

Mediumship Development: Awareness

One of the things mediumship and meditation have in common, besides a few letters, is awareness. One requires it and the other develops it. Awareness is a necessary component for good mediumship demonstrations.

Mediumship is more than just closing one's eyes and searching for a message, or a loved one who has departed around an inquirer. The medium has to be aware of their environment, both inner and outer, particularly the nuances around individuals.

Meditation is one way of developing awareness.¹ Most of us are taught to close our eyes for meditation because it cuts down on distractions. It is those distractions we need to be aware of in order to differentiate between sensations. The focus of mediumship is on the sensations we receive, because we have opened ourselves up to them. The best way to develop a discerning mind is to not close your eyes.² Yes, you read that correctly. Do not close your eyes while meditating.

To meditate with eyes open is to become aware of the environment, to not fall asleep during practice, and not to use meditation as an escape.³ To aid in this endeavor, an object is suggested. This will help in overcoming the challenges posed by our distracting environment. We recommend an object that is pleasing to gaze at, perhaps one of beauty, truth, though not admiration. Admiration can be a distracting motivator.

Make yourself comfortable, but not so comfortable you become drowsy. Allow your gaze to rest upon your object or painting. Allow them to travel over its texture, to shift out of focus, but not wander. If the eyes begin to wander, bring them back to the object. The purpose of the meditation is not denying or ignoring the natural functions of the body. Its nature is movement, and you will feel the urge to blink. This is okay, as you are using them.

¹ (Rinpoche, 1992)

² (Rinpoche, 1992)

³ (Rinpoche, 1992)

What we do not want you to do is move your limbs about. Movements such as these are due to distractions of the body. The need to scratch an itch is the more common distraction. Resist the urge and others like this.

During this exercise you may become aware of many events that never registered before. The movement of air caused by a ceiling fan, the sound of a clock in some obscure location, the sound of your breath entering and exiting the body, all are subtle events we often do not detect. By now, some may be wondering how long we should meditate. Five to ten minutes is sufficient, longer as experience is gained. Keep a journal for recording experiences.

During the exercise illusions may be encountered. The object you are gazing at may begin to appear alive, it may appear to breathe, move its limbs, or smile. This is a distraction, refocus the eyes. Unrelated images may present themselves. Try to take note without becoming drawn into them. These are distractions, but they are your distractions. Often, they represent the challenges in life being met. They may offer insight into what you are experiencing.

If another is with you during the practice or if you have an opportunity later. Perform the same exercise with them. Instead of using an object, substitute it with them. Rest your gaze upon the head or chest area. These areas are where the biofield is strongest. The head contains the brain, or intelligence, and the chest holds the heart, or emotion. These are the areas one is most likely to discern departed loved ones that may be about.

The secret to mediumship is not to reach for information. Allow it to come to you. By doing this, the likelihood of self-deception lessens. Part of the awareness exercise is to become familiar with your mind because you are discerning your thoughts from those of another, the differences are very subtle. When a thought pattern or sensation has been

experienced that is not recognized, tell the one you are meditating with. You might be surprised by the response.

References

Rinpoche, S. (1992). *The Tibetan Book of Living and Dying*. (P. G. Harvey, Ed.) San Francisco: Harper.