

# Reject Evil and Choose Good

Our ability to reject evil and choose what is good is fundamental to both our spiritual and mediumistic growth and also to how we protect ourselves from anything that is harmful to us, that topic which is so often misunderstood, psychic protection. The first question that we must ask ourselves is what are we protecting ourselves from? The spirit world is a world just like this one. Those who have died do not suddenly grow wings and a halo, nor do they abide in a mythical heaven which does not exist, at least not in the next stage of our existence. One thing that the history of mediumship proves is that those who have survived death inhabit a world just like this one and that they have not changed personality or character. In fact it is because their personality and character are exactly the same which proves that they have survived physical death. So in the spirit world there are people that are just like the people around us in the physical world, they are good and bad, intelligent and not so intelligent, and so on, reflecting every facet of the human personality in all its varied and complex natures.

So when we communicate with the spirit world we are opening ourselves up to people of all sorts of characters who will have all sorts of motives and this can scare some. The first thing to remember is that we all have a spirit personality who accompanies us through life and they are there to protect us. Added to that when a medium is working they are not alone, in fact most mediums have a team from the spirit world working with them and they will conduct what happens when the medium is working and take care of things on their side of life. Silver Birch, the entity who spoke through Maurice Barbanell use to speak about this often and these facts should put the aspiring mediums mind at rest. However to really understand what is happening we need to look again at how mediumship works and how it relates to our spiritual journey.

First of all we must remember that mediumship works through the subconscious mind, the communication happening mind to mind. The spirit world no longer inhabit a physical body so this is the only way that they can influence us except through physical mediumship. Therefore if mediumship is solely through the mind then the spirit world cannot hurt us. I am more scared of the living then the dead as the living can hurts us and all I have ever experienced when communicating with the spirit world has never ever caused me any concern whatsoever.

However when we are communicating through the subconscious mind anything that is in the subconscious mind will come up for the medium, such as fear and those who are afraid of the spirit world and of communication should not be developing until that fear is gone. Of course fear has been heightened through Hollywood films such as the exorcist and many others. The mind is a very powerful thing and can create out of the thoughts, feelings and emotions that are experienced within it, quantum physics is proving what mediums have taught for millenia. This is why it is so important to develop ourselves spiritually which strengthens the mind and allows the medium, working with their team in the spirit world, to be in control of what is happening.

Now because the spirit world is a world that is like this world lets us now look at how we develop ourselves spiritually here because the same process is involved. We know that there are those with a criminal mind-set in the world but thankfully because of the law of attraction I don't know any. People tend to be surrounded by those of a similar character and nature to themselves which is why when you want to progress through any field of human endeavour you surround yourself with experts in that field so that you can learn from them. You have to try and build up a network of friends and people that you can go to who have a proven track record and who can help you overcome whatever obstacles and pitfalls may present themselves on your journey. Anyone who has had an addiction knows that to overcome their addiction they need to stop spending time with people who would encourage the addiction and start to

spend time with people who want them to move away from whatever is preying on them. This process can take time, nothing of value is built overnight.

What we are doing is training ourselves spiritually to choose good and reject evil, this is especially important to those who are developing mediumship. We begin to develop spiritually when we recognise that we are capable of the most intense evil, those who have done so during the course of history are normally ordinary people like you and me. For example the systematic state sponsored persecution and mass murder of millions of European Jews, Gypsies, the intellectually disabled, dissidents and homosexuals during the Second World War was not carried out by one person, Hitler, but by thousands of ordinary people who either turned a blind eye, gave their consent or were active participants.

As Carl Gustav Jung said “to believe that we are wholly good in essence is terribly naive and can lead to a split personality”. Jung believe that it was such thinking, found at times in the theology of the Catholic Church was what had led to the crisis in the first place. When we recognise what we are capable of and incorporate what Jung called our shadow side into our personalities we become much more vigilant individuals who are able to exercise their personal responsibility, not just through monitoring the way that we act but also by being able to see where those acts of omission, the things that we should do but don't, have led to the suffering of either ourselves or other people.

There is an added natural consequence of course to our ability to reject evil and choose good in that it makes us much stronger mentally. We are then not at the mercy of those invasive internal thoughts that prey upon each and every one of us from time to time, thoughts such as I am not good enough, I am not worthy, I don't deserve this which all too often didn't start with us anyway, these thoughts are so often embedded into us from our environment or our family of origin for all sorts of reason and part of our spiritual journey is to confront them and overcome them, thereby not just setting ourselves free but also our ancestors and our descendants.

The Vietnamese Buddhist monk Thich Nhat Hanh explains this eloquently in his 2010 book *Reconciliation, Healing the Inner Child*.

To become what Jung called an individuated self we must go through this process, just like Jacob did at the River Jordan when about to confront his brother Esau, recognising that the problem was not in his brother but in him. This recognition helps us become people of integrity, saying what we mean and doing what we say which is a vital aspect of spirituality. Thinking this way goes against the culture of modern thinking which likes to make others responsible for our feelings and emotions and this is something which we all get caught up in from time to time. Statements such as he made me angry or she made me jealous or whatever it may be have no truth in reality as no one can make you feel anything, they are your emotions and you can decide to choose any emotion you like in any given situation. This is why two family members growing up in exactly the same set of circumstances can become so different from each other, it not being the circumstances that shape them but the attitude they adopt to that situation.

Of course our attitudes are so ingrained in each of us, psychologists say that our characters are formed in the first seven years of our lives and who has any conscious awareness of those years. Because these underlying attitudes are formed before we are consciously aware, they operate on a subconscious level, it is hard to understand and the process happens so quickly, even before we have had time to think, that it can feel like it has happened outside of us but what is actually happening goes on at a deep emotional level. Some of us carry around anger which is triggered, or maybe it is apt to say explodes, when the right set of circumstances come together, it is true to say that each of us becomes addicted to our dramas. Realising this fact is actually very freeing as it gives us back control of our lives, we can never be a victim of someone else again, then every mistake and error that we make becomes a learning experience, something that we can grow through and become a better person

because of. This fact is key and should become the underlying attitude that forms a basis to our lives.

Life is not about success or failure, it is about spiritual growth. Our spiritual and mediumistic development will take us into all sorts of situations and circumstances and give us ample opportunity for spiritual growth, that is why it is analogous to the hero adventure when we grow spiritually we do not just benefit ourselves, we benefit the whole world as we begin to emanate a peace, the peace that passes all understanding and are then not a threat to any living creature which is why we see images of those who have realised this and grown spiritually, like Buddha and St Francis of Assisi attracting all living creatures to them.

So our spiritual journey therefore develops our minds, strengthening them to fear nothing and to realise that all things pass only love abides. In a physical world we protect ourselves with physical boundaries like doors and walls, when threatened we take ourselves away from whatever circumstance threatens us, When we work mediumistically it is the strength of our minds which is our protection. If you don't believe that wholeheartedly then maybe now is not the right time for you to be developing your mediumship. When working as a medium we might become the mouth piece of someone in the spirit world who had live a most horrendous life, or even a very tragic death and part of the job of the medium is to heal those in the spirit world who need to communicate their love and continued existence to those they have left behind. The medium has to have the strength of mind to be able to handle this with compassion and sympathy to both the living and the dead.

There is an added aspect to this spiritual development which is coupled to our mediumistic growth, that of our personal responsibility when working with the spirit world, whether that is in public or in private reading situation. Mediums have been given great responsibility and sadly some have not used it wisely. As a working medium your guiding principle should be first do no harm. Mediums are not there to diagnose illness, take the place of doctors, tell someone when to sell a house or when

not to or whatever course of action it might be. What mediums are there for is to reflect someone's life back to them so that they can see possibilities which hitherto they could not see because of some emotional turmoil they are going through. If you are aware of what hurts you then you are aware of what could hurt someone else and mediumship, being a sacred gift, should be exercised with all possible care, reflecting this sacred nature in everything that they do.

The process of developing mediumship is something that never ends, there is always something to learn and setting out with this in mind will be of utmost benefit. Then use the law of gradualness to slowly and surely improve day by day so that you can be the best that you can be. Ivy Northage, who was one of the finest teaching mediums of her generation and renowned for her trance work, sat in circle for eight years before she took her first demonstration. She was determined not to rush what was a sacred duty and she taught her students to do the same. They were informed, when starting a course of classes with her, that when they were not to work outside the mediumistic development circle and each week the class would begin with each student being questioned as to whether they had kept their promise and if they hadn't she would send them home for the evening. What she was trying to do was to instil discipline in the minds of the students and this sense of discipline is vitally important and just as true today. The spirit world will react to whatever is in our auric field and we should be looking for the highest and best in ourselves so that we can attract the highest and best in the spirit world. Maybe the only thing we need protecting from is ourselves.

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