

# Varieties of Unfolding Mediumistic Experience (extract)



Honour your mediumistic growth as something sacred  
that can help and encourage you, other people, life,  
and the spirit world to manifest and express  
their love and wisdom more fully in the world.

~ Glyn Edwards

*From Glyn Edwards: A renowned medium remembered*

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**Extract from the book 'Glyn Edwards: A Renowned Medium Remembered', compiled by Santoshan (Stephen Wollaston)**

Some reflections I wish to share for this article are drawn from my experiences as a medium, along with many years of inquiry into various spiritual practices, insights, teachings and experiences other people have had.

I have seen spirit people since I was a child and did my first public demonstration of mediumship when I was 19. At an early age, I encountered different experiences that could be classed as having a psychic element to them. At the age of 16, I entered a Christian monastery and started to follow the monastic community's regular practices of prayer, reflection and meditation, and noticed that the early experiences I had been having were beginning to intensify because of the practices I was doing. The reason for mentioning the latter, is because other people I know such as the Yoga master Swami Dharmananda Saraswati Maharaj and some of her students have also found similar things happening to them. Yet for them, it was not, of course, because of Christian monastic practices bringing the experiences about but various Yoga practices. Swamiji herself once told me that she was not in fact focusing on or even considering awakening experiences or abilities that could be classed as being of either a mediumistic or psychic nature at the time. And for some of her students, this has also been the case...

## **A Natural Part of Our Being**

I feel it is important that we embrace the light that is there in numerous spiritual traditions, and realise that nationality, spiritual background or beliefs have nothing to do with the phenomena of mediumistic and psychic powers, as they are a natural part of everyone's being and found manifesting in the majority, if not all, of the

world's great wisdom and mystical traditions. And, as shown in the previous examples, these powers can manifest without consciously trying to unfold them. Although, it should perhaps be mentioned here, our beliefs may colour our perceptions and understanding of them. Our prevalent state of awareness and any concepts we hold can condition the emergence of any mediumistic or psychic abilities because of them working through the mechanisms of our finite physical mind, body and feelings. It is therefore helpful to look at ourselves, our beliefs and our perceptions, and see how we can be more openly receptive to the world of the spirit, and mindfully aware of those that may work with us from that interconnected realm, which is also a part of us. For we ourselves are spirit in physical form.

Like me, there are others who have had or displayed mediumistic and psychic abilities from an early age but, as mentioned earlier, there are others who have not. They came about later in life and only after undertaking practices that were not specifically performed for the purpose of unfolding them. I make this point as there are *some*, and I emphasise the word "some", who believe that mediumship is something that distinctly shows itself early in life and only manifests within the Spiritualist movement or a selected few who were uniquely born with the ability.

As is often the case, there are numerous areas to consider when it comes to spiritual practices and mediumistic powers. For me, I feel we need to be careful when it comes to considering any single perspective or single person as having the whole subject sewn up. I mention this as I sometimes come across students wishing to promote an authority figure as having *the final say on everything*, and anyone contradicting what that person teaches is jumped upon as being misguided or misinformed. This can disempower us and undervalue trust in our own natural wisdom, our own personal experiences and insights into unfoldment, and is in fact psychologically harmful and spiritually inhibiting. It can cause distrust in any spiritual guidance we have received up to that point and may have been following.

The subject of mediumistic and psychic powers is, in fact, multifaceted. Including, that when we talk to another person in the physical world we are in fact communicating with another spirit personality because of the spirit that exists in all people, species and things. So, in a way, if we embrace this understanding, our everyday interactions with life can be viewed as a form of mediumship...

### **Approaching Contradictions with Maturity**

If we consider how it is not uncommon to hear about one spirit guide or teacher saying one thing and another saying the complete opposite, we soon realise it is important for us to develop our own reflective reasoning and insights about spirituality and mediumistic unfoldment. These are after all important things to include in healthy spiritual growth.

If we are realistic about development, we will accept that people are sharing views based on their own personal experiences, knowledge and understanding, along with teachings they may have come to accept in their lives. And how these are interpreted can vary from one person to another. Hopefully, we will honour others and maturely agree to disagree with those holding different perspectives to our own. Spiritual maturity is an essential part of wholesome and skilful growth that needs to be included in our development if we truly wish to progress and move forward in harmony with others.

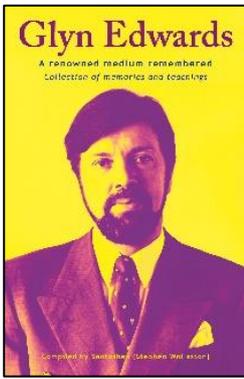
Some of the early trance controls of mediums such as JJ Morse (see his book *Practical Occultism*) pointed out that the underlying aim of the spirit's work, their teachings and messages, is to encourage us to develop ourselves in healthy ways and to seek the wisdom that is *within us*, rather than looking to spirit communicators and teachers for guidance and answers on *all* matters. To me, this clearly fits with two of Spiritualism's key principles: Personal Responsibility and Eternal Progress.

Traditions such as Buddhism, Hinduism and Christianity have recognised certain practices that can awaken followers to powers that can be classed as mediumistic in their nature, such as the "divine ear", as previously mentioned, and the "divine eye" (terms used in both the Buddhist and Hindu Yoga traditions). Even within scientific fields, there are people such as the Cambridge biologist Rupert Sheldrake who have recognised powers and memories that can be classed as psychic embedded within the workings of Nature, of which we are a part, and in the habits of various species. Sheldrake's discoveries have highlighted a collective interconnected consciousness that goes beyond individual physical realms of interaction and knowing.

I feel that those of us who might class ourselves as mediums have to be cautious of seeing ourselves as different from others. Everyone has an individual uniqueness of course, but to see oneself as more unique or special than other people is problematic and grounded in egocentricness. Signs of an authentic spirituality, on the other hand, are found in teachings of inclusiveness, equality, acts of compassion, and honouring different beliefs, insights, practices, ethnicity, sexual orientation and gender. If we embrace mediumship along with unitive perspectives that look for the best in all of us, they may ultimately guide us to seeing everyone as mediumistic in one way or another and as a member of our global family because of our shared origins and everyone's ability to be aware of the *universal* Spirit in physical form. In various traditions this understanding is described in different ways: in Buddhism as recognising ever-present Buddha Nature; in Judaism as *ruach*, the spirit and the breath of life; in Hinduism as the *atman*, the spark of divinity in all; and in Christianity as the Divine indwelling and the Cosmic Christ.

We see from this that there are numerous realms to consider and the possibility of an array of life affirming perspectives we could embrace. It is of course up to each and every one of us to consider where we individually stand and whether we maturely accept that no matter what position we may take, there will always be those with different views to our own, with valid points and insights to consider. Ultimately, all we need to do is learn how to be comfortable with this multifaceted diversity of understanding, be comfortable in our own skin, and find mutually beneficial ways in which we can live in harmony with our global sisters and brothers and discover a profound and sacred unity in the enriching realms of spiritual and mediumistic awakening.

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*'Glyn Edwards: A Renowned Medium Remembered is a unique collection of Glyn's inclusive wisdom on spiritual and mediumistic realms of unfoldment as well as a wonderful tribute book that honours his life and work. eBooks editions available from Smashwords and Amazon: <https://www.amazon.co.uk/Glyn-Edwards-Remembered-Collection-Teachings-ebook/dp/B087C6JMHH/> and paperback from [www.mindbodyspiritonline.co.uk](http://www.mindbodyspiritonline.co.uk)*



**Glyn Edwards** worked as a medium for over forty years and was regarded one of the finest mediums and teachers of spiritual and mediumistic science in the UK.