

**One Hundred Questions
and Answers on
THE LAWS OF SPIRIT
MEDIUMSHIP**

Written Inspirationally by
PEGGY BARNES
Teacher of Philosophy and
Psychic Law

**INSTITUTE OF UNIVERSAL
SCIENCE**

2800 Central Avenue
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REV. LENA BARNES JEFTS
(Peggy Barnes)

THE LAWS OF SPIRIT MEDIUMSHIP

A Hundred Questions and Answers for
the Investigator

1. Q. What is Spirit Mediumship?

A. The Definition accepted by the National Spiritualist Association and the International General Assembly of Spiritualists tell us that "A Medium is one who is sensitive to vibrations from the Spirit World, and though his or her instrumentality those functioning in that world are able to convey messages and produce the phenomena of Spiritualism."

2. Q. Do you believe that Mediums are such from birth, or can they be developed?

A. Experience has taught us to believe that our best Mediums were such from birth for psychic incidents of their childhood lead us to believe that such is the case. However—the Spirit Teachers tell us that each and every individual has some latent Mediumistic power which can be developed by determined effort. We can not always have the phase which we desire and must be content to develop that for which we are best fitted.

3. Q. Why is it that the loved ones of Spirit must come through a Medium rather

than communicating directly to their own on Earth?

A. Could you send a telegram without the instruments? Can you pick music out of the air without your radio? The Medium is the INSTRUMENT through which these vibrations must come and unless the individual is a developed Medium, he or she is not liable to receive the message correctly. It is just as sensible to say that there is no music or sound passing through the air because you are not able to hear it with your physical ear as it is to say that your Spirit Mother cannot communicate because she is not able to do so with you directly.

4. Q. Is the development of Mediumship harmful to a person?

A. No,—rather to the contrary, for many are greatly benefited mentally and physically by such contact.

5. Q. Do you believe that a person is liable to become obsessed by evil spirits if he or she tries to develop Mediumship?

A. Absolutely not. The erroneous statement that in becoming passive and receptive to Spirit entities you may attract an evil spirit who will lead you to do wrong, creates much misunderstanding. The law of attraction governs these things, good attracting good and evil attracting evil. This is a Natural Law and we cannot get away from it. If an evil spirit can

lead you to do wrong it is the evil within yourself which makes it possible. To the good and true Medium, only the good can come.

6. Q. What are some of the things essential to good Mediumship?

A. A practical understanding of the Philosophy and Laws of Mediumship, a sincere desire to give out only the highest and best, and a wish to be of service to mankind as the incentive for developing that Mediumship. A true and sincere Mediumship is the holiest gift ever received by mankind.

7. Q. Who was the greatest Medium ever known?

A. Jesus of Nazareth. The Bible is full of instances regarding his marvelous mediumistic powers.

8. Q. What great Natural Law controls all phases of Mediumship?

A. The law of vibration. All things in the Universe are vibrating and their rate of vibration determines their nature. Each Medium has a vibratory wave length and upon the strength of that Medium, the conditions brought by the sitters and the knowledge of the laws of communication displayed by the manifesting Spirit, depends the entire success of the phenomena presented.

9. Q. What would you advise as the

best means of developing Spiritual Mediumship?

A. I would suggest joining a developing class, if possible under the direction of a good teacher. If you are not able to do this, then form a group of sincere investigators yourself. Three, five or seven people, some male and some female make the best combination. Be practical, punctual and conscientious and do not become discouraged too easily if you do not receive manifestations right away.

10. Q. What are the best times and conditions to sit for such development?

A. Any time that your mind is at ease and you can absolutely relax. You should appoint a certain time for your sittings and let nothing but sickness prevent you from keeping that appointment. Harmonious conditions are necessary for development and that is why you should choose very carefully those with whom you would sit. In your interest and anxiety to develop, do not overdo and sit too often or for too long a time.

11. Q. You say not to sit too often or too long. Why? What effect would this have?

A. Your body and brain are of matter and are attuned to the slower vibrations of the material plane. When you seek constantly to attune yourself to the higher and much more rapid vibrations of Spirit you

are apt to shatter the delicate mechanism of that brain and cause disaster to the physical body. To become a fanatic on any one subject is to become unnatural and the Spirit Teachers do not want us to do that. Let us always be natural and practical in our Mediumship, realizing that it is not necessary to be erratic in order to be a Spiritualist.

12. Q. How often should one sit for unfoldment?

A. Once a week in your class and perhaps twice a week for a short period, for concentration or inspirational writing, is enough.

13. Q. Is one apt to receive messages that are not uplifting or of a high moral character from those in the Spirit World?

A. What you seek largely determines the nature of what you receive. If John Smith, on earth, was a thief and not in the habit of telling the truth he would be no different in the Spirit World until he learned the laws of progression and worked out of those conditions, therefore he would not be likely to give you a very moral or uplifting communication. Your own mental and moral status determines the nature of Spirits you will attract.

14. Q. Why is it that some Spirits become confused when asked to give a message regarding time?

A. In the Spirit World time is not

divided into hours, days, weeks and years as it is on earth, for time is eternal. The Spirit entities may see something that is about to happen, it may be near or far off and not being familiar with time as we see it they sometimes make a mistake in judging the length of time before this will come to pass. The Spirit guides are much better qualified to judge time for they are in constant contact with earth conditions and even they sometimes make errors.

15. Q. Do you believe it necessary for a medium to be educated aside from his or her psychic development?

A. Absolutely yes. We might as well face facts and realize that one of the reasons why we have not attracted more of the higher or more intelligent minds into our ranks today is because of the illiteracy of many of our workers. The Medium should be able to contact the thinking minds of the world in a manner that will be a credit to the cause, presenting pleasing personalities, using good English and being able to present the work always in a manner that commands the respect of the hearers even though they may not accept it as truth. While education alone cannot make a psychic it goes a long way toward making a psychic a success and a credit to the cause.

16. Q. Have the mental and moral status of the medium anything to do with

those whom they contact from the Spirit World?

A. To a certain extent, yes. The law of like attracting like is a Natural Law and it functions on both Spiritual and Material planes. If we have a high mental and moral standard is it not quite natural that Spirits of a like nature can manifest harmoniously in our vibration? As before quoted, "Upon a Medium's own ideals depends the heights to which her message shall ascend."

17. Q. What do you believe to be the most important teaching derived through Mediumship?

A. Those rules and precepts that enable us to understand better our lives both here and hereafter; those laws that teach us our relationship to the Brotherhood of Man and the Fatherhood of God; that marvelous counsel that bids us live in harmony with ourselves, with Natural Law and with all mankind while we are still upon the earth plane.

18. Q. How do we receive our Spirit Guides?

A. They are attracted to us through the action of Natural Law. They may see our need of them or we can perhaps be used by them to help mankind, thus aiding their development or progression as well as our own. Again, the law of like attracting like is manifested, our weaknesses, our

good traits, our work or interests in this life always attracting those of a like nature or desire from "across the border." Upon our own mentality and spirituality depends the kind of guide that we will attract.

19. Q. The Bible tells us of Spiritual Gifts. Do you consider Mediumship as such?

A. Most certainly. There are many gifts of Mediumship which are not recognized as such, any work on earth in which the Spirit Forces assist, is really a phase of Mediumship. Our great artists, musicians, poets and other writers derive assistance from those who have passed on just the same as those who are manifesting any accepted phase of Mediumship. The Bible refers to Spiritual gifts in I Corinthians 12:4, saying, "Now there are diversities of gifts, but of the same Spirit.

20. Q. Into what two classifications do we divide Mediumship?

A. Into mental and physical phases.

21. Q. To what are the mental phases subject?

A. To the mind of the Medium. All mental phases must come through the mind of this human instrument.

22. Q. To what are the physical phases subject?

A. The manifestations of physical Mediumship do not come through the mind

of the Medium but are subject to certain elements in the physical body. Just as certain chemicals and acids are necessary in a battery in order to generate the power, so must they be present in the body of the Medium in order to produce the ectoplasm which is the basis of all manifestations of physical Mediumship.

23. Q. What are the principle phases of Mental Mediumship?

A. Clairvoyance, clairaudience, clair-sentience, inspirational writing and speaking, psychometry and mental healing.

24. Q. What are the principal phases of Physical Mediumship?

A. Trumpet, levitation of objects and persons, materialization, dematerialization of matter, slate writing, automatic writing, magnetic and Spiritual healing and Spirit photography.

25. Q. Does the success of a circle depend entirely upon the Medium?

A. Indeed not! No matter how good the Medium, the circle cannot be successful unless the mental attitude of those sitting in that circle be right.

26. Q. Do you believe a Medium can contact any Spirit desired?

A. No. Any Medium who claims that is making a misstatement. All Spirits have not learned the laws of communication, some do not even know that they can com-

municate and again all Spirit entities are not able to manifest through the same vibration.

27. Q. What is the first step toward developing Mediumship?

A. To acquire the art of concentration.

28. Q. What is concentration?

A. Concentration is the ability to focus the mind upon a certain thought or object and to hold it there to the exclusion of all else, entirely submerging yourself in this one thought. You will find as you develop that you can become more and more oblivious to everything going on about you and will gradually attain the art of perfect concentration.

29. Q. How do you attain concentration?

A. By going into the silence alone and endeavoring to train the mind along this line. Absolute relaxation of mind and body is the first step, then try to shut out all sight and sound of the material world and visualize that upon which you would concentrate, trying to tune in that Spark of the Infinite within yourself to the Great Divine Mind or Infinite Intelligence which controls all things.

30. Q. Can all people attain this ability in the same way?

A. No indeed! Some can concentrate while writing, others on music, some upon

objects they are able to visualize, while others are able to gaze directly at a person and immediately lose themselves in concentration as they are reading this person.

31. Q. What do we gain by concentration?

A. The ability to concentrate is a great asset to business and professional people as well as to the Medium for it teaches them not to scatter their forces but to successfully direct them toward the accomplishment of one effort at a time. When they have once attained the ability to concentrate they are able at will to tune in with the Divine Forces obtaining guidance in solving life's problems for themselves and others.

32. Q. What is clairvoyance?

A. Properly speaking, a clairvoyant can see, hear and sense the Spirit people and their messages, but that it may be more clearly understood we sub-divide it into three phases—clairvoyance, clairaudience and clairsentience.

33. Q. Can all three of the phases be developed by one Medium?

A. Yes, but this is not common. Some can see only while others can neither see nor hear, merely sensing all their messages. A Medium that can see, hear and sense them is indeed fortunate for she has every opportunity of receiving these marvelous

and convincing proofs from these beloved ones in the Higher World.

34. Q. Can you give a Bible reference which proves clairvoyance?

A. Yes, indeed! In John 4:16-19, Jesus reads clairvoyantly for Mary at the well; in II Kings 6:17 verse; in Daniel 8:3-10 in which Daniel has a clairvoyant vision, and many others.

35. Q. What is clairvoyance?

A. It is the ability to see with the Spiritual eye those who have made the change called death and to see their names, symbols and messages many times written out in the air. It is sometimes called soul-seeing or lucidity.

36. Q. What do you mean when you speak of symbols?

A. Nearly all clairvoyants receive symbols from their guides which mean certain things. There is no set way of interpreting these as each Medium and Guide seem to have their own code. The Medium must learn to understand their meaning and to weave all together in an intelligent message.

37. Q. Do you believe a clairvoyant can foretell future happenings as well as read the past?

A. Yes, to a certain extent. The past has already happened of course and is naturally easier to read. The Spirit friends

have a better understanding of the Law of Cause and Effect than we and see the direct results of our actions. Again, they may have something in mind in which they intend to assist us and if nothing happens to interrupt, it comes to pass as they have foretold.

38. Q. Do you believe clairvoyants can foretell death?

A. In some rare cases, yes, but the majority of Spirits tell us that they do not know any more about it than we of earth. They can only tell when the administering Angels begin to gather by the bedside that death is about to occur.

39. Q. Do you believe that we can create thought images which are so vivid that we confuse them with things seen clairvoyantly?

A. Absolutely yes. It is possible to build in your own mind a thought image that is so real that unless you are fully developed clairvoyantly it is difficult to discriminate between the two. Constant practice and thorough development enable us to overcome this, however.

40. Q. How can we best develop clairvoyance?

A. By sitting regularly at a stated time and trying to tune in with the Spirit Forces, trying to see with that Spiritual eye those higher vibrations of the Spirit people which the physical eye is not capable of

receiving. The best time to sit is when you are able to put aside all material cares and absolutely relax, making the mind receptive. Clairvoyance can be developed in the daylight as well as in the dark.

41. Q. Do you believe that we are ever clairvoyant while sleeping?

A. Yes, often. If we place ourselves in an attitude of expectancy just before sleep we are more apt to see visions while in that state. Many believe that the soul leaves the body during sleep going out upon the Spiritual planes but when awakened all experiences while there fade into oblivion.

42. Q. What is clairaudience?

A. It is the ability to hear with the Spiritual ear the whisperings of those who have made the change called death, or soul hearing.

43. Q. Do you believe that Spirits can become annoying to a person who is clairaudient by trying to talk to them constantly?

A. Perhaps they do in some cases but it is all unnecessary, one does not need to heed that which they hear from Spirit friends any more than that which they hear from earth people. Perfect control of your own thoughts helps you to attune yourself to Spirit vibrations only when you so desire.

44. Q. Can everyone become clairaudient?

A. No, we do not believe so. Clairaudience comes to us through the ability to develop the inner Spiritual ear to the point where it can catch these higher vibrations of sound which are inaudible to the physical ear. It seems that we cannot all of us develop that ability any more than we can all develop the physical phases. I believe that each human soul has some one phase of Mediumship in which they excel and it is that phase that they should seek to bring out the strongest.

45. Q. What conditions are essential for developing clairaudience?

A. Freedom from all material thoughts, absolute quiet and a passive mind that one may listen with that Spiritual ear for the higher vibrations of sound coming from Spirit.

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46. Q. What is clairsentience?

A. It is the most common of all these phases of a clairvoyant, more generally known as impressional Mediumship. Many Mediums get their messages entirely in this way, neither hearing or seeing the Spirit people, only sensing them and receiving impressionally their messages.

47. Q. How can we differentiate between the real message of Spirit and our own thoughts?

A. The first thought that comes to us

is usually that of the Spirit, the longer we think about it before giving it out the more tinged it becomes with our own personality. Only by constant practice and development are we able to tell the Spirit impressions from our own thought vibrations.

48. Q. What is psychometry?

A. Technically speaking, the word means soul measuring. It is the Mediumistic ability to read from the vibrations emanating from different articles.

49. Q. Is psychometry the same as clairvoyance or clairaudience?

A. No—as before stated clairvoyance is the development of the Spiritual eye and clairaudience of the Spiritual ear. Psychometry could more directly be likened to clairsentience for both are impressional to a certain extent.

50. Q. What is the best way to develop psychometry?

A. Take a letter or any other object and hold it in your hand, try to relax and to tune in to its vibrations receiving any impressions that you can regarding it or its owner or naming Spirits that it might attract.

51. Q. Do you think psychometry can always be depended upon?

A. Not at first perhaps. In developing any phase of mental Mediumship the

Spirit is the sender and the Medium the receiver. You must always give out freely that which you believe you are receiving from Spirit for only by constant practice and effort are you able to receive correctly. No Medium is infallible and I have yet to hear a Spirit who claims to be. All are prone to error in sending and receiving Spiritual telegrams just as we find confusion in our telegrams on earth. So let us use our intelligence in investigating, realizing that in the mass of evidence collected down through the ages, truth stands out predominant above the error.

52. Q. What is trumpet Mediumship?

A. It is the ability of the Medium to produce with the assistance of the Spirit Forces the phenomena of levitation and voices which are audible to the physical ear. The trumpet, usually of tin or aluminum, is floated about the room by the Spirits, not touched by human hand else it could be termed a fake. The voices of the Spirit loved ones are thrown into the trumpet and we are able to talk to them.

53. Q. Why do they use the trumpet?

A. To intensify the voices that they may be more clearly heard by those in the seance. It is also used as a cabinet in which the ectoplasmic vocal organs are developed for articulation.

54. Q. What Bible reference can you give to prove that trumpet manifestations were known in those earlier days?

A. Exodus 20:18-23. Trumpet voices were received through the Mediumship of Moses on Mt. Sinai.

55. Q. Do you hear of instances of levitation very often in the history of Spiritualism?

A. Yes. D. D. Home, a noted physical Medium, was many times levitated bodily and passed through a window into another building across the street. This was accomplished under strictly test conditions. Tables and many other heavy articles of furniture have been known to be levitated by the Spirit Forces and the Bible refers to levitation in Ezekiel 3:12-14, and in Acts 8:39, we read of the levitation of Philip.

56. Q. How is levitation accomplished?

A. The majority of Spirit teachers tell us that they draw a substance called Ectoplasm (so named by Prof. Richet of Paris) from the body of the Medium as they do in materialization. This is combined with chemicals and strength drawn from the sitters and the atmosphere and is formed into masses and rods by the Spirit chemists and placed under the article they desire to levitate. This process is sometimes called telekinesis, meaning—"movement at a distance from the motive cause or agency, without material connection."

57. Q. How are voices produced?

A. The sound vibrations in the air, as

well as those sent out by the sitters in their conversation, are drawn into the trumpet by the Spirit Forces. These vibrations the loved ones pick up to carry on a conversation through their knowledge of the laws of articulation and by the use of ectoplasmic vocal organs developed in the trumpet.

58. Q. Why is it that the voices sometimes sound like those of the Medium and the sitters?

A. The Spirit entity has no material vocal organs with which to produce sound and must draw from those of the Medium and sitters, picking up the available sound vibrations sent out by the Medium and others in the seance, therefore it is natural that the voices reproduced should sound like those from whom they were drawn. Only by constant manifestation and a thorough knowledge of the laws of communication can the Spirit succeed in making the voice sound like the dear familiar tones heard in earth life.

59. Q. What effect does the skeptic, with many doubts, have upon this manifestation?

A. Thoughts are real and active things, a doubt vibration makes conditions that are almost impossible for the Spirit Forces to puncture. Doubt is a negative force tearing down rather than building up. No matter how strong the Medium may be the thoughts of the sitters can to a certain extent make or mar a seance. One person

can throw out doubt vibrations strong enough to spoil a large circle. One cannot condemn too strongly the investigator refusing to comply with the conditions required for the manifestation. When you visit a foreign country you must comply with its laws in order to have harmony, and to contact the Spirit World you must obey the laws in order to get good results. If you do not want to do this stay out of the seance room for you are not yet ready to accept Spirit phenomena.

60. Q. What conditions are conducive to good results?

A. A passive mind seeking for truth and ready to accept it once found. We do not ask you to be gullible for that too would be wrong, but do not demand of the Spirit. Lead them gently out in your conversation, giving them every opportunity to give you a test without having to puncture a doubt vibration in order to do so. One who talks always receives more than he who sits silent. The very sound of your voice attracts the Spirit loved ones and they are able to gain strength of voice through the vibrations you send out in conversation. If you do not talk neither can they to any great extent.

61. Q. What do you mean by a test message?

A. A test in the terminology of Spiritualism is a Spirit message which reveals

facts, names and dates that prove the personality of the manifesting entity; something that you are positive the Medium could not know. It makes it very difficult for the Spirit when we demand tests for there we must contact the doubt vibration again. A name or a date is more difficult for the Spirit to give than the message itself, and under some of the conditions brought into the seance room by the investigator I wonder that they are able to give them at all. The Spirit loved ones tell us that they realize the fact that our ever doubtful minds demand these tests and they many times come prepared to give them, only to have them torn down by our demands for something entirely different. There is just as much necessity for us to learn the laws of communication from our side of the veil as there is for the Spirits to learn from theirs.

62. Q. What sort of questions should one ask of Spirit loved ones when attending a seance?

A. Questions of a reasonable nature. It is people who do not understand who are prone to demand tests or trivial things. When you demand names or dates as tests you immediately set in motion a negative vibration, for you have doubt thoughts in your mind as to their ability to give this information, else you would not have asked for it. These vibrations the Spirit forces must puncture ere they can manifest. We

some times make conditions quite impossible for them by our mental attitude. Be passive and lead the Spirit gently out in your conversation and they can give you tests which will be thoroughly convincing.

63. Q. What is materialization?

A. It is one of the physical phases of Mediumship and perhaps the most important. It is at least the rarest and most difficult of all phases. Through the instrumentality of the Medium, with the assistance of the Spirit guides and chemists, the Spirit entity is able to manifest in a body which is a replica of its former physical body and is able to walk and talk as when on earth. This body is built of the same vaporous substance called ectoplasm which is used in telekinesis. This substance exudes from the body of the Medium and is manipulated by the Spirit Doctors and Chemists until its forms a solid substance which can be utilized for the time being as the vehicle through which your beloved who have passed on can manifest to you. This substance is contained within every individual to a certain extent, but the body of a physical Medium must contain a super-abundance of it in order to produce the phenomena. Those sitting in the seance assist in furnishing the necessary chemicals and strength for the manifestation.

64. Q. How is the Spirit able to manage and manipulate this body?

A. Through its own will power. That is one reason why many Spirits find it difficult to talk much in materialization, until they are thoroughly familiar with the laws governing this demonstration they must contantly concentrate on the body to keep it from dematerializing and to make it look natural.

65. Q. What is impersonation?

A. Impersonation is one of the different stages or degrees of materialization. In this case there is not strength or chemicals enough to produce a full form materialization and the guides use the body of the entranced Medium draping the ectoplasm over his or her form. This is an authentic phase of Mediumship the same as full form materialization, but, of course, not as beautiful nor as difficult.

66. Q. What is etheralization?

A. It is materialization to a certain extent, but there are not chemicals enough to form a solid substance of the ectoplasm, it is thin and ethereal and you can see through it.

67. Q. Where do the Spirits get the clothing worn in materialization?

A. By the use of ectoplasm, and they also claim to be able to draw from the material in the room and the clothing worn by sitters, enough material with which to weave their robes. They are also able to

draw color pigment from the flowers, rugs and gowns and reproduce it in their own garments weaving in some cases robes and scarfs of beautiful colors.

68. Q. What is transfiguration?

A. It is similar to impersonation. The body and features of the Medium being transfigured to resemble that of the manifesting Spirit entity.

69. Q. What reference can you give which proves that materialization was known in Biblical days?

A. Perhaps the outstanding references are found in Matthew 17:1-3, where Moses and Elias materialized through the Mediumship of Jesus; in Daniel 5:5, where Belshazzer saw a materialized hand write on the palace wall; in John 20:14, where Mary saw Jesus after his crucifixion, and in Luke 24, where he materializes several times for his disciples and many others.

70. Q. In what way is this phenomenon dangerous to the Medium?

A. Each Spirit is connected to the Medium by an ectoplasmic cord, because the material used to build that body in which they temporarily manifest is drawn from the body of that sensitive. Should some one touch a Spirit unexpectedly, flash a sudden light or startle the Medium in any way it might result in serious injury or perhaps death to the instrument, through

the nervous shock and the rapid recoil of the ectoplasm back into his body. He, being entranced in the cabinet, is powerless to protect himself, so we should allow in these seances only the most serious investigators, those who are willing to comply with all required conditions and receive their loved ones in the spirit in which they come, that of love and harmony.

71. Q. Why is it that some Spirits come farther from the cabinet and seem to build more lifelike than others?

A. There could be several reasons for this: first, perhaps a natural tendency of the Spirit to be timid; second, a lack of will power or of knowledge regarding the laws governing the phenomenon and last but not least, the negative thought vibrations sent out by the sitters and perhaps by the very person to whom this Spirit may come. Each time they materialize they become stronger and more natural because they understand the laws better.

72. Q. Which phase of Mediumship does healing come under?

A. It really comes under both mental and physical phases of Mediumship. The magnetism which is contacted by the laying on of hands is a physical phase while the mental healing is of the other.

73. Q. We notice that the two terms Spirit healing and Spiritual healing are used. How do you differentiate between the two?

A. Spiritual Healing is that phase of Mediumship in which the Spirit Doctor works through his human instrument to assist humanity, through the power of Divine Love, either mentally or through magnetic forces. Magnetic Healing is also the same but Spirit Healing is that cure that is effected by the Spirit entity upon the patient without the aid of a human instrument. This is mental to a great extent, although the teachers tell us they are able to use magnetic forces also. This might also be termed Divine Healing.

74. Q. Can anyone become a healer?

A. No, indeed, each has his own phase of Mediumship for which he individually is best fitted and that phase once discovered should be developed to the highest degree.

75. Q. Who was the greatest Spiritual Healer the world has ever known?

A. Jesus of Nazareth. Without a doubt this was his main phase of Mediumship and many incidents of his marvelous healing powers are given in the Bible. See I Kings, 17:17-24, where Elijah is the healer. The first four books of the New Testament are full of the healing done by Jesus, also Acts 13 and 14, which speak of Peter, John and Paul carrying on the healing as commanded by Jesus in Matthew 10:8.

76. Q. What natural law must be un-

derstood thoroughly by the Spirit who is trying to heal?

A. The law of vibration. As before stated, this is effective in all phases of Mediumship, but especially so in healing. The Spirit Doctors tell us that in mental sickness the vibrations must be lowered while in physical illness they must be raised.

77. Q. Does distance make any difference in Mental Healing?

A. None at all. The Spirit loved ones tell us that they can travel on thought waves at will and so can send out upon the ether thought waves of healing which we know through experience prove very beneficial.

78. Q. Why should healers always strive to keep every organ of their own bodies clean and healthy?

A. Because the Spirit operators tell us they are able to draw from the healthy organs of the healer to assist the corresponding diseased organ of the patient. If the healer is not healthy it is therefore more difficult for the Spirit to draw the necessary magnetic forces to accomplish a cure.

79. Q. Why must we always think right to assist in a healing?

A. Our thoughts have a great deal to do with the success of such an operation. Even our medical Doctor recognizes the

power of auto-suggestion and utilizes it in his profession. Think health constantly, visualize yourself as well and whole and you are doing a part to assist in bringing about a cure. Use the following healing affirmation frequently: "I am God's perfect child and as such must realize that I have the power within myself to heal myself."

80. Q. I hear the term inspirational writing often used by Spiritualists. Is this a phase of Mediumship?

A. It is indeed, and a most beautiful and constructive one, too. Most of our books on Spiritualism are inspired writings and I believe that every poet and author receives more or less assistance from their Spirit helpers. It is a mental phase of Mediumship coming through and colored by the mind of the instrument.

81. Q. How can this phase of Mediumship be developed?

A. By going into the silence and in a prayerful attitude trying to contact the thought vibrations coming from this higher mind of Spirit. That mind is seeking through your instrumentality to assist humanity. Write whatever comes into your mind as you seek to tune in and gradually as you develop you will be able to receive better, learning to submerge your own personality and receive correctly almost word for word from the Spirit.

82. Q. Do you believe an inspirational writer must be educated in order to write well or can they receive wonderful writings regardless of their own limitations?

A. Inspirational writing comes through the mentality of the Medium therefore the Medium limits or assists the communications by his own mental status. Sometimes the Spirit Teachers tell us that they can give us word for word but many times they give us the thought they intend to convey and we clothe it in our own words. You see, therefore, how necessary it is to have a good vocabulary and to use good English. We have a few instances where an illiterate person has been able to write a finely constructed article or book but this is only possible when the instrument is entranced or gets it through automatic writing and even then the personality of the instrument is bound to creep in.

83. Q. Do you believe all public speakers to be inspired?

A. Yes, to a certain extent. Our best speakers are those who can tune in with the Spirit forces and receive inspirationally these beautiful truths from the Infinite Source of all knowledge. Being perfectly conscious, they realize the necessity for a dignified and intelligent presentation at all times.

84. Q. What is trance Mediumship?

A. In trance the mind and personality

of the Medium are entirely submerged, the Spirit taking full control of the instrument and the Medium is unconscious of all that is said or done. In inspiration, the Medium is fully conscious and in perfect control of mind and body.

85. Q. Which phase do you believe to be the better?

A. Many prefer inspiration to trance. In the School of Spiritual Truth, trance is not sought except in materialization. There have been too many illiterate and undignified presentations of trance in past years for it to be a very appealing phase to the intelligent investigator.

86. Q. Do you believe that the great Spirit teachers and lecturers of the past ages are likely to manifest through an illiterate untrained Medium?

A. Absolutely not. Like attracts like. The Master Minds of Spirit may see great possibilities in untrained minds on earth and seek to develop them, but the human instruments must do their part to assist in the development by reading and studying and otherwise perfecting themselves, or the Spirit Guides will pass on to others whose mentalities they can use.

87. Q. What is automatic writing and what phase of Mediumship does it come under?

A. In automatic writing the hand of the Medium is controlled by the Spirit,

who writes whatever he chooses. It is a physical phase of Mediumship for the message written is entirely independent of the mind of the instrument.

88. Q. We also hear of a phase of Mediumship called slate writing. Is this similar to inspirational or to automatic writing?

A. To neither. The slate writer is a physical Medium the same as the automatic writer, but the Medium does not do the writing, the Spirit does this through the use of ectoplasm drawn from the body of the Medium.

89. Q. What great Bible character can we liken to our slate-writer of today?

A. Moses, who received the Ten Commandments on tables of stone. See Exodus 24:12-18.

90. Q. Must one always place pencils in the slates?

A. No, many Mediums are able to receive communications in colors as well as in pencil with no crayon or pencil between the slates. The Spirit entity is able to draw from the atmosphere and surrounding materials the necessary color pigment with which to write. This does not seem strange when we stop to realize that everything which constitutes matter can be found in the atmosphere.

91. Q. Is this a very common phase?

A. No it is rather uncommon. While we hear of many slate writers there are comparatively few who are well known and tested by Psychic Research.

92. Q. Who are the best known slate writers in America today?

A. Pierre L. O. A. Keeler and Mrs. Laura Pruden, of Cincinnati, Ohio, who recently received for Horace Leaf, of London, a most convincing message from Sir Arthur Conan Doyle

93. Q. What is prophecy and are prophets fortune tellers?

A. Prophecy is that phase of Mediumship which enables one to peer into the future and forecast coming events. The Spirit who gives these prophecies must have a thorough knowledge of the laws of the Universe in order to forecast with any degree of success. A prophet is not a fortune teller for there is a wide gulf between the two. A fortune teller reads by stars, cards or palms while a Spiritualist prophet receives messages through Spirit communion.

94. Q. Did we have prophets in Bible times?

A. We did indeed, but none more wonderful than we have now. Although they are not honored today as in Bible times, we still have those who are able to foretell events as did these prophets of past

ages. The Bible has many quotations on prophecy: in Psalm 74:9, we read that the people feel that God has cast them off forever because "they see not sign nor is there any amongst us that knoweth how long"; in the 28th Chapter of Samuel, which speaks of Saul and the woman of Endor, and in Matthew 26, Jesus prophesied his own crucifixion and his betrayal by Peter. In many other places prophecy is spoken of, both true and false.

95. Q. How can we best develop that phase of Mediumship?

A. By giving out freely that which we believe we are receiving from Spirit. The prophecies of an undeveloped Medium need not necessarily be acted upon, but only by constant practice in giving out that which we receive are we able to develop the ability to receive correctly.

96. Q. If Mediums can see into the future and foretell coming events, does this not prove predestination?

A. Not at all. A prophecy is usually the direct result of the Law of Cause and Effect, the Spirit seeing the cause being enacted and knowing its coming effect.

97. Q. What is Spirit photography?

A. This is a physical phase of Mediumship giving one the power to produce faces and forms of Spirit loved ones on a sensitive plate or film, thus producing a Spirit picture. It is a very rare phase, Mr. Wil-

liam Hope, of England, having been, perhaps, the best known.

98. Q. What do you mean when you speak of the Spirit Forces passing matter through matter?

A. Through the instrumentality of a physical Medium the Spirit Forces are able to pass solid matter through solid matter without injury to either. This has been accomplished under test conditions, articles from a long distance being transported through the ether and brought into a seance room, with closed and locked doors, in perfect condition.

99. Q. Of what advantage has Mediumship been to the world?

A. Mediumship has brought comfort to the bereaved on earth and has saved many from taking their lives through grief or temporary depression, it has taught men how to live and to understand and follow the laws of God, and last but not least, it has taught men not to fear death but to realize that it is the open portal to eternal life.

100. Q. What do you believe regarding its progression in the coming years?

A. I believe that in the coming years our Mediums will be compelled to be fully developed and educated before they are permitted to appear before the public; that illiterate presentations of message

work and undignified trance messages and lectures will be done away with and only the higher and more beautiful presentations of the phenomena of Modern Spiritualism will be allowed. It will then be on a plane of Spirituality and intellectuality, and any man can accept it regardless of his station in life. I believe that in the years to come you will see a psychic connected with the efficiency programs of our larger business establishments and government offices. The wisdom of this more Spiritual plane of life will then be utilized to guide those on earth into higher and better avenues of progression, and man will realize through these teachings a new standard of living and a practical application of religion to his everyday social and economical problems.

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