pieces of the channel, then what exactly is mediumship? Well, you know the answer to this; you just don't know that you know it. The medium is the actual personality self, so in this way we come to realize that being a medium means having the ability to communicate with spirits, particularly dead ones. Thus we can deduce from the first section of this book, a medium is someone that has developed their psychic skills to the degree that they can interact clearly and competently with non-physical beings of many different types. You may be a wonderful medium, but have a sub-par channel, which happens many times. A way to work through this is to compensate whenever possible through the stimulation of the imagination in addition to the cultivation of the logical, responsible, other hemisphere of the brain. In other words, use both hemispheres of the brain as is appropriate to your work. Our consciousness and developed psychic skills are what make us mediums. Hence the more we develop our psychic skills, the more we can become a better medium. In other words, when we find repeatable results on a regular basis, we should not rest on our laurels and leave our skills stagnant, but rather we should perform basic upkeep on them, keeping them sharp and actively working with them. In a lot of cases, this is actually too easy to do, and we may fall into living in spiritual fantasy land, losing control on the physical plane, so that warning should be remembered here as we discuss keeping your skills sharp. They should not be worked with to the degree they are counterproductive to life! Being a medium means that there is a natural affinity to the spirit world, and that is something that cannot be measured by the channel. That is how they are two separate ideas. To continue our image from above, the channel is the riverbank, but being a medium is the river itself. Understanding that consciousness can flow a lot like water can carry someone forward quickly when it comes to developing their mediumship skills. Keeping this in mind makes it easier to control your shift of consciousness and focus to sense and interact with an incoming consciousness. This metaphor also makes it easy to let go of the reins to allow a mind to come in, yet it should also remind us that we can wash it away just as quickly.

Due to the influence of popular culture and the mass media, certain fantastic ideas have been cast into the mass consciousness of the public, and there are many preconceived notions about channeling, mediumship, and, you guessed it, possession. It seems to me this is the perfect time to enter into these trepid waters, because they are horrifying to look at from the outside, but once you take a closer look through a trained and clear lens, you teach yourself to sniff out the truth from the fiction, not just in the media and popular culture, but also when it comes to the

beings themselves. Let's begin with possession. In short, the concept behind a possession is that another consciousness completely takes over the physical body and mind of the medium, thus making them a puppet. Can that happen? Yes, it can. Does it happen often? No, it most certainly does not! What if I don't believe in possessions? Excellent answer, and let me elaborate. You see, true cases of possession usually have to do with particular belief systems and what the followers of that religion believe, rather than an all across the board rule of thumb. The majority of mediums I know do not believe in full blown possessions unless there are other factors involved, which is what I will turn my attention to next. However, I have seen possessions in person many times, and they all share the same characteristic: they are a part of the belief system of the medium. That's interesting to consider, isn't it? Allow me to explain. A full blown possession can be found in the Afro-Caribbean belief systems in many different ways. A full blown possession can be found in all of the Abrahamic faiths and their belief systems. A full blown possession can NOT be found in Thelema. A full blown possession can NOT be found in Spiritualism, to my knowledge, but I am more than open to correction. I think my point is clear. If becoming possessed is part of your belief system, then yes, you can be possessed unless you willfully and intentionally train yourself otherwise. The reason the idea of full blown possession doesn't exist in other belief systems is because in those systems, the strength of will of the individual is emphasized. In short, there is no possession possible because one can simply kick the other consciousness out, because each one of us is divine and has autonomy. I have found this method to work routinely, but admittedly, at first I really struggled with this, too. In time though, the way I worked through it was simply taking to heart our inherent divinity and putting it to work for me, so it was a shift in my consciousness. Hence take this time to ponder what the role of possession is in your belief system before proceeding.

Do you have it sorted? Good. The exercises I gave earlier in this book can be referred to and modified time and again, so feel free to exercise your creativity. The only thing to keep in mind is what your goal is for the modification. Above we discussed possession, so let us shift to other stereotypes that we've been exposed to through various outlets of society. The first one that comes to mind is when the eyes roll back in the head. Um, this generally doesn't happen. I say generally because I have seen it happen once or twice in my life, but when put into context of almost thirty years of experience, I would call that rare, indeed. That is embellishment on the part of entertainers to let us know a shift of some kind is happening. Another embellishment that comes to mind is when a medium contorts in some way. This generally doesn't happen either, but I can think of a

handful of cases when this has occurred, so it happens more than many people realize. If you ever find yourself in or around that situation, it's serious. Joking aside, that is usually a sign of something, and as a general rule of thumb, bad, happening. I have been present in one or two, so I can tell you from first-hand experience that it is intense, and those events are what separate the confident medium from the unconfident one. The confident medium will stand steadfast in the confidence of their skills, and will see it through to its conclusion, whereas the unconfident one will get scared and not be able to finish things.

Another stereotype that has only recently begun to change, is that of the appearance of a medium. When I was first learning occultism, the stereotype of what a medium looked like was an old, eccentric, sweet, lady. By the way, there is some truth in that, because that stereotype is based on a real person. However, I digress. So as I learned more and more about occultism, that was the stereotype that was continually driven home to me, and even to this day, in a lot of TV shows or movies from Hollywood, that is exploited and used to a very large degree. It has only been since the explosion of social media and the global community that we have begun to get exposed to enough mediums out there to counter this stereotype. One thing that is all over the internet is that mediums look like everyone else. True, there are those that are eccentric, but by and large that image is fading, and I am enjoying watching it leave! Good riddance! The more people that embrace their psychic skills and even go into being a medium, the more the outdated stereotype is challenged.

Once we get past the stereotypes and the misconceptions, we can move to the real meat of mediumship: the person. I've said it before and I'll say it again. Being a good medium does not equate with being more moral than the average person! In a lot of ways, being a medium automatically makes life more interesting because what the medium can channel through them (see how that works together?) is solely based on their inherent vibration. As an occult example of this, I would like to share the story of Dr. John Dee and Sir Edward Kelly. These were two magicians in the Renaissance that brought information through and gave us the Enochian system of magic. While there is a lot more that can be said about them, I'm keeping it short here for the sake of brevity. What's worth noting is that the character of Kelly was known to be dubious, and the spirits knew this, so when they brought information through, it was coded, and Dr. Dee, who happened to be a cryptographer, had to decode it. This occurred because the spirits didn't trust Kelly, but wanted Dee to have the information. Hence, the shady character of Kelly negatively impacted the information being transmitted. To me, this is the biggest motivator to be on the moral up and up. After all, if you can make average choices

in life for the better, and be able to contact better quality of spirits, then why wouldn't you? To me it's just logic.

Yes, this does mean that character improvement is something it would be wise to emphasize throughout the course of your mediumship development. By continually working to better ourselves, we improve the quality of material we'll get from spirits. What it takes to accomplish this is discipline, devotion, and focus, and these are the very reasons why it may be a challenge to do mediumship work 100 percent of the time. It really doesn't allow for a lot of other life areas that some may enjoy. There have been many nights in my life I chose to stay home and work rather than socialize because I had mediumship style work to do. That's a sacrifice that may not work for a lot of people, and I completely understand and support that. Each person has their own dharma, and because of this, each path is different. This is a fine point to keep in mind at the beginning of your mediumship development though, because it assists you in setting up a regimen and routine to follow to cultivate your skill.

So let's turn our attention to said structure, since we addressed diet and the body earlier. Being a medium means that you have cultivated your psychic skills to the degree that you can interact with the spirit world and the spirits that reside there. However, there are also those out there that are naturally born psychics. Oftentimes, this is hereditary, specifically on the maternal side of the family tree, and occasionally it skips a generation. Yes, it can happen spontaneously, but that is very rare. Either way, you have the ability to interact with them. After you realize what psychic gifts you have, and at what strength and competency, you can take your training to the next level and work on producing reproducible results. This is where the trick comes in, and this is also why discipline and a good routine are so important. You can either get carried away in your newfound abilities, getting lost in a honeymoon sort of situation, or you can progress too fast, burning yourself out. Like any other skills, your psychic skills need to be kept up, but they should also be kept in check. The most effective way I've found to address it is to set aside one night a week that you focus on your psychic skills and mediumship. During this night, treat it like a spirit contact session like I mentioned above. Eat light food approximately three hours beforehand, make sure you are hydrated, and are in a place where you will not be disturbed.

As far as clothes are concerned, lighter colors are preferred, especially ones that are loose. Lighter colors are considered higher vibrational, so as you don them, you send the message to the universe that you are consciously raising your vibration in order to attract high vibrational spirits. A subtle variation on that is to wear clothes that correspond to the colors of the spirit you are contacting. Basic

color correspondences can be used here, but when in doubt, go with white.

Mediumship Template

Once the above criteria are met, let's discuss the setup. The general rule of thumb is that you want low level light, and the room itself to be on the smaller end of the scale. Traditionally, an oil lamp is preferable, but you can also use votive candles or tea lights. Have at your disposal your journal and pen. If you enjoy incense, then pick one that corresponds to meditation, but since it is a small room, you may want to use Japanese incense with light smoke. Create your sacred space in line with your spiritual path. Once the space has been established, use your preferred developed psychic sense to communicate with the consciousness of another foreign being. This is generally the hardest part because it does take a while to fine tune your psychic antenna, but with practice and experience you will find you settle into it quite nicely. For example, some people will smell a certain scent when a spirit is around. Others may have their hair stand up on end on their arm or down their spine. There are many different tells out there, so feel free to refine it to the degree you're comfortable with, and once you have established that, move on to actually interacting with this consciousness.

The next step is to establish a way to communicate with it. This can be almost anything from hand gestures you see from it extended to you, to arcane symbols that need further research. There are a few things to keep in mind at this point. The first one is that if spirits have a preference, they will connect with you through symbols rather than words. To slow their vibration down to the degree that they can execute speech generally means it's a lower vibrational spirit. The medium should have a broad understanding and knowledge of symbols by this time, and thus they can receive more information than if a spirit slowed down their vibration to the point of speech. Scientifically this should be clear as to why, but if it is not, allow me to explain. If something is vibrating at a high level, it is moving faster, and any sound it generates that we can detect has a higher pitch. Oftentimes we can't even detect that, as in the case of a dog whistle. However, things that are vibrating at a lower pitch tend to produce deep, resonant sounds, and ones that move slower, too. Hence you begin to communicate with it via symbols. How the communication happens is highly subjective and open to adjustment, so feel confident if you make certain changes in line with your belief system. What you're creating at this point is your own basic spirit contact template that you can modify as you grow and evolve.

This step could also include choosing what device you would like to use to

see the spirit in, if you have decided to scry it. Almost anything with a reflective surface would work, but there is one caveat I would like to add here for clarification. Do NOT use an Ouija©! The reason for this is that it will attract much lower entities than are safe or worthwhile working with. Part of the answer to this lies in the very board itself. All that is on the board are yes/no questions, the numbers 0-9, and letters of the alphabet, and remember what I said earlier about a spirit slowing itself down to use speech and letters! There are other psychic development boards out there, and some of those are worth considering. As a general rule of thumb, a good psychic development board is one that uses a lot of symbols, specifically more than letters, for starters. It is also wise to avoid pendulums, too, and the reason for that is that pendulums bring information up from your subconscious, so they are not making contact with external beings, but rather they are helping you refine your relationship with yourself. It may seem like this contradicts clairaudience where a person gets a message through sounds, so allow me to clarify. All of the clairs are extensions of the physical senses (and then some, but let's focus on this point for right now), and therefore they are as limited as the five senses. What they focus on is receiving messages from a non-physical source, so yes, each one is limited to its physical counterpart. However, having said that, the clairs that are not extensions of physical senses are a little bit more advanced since they touch into things that cannot be recognized by the five basic senses.

After you've established a way to communicate with it, we move on to the testing phase. This is a step that you may choose not to execute, and that's okay, too. I make it a rule to always test the spirits I work with because there could be imposters, but let's look at the other perspective: karma. Testing your spirits may not be something to concern yourself with for one big reason: the implications. By testing your spirits, you are sending the message to the universe of a lack of self-confidence. In other words, trust is lacking, and if you approach working with spirits from that perspective, you may find your spiritual growth is inhibited in some way. So then, having said that, why do I test my spirits? Quite frankly, I'm a magician. I deal with spirits of all types almost all of the time. I walk the red road, which is the road of grey magic, and thus when I communicate with spirits, they are from all points on the spectrum of vibrations. I don't exclusively deal with one vibration of spirit or another. However, there may be those that are reading this that are mediums and thus are not interested in speaking with the variety of spirits that I do, but rather they want to stay focused on working with high vibrational spirits in general, and that's okay. If this is a step you choose not to address, then skip this section. However, if you decide to test your spirits, this is the point in the

template where you would do this. For those of you that think it's a good idea to test your spirits but you don't know where to start, you may want to look into *The Magus* by Francis Barrett, or *The Book of Secret Things, and Doctrine of Spirits*, by Trithemius of Spanheim. *The Magus* contains part of that book, and in both is discussed what to ask spirits and how to verify they are who they say they are. One of the easy rules of thumb to remember is that a higher vibrational spirit will give you a higher vibrational tool or technique to use. For example, a higher vibrational spirit will give you insight into how to deal with pesky relatives, but not tell you where to hide the bodies!

From the testing-the-spirits step until the end of the session, the questions will be audible on your part. So for example, when you ask the spirit a question, ask it out loud, if for no other reason than for those that you are with to hear it. From there, you receive the message from the spirit in a way that is in line with the medium that you are using. For example, if you are gazing into a crystal, you will begin to see an image. If you are using pure clairvoyance, then you will receive a vision in your head. If you are using clairaudience, then you will hear the voice in your head. Oftentimes this occurs hand in hand with clairvoyance, but not always. I have known a few people over the years that could only hear messages, and received no visuals when the message was received. This section of the formula will take the longest, and is the most intense, so I won't put a time limit on this. I also believe it is clear how I am giving you this template, too: flexible enough to take as long as you want at any given step. However, this section is the portion that should last the longest. One of the other points I would like to interject at this point has to do with what to expect when it comes to spirit validation. In various books a particular concept has been used incorrectly and I would like to clear the air. In cases of *true* spirit contact, yes, you will feel a temperature shift in the room, and the room will get warmer, not colder! It is a common misconception that the room will get colder when a spirit is around, but this is not a broad sweeping rule; rather the only time the room gets colder is if you walk through a spirit in a room you may inhabit. When you have a premeditated spirit contact environment, the temperature will rise. Why is this, you may be thinking? Whenever you get multiple people in a small room, laws of thermodynamics tells us that the temperature will rise the more beings that are present, especially ones that emit body heat of some degree. I don't want to tread too far into the realm of ghost hunters here, but I do want to make this very clear. If the room gets colder when you are performing spirit contact, it is because the people present are expending their energy into the room, and thus it feels cold because their core temperature has dropped. Keep this in mind as we move to the next step, which is what to do

when you're done.

The next step in the template is what happens when you're done with the communication. The first point to know is that it is wise to thank the spirits for their attendance and answers. Gratitude is one of the best practices to cultivate, and spirits appreciate it as much as humans do. Thus, thank the spirits when the contact is finished, and if applicable, energetically cleanse the physical space to energetic zero, as it were. This is not as important to do if you have a dedicated room for spirit contact, though, so you may find it wise to use your best judgment. Some people say that you don't want to banish in a dedicated space because in that way the energy compounds over the years and experience, so thus spirit contact is easier to achieve and stronger overall. However, some people contend that if you do that, energetic traces are left of the spirits, and thus it can taint the space, so I encourage you to choose for yourself, but whatever you choose, be consistent with it. This doesn't mean you have to decide right now how you will do it for the rest of your life, but rather decide now how you want to proceed, and stay with it. In other words, no lazy decisions on this! If you decide to change your procedure in the future in light of new information, then so be it. That is your free will choice. Also keep in mind that in a true medium session, you will not remember what the entity has said. The basic psychological model that I have found is to think of it this way: While the spirit is in your consciousness, you may feel like a mental fly on the wall observing what it says and will hear the voices of the people that are present that may be interacting with the spirit. However, you work with it, this is important to note. If information is truly channeled, then you won't remember it, but if the information comes from the ego, the medium will remember it, and that's the red flag to be skeptical of them as a medium. The final part of the process is to record these results in your magical journal. The sooner you do this after the session, the better, but do it when you can focus in an uninterrupted fashion to get every detail you can. At this point you may find it wise to see what triggers, guards, and other quirks are part of your spiritual contact procedure, and adjust accordingly.

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