

EDUCATION



SPIRIT AUSTRALIA

STUDENT

HANDBOOK

2025



Introduction

Welcome to the Spirit Australia Student Handbook.

We are delighted to support you on your spiritual education journey. This handbook is your essential guide to understanding the Spirit Australia education pathway, including course content, learning expectations, assessment procedures, and the structure of our Australian Qualifications Framework (AQF) professional recognition awards.

Spirit Australia is a national charity dedicated to supporting and advancing education in spiritual understanding, healing, and communication. Our five levels of programs are grounded in integrity, respect, and inclusivity, developed in consultation with respected practitioners and elders in the field from across Australia and beyond.

Whether you feel you are new to spiritual learning or if you have many years of experience, our flexible, self-paced study options are designed to support your personal growth and spiritual development.

This handbook has two parts:

- **Part One** outlines everything you need to know about Spirit Australia's education framework—from Foundational Courses to Diploma level—along with our approach to learning, assessment criteria, and student support.
- **Part Two** contains the full content of the six Level 2 **Foundation Units** in a printed format, for those who prefer to read offline or annotate their learning by hand.

Wherever you are on your path, we welcome you with open arms; and we're honoured to walk beside you.

Melissa, Kate & Ganga
on behalf of the Board and the Education Committee

Melissa Abraham	Director & Founder of Spirit Australia
Kate Burrett	Director & Chair of Education Committee
Ganga Ashworth	Director & Chair of Membership Committee



The Board of Spirit Australia 2025:

Melissa Abraham, Ganga Ashworth, Beverley Bryant, Larissa Buerger, Kate Burrett, Sue Jaensch, Sarah Jeffrey, Lorraine Lee Tet, Dianne Parker, Imelda Penny, Andrew Thorpe

Part One: Education Pathways & Student Information

1. Welcome to Spirit Australia	p 5
○ Spirit Australia Mission & Nine Foundations	p 6
○ Our Educational Purpose	p 8
○ Self-Paced Learning	p 9
○ Student Support & Assessor Feedback	p 10
2. Education Quick Start Guide	p 11
○ CSA ASA DSA Recognition of Prior Learning (RPL)	p 16
○ CSA ASA DSA Quick Summary	p 18
3. Professional Qualifications Framework	p 19
○ Introduction	P 22
○ PART A: Personal Practice	p 24
○ PART B: Complimentary Courses	p 28
○ PART C: Formal Assessment	p 32
4. Assessment Criteria & Student Guides	p 39
○ CSA Level 3 Certificate	p 41
○ ASA Level 4 Advanced Certificate	p 45
○ DSA Level 5 Diploma	p 63
5. Suggested Reading List	p 82
6. Code of Ethics & Conduct	p 86

Part Two: Six Foundation Units – Level 2 *(Printed Version of Online Content)*

Unit 1: Psychic Senses	p 91
Unit 2: Mediumship	p 119
Unit 3: Healing	p 137
Unit 4: Spiritualism	p 163
Unit 5: World Traditions	p 185
Unit 6: Awakening	p 215

1. Welcome to Spirit Australia

Spirit Australia is a national not-for-profit organisation dedicated to advancing education in spiritual understanding, awareness, and ethical practice.

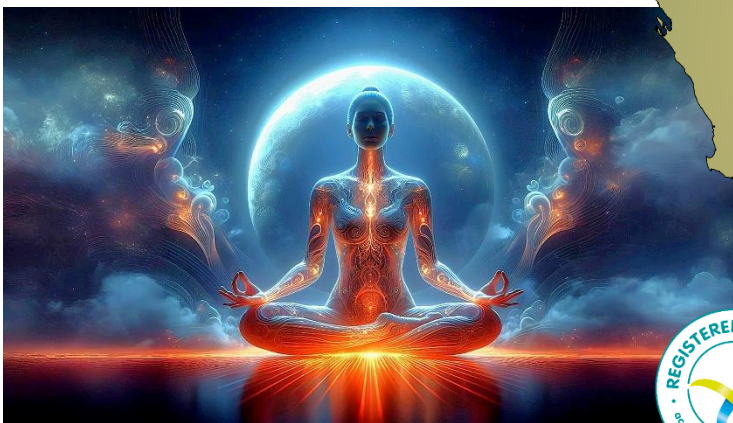
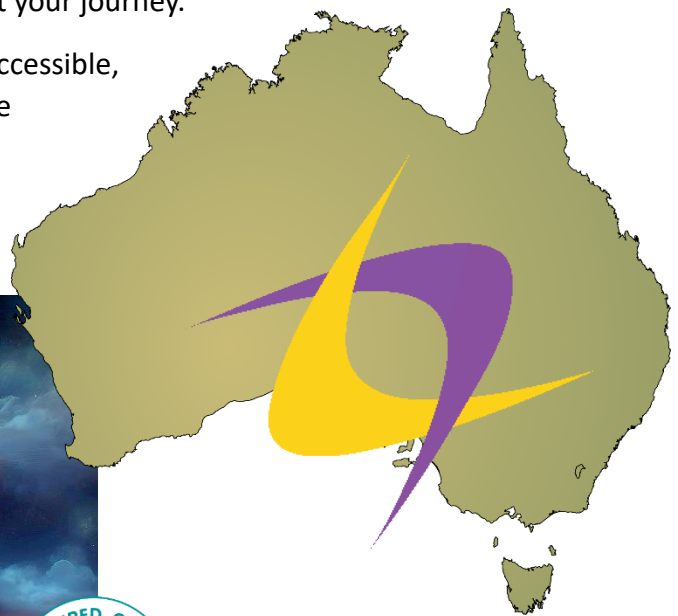
Our educational programs offer a flexible, inclusive, and experiential approach to learning that honours personal development and collective wisdom. We offer structured, inclusive learning pathways for anyone seeking to explore, deepen, and express their spiritual connection with confidence and clarity.

Our courses, events, and assessments are shaped in consultation with skilled educators and spirit-inspired teachers from across Australia and beyond. Through this, we draw together generations of lived experience and best-practice learning design to build a strong, supportive community of lifelong learners.

Whether you are beginning your spiritual exploration or looking to formalise years of experience, Spirit Australia is here to support your journey.

Our courses are designed to be self-paced, accessible, and enriching, meeting you wherever you are on your lifelong spiritual path.

Are you ready? Let's get started!



Mission Statement

Spirit Australia



Supporting the Community and Integrity of Spirit Education

Advancing Education is at the heart of Spirit Australia's charitable purpose.

Our mission is to provide a pathway for training in spiritual understandings and practices accessible to all Australians, while supporting the community & integrity of spirit education.

Spirit Australia Education:

1. Is based on Spirit Australia's **Nine Foundational Principles** (the Nine Foundations)
2. Is guided and led by a **large team of highly experienced** educators and recognised elders in major spiritual modalities in Australia and internationally
3. Draws together generations of spiritual **knowledge and mutual respect**, supported by a mandatory Code of Ethics & Conduct for all members
4. Advances a freely accessible to all people **shared language of spiritual frameworks**, practices and understandings across modalities and traditions
5. Delivers best practice in **experiential adult learning** that enables learners to enter, explore, enhance and express their own spirituality with confidence and joy
6. Has a flexible **self-paced course structure** that facilitates the integration of personal development, practical skills and theoretical understandings
7. Is **transparent, stable, balanced and robust** in design and implementation, including processes and procedures that align with national government requirements
8. Supports, enhances and promotes the **existing quality educational opportunities** offered by other organisations, teachers, mentors, guides and elders
9. Celebrates the individual's **unique and embodied experience** of spirit, grounded in human self, family, community, creativity, and the natural world

Every human on Earth has a body, and a spirit-soul, and is connected to the spirit world. Whether you are exploring your gifts for the first time or seeking advanced qualifications, you are warmly invited into a learning community that honours the sacred connection and timeless oneness that exists between all things: Self, Society & Spirit.

The Nine Foundations

Spirit Australia



1 **Continuous Life**

The reality of continuous spiritual life



2 **All is Connected**

The connectedness of everything seen and unseen



3 **Expanding Awareness**

The existence of a world beyond physical experience



4 **Spiritual Evidence**

The validity of spiritual experience as spiritual evidence



5 **Indigenous Wisdom**

The ongoing relationship between indigenous wisdom and our living planet



6 **Energy Healing**

The power of non-physical energies for physical healing



7 **Universal Communication**

The universal presence of non-verbal communication



8 **Complexity of Time**

The awareness of non-linear time and timelessness



9 **Human Experience**

The centrality of the embodied human experience

3. Our Educational Purpose

Spirit Australia's charitable purpose is education.

Our commitment is to bring people together to create national, inclusive opportunities for learning that inspire transformation, spiritual depth, and authentic connection.

For decades, many spiritual teachers and healers across Australia have worked as sole operators, often without consistent frameworks, peer support, or professional recognition. Limited collaboration between modalities has made it harder for new students to access credible, ethical guidance. Spirit Australia is created to change this.

Our quality educational courses are designed to provide a framework supporting the development of a national spiritual community



We aim to:

- **Build a shared language across spiritual modalities** so that healers, mediums, teachers, and seekers can communicate meaningfully and respectfully across different traditions.
- **Encourage embodied spiritual practice** by inviting learners to integrate spirit connection into their daily lives — not just as belief, but as action, expression, and lived experience.
- **Honour diverse cultural traditions and experiences** by recognising that every path is informed by each person's unique history, ancestry, and insight. Our inclusive basic curriculum draws from many traditions including Indigenous knowledge systems, intergenerational teachings, and global spiritual perspectives.
- **Promote best practices in adult learning** with self-paced formats, flexible learning, reflective activities, and experiential tasks that fit real life. Our approach honours the wisdom students already carry and provides space for further unfolding.
- **Provide nationally recognised frameworks for personal and professional development** offering progression from free Welcome content and Foundation courses, through to Certificate, Advanced Certificate, and Diploma levels. These qualifications are grounded in the Australian Quality Framework (AQF) standards and supported by our national Assessment Team.

At Spirit Australia, we are writing a new story. One where personal transformation is supported by **community**, where personal and professional **integrity** is paramount, and spiritual education is recognised as a vital and evolving part of our collective future.



4. Self-Paced Learning

Spirit Australia learning programs celebrate each person's development and spiritual integrity, practical competence, and their unique connection to spirit.

Our courses are delivered through an easy-to-use online platform that allows you to:

- Access learning materials 24/7
- Study at your own pace and learning style
- Request printed, or printable, versions of course content
- Complete online examinations and upload assignments
- Receive feedback and support from our Assessment Team

Spirit Australia courses are flexible and self-paced. They are designed to suit students from all walks of life, whether you're new to online study or returning after many years.

There is opportunity for independent learning, peer learning and small group study. While some students prefer to study in solitude, others may benefit from finding a trusted peer, teacher, or small study group for shared inspiration and support. Connect with others by:

- Creating study groups & circles from fellow students at **Complementary Courses**
- Use the **Spirit Australia Map** on our website to find qualified Advanced Certificate and Diploma teachers who can help guide your development

Spirit Australia offers Five Levels of Educational Courses:

Level 1 Spirit Australia Welcome Units

The six free short courses explore spirit-based topics in a simple and thought-provoking way, designed to spark curiosity and inspire deeper discovery.

Level 2 Spirit Australia Foundation Units

These six intensive study units at Level 2 form the stable core of Spirit Australia education. They are freely available to complete online, including the assessment exam for each course. You can find the entire content printed in Part Two of this student handbook, if you prefer to learn offline. Foundation Units have a multiple-choice exam, with a pass of 20/20 required.

Level 3 CSA Spirit Australia CERTIFICATE (Foundations)

The first level of professional qualifications, for advancing students, and reflects Cert 3 AQF level for basic insurance purposes when stepping into beginning practitioner roles.

Level 4 ASA Spirit Australia ADVANCED CERTIFICATE (Practitioner)

Level 5 DSA Spirit Australia DIPLOMA (Teacher)

These two professional-level courses are assessed live by two assessors and reflect years of dedicated learning and personal spiritual development. Whether graduating at Practitioner (Advanced Certificate) or Teacher (Diploma) level, Spirit Australia students demonstrate strong expertise and a clear commitment to ethical and professional practice.

5. Student Support & Assessor Feedback

Spirit Australia is proud to offer a modern, supportive, responsive approach to student wellbeing and success.

While our courses are designed for flexible, self-paced study, we understand that real growth happens best in a nurturing and connected environment.

That's why—no matter where you are on your educational journey—you are never alone.

Support includes:

- **Encouraging, personalised feedback** from your assessors, based on your submitted reflections, live assessments, and overall progress
- **Email support** with responses provided within 5–7 business days for any general or course-related enquiries. And there's always the phone, if it's urgent!
- **Optional check-ins or mentoring** (via phone, email or online meeting) especially available for higher-level students undertaking advanced certificates or diploma work
- **Ongoing access to clear guidance** at every stage of your progression, from your initial registration decisions through to final certification

Our Spirit Australia Assessment Team assessors are more than just educators; they are compassionate, seasoned professionals who honour your unique journey.

Each has been carefully selected not only for their expertise and experience in spiritual education, mediumship, and healing, but also for their student-centred genuine warmth, patience, and dedication to ethical practice.

All feedback is constructive and tailored to help you grow in both your confidence and skill.

We believe assessment is not about passing or failing; it's about supporting transformation.

**At Spirit Australia, we genuinely understand
the importance of every learner being enabled to
feel seen, heard, and valued.**



SPIRIT AUSTRALIA

QUICK START GUIDE



for

**PROFESSIONAL
QUALIFICATIONS**

FIVE Courses *leading to* THREE Qualifications



Spirit Australia offers five levels of education.

Students can commence their studies at any level. Recognition of Prior Learning is available for many components at the higher levels (see pages 16-17 and 23-24 in Student Handbook).

Level One and Two are available online, for free, as part of our charitable ongoing education offerings to everyone in the Australia public community.

Level One

Welcome to Spirit Australia

1. Spiritual Introduction
2. Spiritual Healing
3. Spiritual Communication
4. Spiritual Tools & Tips
5. Spiritual Life After Life
6. Spiritual Next Steps

Level Two

Spirit Australia Foundation Units

1. Psychic Senses
2. Mediumship
3. Healing
4. Spiritualism
5. World Traditions
6. Awakening

Levels Three, Four and Five are for Spirit Australia Supporter Members (\$35 per year)

- ✓ There is a one-off candidate Assessment Fee for each qualification to be awarded
- ✓ Assessment fee for **Level 3 CSA** is \$250, **Level 4 ASA** is \$1200, **Level 5 CSA** is \$1800
- ✓ **ASA & DSA** awardees are offered “Practitioner ASA” or “Teacher Diploma DSA” listing on National Map at Spirit Australia’s website (requires current annual membership)

Level Three

Certificate

CSA

CSA Certificate (Spirit Foundations)

Level Four

Advanced Certificate

ASA

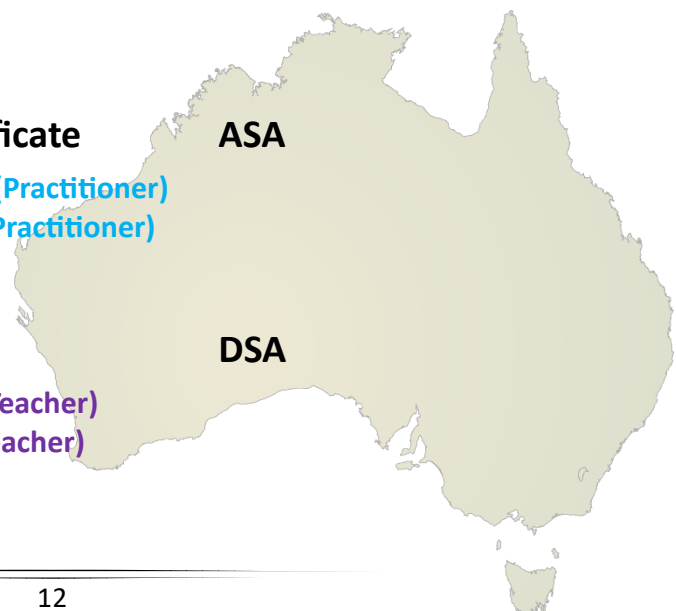
ASA Adv. Cert. in Psychic Mediumship (Practitioner)
Adv. Cert. in Trance & Spirit Arts (Practitioner)

Level Five

Diploma

DSA

DSA Diploma in Psychic Mediumship (Teacher)
Diploma in Trance & Spirit Arts (Teacher)





Level 3

Certificate

Certificate in Spirit Foundations

Level 4

Advanced Certificate

Adv. Cert. in Psychic Mediumship (Practitioner)

Adv. Cert. in Trance & Spirit Arts (Practitioner)

Level 5

Diploma

Diploma in Psychic Mediumship (Teacher)

Diploma in Trance & Spirit Arts (Teacher)

Professional Qualifications



Spirit Australia offers three levels of professional qualifications:

3 Spirit Australia Certificate

CSA

Certificate of Spirit Australia (Spirit Foundations)

Level 3 of Spirit Australia 1 Year Part Time 600 hours
Aligns to Level 3 in National AQF Australian Qualifications Framework

Recognises *Advancing Students continuing to grow their experiences & understanding and who may now require foundational certification recognition for Practitioner insurances.*

COST: \$35 Annual Supporter Membership PLUS a one-off \$250 Assessment fee
NOTE: Students should become Members **prior to starting** the Level 2 Foundation Course, so exam results can be recorded in their membership portal (*Prerequisite for Level 3*)

4 Spirit Australia Advanced Certificate

ASA

Adv. Cert. Psychic Mediumship (Practitioner) Adv. Cert. Trance & Spirit Arts (Practitioner)

Level 4 of Spirit Australia 1 Year Full Time 1200 hours
Aligns to Level 4 in National AQF Australian Qualifications Framework

Recognises *Advancing Practitioners in two streams of specialisation, who have undertaken significant personal training & research into their area of growing skills and expertise.*

COST: \$1200 one-off Assessment fee to determine candidate qualification award
\$35 Annual Supporter Membership to maintain visible “Practitioner” website listing

5 Spirit Australia Diploma

DSA

Diploma in Psychic Mediumship (Teacher) Diploma in Trance & Spirit Arts (Teacher)

Level 5 of Spirit Australia 1-2 Years Full Time 1800 hours
Aligns to Diploma Level (5) in National AQF Australian Qualifications Framework

Recognises *Advanced Practitioners continuing to actively demonstrate and practice their personal spirit understandings & skills, as well as teaching their own students.*

COST: \$1800 one-off Assessment fee to determine candidate qualification award
\$35 Annual Supporter Membership to maintain “Diploma Teacher” website listing

SPIRIT AUSTRALIA EDUCATION OVERVIEW

Level	CERTIFICATION Title	Cost	PART A & B		PART C
			Personal Practice	Comp. Courses	Formal Assessment
1	Online Learning Available Freely to All	FREE	Learn Online	Not required	Six Welcome Units of Spirit Australia
2	Certificates of Completion	\$35 Annual Members	Learn Online	Not required	Six Foundation Units of Spirit Australia
3 CSA	Certificate of Spirit Australia (Foundations)	\$250 One-off Assess	Journal 250 hrs <i>(Journal not Assessed)</i>	Logbook 20 hrs & 3 Short Reports	Personal Reflection Essay (Foundations) 750 Words / 10 mins Video
<p>Prerequisite: \$35 for SA Membership + Completion of Six Foundational Units (Level 2) **OR** RPL - Attend Spirit Australia Annual Five Day Seminar AQF Level 3 / Cert 3 / 600 hours / 1 year Part time</p>					
4 ASA	Advanced Certificate (Practitioner) of Psychic Mediumship or Trance & Spiritual Arts	\$1,200 One-off Assess + \$35 for Website Listing (Annual member)	Journal 250 hrs <i>(Journal not Assessed)</i>	Logbook 20 hrs & 3 Short Reports	Analytical Reflective Essay (Practitioner) 1200 Word / 15 min Video Demonstration One-to-One Mediumship or Trance & Spirit Arts Viva Voce 25 mins Interview
<p>Prerequisite: Completion of Spirit Australia Certificate (Level 3) or *RPL*(min. 5 years) AQF Level 4 / Cert 4 / 1200 hours / 1 year Full time</p>					
5 DSA	Diploma of Spirit Australia of Psychic Mediumship or Trance & Spiritual Arts	\$1,800 One-off Assess + \$35 for Website Listing (Annual member)	Journal 250 hrs <i>(Journal not Assessed)</i>	Logbook 20 hrs & 3 Short Reports	Personal Reflective Essay (Teacher) 750 Words / 10 min Video Demonstration Platform Mediumship or Trance & Spirit Arts Viva Voce 25 mins Interview
<p>Prerequisite: Completion of Spirit Australia Adv. Certificate (Level 4) or *RPL*(min. 10 years) AQF Level 5 / Diploma / 1800 hours / 1-2 years Full time</p>					

Recognition of Prior Learning - RPL



While there are several notable organisations or very well-established pathways in spirit education around the world (the SNU & Arthur Findlay College in UK, for example) there have never been any formally recognised qualifications here in Australia.

Spirit Australia acknowledges that unless local students had opportunities to travel overseas, it has generally fallen on the shoulders of individual teachers to organise workshops, or to perhaps organise for an internationally recognised tutor to come to Australia for a short visit.

Every connection to spirit has unique elements. This means that when a spirit teacher works alone, without the benefit of a robust and inclusive network of colleagues to provide peer review or feedback, their own students will often naturally incorporate only those skills that their particular teacher has.

Wonderful organisations like the Victorian Spiritualists' Union (VSU) have continued to provide high quality short courses and other educational experiences, delivered by an amazing team of local and visiting teachers, with considerable success in training Australian mediumship. But this tuition is not vocationally mandatory.

As a result, Australian mediums seeking human input and guidance have largely been left to fend for themselves. The situation has only amplified over the last 20 years with the rise of internet-based tuition.

All RPL candidates must show:

- 1) **Evidence of equivalent study in related fields** of psychic mediumship & spirit arts. Submit summary of previous personal practice, learning, working, demonstrating, teaching etc to be approved by the Spirit Australia Assessment Team.
- 2) A highly fluent **knowledge & understanding of the Six Foundation Units** (Level 2) content, as this information will form part of the various live assessments.

Once these first two conditions are completed, the only other assessments required for candidates who successfully apply for RPL recognition are:

CSA (Level 3) Certificate
(Minimum RPL is 2 years)

- 3) **Five Day Seminar** attendance Spirit Australia **OR**
- 4) **Personal Reflection Essay** 750 words / 10 min video

ASA (Level 4) Adv. Cert.
(Minimum RPL is 5 years)

- 3) **Demonstration** One-to-One Mediumship or Trance
- 4) **Viva Voce** 25 mins interview (Practitioner)

DSA (Level 5) Diploma
(Minimum RPL is 10 years)

- 3) **Demonstration** Platform Mediumship or Trance
- 4) **Viva Voce** 25 mins interview (Teacher)

CSA ASA DSA : RPL Requirements



Experienced practitioners, demonstrators & teachers are strongly encouraged to apply for the Spirit Australia RPL assessment, which can significantly reduce the overall formal study burden that is required to be recognised with professional qualifications.

NOTE: All RPL candidates for Level 3 (**CSA**), Level 4 (**ASA**) and Level 5 (**DSA**) are expected to be highly familiar with the **six Spirit Australia Level 2 Foundation units & concepts**.

PART A Personal Practice

5 hrs per week x 50 weeks

All **CSA, ASA & DSA** candidates undertake regular ongoing personal spiritual study and practice, and commit to maintaining a **Personal Practice Journal**.

This personal practice forms the basis for completion of a **Reflection Essay** (see Assessment).

PART B Complementary Courses

20 hrs Workshops

ALL **CSA, ASA & DSA** candidates participate in self-selected and interactive classes, events, workshops, practice circles or groups.

Students maintain a **Complementary Courses Logbook** and select 3 sessions of any length (from this 20 hours) to write and submit **3 Short Reports**, each report 150 words maximum.

PART C Formal Assessment

In addition to the **Personal Practice** and **Complementary Courses** requirements, candidates undertake formal assessments, specific to each course.

CSA: EXEMPT: **Level 2 Foundation Course** 6 x 50 hours **Foundation Units**

➡ **Personal Reflection Essay*** (Foundations) 750 words / 10 min video **OR**
Five Day Seminar* attendance at annual Spirit Australia summit week

ASA: EXEMPT: **Analytical Reflection Essay (Practitioner)** 1200 words / 15 min video

➡ **Demonstration** (One-to-One Psychic Mediumship **or** Trance & Spirit Arts)

➡ **Viva Voce "Practitioner"** 25 mins Interview

DSA: EXEMPT: **Personal Reflection Essay (Teacher)** 750 words / 10 min video

➡ **Demonstration** (Public Platform Mediumship **or** Trance & Spirit Arts)

➡ **Viva Voce "Teacher"** 25 mins Interview

CSA ASA DSA : Quick Summary



All three Spirit Australia professional qualifications courses – **Certificate CSA** (Foundations), **Advanced Certificate ASA** (Practitioner), and **Diploma DSA** (Teacher) – share the same basic three part structure and also have many similar assessment tasks in common:

PART A	Personal Practice	– Completion time is a nominal 250 hours
PART B	Complementary Courses	– Completion time is a nominal 50 hours
PART C	Assessment	– Completion time is a nominal 300 hours

PART A Personal Practice 5 hrs per week x 50 weeks

All **CSA**, **ASA** & **DSA** candidates undertake regular ongoing personal spiritual study and practice, and commit to maintaining a **Personal Practice Journal** (not assessed).

This personal practice forms the basis for completion of a **Reflection Essay**.

PART B Complementary Courses 20 hrs Workshops

ALL **CSA**, **ASA** & **DSA** candidates participate in self-selected and interactive classes, events, workshops, practice circles or groups.

Students maintain a **Complementary Courses Logbook** and select 3 sessions of any length (from this 20 hours) to write and submit **3 Short Reports**, each report 150 words maximum.

PART C Formal Assessment

In addition to the Personal Practice and Complementary Courses requirements, candidates undertake formal assessments, specific to each course, via the following tasks or activities:

CSA: Level 2 Foundation Course 6 x 50 hours Foundation Units

Personal Reflection Essay (Foundations) 750 words / 10 min video

ASA: Analytical Reflection Essay (Practitioner) 1200 words / 15 min video

Demonstration (One-to-One Psychic Mediumship **or** Trance & Spirit Arts)

Viva Voce “Practitioner” 25 mins Interview

DSA: Personal Reflection Essay (Teacher) 750 words / 10 min video

Demonstration (Public Platform Mediumship **or** Trance & Spirit Arts)

Viva Voce “Teacher” 25 mins Interview

SPIRIT AUSTRALIA

FRAMEWORK



for

PROFESSIONAL QUALIFICATIONS

On the page opposite is an Indexed Directory
for the Spirit Australia

EDUCATION FRAMEWORK

showing a numbered listing of
the various components for each qualification.



SHARED ELEMENTS

The elements that are shared by ALL qualifications are
are **numbered 1 to 8** and are
shown on pages with the multicoloured bands



SPECIFIC ELEMENTS

The elements that are specific to EACH qualification
are **numbered 9 to 12** and are
shown by the coloured pages linked to each level

Certificate (Foundations)

Advanced Certificate (Practitioner)

Diploma (Teacher)

Please contact Spirit Australia directly if you
have any questions or need assistance.

We are here to help you succeed!

CSA ASA DSA : EDUCATION FRAMEWORK



Here is a guide to the framework elements of Spirit Australia qualifications.

INTRODUCTION

1.0 Courses Enrolment & Qualifications

- 1.1 Spirit Australia Membership
- 1.2 Professional Qualifications
- 1.3 RPL – Recognition of Prior Learning

2.0 Code of Ethics & Conduct

PART A PERSONAL PRACTICE

3.0 General Overview of Personal Practice

4.0 Personal Practice Journal

PART B COMPLEMENTARY COURSES

5.0 General Overview of Complementary Courses

6.0 Complementary Courses Logbook

7.0 Short Reports

- 7.1 Workshop Details *20 hours per Level*
- 7.2 Three Short Reports *3 x 150 words*

PART C FORMAL ASSESSMENT

8.0 General Overview of Assessment

9.0 Six Foundation Units

- 9.1 **CSA – Online Participation** OR *Six Units of Study*
- 9.2 **CSA – Hard Copy Participation**

10.0 Reflective Essay

- 10.1 **CSA – Personal Reflection** *750 words / 10 mins video*
- 10.2 **ASA – Analytical Reflection** *1200 words / 15 mins video*
- 10.3 **DSA – Teaching Reflection** *750 words / 10 mins video*

11.0 Demonstration

- 11.1 **ASA – Private Reading** (Psychic Mediumship) *20 minutes*
- 11.2 **ASA – Demonstration** (Trance & Spirit Arts) *20 mins (+10 mins)*
- 11.3 **DSA – Public Platform** (Psychic Mediumship) *20 minutes*
- 11.4 **DSA – Demonstration** (Trance & Spirit Arts) *20 mins (+10 mins)*

12.0 Viva Voce

- 12.1 **ASA – Practitioner Viva Voce** *25 mins interview*
- 12.2 **DSA – Teacher Viva Voce** *25 mins interview*

Spirit Australia Education

INTRODUCTION

- ✓ LEVEL 3 CSA 600 hours
- ✓ LEVEL 4 ASA 1200 hours
- ✓ LEVEL 5 DSA 1800 hours



Spirit Australia Education

1.1 Professional Qualifications

Spirit Australia courses are open to all, regardless of background, belief, or affiliation, and they are the first of their kind worldwide. They are:

- ✓ non-religious, community-based, not-for-profit
- ✓ aligned with nationally recognised standards
- ✓ developed by an expert qualified team of educators, and
- ✓ grounded in integrity, not commercial gain.

We are a true cooperative of leaders in Australia's spirit community, and we uphold rigorous standards, ethical practice, and genuine spiritual development.

Our qualifications support students, protect the public, and raise the bar for professionalism in this important, often misunderstood, and deeply profound area of human life.

Assessors are drawn from the Spirit Australia Tutor Team and beyond, to form the National Assessment Team. All candidates are assessed by two Assessors, not just by one.

At Level 4 & 5 there are two streams available for assessment and qualification in:

Psychic Mediumship stream: Candidates must show competent understanding (and demonstrate) both psychic and mediumship abilities satisfactorily.

Trance & Spiritual Arts stream: Assessment at Level 4 & 5 recognises the unique nature of connection at both human and spirit level. Enrolment for the *Trance & Spiritual Arts* stream is considered with consultation and at the discretion of Spirit Australia Assessment Team, and includes mixed or specialised abilities such as trance speaking, writing, spirit art, healing, as well as abilities in modalities that do not easily categorise.

Spirit Australia Education

1.2 RPL – Recognition of Prior Learning

The Spirit Australia pathway for student recognition of prior learning has four parts. See pages 16-17 of the Student Handbook for more information. All RPL candidates must show:

- 1) **Evidence of equivalent study in related fields** of psychic mediumship & spirit arts. Submit summary (300 words max) of previous personal practice, learning, working, demonstrating, teaching etc to be approved by the Spirit Australia Assessment Team.
- 2) A highly fluent **knowledge & understanding of the Six Foundation Units** (Level 2) content, as this information will form part of the various live assessments.

Once these first two conditions are completed, the only **other assessments required** for new candidates who successfully apply for RPL recognition are:

CSA (Level 3) Certificate

(Minimum RPL is 2 years)

3) **Five Day Seminar** attendance Spirit Australia **OR**

4) **Personal Reflection Essay** 750 words / 10 min video

ASA (Level 4) Adv. Cert.

(Minimum RPL is 5 years)

3) **Demonstration** One-to-One Mediumship or Trance

4) **Viva Voce** 25 mins interview (Practitioner)

DSA (Level 5) Diploma

(Minimum RPL is 10 years)

3) **Demonstration** Platform Mediumship or Trance

4) **Viva Voce** 25 mins interview (Teacher)

Spirit Australia Education

1.3 Spirit Australia Membership

Supporter Membership

Becoming a Spirit Australia member for just \$35 a year is a meaningful way to support both your own spiritual journey and the wider community. As a member, you'll stay connected, receive member-only updates and discounts, and be eligible for your course achievements to be formally recognised on our website. Most importantly, your contribution directly helps Spirit Australia fulfil its charitable purpose—*supporting the community and integrity of spirit education*—by keeping learning accessible, inclusive, and grounded in ethical practice.

If you are a Spirit Australia supporter member and have been awarded Advanced Certificate (Practitioner) or Diploma (Teacher) qualification, you're eligible to be recognised and promoted on the **National Map of Spirit Australia graduates** who are all qualified to offer readings, practice circles, workshops, teaching and other services to students and the general public.

Community Membership

As a Community Member, your group will be featured on the Spirit Australia National Map, helping new students and like-minded individuals find you. You'll also gain visibility through links to your website and social media, while showing your support for our shared mission of upholding the community and integrity of spirit education across Australia.

Community Membership is available for just \$50 a year and is open to spiritualist churches, development circles, and other community-based organisations.

Spirit Australia Education

2. Code of Ethics & Conduct

Everyone in the Spirit Australia community agrees to uphold the Code of Ethics & Conduct as a condition of their continued membership. This Code can be found on our website, and on page 85 of this Student Handbook.

PART A: PERSONAL PRACTICE

- ✓ LEVEL 3 CSA 600 hours
- ✓ LEVEL 4 ASA 1200 hours
- ✓ LEVEL 5 DSA 1800 hours



Part A is Nominal 250 Hours & consists of:

3. Personal Practice Overview
4. Personal Practice Journal

This document provides an outline of Spirit Australia's 3. Overview of Personal Practice

Personal Practice & Spiritual Growth

All three Spirit Australia professional qualifications require a nominal 250 hours of personal spiritual practice.

However, please remember that personal practice isn't just a requirement for completing some qualification; it's a foundational pillar of all spiritual development.

At some point in our development, we need to become fluent in our ability to “dial down our human thinking brains” and shift our awareness to the vast spaces that exist beyond regular everyday life. Awareness, connection, and communication with the spirit realms relies upon consistent inner work.

The journey of awakening to the truth that we are spirit first, and physical body second, is both profound and deeply personal. For many, this realisation is life changing.

Once you recognise that your spirit is the permanent part of your being—simply having a temporary human experience—the world opens in new, expanded ways that traditional western society often struggles to fully support or understand.

Spiritual growth is not a linear path, nor one-size-fits-all. Layers of awareness may unfold gradually, or arrive in sudden, transformative shifts. In amongst the challenges, unexpected delights, or sudden twists and turns of spiritual awakening, one surprisingly simple thing remains a constant: **we need time to reflect, absorb, and integrate what we learn.**

This is where personal practice becomes invaluable.

Whether by structured meditation, journalling, breathwork, energy healing, walking alone in nature, or creative expression, it is the act of making space for your authentic inner world that cultivates genuine depth, resilience and spiritual wisdom.

Your practice doesn't need to be elaborate. It simply needs to be consistent, meaningful, and true to who you are.

Alongside your own inner explorations, the guidance of trusted mentors and elders in the field can offer both wisdom and perspective. Ancient traditions have endured for a reason; they hold truths that resonate through time.

And yet, spirit is always evolving, just as we are. There is always room for new modalities, fresh approaches, and personal revelations.

**Spirit encourages innovation, just as it honours tradition.
Allow yourself time to be inspired.**

Find a practice (or several) that resonates with you. Commit to it. Return to it often.

In moments of challenge or expansion, your personal practice becomes your anchor; a place of comfort, clarity, and connection.

Are you in the habit of making space for your spiritual development? Chances are, you're already doing far more than you think.

Assessment of Personal Practice

Your **Personal Practice Journal** is a valuable companion on your journey and can support you during assessment at each qualification level. However, you won't be assessed on the overall quality or frequency of your journal entries, and you won't need to submit the journal itself. You'll simply be asked to confirm that you've been maintaining it regularly.

Your personal practice will be assessed based on:

CSA / ASA / DSA	10. Reflective Essay	750-1200 words OR 10-15 minutes video
ASA / DSA	11. Demonstration	Psychic Mediumship OR Trance & Spirit Arts
ASA / DSA	12. Viva Voce	Psychic Mediumship OR Trance & Spirit Arts

Just like warming up with scales before performing a piano piece, we can all strengthen our connection to spirit, and to our spiritual selves, through regular practice. Competency and fluency don't appear by chance; they develop over time with consistent effort. Your ongoing spiritual development and your link with spirit deepens through this commitment.

The depth of insight that you show in your **Reflective Essays**, the **Viva Voce** assessment, and in your live **Demonstrations** of one-to-one or platform mediumship, or trance and spirit arts, is all the evidence your assessors need.

Just keep going. Practice, practice, practice...

You are raising your vibration, becoming more empathetic and authentic, and developing your link with the spirit world. We are cheering for you every step of the way!

PART A: PERSONAL PRACTICE

- ✓ LEVEL 3 CSA 600 hours
- ✓ LEVEL 4 ASA 1200 hours
- ✓ LEVEL 5 DSA 1800 hours



- Part A is Nominal 250 Hours & consists of:
3. Personal Practice Overview
 4. Personal Practice Journal

This document outlines the content and requirements to fulfil

4. Personal Practice Journal

Spiritual Practice – Personal Reflection and Journal

Your Personal Practice Journal is a valuable opportunity to record what is meaningful to you. For many people, the simple act or ritual of regularly recording your thoughts, feelings and experiences becomes a powerful learning experience in itself.

You are not asked to submit your Journal for viewing by assessors. However, your Journal can form an important resource for your Reflective Essays, at all three of the professional qualification levels. If you are a candidate attending the ASA or DSA Demonstration & Viva Voce assessments, you are very welcome to bring your Journal to support your Viva Voce.

It's usually very important to date every entry. Looking back over your journal can reveal some surprising patterns, and breakthrough moments. It can also provide comfort, when you realise that you've been here before... Just a few minutes a day. Try to do it often.

Some people include much more than written words in their journaling. Examples include song lyrics, creative doodling or art works, poetry, scrapbook-style cut and paste items, and many other things that might help you represent what you are recording for yourself.

Not all moments in your journal have to be intentionally spiritual; it could be an everyday experience or event that reveals itself later to have profound spiritual implications.

Here are just a few guiding prompts to help you get started:

How has my understanding of the world changed through spiritual practice?

Have I experienced shifts or noticed patterns in my emotions? In my relationships?

Has my physical body experienced changes? My thoughts? My diet? My habits? My outlook?

What habits or rituals keep me grounded? What inspires me? What challenges me?

What do I not want to repeat? What questions or insights are guiding me onwards?

The act of creating a personal Journal can be the best habit you ever begin (if you're not already a life-long fan). Enjoy! It's all about you.



PART B: COMPLEMENTARY COURSES

- ✓ LEVEL 3 CSA 600 hours
- ✓ LEVEL 4 ASA 1200 hours
- ✓ LEVEL 5 DSA 1800 hours

Part B is Nominal 50 Hours & consists of:

5. Overview of Complementary Courses
6. Complementary Courses Logbooks
7. Short Reports

This document outlines the content and requirements to fulfil

5. Overview of Complementary Courses

To support your broader development, all Spirit Australia students must complete **20 hours of external spiritual tuition** for each qualification level. These experiences expand your learning, strengthen discernment, and connect you with the wider spiritual community.

You are free to choose the spirit related classes, workshops, or development circles that best align with your personal interests. **The classes must have happened in the previous 3 years.**

These classes may be led by any experienced spiritual teacher or organisation—not just Spirit Australia. We actively encourage you to explore teachings beyond our own courses and we welcome the wisdom of diverse voices.

The **20 tuition hours** can have the following formats:

- **In-person learning classes or workshops are ideal**, as they allow for real-time energy exchange and community connection
- **Live online sessions are also acceptable**, provided they are teacher-led and interactive
- **Pre-recorded or self-paced materials**, while valuable in other contexts, do not count toward this requirement

NOTE: For all CSA, ASA & DSA candidates, if you fully attend the annual Spirit Australia Five Day Seminar, this exceeds the 20-hour requirement and includes comprehensive tutor assessment. In this case, you're exempt from submitting Short Reports.

Held every September, this intensive learning experience immerses students from 9am to 9pm each day, including more than 8 hours per day of classes, for five days. The standard of tuition, the learning opportunities experienced through your fellow classmates, and the breadth and experience of the multiple tutors, is a wonderful opportunity that far exceeds the regular format of attending several one-off workshops or classes.

Participation will be assessed by tutors, including self-reflection and feedback opportunities, and therefore candidates do not need to complete the usual Short Reports requirement.

Everything experienced is an opportunity to learn.

Spirit Australia celebrates the many gifted spiritual teachers existing across the country. We're here to support—not replace—the important work they already do.

Our goal is to raise the standard of spirit education, increase public awareness, and make quality learning more accessible. That's why our mission is:

“Supporting the Community & Integrity of Spirit Education”

Looking at it another way, the purpose of engaging in tuition hours from multiple sources is not only to expand your knowledge, but also to expose you to different teaching styles, modalities, and approaches to spiritual development.

Every teacher, like every individual student, has a unique way of working with energy and spirit. Immersing yourself in these differences encourages wise discernment and helps you to discover what resonates most deeply for you, and what does not.

Additionally, in exploring diverse learning opportunities, you'll likely meet a wide variety of people at each new location or class setting. We can often learn as much, if not more, from our fellow students as we do from our teachers.

These shared moments of discovery, laughter, vulnerability, or even frustration are all part of building spiritual maturity.

Whether your interest lies in psychic development, mediumship, energy healing, shamanic practices, or other spirit-aware paths, these 20 Complementary Courses hours are an opportunity to observe, reflect, and refine your own spiritual compass.

Spirit Australia recognises and honours the many skilled and dedicated teachers already working across Australia and beyond. This requirement respects and supports the broader spirit community, and encourages each student to engage thoughtfully with what's available in their region or field of interest.

Just as important as attending these sessions is reflecting on them.

As part of your assessment, you'll be asked to keep a Logbook and also to complete three Short Reports, each based on a different teacher or class experience. These reflections, and how to structure them, will each be explained in the following sections.

By stepping into a variety of learning environments with open awareness and personal discernment, you gain not only experience—but you'll be opening the door to integrity, humility, and wisdom.

So go, be brave, and start exploring! We can't wait to hear about all that you'll discover and learn along the way.

6. Logbooks



Your Complementary Courses Logbook is your personal record of your ongoing community connection and spiritual learning opportunities. It will not be requested for assessment, however if you are attending the ASA or DSA Demonstration & Viva Voce assessments then you may wish to bring your Logbook to support your candidacy.

Keep a simple **Logbook** of all 20 hours, including:

- Date, location, and name of each event
- Duration and size of each event
- Teacher's name
- Key reflections or takeaways

This helps track your development and supports your written reflections.

The format for your Logbook is personal, and up to you. Please remember that your Logbook contains important reference material, so feel free to include whatever additional content or record keeping style feels relevant and correct for you.

7. Short Reports Guidelines

Writing Your Short Reports

As part of the 20 Tuition Hours of external spiritual development required for each level of Spirit Australia's professional qualifications, candidates must submit **three Short Reports**.

These reports allow you to reflect meaningfully on your Complementary Courses learnings and experiences, to practice and demonstrate discernment, and to engage with the broader spiritual community.

Your Complementary Courses Short Report assessors are looking for honest reflection, personal growth, and thoughtful engagement with your learning journey.

Submitting Your Short Reports

You can submit your reports via the student portal in one of two ways:

- Upload a photo or scan of your handwritten or printed report in Word or pdf format
- Fill in the digital form provided on the Spirit Australia website

These Short Reports are a valuable part of your development and a chance to showcase your insight, integrity, and growing confidence as a spirit-aware student, practitioner, or publicly demonstrating and teaching professional. Use the following guide on the next page to help you complete each report:



(7. Short Reports Guidelines continued)

Participants are to complete **20 hours** of externally provided short courses, workshops, classes or development groups in the modality of your choosing. You are to maintain a reflective Logbook throughout to document your experiences.

You are asked to write **three** short reflections on the Complementary Courses experiences you have completed. Each of your reflections should refer to a different piece of training.

Your report is a personal reflection of your experience of the training. You are encouraged refer to your Complementary Courses Logbook, and your Personal Practice Journal, to evidence your reflection. Your reflections should include:

Observations

Your experiences in body, emotions, intellect, memory and spirit.

Interpretation

Insights you gained from the experience as related to your personal spiritual and human life.

Attribution

How these new learnings might fit into the story of you.

Each report should be:

- 150 words
- Written clearly and honestly in your own voice
- Structured to include the following details:

Basic Class Information:

TITLE: Name or main focus of the session

DATE: Date, location & duration of the class

TEACHER: Name and contact details

SIZE: Approximate number of fellow students

Some Personal Reflections Prompts & Suggestions:

- Did the class unfold as expected?
- What, if anything, surprised you?
- What stood out as particularly effective or enjoyable?
- What might have been improved or approached differently?
- What personal insights or inner responses did you experience?
- Did you notice any sense of holding back or fear within you? Did you notice any feelings of unexpected joy or freedom? What meaning do you take from this?
- What roles did your teacher, or fellow students, or spirit play in your learnings?
- Did your learnings occur mostly at the time, or in the time after, this class?
- Where do you feel drawn to explore next?



PART C: FORMAL ASSESSMENT

- ✓ LEVEL 3 CSA 600 hours
- ✓ LEVEL 4 ASA 1200 hours
- ✓ LEVEL 5 DSA 1800 hours

Part C is Nominal 300 Hours & consists of:	9.	Six Foundation Units	CSA	ASA	DSA
	10.	Reflective Essay	CSA	ASA	DSA
	11.	Demonstration	CSA	ASA	DSA
	12.	Viva Voce	CSA	ASA	DSA

This document provides an overview of Spirit Australia's

8. Assessment Overview

Understanding Assessment at Spirit Australia

We understand that for many adult learners, the word *assessment* can feel daunting or even uncomfortable. But assessment does not have to feel like judgment; it can also be about recognising growth, encouraging reflection, and supporting your ongoing development.

This Assessment Overview offers insight into the ethos and guiding principles that shape how we approach assessment in our courses. It's designed to give you a clear, supportive foundation before we outline the specific assessment tasks that follow in the next section.

What Does Assessment Mean at Spirit Australia?

When it comes to education, not all certificates are created equal. Some certificates simply acknowledge **attendance** or **participation**. Others signify **achievement**; a clear consistent level of knowledge, skill, and competency shared by all who are awarded the certificate

At Spirit Australia, we're committed to the latter. Our professional qualifications are built on meaningful assessment standards, with the aim of establishing clear and consistent knowledge, skill and competency.

While we honour every student's unique gifts and style, we also want to ensure that those who hold Spirit Australia qualifications **share a common foundation of understanding, capability, and ethical awareness**



Our courses are all carefully aligned with the **Australian Qualifications Framework (AQF)**, meaning our qualifications are vocationally appropriate and comparable. For example, our Advanced Certificate (Level 4) is aligned to national AQF Level 4 standard. This gives peace of mind to the Australian public, to insurance providers, and to the broader professional spirit community that our graduates meet recognised benchmarks.

Details of each qualification's structure, expectations, and assessments are within the **Spirit Australia Student Handbook**. This framework is your companion in understanding the progression of your studies, the competencies required, and the pathways available as you deepen your skills.

From Facts to Wisdom: A Modern View of Assessment

Once upon a time, education was about memorising facts. Times tables. Spelling bees. Fixed content. Repetition.

But we live in a different world now.

Instant answers are in our pockets, just a click or a voice command away. With the rise of artificial intelligence, the real challenge is no longer acquiring knowledge—but learning how to think, discern, prioritise, and apply wisdom.

This is especially true in spiritual education. Our work isn't mechanical. It's highly intuitive, experiential, and often deeply creative. You're not memorising formulas to repair an engine. You're developing the awareness and sensitivity to connect with spirit, interpret energetic information, and offer healing, inspiration, or insight in service of others. There's no script, and no "one way" to do it.

That's why Spirit Australia's assessment approach is grounded in real-world demonstration, reflective spirit-led insight, and meaningful human feedback.

Our Assessment Team

Our assessors are more than straightforward administrators. They're all long-standing and well-respected practitioners in their fields, drawn from across almost every Australian state.

Each candidate is always assessed by **two assessors**, to ensure fairness, transparency, and diverse perspectives.

This team comes together in person each year at the **Spirit Australia Summit** (September), where live assessments, including mediumship **Demonstrations** and **Viva Voce** interviews, are offered. These moments are often deeply affirming experiences for students—where progress and development is acknowledged, spirit is present, and your journey is honoured.

A Living, Guided Process

Assessing spiritual work is not a simple checklist. It's very much a responsive and intuitive process, like witnessing a moving piece of art or music. It requires sensitivity, discernment, and the ability to truly feel what's being expressed.

Our assessors listen deeply, observe with care, and allow spirit to guide them just as it guides the student. Assessment is a shared space of awareness and sacred connection.

And, importantly, our **Spirit Australia assessment is about discernment, not judgement**. It's about acknowledging and encouraging growth. Through constructive feedback and the recognition of your progress, we aim to encourage and help you expand further.

Assessment is not always an easy task, but it can be a joyful one.

PART C: FORMAL ASSESSMENT

- ✓ LEVEL 3 CSA 600 hours
- ☒ LEVEL 4 ASA 900 hours
- ☒ LEVEL 5 DSA 1200 hours



Part C is Nominal 300 Hours & consists of:	9.	Six Foundation Units	CSA	ASA	DSA
	10.	Reflective Essay	CSA	ASA	DSA
	11.	Demonstration	CSA	ASA	DSA
	12.	Viva Voce	CSA	ASA	DSA

This document provides an overview of Spirit Australia's

9. Six Foundation Units

Level 2 Foundation Units: The Starting Point for Professional Learning

Spirit Australia's six Foundation Units lay the essential groundwork for deeper spiritual education. Developed as Level 2 studies, they provide a shared language, core concepts, and a consistent ethical framework for further growth.

These aren't just introductions; they form the common ground uniting our diverse spiritual community. Whether you're new or experienced, understanding this material is key. Even seasoned practitioners often find fresh insight in revisiting the foundations.

Some students may find the content new or challenging, others may feel it confirms what they already know. Either way, these shared teachings help build a community of trust, respect, and spiritual integrity.

Each Unit is designed for 50 hours of study, though the written material and final exam may take less time. The real value lies in the journey—reflection, practice, suggested readings, and applying what you learn to daily life. In this way, the Foundation Course Units become more than study, they are living pathways that support your personal growth.

Assessment

The Unit ends with 20 multiple-choice exam questions. To successfully complete the exam a perfect score of 20/20 is required but don't worry, you'll have up to three attempts to achieve this. Please remember the aim of this assessment task is not to pass judgement; it is to solidify and integrate knowledge.

Ongoing Feedback

Launched in 2025, our Foundation Course is an evolving and exciting step forward in raising professional standards and enabling integration of spiritual awareness and education into general society.

Your experiences help us shape future versions of the courses and keep Spirit Australia education responsive, relevant, and vibrant. We welcome your feedback, reflections, and ideas to help us grow and refine Spirit Australia's learning experience.



PART C: FORMAL ASSESSMENT

- ✓ LEVEL 3 CSA 600 hours
- ✓ LEVEL 4 ASA 1200 hours
- ✓ LEVEL 5 DSA 1800 hours

Part C is Nominal 300 Hours & consists of:	9.	Six Foundation Units	CSA	ASA	DSA
	10.	Reflective Essay	CSA	ASA	DSA
	11.	Demonstration	CSA	ASA	DSA
	12.	Viva Voce	CSA	ASA	DSA

This document provides an overview of Spirit Australia's assessment of

10. Reflective Essay

Reflecting on Your Journey

As part of Spirit Australia's professional qualification process, all candidates are required to submit a Reflective Essay at each level of study; Level 3 **Certificate** (Foundations), Level 4 **Advanced Certificate** (Practitioner), and Level 5 **Diploma** (Teacher).

These essays are designed to help you integrate and express the insights, practices, and transformations that have shaped your personal spiritual journey.

While each level of Reflective Essay has a slightly different focus, they all share the same intention: to recognise and honour your learning, to celebrate your growth, and to offer a meaningful opportunity to pause and reflect on where you've come from, where you are now, and where spirit might be leading you next.

You'll find the specific requirements for each qualification in the Student Assessment part of the Handbook: CSA (p43), ASA (p47) and DSA (p65).

You are welcome to submit your report in writing (typed or handwritten), or as a recorded video if you prefer to speak rather than write. Use whichever format allows you to express yourself most naturally.

Reflective Essays can be submitted:

- As a typed document via the online student portal
- As a scan or photo of a handwritten (or typed and printed) report
- Or as a short, pre-recorded video upload to your student portal

Whatever format you choose, your submission will be reviewed with care and respect by our Spirit Australia Assessor Team, who are here to encourage your continued growth—not to critique your personal voice or style.

Above all, these essays are about *your truth*. They are your opportunity to bring together insight, experience, inspiration, and perhaps even a glimpse of your future direction. Pause, just for a moment, and have a good look around. Let your Reflective Essay reflect your journey, in all its richness and authenticity.

PART C: FORMAL ASSESSMENT

- ☒ LEVEL 3 CSA 600 hours
- ✓ LEVEL 4 ASA 1200 hours
- ✓ LEVEL 5 DSA 1800 hours



Part C is Nominal 300 Hours & consists of:	9.	Six Foundation Units	CSA	ASA	DSA
	10.	Reflective Essay	CSA	ASA	DSA
	11.	Demonstration	CSA	ASA	DSA
	12.	Viva Voce	CSA	ASA	DSA

This document provides an overview of Spirit Australia’s assessment of

11. Demonstration

After dedicating so much time to personal practice, reflection, and development, the opportunity to demonstrate your growing ability to connect and communicate with spirit becomes a pivotal milestone in your educational journey.

Live demonstration of spirit connection is a key requirement at the two highest levels of Spirit Australia’s professional qualifications ASA and DSA. These demonstrations provide a space for your abilities to be witnessed, honoured, and assessed in real time.

For the **Psychic Mediumship** stream, demonstrations are ideally done in person, but may also be completed via live online platforms if necessary.

For the **Trance & Spirit Arts** stream, in-person assessment is essential, given the subtle energetic nuances and safety considerations that often arise during trance work.

Additionally, we recognise that some Trance & Spirit Arts candidates may have further needs and considerations for assessment. While we welcome diversity in spirit connection and communication, this must be discussed, in advance, with the Education Assessment Team to clearly establish a suitable criteria and processes.

We have listed a brief overview of the four types of demonstration assessment here on the next page, but for a more detailed overview of what assessors are looking for—including preparation tips and marking criteria—please refer to the **Student Assessment: Criteria, Process & Support Guide**, beginning on page 39 of this Student Handbook.

We understand that live demonstrations can feel daunting.

The fluid, intuitive nature of spirit communication often resists a strict structure—and that’s perfectly okay.

Each demonstration is supported by two trained assessors, whose role is to observe with empathy, professionalism, and deep understanding of the spirit arts.

Your assessors are highly experienced and attuned to the many layers involved in this work. Their focus is not perfection. The keys to a successful demonstration are:

- **Authenticity**
- **Ethics** and
- **Clarity** of connection

The person you are reading for will obviously want you to have a clear strong connection, and your assessors want the same too.

They are not there to critique, but to witness, support, and affirm the unique way in which you connect with spirit.

Take a deep breath. Trust your practice. And most of all—*trust spirit*.

You've come a long way. Now is your time to let your light be seen.

Here is a brief overview of the **four types of demonstration assessments**, depending on your stream and qualification level:

ASA Adv. Cert. Practitioner (Level 4)

Psychic Mediumship: **One-to-One Private Readings** **20 minutes**
At least two clients will be made available to you. Provide a reading for either one or two clients, at your discretion, within a total maximum of 20 minutes.

Trance & Spirit Arts: **Trance or Entranced Spirit Arts Demonstration** **20+10 minutes**
Maximum 20 minutes per demonstration. Includes additional 10 minutes discussion and preparation time with assessors, prior to beginning the demonstration.

DSA Diploma Teacher (Level 5)

Psychic Mediumship: **Platform Demonstration of Mediumship** **20+10 minutes**
At least four clients will be made available to you. Provide readings for two clients, selected by you (and spirit). **NOTE: Maximum 10 minutes per client.** Includes extra time for working with groups, and professional opening & closing the demonstration.

Trance & Spirit Arts: **Trance or Entranced Spirit Arts Demonstration** **20+10 minutes**
Maximum 30 minutes per demonstration. Includes additional 10 minutes discussion and preparation time with assessors, prior to beginning the demonstration.

PART C: FORMAL ASSESSMENT

- LEVEL 3 CSA 600 hours
- LEVEL 4 ASA 1200 hours
- LEVEL 5 DSA 1800 hours



Part C is Nominal 300 Hours & consists of:	9.	Six Foundation Units	CSA	ASA	DSA
	10.	Reflective Essay	CSA	ASA	DSA
	11.	Demonstration	CSA	ASA	DSA
	12.	Viva Voce	CSA	ASA	DSA

This document provides an overview of Spirit Australia's assessment of

12. Viva Voce

At the two highest levels of Spirit Australia's professional qualifications, all candidates are required to complete a live demonstration of their skills, followed by a Viva Voce interview with two assessors.

The Viva Voce is a time-honoured assessment tradition, designed not to intimidate, but to *illuminate*.

It offers candidates the opportunity to reflect on their demonstration and articulate the depth, breadth, and evolution of their spiritual development.

Viva Voce literally means "living voice". This type of assessment is:

**A dialogue between the candidate and the assessor
that guides the candidate to
articulate the depth and breadth of their knowledge and skills**

It's also a powerful (and often surprisingly enjoyable) way for assessors to understand the unique perspective, style, and integrity each candidate brings to their work.

Preparing for a Viva Voce assessment can sometimes feel intimidating as the time draws closer, but in truth it's a lovely way for candidates to interact with the assessment team and share some more of who you are, and how and why you do what you do.

There are sample Viva Voce questions in the **Student Handbook** starting on p58 & p76 that can help you prepare.

Your assessors are here to support, encourage, and celebrate how far you've come. Remember, *we genuinely want you to succeed*.

Relax. Smile. Let's have a chat!

STUDENT ASSESSMENT



CRITERIA, PROCESS & SUPPORT

Choose the **CSA**, **ASA** or **DSA** section to quickly find, reference or make copies of the various forms & information to support candidates and assessors.

The coloured bands on the following pages appear in two ways:

Across the Top of the Page

These pages are the forms used by your assessors on the day of your assessment

Down the Left Hand Side of the Page

These pages are to help inspire and guide you as you prepare for your assessment

**Please contact Spirit Australia directly if you have any questions.
We are here to help you succeed!**

LEVEL 3 ASSESSMENT

CSA

**Certificate of Spirit Australia
(Foundations)**

The professional Spirit Australia qualification of

Certificate of Spirit Foundations

is awarded to candidates who successfully complete the following requirements:

PART A PERSONAL PRACTICE 250 nominal hours

- **250 Hours** of Personal Practice
- Personal Practice **Journal**

PART B COMPLEMENTARY COURSES 50 nominal hours

- **20 Hours** of teacher led Classes, Workshops, Events
- Complementary Courses **Logbook**

PART C FORMAL ASSESSMENT 300 nominal hours

- **Three Short Reports: from Complementary Courses** (150 words)
Please see Page 29 & 30 for this element which is common to all courses
- **Reflective Essay: Teacher Reflection** (750 words / 10 mins video)
- **Six Foundation Units of Study: Online Examinations** (100% pass)

(D) MEMBERSHIP of Spirit Australia (\$35 annual)

(E) ASSESSMENT FEE One Off Payment \$1800 (Includes website listing)

CSA Three Short Reports: Complementary Courses

Approx. 150 words for each of the 3 Short Reports

Please see page 29 & 30 of the Student Handbook for a guide to completing and submitting this requirement which is common to all three Spirit Australia qualifications.

CSA Reflective Essay: Personal Reflection

Approx. 750 words or **10-minute video**

This Level 3 report is a gentle and introspective personal reflection on your individual and unique personal spiritual development so far. It's a space to consider how your spiritual practices—formal and informal—have helped shape who you are becoming.

While not assessed, your Personal Practice Journal and Complementary Courses Logbook can be powerful prompts and resources for this task.

There is no need to follow a rigid structure. Speak from the heart, and explore how you've grown through meditation, intuitive work, self-study, or any significant life experiences that have brought you closer to your spiritual self.

Many students undertaking CSA will have already logged hundreds of hours of practice through daily meditation, classes, journaling, or spiritual service. (For example, one hour a day, five days a week equals 250 hours in a single year!)

Reflection prompts to consider:

- How has my understanding of the world changed through spiritual practice?
- Have I noticed shifts in my mindset, emotional state, or relationships?
- What moments of insight, healing, or inspiration have stood out the most?
- What habits or rituals keep me grounded and aligned?
- What questions or inspirations, at this point, are guiding me onwards?

This report is about you as a student. Let your inspired curiosity guide a heartfelt, honest reflection on your growth, awareness, and evolving understanding.

CSA Foundation Units: Six Study Essentials

At Spirit Australia, we offer two flexible ways for you to complete the Foundation Courses, depending on your learning preferences and lifestyle.

Option 1: Online Study

Enrolling online is quick and easy. Before you begin, please make sure to become a Spirit Australia Supporter Member (annual fee of \$35). This ensures your exam results are recorded and accessible through your student membership portal.

If you encounter any difficulties during the sign-up process, please don't be concerned or feel frustrated. We're just a phone call away and always happy to help.

Option 2: Printed Handbook

Prefer learning offline? You're not alone! This is no problem, as all of the six Foundation Course Units are available in printed form inside the *Spirit Australia Student Handbook*. It's a perfect solution if you like to make handwritten notes or enjoy reading away from a screen.

If you complete your studies using the printed handbook, you can then either:

- Submit your multiple-choice answers online, via your student portal, or
- Phone us directly with your completed answer sheets, and we'll handle the rest. It typically takes around 20 minutes to register and process all six exams—simple!

The Six Foundation Units

1. Psychic Senses
2. Mediumship
3. Healing
4. Spiritualism
5. World Traditions
6. Awakening

Assessment Requirements

Each Unit concludes with 20 multiple-choice questions. A perfect score of 20/20 is required, with up to three attempts allowed. Remember that the aim of this assessment task is not to pass judgement; it is to solidify and integrate knowledge.

LEVEL 4 ASSESSMENT

ASA

Advanced Certificate (Practitioner)

in Psychic Mediumship

or

in Trance & Spirit Arts

Advanced Certificate in Psychic Mediumship or Advanced Certificate in Trance & Spirit Arts

is awarded to candidates who successfully complete the following requirements:

PART A PERSONAL PRACTICE 250 nominal hours

- **250 Hours** of Personal Practice
- Personal Practice **Journal**

PART B COMPLEMENTARY COURSES 50 nominal hours

- **20 Hours** of teacher led Classes, Workshops, Events
- Complementary Courses **Logbook**

PART C FORMAL ASSESSMENT 300 nominal hours

- **Three Short Reports: from Complementary Courses** (150 words)
Please see Page 29 & 30 for this element which is common to all courses
- **Reflective Essay: Analytic Reflection** (1200 words / 15 mins video)
- **Demonstration: Private Reading** (Psychic Mediumship) or
Demonstration (Trance & Spirit Arts)
- **Viva Voce Interview: Practitioner** (25 minutes)

(D) MEMBERSHIP of Spirit Australia (\$35 annual)

(E) ASSESSMENT FEE One Off Payment \$1200 (Includes website listing)



ASA Three Short Reports: Complementary Courses

Approx. 150 words for each of the 3 Short Reports

Please see page 29 & 30 of the Student Handbook for a guide to completing and submitting this requirement which is common to all three Spirit Australia qualifications.



ASA Reflective Essay: Analytical Reflection

Approx. 1200 words or 15-minute video

At this Level 4 stage, your report should incorporate both personal reflection (see p43 for Level 3 CSA essay prompts) and thoughtful research. This means including references to books, studies, and other reputable sources that have influenced your understanding of spiritual concepts and practices.

You are encouraged to explore authors, scientists, teachers, or traditions that have resonated with you—whether you’ve agreed with them or not. The goal is to show the interplay between your personal journey and the wider body of knowledge that supports and challenges your growth.

The Spirit Australia Suggested Reading List is a great place to start, though you are welcome to reference sources outside this list.

Reflection prompts to consider:

- What writers, researchers, or historical figures in mediumship inspire me?
- Have I had spiritual experiences that I later found supported in the research or experiences of others?
- What books or teachings have had a significant impact on my path, if any, and why might this be the case?
- Has my personal life been changed as my spiritual knowledge deepens?
- Where do I feel drawn to continue my studies, and what topics light me up?

This report is an opportunity to demonstrate your deepening awareness of how personal experience and shared knowledge interweave in meaningful ways.



ASA Demonstration: Psychic Mediumship or Trance & Spirit Arts

On the following pages you will find information about the assessment criteria for the assessment of a demonstration of your chosen stream of qualification.

Pages with a **horizontal coloured band** at the top are used by assessors to complete your assessment. Pages with a **vertical coloured band** on the left are for your reference, to help you prepare and decide if you're ready for assessment.

STREAM 1:

Advanced Certificate in Psychic Mediumship (Practitioner)

Demonstrate a One-to-One psychic mediumship reading for one or two clients.

- At least two clients will be supplied for you
- The maximum time allowed is 20 minutes
- While mediumship is strongly encouraged at this level, we acknowledge that spiritual connection can take many forms. Some practitioners may not feel called to develop mediumship further, and in these cases, a psychic reading is acceptable for assessment purposes for Advanced Certificate practitioners.

STREAM 2:

Advanced Certificate in Trance & Spirit Arts (Practitioner)

Demonstrate your communication with spirit via **Trance**, or via your personal understanding and demonstration of **Spirit Arts**.

- For **Trance** demonstrations, you are required to discuss your demonstration, and any requirements you may have, with the Assessment Team **at least two weeks prior** to your assessment.
- The maximum time normally allowed is 20 minutes, plus 10 minutes preparation time.
- For **Spirit Arts** demonstrations, you are required to discuss the nature of your spirit connection and communication, and any requirements you may have, with the Assessment Team **at least two weeks prior** to your assessment.



Spirit Australia Diploma Assessment CRITERIA:

Trance & the Spirit Arts Demonstration (LEVEL 4 & 5)

1. Preparation and Grounding (15%)

- **Grounding Beforehand:** Demonstrates a strong grounding practice before entering trance.
 - **Setting Intentions:** Clearly invites a spirit communicator or guides to work in harmony.
 - **Protection and Energy Awareness:** Establishes safe energetic boundaries before starting.
-

2. Entering and Holding the Trance State (25%)

- **Entry Process:** Candidate enters a changed state of consciousness appropriately (light, medium, or deep trance — all acceptable at Diploma level).
 - **Blending with Spirit:** Strong blending and overshadowing observed — even if full unconscious trance is not achieved.
 - **Surrendering Control:** Candidate demonstrates ability to "step back" and allow spirit influence without fear or over-control.
-

3. Spirit Communication Quality (25%)

- **Clarity of Spirit Presence:** Spirit's essence comes through clearly (emotion, intention, personality shift).
 - **Verbal or Non-Verbal Communication:** Candidate allows spirit to communicate through speech, gesture, or felt presence.
 - **Coherence:** Messages or expressions from spirit are meaningful, not random or confused.
-

4. Managing the Session (15%)

- **Opening the Space:** Respectful opening of the session, including setting intention for spirit communication.
 - **Holding the Energy:** Maintains a sacred, calm atmosphere throughout.
 - **Proper Closure:** Thanks spirit, re-grounds, and closes the session safely and clearly.
-

5. Spiritual and Ethical Awareness (20%)

- **Respect for Spirit:** Spirit's will, not the candidate's ego, leads the experience.
- **Respect for Sitters:** Treats the audience with care, patience, and emotional sensitivity.
- **Integrity:** No wild claims; no making false promises; spirit communication remains uplifting, healing, or insightful.



Trance & the Spirit Arts Demonstration (LEVEL 4 & 5)

ASSESSMENT Page 1/2 for Candidate Name _____

Category	Criteria	Weight (✓)	Comments
Preparation & Grounding	Grounding Intentions Protection	15%	
Entering & Holding Trance	Entry process Blending Surrender	25%	
Spirit Communication	Clarity Coherence Authenticity	25%	
Managing the Session	Structure Energy management & closure	15%	
Spiritual & Ethical Awareness	Respect Ethics Healing focus	20%	

Key Points for Spirit Australia Trance Assessment

- Light, medium or deep trance are all acceptable. Candidates are assessed for quality, safety, blending, and other aspects, not depth alone.
- Overshadowing or light voice control is enough if spirit essence is clear.
- Spirit, not ego, leads the experience. Characteristics such as humility, trust, and grace are all signs of authentic development.



Trance & the Spirit Arts Demonstration (LEVEL 4 & 5)

ASSESSMENT Page 2/2 for Candidate Name _____

Overall Impression **Assessors Comments**

**Strengths
Observed**

**Areas for
Improvement**

**Examiner's Overall
Comments**

Final Recommendation (Select One):

- Competent
- Not Yet Competent

ASSESSOR 1 _____
Name **Signature & Date**

ASSESSOR 2 _____
Name **Signature & Date**



Spirit Australia Advanced Certificate Candidate Brief:

Private One-to-One Mediumship Reading Assessment (Level 4 ASA)

Congratulations on reaching this stage of your Diploma journey! You will be assessed on your ability to provide one or two private mediumship readings, each lasting **10–15 minutes** (Maximum 20 mins)

Your goal is to demonstrate a clear, respectful, ethical, and evidential connection with spirit, while providing an uplifting, sensitive, and meaningful experience for each sitter.

During the Reading, You Are Expected to:

- ✓ Present Yourself Professionally
 - Greet the sitter warmly.
 - Briefly explain how the session will work.
 - Maintain respect, confidentiality, and clear ethical boundaries at all times.
- ✓ Provide Evidence of Spirit Connection
 - Aim to identify spirit communicators clearly (relationship, personality, memories, etc.).
 - Deliver specific, verifiable information.
 - Encourage feedback ("yes," "no," "unsure") to confirm the connection.
- ✓ Blend with Spirit and Communicate Clearly
 - Allow the spirit communicator's essence and emotional presence to come through.
 - Share information in a clear, structured way.
- ✓ Use Psychic Sensitivity Wisely
 - Tune into the sitter's energy when appropriate.
 - Clearly distinguish when you are working psychically (energy reading) versus mediumistically (spirit connection).
- ✓ Manage the Session Well
 - Keep within the 10–15 minute time frame.
 - Ensure the session has a clear opening, development, and closing.
 - Finish respectfully, thanking spirit and the sitter.
- ✓ Stay Spiritually Grounded
 - Maintain a calm, steady energy throughout.
 - Close the energetic space properly at the end.

Important Notes:

Please avoid giving specific medical, financial, or legal advice.

Focus on uplifting, healing, and empowering the sitter with genuine spirit communication.

Take responsibility if evidence is unclear — remain calm, honest, and positive.

Remember:

You are assessed not just on accuracy, but also on sensitivity, professionalism, and spiritual ethics.

Breathe, trust spirit, and let the connection unfold naturally.

This is about showcasing YOUR unique connection and style — enjoy it!

We believe in you.



Spirit Australia Adv Cert Practitioner ASA (Level 4) Assessment Criteria:

Private One-to-One Mediumship Readings

1. Professionalism and Ethics (15%)

- **Initial Approach:** Warm greeting; respectful explanation of how the session will work.
- **Confidentiality:** Clear statement about privacy and respect for personal information.
- **Boundaries:** Not give medical, legal, or financial advice; handles sensitive topics ethically.

2. Evidence of Spirit Connection (30%)

- **Accurate Identification:** Provides clear, specific details about spirit communicators (relationship, appearance, personality, memories).
- **Specific Evidence:** Goes beyond general statements; delivers details that can be verified.
- **Validation with Sitter:** Checks with recipient regularly; responds to feedback appropriately

3. Quality of Spirit Communication (20%)

- **Blending & Presence:** Maintains clear connection with spirit; characteristics & aspects of communicator's essence comes through.
- **Flow & Structure:** Information is delivered coherently and at a steady pace.
- **Emotional Resonance:** Demonstrates sensitivity to both spirit & recipient's emotional needs.

4. Psychic and Spiritual Sensing (15%)

- **Psychic Tuning:** Accurately senses and reads the client's energy field (past, present, future)
- **Balance:** Integrates psychic and mediumistic information appropriately while reading.
- **Clarity:** Is clear to client when giving psychic impressions vs spirit impressions.

5. Managing the Session (10%)

- **Time Awareness:** Manages time well within the 10-15 minute limit.
- **Session Flow:** Smooth opening, middle, and closing of the session.
- **Closure:** Provides a proper, respectful ending with thanks to spirit and the sitter.

6. Spiritual & Energetic Awareness (10%)

- **Grounding:** Stays centred, calm, and grounded throughout.
- **Energetic Care:** Opens and closes energetic space properly.
- **Respects Spirit & Sitter:** Ensures all communication honours both spirit and the living.



Spirit Australia Advanced Certificate LEVEL 4 Assessment

One-to-One Mediumship Readings p1/2 NAME _____

Category		Criteria (✓)	Comments
Professional & Ethical 15%	5%	Warm, respectful greeting	
	5%	Confidentiality and privacy respected	
	5%	Clear ethical boundaries (no inappropriate advice)	
Evidence of Spirit Connection 30%	10%	Clear identification of spirit	
	10%	Specific verifiable information	
	10%	Validation and sitter feedback integration	
Spirit Communication Quality 20%	5%	Strong blending with spirit	
	5%	Coherent flow of information	
	10%	Emotional sensitivity and care	
Mediumship or Psychic 15%	10%	Psychic reading is accurate and appropriate	
	5%	Clear distinction between psychic and mediumship	
Managing the Session 10%	3%	Effective time management	
	3%	Smooth session structure	
	4%	Proper closing and thanks	
Awareness of Energy 10%	5%	Grounded and centred presence	
	5%	Respectful energy work (opening/closing)	



Spirit Australia Advanced Certificate LEVEL 4 Assessment

One-to-One Mediumship Readings p2/2 NAME _____

Overall Impression

Key Areas	Assessment Notes
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Strengths
Observed

Areas for
Improvement

Examiner's Overall
Comments

Final Recommendation (Select One):

- Competent
- Not Yet Competent

ASSESSOR 1 _____

Name

Signature & Date

ASSESSOR 2 _____

Name

Signature & Date



**Spirit Australia
Advanced Certificate
LEVEL 4 Assessment**

**Private One-to-One
Readings**

**Assessment
Summary Checklist**

✔ Professionalism & Ethics (15%)

- Clear, warm greeting & explanation
- Statement about confidentiality
- Boundaries kept regarding finance, medical etc

✔ Evidence of Spirit Connection (30%)

- Clear identification of spirit (relationship, personality, detail)
- Specific and verifiable information & evidence
- Seeks sitter feedback & responds appropriately

✔ Quality of Communication with Spirit (20%)

- Maintains good blending with spirit's essence
- Delivery at a coherent steady pace
- Sensitivity to spirit & sitters emotional needs

✔ Psychic & Spiritual Sensing (15%)

- Good sensing of client's energy (past, present, future)
- Smooth integration of appropriate psychic and mediumship
- Clear to client when working with either psychic or mediumship

✔ Managing the Session (10%)

- Manages session time well within 10-15 minute limit
- Smooth opening, middle and closing of session
- Respectful closing with thanks to both spirit and sitter

✔ Spiritual and Energetic Awareness (10%)

- Maintains grounding throughout
- Proper energetic opening & closure of session
- Communication honours both spirit & the living

✔ Overall Impression & Comments

- Consistent quality across the demonstration
- Managed time well (neither rushed nor dragged)
- Took responsibility for unclear information appropriately



Candidate Quick Reminder

for Private One-to-One Mediumship Readings

Greet with Warmth

- Quick hello, explain what will happen.
- Smile, stay calm, be kind.

Manage Your Time

- 10–15 minutes max.
- Steady pace — not rushed, not slow.

Blend with Spirit

- Invite universal energy, and any spirit communicators, to move close.
- Share specific evidence (relationship, memories, details).

Psychic Awareness

- If reading their energy, **say so!**
- Be clear: Is it Psychic? or Mediumship?

Check and Validate

- Ask for “yes/no/unsure” gently.
- Adjust without guessing if needed. Check again with Spirit.

Stay Grounded and Kind

- Gentle. Uplifting. Integrity.
- Honour the efforts and intentions of Spirit communicators

End with Gratitude

- Thank Spirit, Sitter, and yourself.
 - Close the energy properly.
-

And remember... TRUST YOURSELF! TRUST SPIRIT!

You've prepared. You're ready. You've got this!



ASA Viva Voce: Psychic Mediumship or Trance & Spirit Arts

On the following pages you will find information about the assessment criteria for the Advanced Certificate (Practitioner) Viva Voce assessment of your chosen stream of Spirit Australia qualification.

Pages with a **horizontal coloured band** at the top are used by assessors to complete your assessment. Pages with a **vertical coloured band** on the left are for your reference, to help you prepare and decide if you're ready for assessment.

Both streams of the Advanced Certificate (Psychic Mediumship) **and** (Trance & Spirit Arts) undertake a Viva Voce assessment.

- The Viva Voce will take place with two assessors present
- The duration of the Viva Voce assessment is **25 minutes**
- You are welcome to bring your Personal Practice Journal, and your Complementary Courses Logbook, if you feel they will assist you in your Viva Voce
- The Viva Voce is usually scheduled to take place straight after your Demonstration

This interview focuses you as a practitioner; on the *practical elements* of your work.

- What did you do?
- How did you do it?
- What worked well, and what didn't go to plan?
- What did you learn, or what might you change for next time?

Level 4 Advanced Certificate ASA is the final stage before many candidates begin teaching others. This conversation marks a kind of “graduation moment”—your opportunity to share the insights, tools, and confidence you’ve developed in your own personal spiritual practice.

It’s the last time someone might assess **how you work**, before you go forward to evolve your own unique teaching or mentoring style.

And once more, just to make it clear... Relax! Smile. This is about you.

You’ve just demonstrated your skills. Now share with us a little of your passion and purpose. This world needs you. We are listening, and we are here to support you.



Spirit Australia VIVA VOCE Sample Questions Bank - ASA

LEVEL 4 — Advanced Certificate Viva Voce Questions

25 MINUTES

Personal Spiritual Practice

- How do you personally prepare before working with spirit?
- What daily or weekly habits help you maintain your psychic or mediumistic sensitivity?

Working with Spirit / Spirit Arts

- How can you tell the difference between your imagination and true spirit communication?
- What are the early signs you notice when a spirit communicator is blending with you?
- In psychic work, how do you avoid reading too much into a client's body language or cues?

Ethics and Responsibility

- What would you do if a client became very emotional or distressed during a session?
- Why is it important not to predict death, illness, or serious misfortune for clients?
- How would you respond if you weren't sure who a spirit message was meant for?

Trance Awareness (for Spirit Arts Stream)

- How do you know you are entering a light trance state?
- What steps do you take to ensure you are protected and safe during trance work?

Key Points for Viva Voce Assessment & Assessors

- **Use follow-up questions** if the candidate shows insight but needs encouragement to expand.
- **Notice depth over speed** — it's OK if they pause, reflect, or even gently self-correct.
- **Assess tone and maturity**, not just content. Kindness, humility, responsibility = excellence.
- **Adapt questions based on the candidate's background** — some may have more trance focus, others more psychic mediumship focus.

Comparison Summary of Candidates Overall Characteristics

✔ Level 4 ASA (Practitioner) shows:

- Strong personal connection
- Safe & ethical practices
- Beginner professional standards

✔ Level 5 DSA (Teacher) shows:

- * Deep understanding
- * Readiness to mentor or guide others
- * Mature spiritual leadership



Spirit Australia VIVA VOCE Interview Sheet (Level 4 ASA)

Candidate Name: _____ Date: _____

Assessor 1 Name

Assessor 2 Name

Level: Level 4 – Advanced Certificate (25 Minutes)

Stream: Psychic Mediumship
 Trance & Spirit Arts

Questions Asked	Key Points or Notes on Response
1	
2	
3	
4	
5	
6	



VIVA VOCE ASSESSMENT

Category	Criteria (✓)	Comments
Knowledge & Understanding	Clear knowledge of spiritual practice and philosophy	
Personal Practice & Self-Development	Shows reflective and responsible personal practice	
Professional & Ethical Awareness	Shows clear ethics, boundaries, and client care awareness	
Readiness to Mentor/Teach (Level 4)	Ability to articulate basic guidance for beginners	
Spiritual Maturity	Displays humility, discernment & emotional intelligence	

Overall Strengths Observed:

Areas for Improvement:

CANDIDATE NAME _____

Final Recommendation (Select One):

Competent

Not Yet Competent

ASSESSOR 1 Name & Signature _____

ASSESSOR 2 Name & Signature _____

Key Points for Spirit Australia Trance Assessment

- Encourage candidates to feel relaxed. Pauses for reflection are okay.
- Focus on depth, discernment, warm professionalism and ethical awareness.
- Celebrate and respect each candidate’s unique way of serving spirit.

LEVEL 5 ASSESSMENT

DSA

Spirit Australia Diploma (Teacher)

in Psychic Mediumship

or

in Trance & Spirit Arts

The professional Spirit Australia qualification of

Diploma in Psychic Mediumship (Teacher)

or

Diploma in Trance & Spirit Arts (Teacher)

is awarded to candidates who successfully complete the following requirements:

PART A PERSONAL PRACTICE 250 nominal hours

- **250 Hours** of Personal Practice
- Personal Practice **Journal**

PART B COMPLEMENTARY COURSES 50 nominal hours

- **20 Hours** of teacher led Classes, Workshops, Events
- Complementary Courses **Logbook**

PART C FORMAL ASSESSMENT 300 nominal hours

- **Three Short Reports: from Complementary Courses** (150 words)
Please see Page 29 & 30 for this element which is common to all courses
- **Reflective Essay: Teacher Reflection** (750 words / 10 mins video)
- **Demonstration: Public Platform** (Psychic Mediumship) or
Demonstration (Trance & Spirit Arts)
- **Viva Voce Interview: Teacher** (20 minutes)

(D) MEMBERSHIP of Spirit Australia (\$35 annual)

(E) ASSESSMENT FEE One Off Payment \$1800 (Includes website listing)



DSA Three Short Reports: Complementary Courses

Approx. 150 words for each of the 3 Short Reports

Please see page 29 & 30 of the Student Handbook for a guide to completing and submitting this requirement which is common to all three Spirit Australia qualifications.



DSA Reflective Essay: Teaching Reflection

Approx. 750 words or **10-minute video**

At Level 5, your Reflective Essay shifts focus onwards into *guidance and teaching*.

Whether or not you formally teach others yet, this reflection is about stepping into your role as an experienced and ethical guide for those who are newer to the path.

You may be mentoring informally, offering support in groups, or simply noticing how others seek your insight. Spirit Australia recognises the importance of encouraging experienced students to see themselves as carriers of wisdom. You have something valuable to share.

This reflection invites you to consider what kind of teacher or guide you want to be, and how your lived experience might help others navigate their own journeys.

Building upon the processes, prompts and resources you used in your Personal Reflection (CSA Level 3, p43) and Analytical Reflection (ASA Level 4, p47), here are some further prompts for you to consider:

- Which spiritual teachers have influenced me—and why?
- What qualities do I admire (or avoid) in those who guide others?
- Have I begun sharing my knowledge in any way? What was that like?
- Who supports me as I grow? What does my spiritual network look like?
- Am I being called to teach, serve, or guide in new ways?

This report is a sacred mirror, reflecting not just where you currently are; but also how you might help others find their way too.



DSA Demonstration: Psychic Mediumship or Trance & Spirit Arts

On the following pages you will find information about the assessment criteria for the assessment of a demonstration of your chosen stream of qualification.

Pages with a **horizontal coloured band** at the top are used by assessors to complete your assessment. Pages with a **vertical coloured band** on the left are for your reference, to help you prepare and decide if you're ready for assessment.

STREAM !:

Diploma in Psychic Mediumship (Teacher)

Demonstrate a Public Platform mediumship reading for two clients.

- At least four clients will be supplied for you
- The maximum time allowed is 20 minutes
- While mediumship is strongly encouraged at this level, we acknowledge that spiritual connection can take many forms. Some practitioners may not feel called to develop mediumship further, and in these cases, a psychic reading is only acceptable for assessment purposes for Advanced Certificate practitioners. Purely psychic readings are not acceptable at Diploma Level assessment in the Psychic Mediumship stream.

STREAM 2:

Diploma in Trance & Spirit Arts (Teacher)

Demonstrate your communication with spirit via **Trance**, or via your personal understanding and demonstration of **Spirit Arts**.

- For **Trance** demonstrations, you are required to discuss your demonstration, and any requirements you may have, with the Assessment Team **at least two weeks prior** to your assessment.
- The maximum time normally allowed is 20 minutes, plus 10 minutes preparation time.
- For **Spirit Arts** demonstrations, you are required to discuss the nature of your spirit connection and communication, and any requirements you may have, with the Assessment Team **at least two weeks prior** to your assessment.



Spirit Australia Diploma Assessment:

Trance & the Spirit Arts Demonstration (LEVEL 4 & 5)

1. Preparation and Grounding (15%)

- **Grounding Beforehand:** Demonstrates a strong grounding practice before entering trance.
 - **Setting Intentions:** Clearly invites a spirit communicator or guides to work in harmony.
 - **Protection and Energy Awareness:** Establishes safe energetic boundaries before starting.
-

2. Entering and Holding the Trance State (25%)

- **Entry Process:** Candidate enters a changed state of consciousness appropriately (light, medium, or deep trance — all acceptable at Diploma level).
 - **Blending with Spirit:** Strong blending and overshadowing observed — even if full unconscious trance is not achieved.
 - **Surrendering Control:** Candidate demonstrates ability to "step back" and allow spirit influence without fear or over-control.
-

3. Spirit Communication Quality (25%)

- **Clarity of Spirit Presence:** Spirit's essence comes through clearly (emotion, intention, personality shift).
 - **Verbal or Non-Verbal Communication:** Candidate allows spirit to communicate through speech, gesture, or felt presence.
 - **Coherence:** Messages or expressions from spirit are meaningful, not random or confused.
-

4. Managing the Session (15%)

- **Opening the Space:** Respectful opening of the session, including setting intention for spirit communication.
 - **Holding the Energy:** Maintains a sacred, calm atmosphere throughout.
 - **Proper Closure:** Thanks spirit, re-grounds, and closes the session safely and clearly.
-

5. Spiritual and Ethical Awareness (20%)

- **Respect for Spirit:** Spirit's will, not the candidate's ego, leads the experience.
- **Respect for Sitters:** Treats the audience with care, patience, and emotional sensitivity.
- **Integrity:** No wild claims; no making false promises; spirit communication remains uplifting, healing, or insightful.



Trance & the Spirit Arts Demonstration (LEVEL 4 & 5)

ASSESSMENT Page 1/2 for Candidate Name _____

Category	Criteria	Weight (✓)	Comments
Preparation & Grounding	Grounding Intentions Protection	15%	
Entering & Holding Trance	Entry process Blending Surrender	25%	
Spirit Communication	Clarity Coherence Authenticity	25%	
Managing the Session	Structure Energy management & Closure	15%	
Spiritual & Ethical Awareness	Respect Ethics Healing focus	20%	

Key Points for Spirit Australia Trance Assessment

- Light, medium or deep trance are all acceptable. Candidates are assessed for quality, safety, blending, and other aspects, not depth alone.
- Overshadowing or light voice control is enough if spirit essence is clear.
- Spirit, not ego, leads the experience. Characteristics such as humility, trust, and grace are all signs of authentic development.



Trance & the Spirit Arts Demonstration (LEVEL 4 & 5)

ASSESSMENT Page 2/2 for Candidate Name _____

Overall Impression

Assessors Comments

Strengths
Observed

Areas for
Improvement

Examiner's Overall
Comments

Final Recommendation (Select One):

Competent

Not Yet Competent

ASSESSOR 1 _____

Name

Signature & Date

ASSESSOR 2 _____

Name

Signature & Date



Spirit Australia Diploma (Level 5) Assessment Criteria:

Platform Mediumship Demonstration

1. Presentation and Professionalism (15%)

- **Appearance:** Presents in a respectful, tidy, and professional manner.
 - **Confidence and Stage Presence:** Engages the audience warmly; displays appropriate energy and poise.
 - **Ethical Standards:** Clearly demonstrates ethical mediumship practices (e.g., honesty about unclear information, respectful of audience emotions).
-

2. Evidence of Spirit Connection (20%)

- **Accuracy of Information:** Provides strong, verifiable evidence from the spirit communicator (e.g., relationship, personality traits, memories, cause of passing, hobbies, shared experiences).
 - **Specificity:** Clear and detailed information beyond general statements or guesswork.
 - **Flow of Information:** Spirit communication feels coherent and natural, not disjointed or overly forced.
 - **Validation:** Actively seeks, receives, and appropriately responds to feedback from the audience recipient confirming the information given.
-

3. Quality of Communication with Spirit (20%)

- **Blending with Spirit:** Demonstrates strong blending, maintaining the spirit communicator's essence and mannerisms throughout.
 - **Delivery:** Accurately conveys the emotions, impressions, and messages from spirit without over-embellishing or interpreting excessively.
 - **Clarity:** Information is delivered in a way that is understandable, respectful, and meaningful to the recipient.
-

4. Structure and Flow of Demonstration (10%)

- **Introduction:** Gives a clear, confident opening statement that sets expectations (e.g., explaining spirit contact, audience etiquette).
 - **Progression:** Smooth transition between spirit contacts without confusion or rushing.
 - **Closure:** Properly concludes individual contacts and offers respectful closure before moving on to the next recipient or ending the demonstration.
-

5. Audience Engagement and Handling (15%)

- **Sensitivity:** Responds compassionately to emotional reactions, maintaining a safe space for the audience.
 - **Interaction:** Communicates clearly with audience members (e.g., confirming connections, asking for “yes” or “no” validations appropriately).
 - **Adaptability:** Handles unexpected situations (e.g., no clear recipient, disruptive audience members) with calm professionalism.
-

6. Spiritual and Energetic Awareness (10%)

- **Grounding:** Displays a strong personal energetic foundation throughout (no "floating," ungrounded, or hyper states).
 - **Spirit-Centeredness:** Keeps the demonstration focused on spirit, not ego or showmanship.
 - **End of Demonstration:** Clearly closes the energy field with thanks to spirit and audience, ensuring energetic boundaries are re-established.
-

7. Overall Impression of Demonstration (10%)

- **Time Management:** Efficient use of time without rushing or dragging.
- **Consistency:** Maintains a consistent quality of spirit connection across the demonstration, not just a few strong moments from time to time.
- **Spiritual Ethics:** No inappropriate claims (e.g., medical diagnoses, telling people how or when they will die, giving financial or legal advice etc).
- **Self-Responsibility:** Takes responsibility for unclear or incorrect information without blaming spirit or the audience.



Spirit Australia Diploma LEVEL 5 Assessment

Platform Mediumship Readings p1/2 **NAME** _____

Category	Criteria	(✓)	Comments
Presentation 15%	Professional appearance and manner	5%	
	Warm audience engagement	5%	
	Ethical standards maintained	5%	
Evidence of Spirit Connection 20%	Clear identification of spirit relationship & details	10%	
	Specific and verifiable information	10%	
Spirit Communication Quality 20%	Sought/acknowledged audience validation	5%	
	Emotional & factual delivery, with minimal interpretation	10%	
	Clear and respectful language	5%	
Structure & Flow 10%	Clear introduction and setting expectations	3%	
	Smooth transitions between contacts	3%	
	Respectful closure after each contact	4%	
Audience Handling 15%	Compassionate and sensitive responses	5%	
	Clear interaction (yes/no check etc)	5%	
	Calm handling of unexpected issues	5%	
Spiritual Energetic Awareness 10%	Maintains grounding throughout	3%	
	Spirit-focused, not ego-driven	4%	
	Proper energetic closure at end	3%	

Category	Criteria	(✓)	Comments
Overall Impression 10%	Consistent quality across entire demonstration	3%	
	Time managed appropriately	3%	
	Took responsibility for unclear evidence	4%	

OVERALL IMPRESSION

Key Areas	Assessment Notes
-----------	------------------

Strengths Observed

Areas for Improvement

Examiner's Overall Comments

CANDIDATE NAME _____

Final Recommendation (Select One):

- Competent
- Not Yet Competent

ASSESSOR 1 _____
 Name Signature & Date

ASSESSOR 2 _____
 Name Signature & Date



**Spirit Australia
Diploma LEVEL 5
Assessment**

**Platform
Demonstration**

**Assessment
Summary Checklist**

- ✔ **Presentation and Professionalism (15%)**
 - Professional appearance and manner
 - Clear, warm audience engagement
 - Ethical standards observed (honesty, respect)
- ✔ **Evidence of Spirit Connection (20%)**
 - Clear identification of spirit (relationship, personality, details)
 - Specific and verifiable information
 - Smooth, coherent flow of evidence
 - Seeks and acknowledges audience validation
- ✔ **Quality of Communication with Spirit (20%)**
 - Strong blending with spirit's essence
 - Emotional and factual delivery from spirit
 - Clear and respectful language
- ✔ **Structure and Flow (10%)**
 - Good introduction and setting of expectations
 - Smooth transitions between contacts
 - Clear closure of each contact and final closing
- ✔ **Audience Handling (15%)**
 - Sensitive and compassionate responses
 - Clear interaction (checking "yes/no")
 - Calm handling of unexpected situations
- ✔ **Spiritual and Energetic Awareness (10%)**
 - Maintains grounding throughout
 - Spirit-focused, not ego-driven
 - Proper energetic closure at the end
- ✔ **Overall Impression (10%)**
 - Consistent quality across the demonstration
 - Managed time well (neither rushed nor dragged)
 - Took responsibility for unclear information appropriately



Spirit Australia Diploma **Candidate Reminder:**

Platform Reading Assessment (Level 5 - DSA)

Before You Begin:

- ✓ Greet your audience warmly and explain briefly how the session will work
- ✓ Set a respectful, confidential, and relaxed tone
- ✓ Ensure your grounding & preparation routine is comfortably in place

During the Demonstration:

- ✓ **Connect clearly with spirit:** *Offer specific evidence, not just general statements*
- ✓ **Check with your sitter:** *Ask for "yes/no/unsure" to validate the information as you go*
- ✓ **Allow the spirit communicators:** *Let their presence, intention and personality shine through*
- ✓ **If psychic impressions arise:** *Clearly state when you're working psychically, not mediumistically*
- ✓ **Manage the flow:** *Open the session, deliver the connection, and close properly*

Remember:

- ✓ Keep within the 10 minutes per client / 20 minute time frame
- ✓ Stay calm, grounded, and connected to spirit
- ✓ Always respect the spirit communicator and the sitter's feelings

Most important of all: Trust yourself. Trust spirit. You're ready.



DSA Viva Voce: Psychic Mediumship or Trance & Spirit Arts

The two streams of Spirit Australia Diploma (Psychic Mediumship) **and** (Trance & Spirit Arts) both undertake a Viva Voce assessment.

- The Viva Voce will take place with two assessors present
- The duration of the Viva Voce assessment is **25 minutes**
- You are welcome to bring your Personal Practice Journal, and your Complementary Courses Logbook, if you feel they will assist you in your Viva Voce
- The Viva Voce is usually scheduled to take place straight after your Demonstration

At Level 5 Diploma, you're recognised as an experienced practitioner. This Viva Voce shifts focus to ***how you share*** your experience.

It explores your potential as a guide, mentor, or educator for others on the path.

In addition to the Level 4 questions or prompts listed in the Level 4 Advanced Certificate (Practitioner) Viva Voce assessment (*please refer to page 58 & 59 of the Student Handbook*), your Viva Voce assessors at Level 5 may also ask some teaching focussed questions:

- How do you model spiritual integrity in your community?
- How would you best guide a group of students of mixed abilities?
- How might you actively support beginners, or foster safe learning environments as a teacher of students who may feel vulnerable to a perceived power imbalance?

Even if you are not yet teaching, questions are likely to include elements of leadership, what a positive or inspiring teaching style looks like to you, and how you adapt your own spiritual understandings or practices work to different people at different levels of awareness.

And once more, just to make it clear... Relax! Smile. This is about you.

You've just demonstrated your skills. Now share with us a little of your passion and purpose.

This world needs you.

We are listening, and we are here to support you.



LEVEL 5 — Diploma Viva Voce Sample Questions

25 MINUTES

Advanced Personal Development

- How do you manage self-doubt or "off days" in your spiritual practice?
- How do you maintain energetic hygiene (spiritual self-care)?

Working with Spirit / Spirit Arts

- Describe your personal process when preparing to give a spirit message or allow spirit control in trance.
- How has your connection to spirit evolved over the last few years?
- If no spirit communicator steps forward clearly, what strategies do you use?

Ethics, Leadership, and Responsibility

- How do you ensure your clients feel empowered, not dependent on you?
- In a group setting, how would you maintain safety and respect among participants?
- If you realised after a session that something you said might have been misinterpreted, what would you do?

Readiness to Teach / Mentor Others

- What is the most important first principle you would teach a beginner psychic or medium?
- How would you handle a student who claims they are never wrong because "spirit said it"?
- What do you think are the biggest ethical risks when teaching or mentoring spiritual development?

Philosophical and Spiritual Insight

- In your own words, what does "serving spirit" mean to you today?
- How do you see your role in contributing to Spirit Australia's community and mission?

Comparison Summary of Candidates Overall Characteristics

Level 4 Demonstrates

- Strong personal connection
- Safe & ethical practices
- Beginner professional standards

Level 5 = Demonstrates

- * Deep understanding
- * Readiness to mentor or guide others
- * Mature spiritual leadership



Spirit Australia VIVA VOCE Interview Sheet (Level 5 DSA)

Candidate Name: _____ Date: _____

Assessor 1 Name

Assessor 2 Name

Level: Level 5 – Diploma (25 Minutes)

Stream: Psychic Mediumship
 Trance & Spirit Arts

Questions Asked	Key Points or Notes on Response
1	
2	
3	
4	
5	
6	



VIVA VOCE ASSESSMENT

Category	Criteria (✓)	Comments
Knowledge & Understanding	Clear knowledge of spiritual practice and philosophy	
Personal Practice & Self-Development	Shows reflective and responsible personal practice	
Professional & Ethical Awareness	Shows clear ethics, boundaries, and client care awareness	
Readiness to Mentor/Teach (Level 5)	Ability to guide & differentiate for each student	
Spiritual Maturity	Displays humility, discernment & emotional intelligence	

Overall Strengths Observed:

Areas for Improvement:

CANDIDATE NAME _____

Final Recommendation (Select One):

- Competent
- Not Yet Competent

ASSESSOR 1 Name & Signature _____

ASSESSOR 2 Name & Signature _____

Key Points for Spirit Australia Trance Assessment

- Encourage candidates to feel relaxed. Pauses for reflection are okay.
- Focus on depth, discernment, warm professionalism and ethical awareness.
- Celebrate and respect each candidate’s unique way of serving spirit.

Suggested Reading List



for CSA, ASA & DSA Candidates

(Certificate, Advanced Certificate & Diploma)

APRIL 2025

Foundational Texts in Spiritualism, Spiritism & Meditation

1. **The Relaxation Response – Herbert Benson M.D. (1975)**
A scientific explanation of how meditation and relaxation reduce stress and support healing.
2. **Modern American Spiritualism – Emma Hardinge Britten (1870)**
Details the early history and beliefs of American Spiritualism.
3. **Meditation – Grace Cooke (1957)**
Practical insights into the practice of meditation from the founder of White Eagle Lodge.
4. **The History of Spiritualism – Arthur Conan Doyle (1926)**
Chronicles the rise of Spiritualism and its key figures.
5. **The New Revelation – Arthur Conan Doyle (1918)**
Doyle's personal account of discovering and defending Spiritualism.
6. **The Silent Path – Michael J. Eastcott (1980)**
A meditative guide exploring inner stillness, soul alignment, and the journey within.
7. **Mysterious Psychic Forces – Camille Flammarion (1907)**
Studies unexplained psychic phenomena from a scientific angle.
8. **Experimental Investigation of the Spirit Manifestations – Robert Hare (1855)**
Scientific attempt to validate spiritual phenomena.
9. **The Book on Mediums – Allan Kardec (1861)**
A practical guide to developing and understanding mediumistic abilities.
10. **The Gospel According to Spiritism – Allan Kardec (1864)**
Interprets the teachings of Jesus through a Spiritist lens.
11. **Heaven and Hell – Allan Kardec (1865)**
Discusses moral consequences of the afterlife based on Spiritist insights.
12. **The Mediums' Book – Allan Kardec (1861)**
Explores mediumship, spirit communication, and techniques for spiritual contact.
13. **The Spirits' Book – Allan Kardec (1857)**
Introduces the foundational philosophy of Spiritism through spirit communications.
14. **The Missing Link in Modern Spiritualism – A. Leah Underhill (1885)**
Firsthand perspective from one of the founding Fox Sisters.

Biographies & Autobiographies of Notable Mediums

15. **Teachings of Silver Birch – Edited by A.W. Austen (1980)**
The trance mediumship of Maurice Barbanell, with the spirit guide Silver Birch.
16. **This Is Spiritualism – Maurice Barbanell (1959)**
A compelling account of Barbanell's experiences and evidence for life after death.
17. **A Guide to the Development of Mediumship – Harry Edwards (1969)**
A practical handbook by one of the most respected UK spiritual healers.
18. **In Pursuit of Physical Mediumship – Robin P. Foy (1996)**
Chronicles experiences with physical mediumship, including the Scole Experiment.
19. **Helen Duncan: The Mystery Show Trial – Robert Hartley (2007)**
Investigates the famous medium's life and her trial under the Witchcraft Act.
20. **Touching the Next Horizon – Katie Halliwell (2004)**
Explores spirit communication through physical phenomena.
21. **Experiences of Trance, Physical Mediumship (Part 2) – Katie Halliwell (2006)**
Continued personal accounts of séance phenomena.
22. **The Psychic Life of Jesus – Rev. G. Maurice Elliott (1938)**
Speculative look at Jesus' life through psychic interpretations.
23. **The Way of Life – Arthur Findlay (1938)**
A philosophical exploration of the afterlife and the spirit world.
24. **On the Side of Angels – Gordon Higginson (1993)**
Biography of a respected Spiritualist medium and leader.
25. **My Life in Two Worlds – Gladys Osborne Leonard (1931)**
Memoir of a renowned British trance medium.
26. **Diary of a Trance Medium – Angie Morris (2009)**
A modern medium's reflections and lessons from trance practice.
27. **Leaves from My Life – J.J. Morse (1877)**
Autobiography of a noted trance medium and lecturer.
28. **Mediumship Made Simple – Ivy Northage (1974)**
Clear, practical guidance & integrity from one of the 20th century's leading tutors.
29. **The Spirit World – Rev. G. Vale Owen (1922)**
Spirit-channeled messages describing life in the afterlife.
30. **Living in Two Worlds: Autobiography of Ursula Roberts – Ursula Roberts (1987)**
A respected British medium, sharing her path between the physical and spiritual worlds.
31. **Arthur Ford: The Man Who Talked with the Dead – Allen Spraggett (1973)**
Explores the controversial career of trance medium Arthur Ford.

Contemporary Works on Mediumship & Psychic Phenomena

32. **The Afterlife Frequency – Mark Anthony (2021)**
Blends science and spirituality to explore the vibrational nature of consciousness.
33. **Proof of Heaven: A Neurosurgeon's Journey into the Afterlife – Eben Alexander M.D. (2012)**
A near-death experience challenging scientific worldview and opening spiritual phenomena.
34. **Between Life and Death – Dolores Cannon (1993)**
Explores life between incarnations through hypnosis.
35. **The Subtle Body – Cyndi Dale (2009)**
Comprehensive guide to the human energy field and healing systems.
36. **Unfinished Business – James Van Praagh (2009)**
Messages from the dead to help the living find peace.
37. **Eternal Wisdom – Divaldo Franco (2006)**
Channeled spiritual teachings on growth and transformation.
38. **Extraordinary Psychic – Debra Lynne Katz (2008)**
Practical guide for developing clairvoyance and intuitive skills.
39. **Surviving Death: A Journalist Investigates Evidence for an Afterlife – Leslie Kean (2017)**
An investigation into mediumship, past-life memories, and near-death experiences.
40. **Journey of a Trance Medium – Paul McGlone (2010)**
Shares insights from deep trance mediumship practice.
41. **Mediumship and Spirit Communication – Rose Vanden Eynden (2006)**
Covers ethics, methods, and tools of mediumship.
42. **Opening to Channel – Sanaya Roman & Duane Packer (1987)**
Teaches how to safely channel spiritual guides.
43. **The Psychic Pathway – Sonia Choquette (1995)**
A step-by-step journey to awakening psychic abilities.
44. **The Power of Now – Eckhart Tolle (1997)**
Encourages present-moment awareness for spiritual awakening.
45. **The Afterlife Experiments – Gary E. Schwartz (2002)**
Presents scientific research on mediumship and survival after death.
46. **Let the Dead Speak – Andrew Singleton & Matt Tomlinson (2021)**
A sociological study of Spiritualist practices, mediumship and community in Australia.
47. **The Victorian Spiritualists' Union and the Surprising Survival of Spiritualism in Australia – Prof Andrew Singleton (2023)**
<https://www.tandfonline.com/doi/full/10.1080/14443058.2023.2211998>

Historical and Theoretical Perspectives

48. **The Esoteric Character of the Gospels – Annie Besant (1902)**
Reveals mystical interpretations of Christian teachings.
49. **The Principles of Occult Healing – Mary Weeks Burnett (1916)**
Lays out principles of energy-based healing from a spiritual lens.
50. **The Science of the Soul – R. Swinburne Clymer (1911)**
Discusses spiritual anatomy and soul evolution.
51. **The New Revelation – Arthur Conan Doyle (1918)**
Doyle’s personal account of discovering and defending Spiritualism.
52. **Voices from Beyond – Dr Al Gabay (1992)**
Historical and contemporary accounts of spirit communication with scholarly insight.
53. **The Spiritualists – Trevor H. Hall (1962)**
A critical historical view of Spiritualism and its figures.
54. **The Law of Psychic Phenomena – Thomson Jay Hudson (1892)**
Early theory exploring the subconscious and psychic forces.
55. **Invisible Hosts – Elizabeth Burns (2007)**
Examines autobiographies of 19th-century women mediums.
56. **The Psychic Mafia – M. Lamar Keene (1976)**
A former medium exposes fraud within the Spiritualist world.
57. **Psychic Exploration – Edgar D. Mitchell (1974)**
NASA astronaut compiles research on consciousness and psi phenomena.
58. **The Medium on the Stage – Simone Natale (2011)**
Looks at public performance in 19th-century mediumship.
59. **The Occult World – Alfred Percy Sinnett (1881)**
Introduces Theosophical ideas through encounters with spiritual masters.
60. **What Spiritualism Is, and What It Is Not – Isaac Lockhart Peebles (1903)**
Clarifies the beliefs and misconceptions of Spiritualism.
61. **The Unseen World – John B. Roberts (1903)**
Accounts of communication with spirits beyond the veil.
62. **Spiritism: A Greater Understanding – Ian Waugh (2005)**
Introduction to the philosophy and practices of modern Spiritism.
63. **Spiritism and the Cult of the Dead in Antiquity – Lewis Bayles Paton (1921)**
Explores ancient roots of spirit contact and ancestor worship.
64. **The Path of the Soul After Death – Peter Tradowsky (2001)**
Explores post-death experiences through an anthroposophical lens.



Code of Ethics, Integrity & Responsibilities

Introduction to the Code of Ethics & Conduct

At Spirit Australia, we believe that education is not only about knowledge—it is also about integrity, community, and care.

As a national charity with a mission to advance spiritual education, we are committed to creating safe, inclusive, and ethically grounded spaces for all who seek to explore and deepen their spiritual awareness.

The **Spirit Australia Code of Ethics & Conduct** exists to uphold the highest standards of behaviour across all aspects of our work—whether in teaching, learning, healing, mentoring, or community participation.

This Code is more than a policy document; it is a reflection of our shared values and a practical guide for how we engage with one another and with the wider world.

The spiritual education sector in Australia has long been shaped by individual practitioners and independent pathways. While this has allowed for wonderful personal insight and innovation, it has also resulted in inconsistent standards, limited collaboration, and an absence of unified expectations around ethical behaviour.

Spirit Australia is working to change that.

Through this Code, we offer a common foundation for professionalism, accountability, and respectful relationships.

It applies to everyone within our organisation—students, educators, assessors, practitioners, volunteers, and community members alike. It is especially important for those offering services to the public, where ethical integrity is central to trust and credibility.

The Code is organised into three sections:

- **PART A Core Principles** that guide our intentions and values
- **PART B Practical Guidelines** for ethical, respectful, and professional conduct
- **PART C Implementation Strategies** to ensure ongoing accountability, transparency and continuous improvement

We encourage all members of Spirit Australia to read and reflect on this Code, and to uphold it in spirit as well as in practice.

Together, we can foster a learning environment that is ethical, inclusive, and worthy of the sacred work we are all called to do.

Code of Ethics & Conduct



Purpose

Spirit Australia is committed to the advancement of educational programs for the benefit and wellbeing of everyone seeking spiritual information and experiences.

To support and achieve this advancement, Spirit Australia is committed to maintaining the highest ethical standards by promoting a culture of integrity, respect, and professional behaviour among its practitioners, community members, students, and the public.

This Code of Ethics & Conduct outlines the key ethical principles and standards that guide our actions and interactions within our organisation and with the community.

By adhering to this Code of Ethics & Conduct, Spirit Australia aims to foster a supportive and respectful environment where spiritual growth, community engagement, and ethical practices thrive for the benefit of all.

There are three parts to the Code of Ethics & Conduct:

- A) Core Principles**
- B) Guidelines**
- C) Implementation**

PART A: Core Principles

1.1 Integrity

We act honestly, ethically, and transparently in all our dealings, respecting the trust placed in us by individuals and the community.

1.2 Respect

We honour the diversity of beliefs, cultures, and perspectives within our organisation and community, treating everyone with dignity and respect.

1.3 Professionalism

We uphold professional standards in our conduct, interactions, and the delivery of our services, always maintaining competence and accountability.

1.4 Confidentiality

We safeguard the confidentiality and privacy of individuals, respecting their right to confidentiality regarding personal information shared in the course of our work.

1.5 Inclusivity

We are inclusive of all forms of human expression and welcome diverse psychic abilities, gender identity, sexual orientation, race, ethnicity, nationality, age, disability, or any other characteristic.

PART B: Guidelines

When engaging with each other and with the general public, Spirit Australia members:

2.1 Ethical Practice

- 2.1.1 Comply with all applicable Australian laws & regulations, and
- 2.1.2 Comply with the ethical standards & guidelines applicable to their area or areas of professional practice, and
- 2.1.3 Comply with this Spirit Australia Code of Ethics & Conduct

2.2 Professional Conduct

- 2.2.1 Treat everyone with respect and courtesy, avoiding harassment of any kind, with due sensitivity to the needs of people with diverse backgrounds and culture.
- 2.2.2 Act with due care and diligence in promoting harmony in all their dealings with other members and the public.
- 2.2.3 Maintain appropriate professional boundaries and avoid conflicts of interest with clients, participants, students, fellow volunteers and other members.
- 2.2.4 Maintain appropriate professional relationships with their clients at all times, actively avoiding or identifying any opportunities to take an unfair advantage of the practitioner & client relationship, either monetary or within the relationship.
- 2.2.5 Maintain adequate security and confidentiality regarding all information gathered during their professional activities
- 2.2.6 Where appropriate, initially attempt to settle any complaints, disagreements or grievances with those concerned

2.3 Communication

- 2.3.1 Communicate openly, honestly, and respectfully with colleagues, volunteers, students, and the public.
- 2.3.2 Use inclusive language and behaviours and avoid language or behaviour that may cause offense or harm.

2.4 Safety and Wellbeing

- 2.4.1 Prioritise the safety, physical, and emotional well-being of all individuals involved, always, and without prejudice or judgement.
- 2.4.2 Recognise and acknowledge a responsibility to ensure the mental health wellbeing of all concerned in any Spirit Australia education or personal development program.
- 2.4.3 Report any concerns or incidents promptly and follow established protocols for addressing grievances or conflicts.

2.5 Continuous Improvement

2.5.1 Engage in ongoing learning and development to enhance skills, knowledge, and understanding of spiritual practices, community dynamics, and ethical considerations.

2.5.2 Seek and welcome feedback from all stakeholders regarding all aspects of this Code, including complaints and concerns, to improve services and organisational practices.

2.5.3 Resolve promptly any conflict or complaint arising from a breach of this Code in a fair and just manner as deemed appropriate.

2.5.4 Any breach of this Code identified as serious by Spirit Australia board members may be referred to an expert panel nominated by the board for resolution with recommendations.

2.5.5 Regular reviews of all aspects of this Code in consultation with all stakeholders and with particular reference to any feedback, or conflict issues raised through complaints, for the continuous improvement of Spirit Australia.

PART C: Implementation

3.1 Orientation

All volunteers including supporter, practitioner, and community members will agree to uphold this Code of Ethics & Conduct upon joining Spirit Australia, as a condition of membership.

3.2 Accountability

Spirit Australia board and affiliates are responsible for upholding and enforcing this Code, ensuring that all members adhere to its principles and standards.

3.3 Review and Revision

This Code will be reviewed periodically to ensure its relevance and effectiveness in guiding ethical behaviour and maintaining high standards of conduct within Spirit Australia.

FOUNDATION COURSE



SPIRIT AUSTRALIA

Education : Level Two

2.1 Psychic Senses	p 91	7 Modules
2.2 Mediumship	p 119	7 Modules
2.3 Healing	p 137	7 Modules
2.4 Spiritualism	p 163	6 Modules
2.5 World Traditions	p 185	8 Modules
2.6 Awakening	p 215	7 Modules

Foundation Course: The Six Units & Modules List

UNIT ONE: PSYCHIC SENSES

- 2.1.1. **What Are Psychic Senses?** : *Understanding Your Inner Perception*
- 2.1.2. **A Natural Gift We All Share** : *Dis-covering the Psychic Within*
- 2.1.3. **Strengthening Connection** : *Practices to Deepen Your Awareness*
- 2.1.4. **The Flow of Inspiration** : *Sensing the Subtle Signs of Spirit*
- 2.1.5. **Expanding the Clairs** : *Clairvoyance, Clairsentience & More*
- 2.1.6. **Psychic in Daily Life** : *Living with Insight, Intuition & Ease*
- 2.1.7. **Meditation** : *Finding the Compass of Inner Wisdom*

UNIT TWO: MEDIUMSHIP

- 2.2.1. **Mediumship as Healing** : *Connecting Across Two Worlds*
- 2.2.2. **Mental & Physical Mediumship** : *Many Paths with One Purpose*
- 2.2.3. **Active & Passive States** : *Understanding the Inner Architecture*
- 2.2.4. **Evidential Mediumship** : *Honouring Spirit with Clarity & Trust*
- 2.2.5. **A Question of Ethics** : *Avoiding the Common Pitfalls*
- 2.2.6. **Private One-to-One Readings** : *Creating Safe, Supportive Spaces*
- 2.2.7. **Public Platform Readings** : *Confidence. Clarity. Connection.*

UNIT THREE: HEALING

- 2.3.1. **Spiritual & Self Development** : *The Human Expression of Spirit*
- 2.3.2. **Holons of Connection** : *Understanding the Web of Life*
- 2.3.3. **Levels of Awareness** : *Expanding Your Consciousness*
- 2.3.4. **The Purpose of Life** : *To Experience, Learn & Grow*
- 2.3.5. **The Healer's Role** : *Plugging into Source*
- 2.3.6. **Paths to Healing** : *Modalities, Methods & Meaning*
- 2.3.7. **From Personal to Planetary** : *Love is Connection in Action*

UNIT FOUR: SPIRITUALISM

- 2.4.1. **Introduction to Spiritualism** : *Consciousness Continual & Connected*
- 2.4.2. **Origins & Development** : *The History & Heart of a Movement*
- 2.4.3. **European Traditions** : *From Seances to Scientific Curiosity*
- 2.4.5. **Spiritualism in Australia** : *Honouring the Past, Embracing the Future*
- 2.4.5. **Spiritism in Latin America** : *Healing, Doctrine & Cultural Power*
- 2.4.6. **The Modern World & Beyond** : *Evolving Across the Infinite Horizons*

UNIT FIVE: WORLD TRADITIONS

- 2.5.1. **The Universal Call** : *Spiritual Living Without Boundaries*
- 2.5.2. **Shamanism in Australia** : *Ancient Connections to Culture & Country*
- 2.5.3. **African Tribal Traditions** : *Awakened Ancestors in Mystical Motion*
- 2.5.4. **Mysticism in India** : *The Divine Nature of Holistic Energy*
- 2.5.5. **North & South America** : *Many Paths Seen & Unseen*
- 2.5.6. **All Nature is Sacred** : *Elemental Forces and Spirit Allies*
- 2.5.7. **The Modern Marketplace** : *Commercialisation in Mediumship*
- 2.5.8. **Bringing It All Together** : *Global Spirit Consciousness*

UNIT SIX: AWAKENING

- 2.6.1. **Welcome to Spirit Australia** : *Hello, Hi, Hey & G'day!*
- 2.6.2. **What is Awakening?** : *Understanding Spiritual Shifts*
- 2.6.3. **Stages of the Journey** : *From Spark to Realisation*
- 2.6.4. **The Role of Discernment** : *Trusting Your Inner Compass*
- 2.6.5. **Science & Spirituality** : *Where Logic Meets Mystery*
- 2.6.6. **Beyond Religion** : *The Rise of Personal Spirituality*
- 2.6.7. **Living with Integrity** : *Truth, Tolerance & Inner Alignment*

SPIRIT AUSTRALIA EDUCATION

LEVEL TWO

UNIT 1 of 6 FOUNDATION UNITS

Psychic Senses

1. Psychic Senses

Unit Description

Welcome to the Spirit Australia Foundation Course Unit on *Psychic Senses: Understanding and Awakening Your Natural Intuition*. In this Unit, you'll explore and strengthen your natural intuitive gifts, discovering the different ways we see, hear, feel, and know beyond the physical senses.

Through practical tools and gentle guidance, you'll learn to develop trust in your intuition, work with energy ethically, and weave psychic awareness into your daily life. By the end, our aim is for you to feel more connected, confident, and in tune with the world around you.

Module Outline

- 2.1.1. **What Are Psychic Senses?** : *Understanding Your Inner Perception*
- 2.1.2. **A Natural Gift We All Share** : *Dis-covering the Psychic Within*
- 2.1.3. **Strengthening Connection** : *Practices to Deepen Your Awareness*
- 2.1.4. **The Flow of Inspiration** : *Sensing the Subtle Signs of Spirit*
- 2.1.5. **Expanding the Clairs** : *Clairvoyance, Clairsentience & More*
- 2.1.6. **Psychic in Daily Life** : *Living with Insight, Intuition & Ease*
- 2.1.7. **Meditation** : *Finding the Compass of Inner Wisdom*

Resources & Tools

In this Unit, we focus on identifying, understanding, and expanding your own natural psychic senses. As you'll discover, everyone has psychic ability — it's part of being human — and your intuitive senses are always available to you, with or without external tools.

You may notice that we've deliberately chosen **not** to include tools such as cards, pendulums, or other devices in this content. That's because our aim here is to help you connect with your inner awareness first, without relying on external systems.

Strengthening your direct psychic perception builds a deeper trust in your own clarity, intuition, and personal connection to energy.

That said, there are many wonderful tools, techniques, and modalities that people use to support and enhance their psychic development. You might find some of them fun, insightful, or deeply helpful as you continue your journey.

Some tools add extra layers of symbolism and meaning, while others offer practical ways to focus attention or receive confirmation of what you're already sensing intuitively.

If you feel drawn to explore these, then please do! Just remember: **they are only tools**.

The true power lies within you; not in the pendulum, or the cards, or the stars.

These instruments can help illuminate what's already present in your energy field, but they do not replace your innate abilities.

Please don't feel obliged to wear purple velvet, hang a dozen necklaces of bejewelled beads around your neck, or speak with a peculiar tone of voice using mysterious phrases that can be (at best) only partially understood...

Our psychic senses are a natural part of us all. Like the sculptor who simply removes the stone to reveal the masterpiece that was already existing hidden inside the lump of rock, working with and strengthening your psychic senses is a surprisingly easy process. Relax, smile, and don't think too much about it. Allow the first thing that pops into your awareness. Just let it flow.

Here are some tools that many people enjoy working with alongside their psychic practice:

- Pendulums
- Oracle Cards
- Tarot Cards
- Dowsing Rods
- Runes & Other Symbol Systems
- Numerology
- Astrology
- Crystal Grids & Energy Stones
- Scrying (e.g. mirrors, water, flames)
- Tea Leaf Reading (Tasseography)
- Automatic Writing
- Dream Journaling & Interpretation
- Spirit Art or Symbol Drawing
- Energy Clearing Tools (e.g. sound bowls, feathers, herbs)

As you grow more confident in your psychic senses, you may find that some of these tools resonate with you at different times. They can be helpful, but they are not essential.

This Unit is designed to reconnect you to your own *direct* awareness; to help you sense, feel, see, hear, and know the energy that surrounds and moves through your life every day.

Let your tools be companions, not crutches.

Your intuition is the real teacher, and it's already within you.

What Are Psychic Senses?

Understanding Your Inner Perception

Psychic senses are an extension of our natural human perception. Just as we use physical senses—sight, hearing, taste, touch, and smell—to understand the world around us, our psychic senses allow us to perceive the subtle energies that exist beyond the five senses. These include emotional energy, energetic imprints, future potentials, spiritual presence, and intuitive knowing.

The term "sixth sense" refers to the intuitive faculty within all of us. Psychic ability is not a rare and supernatural gift for the chosen few. It is a natural, beautiful and innate capacity that every person has, although we may experience and express it in different ways.

While some people may be naturally more sensitive, or have been raised in environments where this inner awareness was encouraged, psychic awareness can be developed by anyone through practice and intention. We are all naturally psychic, but often this is hidden under layers of conditioning.

There are many names for people who use their psychic abilities: **psychics**, **intuitives**, **sensitives**, **clairvoyants**, and **mediums**. These terms are sometimes used interchangeably, but they each have subtle differences. For example:

- **A psychic** uses their non-physical (psychic) senses to gather information from many places including a person's energy field, the universal energy or consciousness that connects all things, and from the physical & metaphysical fields all around us, including vibrational fields, radio waves, emotional frequencies and universal energy. This insight may relate to things such as present circumstances, emotional or physical states, and possible future paths.
- **A clairvoyant** is a psychic whose strongest psychic sense is to "see" visions or messages (rather than hear, or feel, or other sensory methods).
- **A medium** is someone who communicates, via their psychic senses, with spirit entities (often loved ones who have passed over, or perhaps spiritual or spirit guides).
- **An empath** is someone who is sensitive to universal energy, and the energy around people, and who may find it difficult at times to block or reduce this sensitivity.

You may have already experienced intuitive knowing, like thinking of someone just before they call, dreaming of something that later happens, or walking into a room and sensing its emotional energy. These are everyday psychic moments.

This seven module Unit explores how these senses work, how to increase your awareness of them, and how to better interpret what you receive. You'll also discover how psychic ability connects to inspiration—being "in-spirit"—and how it can bring more creativity, flow, and alignment to your life.

Psychic development isn't about being "more special" or gaining power. It's about deep listening, attuning to energy, and living with greater authenticity. With awareness of your psychic senses, you open to deeper wisdom and connection with yourself, with others, and with the spirit world.

Everyone has psychic senses. You do too. This course helps you remember how to use them.

The Clairs : Types of Psychic Perception

When people talk about psychic abilities, they often refer to “the clairs.” These are the different ways psychic information is received, and just like our physical senses, everyone has a unique combination.

Understanding and identifying your strongest clairs is one of the first steps in developing your psychic awareness. The term “clair” comes from the French language and translates as “clear”.

Everyone has a unique mix of these abilities, but you may find one or two stronger than the others. Like muscles, your psychic senses grow with regular use and focused attention. Learning to recognise your strongest clair helps you to tune in, trust and then understand your messages more clearly.

Here are the most commonly known psychic senses:

Clairvoyance: *Clear Seeing*

Clairvoyance means "clear seeing." People with this ability receive information in the form of images, visions, or visual symbols. These might appear in the mind's eye, like a dream or mental movie, or sometimes be seen externally (especially with strong development).

A clairvoyant might "see" a lost object, a scene from someone's past, or a symbolic image like a rose, representing love.

Clairaudience: *Clear Hearing*

Clairaudience means "clear hearing." This can involve hearing words, names, music, or even tones from the spirit world or higher self.

The voice may not be audible like an everyday sound. It's usually more like a thought that pops in suddenly, sounding different from your own inner dialogue. Many mediums develop this sense to communicate with spirit guides or loved ones.

Clairsentience: *Clear Feeling*

Clairsentience is one of the most common psychic abilities. It means "clear feeling," and relates to physically or emotionally sensing energy. You might feel another person's pain, joy, or anxiety, or sense the emotional charge in a room.

This is the “gut feeling” sense and is especially strong in empaths.

Claircognisance: *Clear Knowing*

Claircognisance is "clear knowing." It's a sudden, strong sense of knowing something without having learned it. You can't explain how you know it, you just do.

It might be a message, a solution to a problem, or insight about a person or situation. This often comes in a flash and feels deeply certain.

Clairalience: *Clear Smelling* / Clairgustance: *Clear Tasting*

These two are generally more subtle psychic senses, and not very commonly used by most people. They often arrive unexpectedly or spontaneously, when it is the fastest or most efficiently accurate way to convey a message. **Clairalience** means "clear smelling," and might involve smelling a waft of a particular perfume or cigar smoke with no physical source. It is often linked to spirit presence.

Clairgustance is "clear tasting," and can include tasting something connected to a spirit's life or passing, such as beer, or a sweet dessert they were known to love.

A Natural Gift We All Share

Dis-covering the Psychic Within

Psychic ability is often misunderstood as something rare or mysterious, gifted only to a chosen few.

In truth, psychic senses are a natural and universal part of being human.

Just like taste, touch, and hearing, your psychic senses are simply another layer of perception, one that can be nurtured, developed, and trusted.

In this module, we'll explore how psychic awareness exists in everyone, how it shows up in everyday life, and why reclaiming this connection is part of returning to your most authentic self.

Everyone Is Psychic – Not Just the “Gifted”

Psychic ability isn't about fortune-telling or dramatic visions. It's about tuning in to the subtle information that is already around and within you.

Just as everyone is born with the capacity to feel love, clap along in time to music, or to be creative with a paint or pencil, everyone has psychic sensitivity. Some people are more naturally attuned, while others need practice to notice and trust it. Many people from time-to-time have experienced these everyday psychic experiences that often go unnoticed or unacknowledged:

- Thinking of someone, then receiving a message from them
- Knowing who's calling before answering the phone
- Walking into a room and sensing the mood immediately
- Dreaming something that later happens
- Feeling emotionally affected by someone else's energy

Why We Forget

Most children show signs of psychic awareness; talking to unseen friends, describing things they couldn't logically know, or expressing strong intuitive feelings. But over time, societal conditioning, scepticism, and distraction can dull these senses.

Just like children who are aware of previous incarnations and past lives, the age of children who openly and naturally demonstrate connection to the dimensions and planes of reality that most adults do not have, peaks at around ages 2-4 years old.

At five years old, many children are learning that their stories of extra-sensory or psychic perception are being dismissed as fanciful stories of imagination.

And by around seven years old, almost all children have denied and dismissed their connection to spiritual realms, often in order to fit in with the adults around them, or simply because their attention has been drawn to everyday activities and they've become more physically grounded.

We live in a modern world where we're taught to value logic over feeling, and to dismiss anything we can't "prove." Yet, there lives an inner child within each of us. Just like a muscle, these psychic senses are still there, waiting to be exercised and reawakened.

This Psychic Senses Foundation Course is at Level 2 of Spirit Australia’s five levels. At this stage, here’s an interesting way to consider things, if you can expand your awareness to the possibilities...

- Contrary to what we are told in schools, and in almost all modern Western world families, we are not just “human”. We are all **permanently spirit**, living inside **temporary physical bodies**.
- When we are born as children, we still hold memory and connection from our recent state as purely spirit consciousness.
- In the first few years of life, we move our awareness from familiarity with the **spirit world** and its ways of being, toward familiarity with the **physical world** and its ways of being.
- We are here on Earth to experience, learn and grow. For most people, the chosen lessons of life in a physical reality – of **separateness from our source** – are best experienced when we think we actually ARE separate. Imagine this like a video game. Being chased by a hungry tiger on the screen can create some anxiety, but it’s nothing like experiencing the real thing.
- It is therefore better, if not intentional, that many people are not aware of their psychic senses. We are all here for different reasons, fulfilling our life plans, and we are not “better” or more advanced than one other. Just uniquely experiencing life on our physical planet.
- When somebody lives a very long life, and remains mentally able until the end, it is almost guaranteed that they will experience their psychic senses reawakening, in preparation for their return journey home. When you stop to think about it, our death in the physical realm is simultaneously also our birth back into the spiritual realm.
- The majority of people who die in a natural, slow, expected manner over several weeks report seeing, hearing, or sensing their loved ones. The comfort this brings is amazing, and perhaps even life changing, particularly among those who have no “belief” in an afterlife. One wonderful source of information is the IANDS website, and particularly this link: www.iands.org/wp-content/uploads/2025/04/IANDS-Fact-Sheet-DBV-FINAL.pef
- These visions are not during sleeping dreams, or drug affected hallucinations. They occur during quiet moments of regular daily awareness, when someone is comfortably awake and alert. People report that they are not certain how it happens, but they are certain that it was indeed their loved ones who are gathering to meet them as the time draws near.

Perhaps you have experienced this duality, this beautiful meeting and merging of two worlds as one? It is real, there is no doubt, but we each need to experience it for ourselves. Wherever you are at this point in time, we welcome you and encourage you to keep exploring. Ok? Ok! Let’s continue...

The Five Physical Senses + The Subtle Ones

Think of your psychic senses as an *inner version* of your outer physical ones. They are just extensions of your natural perception, offering deeper insight into people, places, and situations.

Physical Sense	Psychic Counterpart
Sight	Clairvoyance (clear seeing)
Hearing	Clairaudience (clear hearing)
Touch	Clairsentience (clear feeling)
Smell	Clairalience (clear smelling)
Taste	Clairgustance (clear tasting)
Knowing	Claircognisance (clear knowing)

How to Reawaken Your Intuitive Self

Ever wondered if you might be psychic? Before you buy a crystal ball, reach for some sage smudge sticks, or dive into a ten-week course, take a breath—because here’s something important:

YOU ALREADY HAVE EVERYTHING YOU NEED

You are already psychic. Your intuitive senses aren’t something you have to earn or learn from scratch; they’re a natural part of being human.

There’s no certification or permission required to be intuitive; it’s built into your being. Your psychic senses are already part of you, whether you are aware of it or not.

So the real journey isn’t about *becoming psychic*; it’s about *remembering* that you always were.

Here’s a few ideas to start opening your awareness to the non-physical reality of life:

1. Acknowledge your experiences

Start by noticing those small “gut feelings” or sudden knowing. Reflect on how often they’re correct.

2. Practice regularly

Just like learning a language, the more you use your psychic senses, the more fluent you become. Meditation, journaling, and intuitive games can help.

3. Spend time in stillness

Intuition speaks in quiet tones. Make space in your life for silence, solitude, and reflection.

4. Relax and give permission

Invite your thinking brain to get out of the driver’s seat and into the passenger seat. It can still see what’s happening, and give instructions or pass comment if necessary, but your psychic senses are making the decisions now.

5. Trust what you receive

Doubt is the biggest blocker of psychic awareness. Affirm to yourself that it's okay to receive impressions, even if you don’t fully understand them at first.

6. Surround yourself with support

Being in a community where psychic development is accepted and encouraged can fast-track your growth and help you feel safe in exploring.

Reclaiming your psychic senses isn’t about becoming someone else; it’s about returning to a part of yourself that has always been there.

In the next module, we’ll dive into more of the **practical techniques and exercises** to help you strengthen, sharpen, and playfully explore your psychic senses with confidence.

Strengthening Connection

Practices to Deepen Your Awareness

Now that you understand the different types of psychic senses—often called *the clairs*—it's time to begin developing and strengthening them. Like any skill, your psychic abilities become more refined through regular practice, reflection, and self-awareness.

This module provides simple, effective exercises to awaken your senses and enhance your natural intuitive abilities. These practices can be done daily, and you don't need any special tools, just your attention and willingness to trust what you perceive.

1. Daily Psychic Check-In

At the beginning of each day, spend a few quiet minutes in stillness. Ask yourself:

- “What do I sense today?”
- “Is there anything I need to be aware of?”
- “What energy or emotions am I picking up on?”

Let any impressions arise, such as images, feelings, words, or sudden ideas. Write them down. At the end of the day, review what happened and see if any of your impressions were accurate. This helps train your trust and interpret your own intuitive language.

2. The Envelope Game (Clairvoyance)

Place a small photo, object, or word inside an envelope (or have a friend do it for you). If you're working alone, perhaps try writing several words on pieces of paper and put them into separate envelopes, then mix them up so you don't know which one is which.

Without opening it, hold the envelope and take a few calming breaths. Ask:

- “What do I see in my mind's eye?”
- “What colours, shapes, textures or feelings arise?”

Sketch or write down anything you perceive, no matter how odd. Then open the envelope and compare. This builds your symbolic visual language and strengthens clairvoyance.

3. Sound Behind the Silence (Clairaudience)

Sit quietly in a calm space. Take a few deeper breaths, tighten and release your body's major muscle groups one after the other, and relax.

Now, focus on the sounds you hear in the room, and beyond. Notice each sound, briefly name it to yourself, then let it go. Once you've done this for sounds from the world outside yourself, then ask:

- “Is there anything I'm hearing from within?”

You may notice snippets of words, names, song lyrics, or your own inner voice becoming clearer. Gently observe without judgement. Over time, you'll learn to discern subtle clairaudient guidance from mental chatter.

4. Emotion as a Message (Clairsentience)

Throughout the day, whenever it pops into your mind, pause during different situations and ask:

- “What am I feeling right now, and is it mine?”

Notice sensations in your body, including feelings of warmth, heaviness, tingling, or tightness. Ask yourself what the feeling might be pointing to. Now ask *the feeling itself* what it is pointing to. You might be surprised by receiving a different answer to the one you were expecting.

Always go with your first response and try not to judge or make sense of anything. Just accept whatever comes through. Journaling these moments builds trust in your emotional-intuitive body and your ability to read environments and people with clairsentience.

5. The Knowing Flash (Claircognisance)

During conversations, news reports, or while reading, notice any sudden “knowings” that arise — moments when you just *know* something without logical explanation.

These can occur spontaneously. The trick is to notice them, rather than just keep quiet. Write down:

- “What did I suddenly know?”
- “Did it feel calm and clear, or urgent and emotional?”

Reflect later on whether the knowing turned out to be accurate. Over time, you’ll learn to recognise claircognisance when it comes through — often as rapid truth, not reasoning.

6. The Colour Reading Game

Ask a friend to choose a colour and hold it in their mind. Ask them to imagine several different objects with the same colour, but be sure to focus on the colour as the primary point of interest. Take a moment to breathe and tune in. Ask yourself:

- “What colour am I picking up?”
- “What emotion or image does that colour carry?”

Say or write your impressions, then check the answer. Repeat with different friends. This is a fun way to combine psychic perception with energy reading and visual-symbolic awareness.

7. Street-Level Intuition

As you walk into a public space (a café, shop, or waiting room), try deliberately pausing for a few moments before you enter. Try not to look ahead, or imagine what you’ll find, just be totally open to whatever comes. Prepare to be surprised by the unexpected. Tune in and ask:

- “What is the feeling in this space?”
- “Is the energy calm, tense, joyful, or tired?”

Then walk in and observe. Try this daily. Keep it light and fun, and just see what comes.

Over time, your ability to read the emotional energy of environments will become second nature.

8. Psychic Object Reading (Psychometry)

Choose a personal object (or borrow one from a friend) — a piece of jewellery, key, or keepsake. Hold it gently in your hands. Ask:

- “What stories or impressions am I receiving from this object?”

Describe images, feelings, or people that come to mind. Don't second guess things, just go with the very first thing that pops into your mind or your awareness. Write down your impressions, then verify with the owner.

Psychometry is a powerful way to work with energy and develop multiple clairs at once.

9. Symbol Tracker Journal

Pick a symbol such as a feather, number sequence (like 369), or a particular animal. Set the intention to notice it over the next 3–7 days. When it appears, ask:

- “What was I thinking about when I saw this?”
- “What message or confirmation might this be offering?”

This strengthens your relationship with intuitive symbols and synchronicities, and helps you personalise your own spiritual shorthand.

10. Ask for Spirit Communication

At the start of the day or week, ask Spirit (or your guides) for a clear, positive sign related to something you're considering. Be specific and open. Say aloud:

- “Please send me a clear sign about [your topic], in a way I can understand and trust.”

Be open to receiving. It may come through a conversation, a lyric, a symbol, or a stranger's words. The key is to remain relaxed and unattached. This builds psychic confidence and nurtures trust in the reality of co-creative communication with Spirit.

11. Sensing Energy Fields

This can be a fun game to practice with a friend or partner. Have them stand in front of you while you slowly move your hands around their body without touching, especially near the head, heart, and abdomen. Notice:

- Is there a difference in heat, tingling, or sensation?
- Are you picking up emotions, colours, or images?

You can also try this exercise from behind, or with eyes closed, to really highlight working with your psychic senses or energetic awareness, rather than from your thinking brain.

There are many more variations on this style of fun partner game. It can even be as simple as closing your eyes and trying to sense (not hear or see or smell or touch) how close someone is standing behind you. Perhaps you can think of some more ideas for sensing energy fields yourself? Involving our physical bodies is a great way to expand our awareness in different ways, while helping develop our energy sensitivity and building your clairsentience.

12. Meeting Place Meditation

Set aside 10-15 minutes to enjoy some quiet time within. Remove distractions, set an alarm if you like, and settle down to experience a short journey.

Imagine yourself walking into a peaceful forest or beach. Become aware of the sounds you can hear there. What can you see there? Are there any smells, or temperatures, or textures, or other things you can sense? Briefly notice how you feel about being there. Perhaps name three emotions you notice in this place, for example "I feel calm, I feel quiet, I feel safe".

Bring a beautiful healing light down from above you. Let it gently enfold you, and enjoy bathing in the healing, wise, protective nature of this beam of love that holds you safely.

Now, invite your inner guide or a spirit helper to join you. Don't worry if nothing seems to happen at first. Just be patient, and curious, and invite them to come closer. Allow them to approach you, perhaps from in front, or the side, or behind, or however this happens for you.

Notice what they look like, what they say, or how they make you feel.

After some time, thank them for joining you and start to make your way slowly back into the room. Become aware of your breathing, maybe stretch and wiggle your fingers and toes, and if you walked somewhere during your journey, be sure to walk back the way you came.

Take a few more minutes to reflect on your experiences. Keeping a journal, and writing your personal impressions of each meditation, can be a wonderful source of psychic and spiritual growth. Meeting place meditations strengthen your connection to the higher wisdoms of your own soul and beyond.

Tips for Ongoing Development

There are many things you can do easily and discretely, on a daily basis, to expand your awareness and trust in your psychic senses.

Here's just a short list of some primary goals and summary points to keep in mind. You'll hopefully be able to come up with many more examples of exercises, games, and overall approaches or habits to suit your lifestyle and daily practice:

- Keep a journal of all your psychic experiences. This builds awareness over time.
- Practice mindfulness to stay grounded and present.
- Meditate regularly to clear your mind and raise your energy.
- Trust your first impressions. Doubt is often the greatest blocker of intuition.

In the next module, we'll look at psychic inspiration. Those moments when you're in the flow, fully aligned with your creative or spiritual self. This is the feeling of being "in-spirit," a place where true inspiration, insight and connection unfold effortlessly.

The Flow of Inspiration

Sensing the Subtle Signs of Spirit

Have you ever felt completely immersed in a creative activity, lost in time, and full of joy? That's inspiration in action—*in-spirit*—and it's one of the purest expressions of our psychic senses at work.

Psychic inspiration is when intuitive guidance flows freely, often without conscious effort.

Artists, musicians, poets, inventors, and healers all tap into this sacred state.

This module explores what psychic inspiration is, how to recognise it, and how to invite more of it into your life. We will discover how inspiration is a form of psychic connection and how moments of flow, creativity, and sudden insight are expressions of your natural spiritual awareness.

What Is Psychic Inspiration?

At the heart of psychic sensing lies something subtle and beautiful: ***inspiration***.

Inspiration is not just a creative idea. It is a state of being connected to something higher, whether it's your higher self, a spirit guide, universal energy, or the collective consciousness.

The word itself comes from the Latin *inspirare* and, in a spiritual sense, this means to be filled with spirit, connected, open, and moved by something beyond the ordinary.

The term *inspiration* literally means “to breathe in” or “to be filled with spirit.”

Inspiration is a higher state of awareness in which ideas, feelings, and expressions flow effortlessly from the spirit world (which includes your own soul or connected higher self).

This doesn't always look dramatic. It can be subtle; perhaps a quiet nudge to say something kind, or a sudden idea while driving, or a poem that arrives in your head fully formed.

And remember, inspiration is not something you control, it's something you allow.

When you're inspired, you feel:

- Aligned with purpose
- Energised and alive
- As though the ideas or actions are flowing *through* you
- Clearly knowing, even if you don't fully understand the “how”

Creativity & Psychic Flow

Artists, musicians, dancers, writers, and even scientists often speak of being in the zone or losing track of time while working. This is the flow state, and it's often a spiritual experience, even if the person doesn't name it that way.

Inspiration as a Psychic Sense

Inspiration can be considered a form of claircognisance: A felt sense of sudden knowing, fresh ideas, or impulses that come out of nowhere, yet feel true. You may also experience inspired insight as:

- ✓ **Clairaudient whispers** of a phrase or song lyric
- ✓ **Clairvoyant visions** of symbols or future possibilities
- ✓ **Clairsentient nudges** of a gut feeling or heart pull

These are not random. They are your spirit awareness speaking to you through creativity and flow.

Inspiration and the Psychic Senses

Psychic inspiration is the bridge between your intuitive awareness and your creative or expressive self. Here's how it links to the "clairs":

- **Claircognisance:** You just *know* what needs to be said or done
- **Clairsentience:** You *feel* the emotion or meaning behind your inspiration
- **Clairaudience:** You may *hear* lyrics, phrases, or a guiding voice
- **Clairvoyance:** You *see* images, symbols, or scenes in your mind's eye

Creative Expression as Spiritual Practice

Engaging in creative activity helps open and strengthen your psychic senses. Try:

- ✓ **Free writing** or journaling whatever comes to mind
- ✓ **Drawing or painting** intuitive symbols or colours
- ✓ **Dancing or moving** to music without choreography
- ✓ **Improvised speaking** or playful storytelling
- ✓ **Performing music** without reading notes—just feeling it

The goal isn't to be good at your creative artform, it's to express yourself freely, without judgment. When you do this, you open the door for inspiration to enter and lead you.

Common Signs of Psychic Inspiration

- **Time distortion:** You lose track of time while focused on a task
- **Creative flow:** Words, music, or art seems to come not from you, but through you
- **Emotional resonance:** You feel deeply moved, peaceful, or spiritually uplifted
- **Sudden clarity:** Solutions or answers appear seemingly out of nowhere
- **Energy surge:** You feel energised or elevated, even if you were tired before

Exercises to Invite Psychic Inspiration

Here's some more ideas of how to encourage awareness of your psychic senses:

Morning Pages

Upon waking, write three full pages of anything that comes to mind—no editing, no censoring. This is a great way to clear mental clutter and allow true inspiration to rise to the surface.

Inspired Movement

Try dancing or moving freely to music with your eyes closed. Let your body lead. Just relax, and let it flow! Afterwards, sit quietly and ask if any messages, images, or feelings came through.

Inspirational Writing

This involves relaxing your mind, inviting spirit or your higher self into your awareness, and letting your pen move freely across the page. Write whatever comes, even if it doesn't make sense at first. Perhaps keep a dedicated journal and look back through it from time to time. You may be very pleasantly surprised! If this sounds appealing to you, please also refer to *'Automatic Writing'* in the Mediumship Unit, to be sure you understand the difference between active and passive states.

Spirit Art

Similar to Inspired Writing, some mediums can draw or paint images of loved ones who are in spirit; creating an extraordinary and emotional proof or evidence for our soul living on after physical death.

Creative Play

Engage in a creative activity with no pressure. Try painting, drumming, journaling, gardening, even cooking or perhaps playing with unexpected clothes & fashion combinations from your wardrobe. Let the process guide you, rather than trying to control the outcome.

Flow State Exercise

This simple exercise helps you enter the flow state, where inspiration and psychic sensing thrive. Repeat this regularly and notice how your sense of intuitive connection deepens over time.

1. Choose a simple creative activity (colouring, doodling, humming, moving)
2. Set a timer for 10–15 minutes. Before starting, close your eyes and take 3 deep breaths
3. Silently invite inspiration in: *"Spirit, guide me through this expression. Let me feel your presence in flow."*
4. Begin the activity with no plan. Just follow what arises.
5. When the timer ends, journal how it felt. Did time change? Did you feel different?

Some handy hints to remember

- ✓ Psychic inspiration thrives in spaces of stillness and trust.
- ✓ You don't have to force insight; you simply make room for it. The more relaxed, open, and receptive you are, the more the energy of inspiration can enter and express through you.
- ✓ Inspiration isn't rare. It's part of your human birthright.
- ✓ When you honour your psychic senses, they expand. When you create space for flow and creativity, you invite spirit into your life in a way that feels uplifting, effortless, and natural.
- ✓ Psychic development isn't simply about messages or accuracy. It's also about joy, presence, and the beautiful mystery of being connected to something greater than yourself.

Expanding the Clairs

Clairvoyance, Clairsentience & More

Now that you understand your psychic senses are natural and already within you, and that you are already tapping in when you are being creative, then the next step is to strengthen them through consistent, simple practice.

Earlier in this course, you explored a variety of general psychic exercises and games designed to raise your awareness and bring intuitive practice into everyday life.

In this module, we'll go a step further.

The activities below are specifically targeted to enhance one particular psychic sense—or "clair"—at a time. These four foundational clairs are:

- **Clairvoyance** (clear seeing)
- **Clairaudience** (clear hearing)
- **Clairsentience** (clear feeling)
- **Claircognisance** (clear knowing)

Like the earlier exercises, these are designed to sharpen your inner awareness, build trust in your intuitive impressions, and increase your confidence.

But now, the focus is more refined. At different times in your psychic development, you may want to strengthen a specific sense, especially if you've noticed that one clair is stronger, or another is harder to access.

For example, you may find that you're naturally more **clairaudient** and generally use this sense much more than your other psychic senses. You might not "see" much, but instead receive guidance as words, sounds, lyrics, or voices.

Clairaudience gives us the ability to receive impressions directly from their source, in a form that can simply be repeated word-for-word, and this can therefore be a highly accurate way of receiving impressions from the worlds of energy and spirit.

Like clairvoyance, these clairaudient impressions can be **subjective** (heard internally, like your inner voice) or **objective** (heard externally, as if someone else is speaking in the room).

Clairaudience is a powerful skill to have, but – as wonderful as it can be – it may not always be the most suitable channel for the energy or message trying to come through.

That's why developing all four main clairs is so valuable.

Having a full suite of intuitive senses allows you to receive messages in multiple ways, especially when one psychic sense feels temporarily quiet or blocked.

And yes, it's completely normal for your most natural primary clair to shift over time.

In fact, many people report that a particular sense becomes dormant for weeks or even months. While this can feel unsettling, it often leads to the development of other senses, expanding your range and flexibility as an intuitive. It raises an interesting question: is the temporary loss of a clair accidental... or is it an intentional nudge from your soul or spirit to grow in other ways?

Rather than getting lost in the philosophy of it (at least for now), let's agree on this: it's incredibly useful to be able to work with *all* of your psychic senses.

Each one adds richness, clarity, and confidence to your spiritual connection.

So, let's get started. Below you'll find a set of practical, focused exercises designed to help you enhance each of the four main psychic senses.

General Tips Before You Begin

- Choose a **quiet, undisturbed space**.
- Ground yourself by focusing on your breath or feeling your feet on the floor
- Keep a **journal** to record your impressions, successes, and patterns
- Practice **regularly**, ideally at the same time each day or week
- Be **patient and playful**. Psychic development is like tuning an old radio. It takes time (and perhaps sometimes luck!) to find the clearest signal.

CLAIRVOYANCE

Exercise 1: Image Perception (Clairvoyance)

Purpose: Strengthen your "mind's eye" to receive visual impressions.

1. Ask a friend to place a simple object (like a fruit, crystal, or small toy) in a covered box or envelope.
2. Without opening it, hold the box and focus your attention on it.
3. Close your eyes and allow any images, colours, shapes, or textures to arise.
4. Sketch or describe what you "saw" (colours, shapes, textures) before opening to compare.

This helps train your clairvoyant abilities and to **differentiate imagination from intuitive vision**.

Exercise 2: Moving Symbols (Advanced Visual Recall)

Purpose: Deepen visual accuracy and symbolic understanding.

1. Ask someone to choose an image (a photo, painting, or art postcard) and study it silently for 60 seconds without showing you.
2. Once they put it away, close your eyes and say, "Show me what they saw."
3. Record any impressions, such as colours, emotions, people, movement, textures.
4. Compare your notes with the original image and discuss symbolic impressions as well as literal ones.

This exercise builds clairvoyant precision and teaches how Spirit may show symbolic visuals that relate to the feelings, not just the form.

CLAIRAUDIENCE

Exercise 1: Inner Sound (Clairaudience)

Purpose: Tune in to your ability to hear beyond the physical.

1. Sit in silence, listening for subtle internal sounds, tones, words, or names.
2. Ask a question mentally and listen for a reply. Check using all your senses.
3. Pay attention to song lyrics or phrases that come to mind; they may carry intuitive messages.

Practice by asking for a “daily word” and journaling the response. Over time, the messages become clearer and more frequent.

Exercise 2: Spirit Dialogue (Advanced Tuning)

Purpose: Strengthen spirit communication through sound.

1. Sit quietly and mentally invite a loving guide or loved one in spirit.
2. Ask a clear question aloud, then close your eyes and listen.
3. Record any words, tone, accents, or phrases you hear internally or externally.
4. Speak the answers aloud as they come, and as you are writing them down, without editing or analysing.

Speaking both parts of the dialogue aloud helps clarify tone, personality, and flow — key signs you’re hearing *through* clairaudience rather than *thinking up* answers.

CLAIRSENTIENCE

Exercise 1: Energy Reading (Clairsentience)

Purpose: Feel energy fields and emotional imprints.

1. Sit across from someone and take a few deep breaths together. With their permission, close your eyes and tune in to their energy.
2. What do you feel emotionally or physically? Are there any areas of heaviness, warmth, or tension? Open your heart and feelings of loving kindness. Can you feel or sense more?
3. Share gently any positive helpful information you sensed, and then ask for feedback.

This exercise builds emotional empathy and body intuition—both are wonderful for clairsentience.

Exercise 2: Object Empathy (Advanced Psychometry)

Purpose: Strengthen physical-emotional intuitive response.

1. Ask someone to bring an item that holds emotional value (e.g. jewellery, a letter, or keyring).
2. Hold it gently and close your eyes. What do you feel in your body or emotions?
3. Does it trigger a memory, emotion, temperature, or physical sensation?
4. Share your impressions, including mood, era, or even location images.

This taps into the emotional imprint objects carry and fine-tunes your subtle body perception.

CLAIRCOGNISANCE

Exercise 1: Knowing Without Knowing Why (Claircognisance)

Purpose: Trust your inner “just knowing” sense.

1. Write down three random yes/no questions e.g., “Will it rain next Tuesday?” or “Is my friend going to phone me today?” or “Is there a parking spot at the entrance to the shops for me?”
2. Without thinking too much, write down your immediate gut response.
3. Come back in a day or two to see how accurate your knowing was.

Over time, this practice helps you build confidence in spontaneous insight.

Exercise 2: Stream of Knowing (Advanced Spontaneity Practice)

Purpose: Strengthen unexpected and uncensored truth reception.

1. Set a timer for 3 minutes.
2. Write the phrase “I know that...” and let your pen keep moving without stopping.
3. Don’t censor, edit, or think; just allow your deep knowing to speak.
4. When the timer ends, review your notes. Highlight any surprising, insightful, or repeating ideas.

This trains you to bypass the logical mind and tap directly into intuitive cognition; the foundational hallmark of claircognisance.

Psychic in Daily Life

Living with Insight, Intuition & Ease

By now, you've explored the foundations of psychic awareness: recognising the different clairs, distinguishing between psychic and mediumistic information, and learning to work with intuition in grounded, ethical ways.

This final module Psychic Senses module is about integration. It asks: how do we *live* what we've learned? What does it mean to be a psychically aware person in the real world — not just in spiritual settings, but in daily decisions, relationships, and unexpected moments?

Being psychic is not about being “right.” It's about being *present*, clear, and attuned to the subtle signals that weave through every moment of your life. It's about learning to trust what you sense, even when the world around you doesn't validate it.

And it's about discerning:

- * **Truth** from interference
- * **Guidance** from fear, and
- * **Inner wisdom** from noise.

Strengthening Discernment in the Real World

Discernment is the art of recognising the *source* and *quality* of the information you receive. Psychic impressions may come in as flashes of knowing, feelings in the body, or symbolic images. But how do you know whether to act on them?

Begin by observing **without jumping to conclusions**. Whenever you get a sudden intuitive “nudge” (a sense to call someone, or take a different route home), try to remember to pause first, before you “think” about things. During this pause, ask yourself:

- Is this feeling calm and clear, or anxious and urgent?
- Does it align with my deeper values, or is it feeding my ego or fear?
- Have I felt this kind of message before, and what happened when I followed it?

Practice Exercise: “Pause and Track”

For one week, keep a small notebook or digital note on your phone. Each time you get a subtle psychic impression in daily life, jot it down:

- What you felt, senses, saw or heard, and how “unexpected” this might have been
- Include any patterns, or familiar sensations, or examples from previous times
- What you did (or didn't do) in response to the psychic impression
- What the result or outcome was, both at the time and later on

After a week, review your notes. You'll start to notice patterns in how your inner guidance speaks to you — and what helps it come through most clearly.

Understanding Symbolic Language and Inner Nudges

Psychic perception is often symbolic. Learning to understand these symbols, and build up a personal library of what they mean to you, is a vital resource in your psychic toolkit.

There can be symbols that are common to most people, for example a strong red cross symbol for “stop”, or a simple childlike drawing of “happy” by using bright yellow sunflower.

At other times there can be symbols that are particular to you. Perhaps it could be a vision of a specific place where you always feel safe and loved, or maybe a piece of jewellery that you always choose when you want to feel confident.

In addition to the visual image of a particular symbol, there could be sounds or temperatures or emotions attached to the symbol that you become aware of. You might see an image of a bird flying free — not because a bird is literally involved, but because the *feeling* of freedom is being conveyed.

Learning to interpret these symbols means getting to know your own intuitive vocabulary.

A helpful practice is to build your own symbol journal. Keep track of recurring symbols in meditation, dreams, or psychic impressions. Ask yourself:

- What does this symbol mean to *me*?
- What feeling or association does it bring up?
- When I last saw this symbol, what was the context?

Your psychic “language” will become richer and more reliable over time, like learning to speak with an invisible guide in a language only the two of you understand.

Navigating Doubt and Emotional Noise

Even experienced psychics struggle with self-doubt from time to time. It’s important to understand that doubt is not failure, it’s an invitation to deepen your awareness.

We can dismiss doubts, but they have arrived for a reason.

Doubt could be coming direct from your psychic intuition, as part of a psychic message, in which case it is both helpful and valuable to recognise this.

On the other hand, the feeling of doubt could be coming from your personal, human, lived experiences and be based on information or situations here on Earth during this lifetime.

Rather than resisting doubt, explore it. Ask yourself:

- Is it my intuition that’s bringing forward this feeling of doubt, in order to convey a warning or caution?
- Or is the feeling of doubt coming from my own thinking brain, and generated by my personal fear of being wrong, judged, or misunderstood?

If the emotions and feelings of doubt are your own human ones, rather than psychic ones, then there are many things we can do to help discern and improve the situation.

When working with our emotions, one choice is to simply think or act our way into “the opposite” emotion and see if that helps. For example, if you’re feeling scared, you can start to whistle, hum, sing or dance. Make it a game. Pretend you are a carefree child, not a worry in the world, and see how your emotions respond after a few minutes.

If your fear leaves you, then obviously it wasn’t that strong (or important) to begin with.

Our human emotions are very important though, and sometimes the last thing we should choose is to deny or suppress them. But if you find yourself wanting (or needing) to tune in with your psychic senses, and you’re finding this difficult because your emotions are in turmoil, then you can choose to move your personal emotions temporarily to one side.

Another way is to focus on calming your personal state by grounding yourself.

One of the best ways to clear emotional interference is through grounding practices.

When your energy is calm and grounded, your perception is clearer. Take regular time to breathe deeply, walk barefoot on the earth, or visualise energy flowing down through your feet like roots.

Much has been said and written about being psychically sensitive, and how this makes the regular practice of grounding very important. Find techniques and ways of grounding that work for you, to help you navigate doubt or emotional noise. Practice often, daily, and relax into knowing you can ground yourself quickly and easily.

And finally, there’s another quick and easy exercise that many psychics find helpful. Simply remind yourself to “Check the Channel” and tune in again. Here’s how this works:

When you feel unsure about a psychic impression, stop and notice what you’re feeling emotionally. Are you tired, angry, or stressed? Imagine switching the dial on a radio... Breathe deeply, reset, and invite in a fresh signal. Often, simply pausing and re-grounding (perhaps even wriggle your personal rabbit ears antennae?) allows your clearest channel to quickly return. Easy!

Living as a Psychic Person: Integrity in Action

Using psychic awareness in daily life doesn’t mean acting weirdly, giving readings to strangers or predicting lottery numbers!

While it may sometimes be appropriate to share your insights with others, being psychic mostly means using intuition to navigate your own choices with clarity, compassion, and alignment.

Examples might include:

- Feeling something “off” during a conversation and gently pausing to clarify intentions
- Sensing a loved one is struggling, and offering support without being told
- Choosing the right timing to start a conversation, accept a job, or shift direction

As you grow, your psychic sense becomes like a compass; always there, guiding you onwards toward your own true north.

Ethics and Spiritual Responsibility

As your psychic awareness grows, it can feel amazing, or sometimes even a little overwhelming, to realise that you are able to tap into information that perhaps others can't quite reach at this particular moment (for whatever reason or reasons).

It's exciting to experience the reality of a world that previously seemed "closed" to all but some very special people, is actually available to all of us, all the time.

But slow down for a minute. Pause and reflect. What does this all mean? Because, as tempting as it can be, your psychic awareness does not entitle you to interfere with another's journey.

With awareness comes responsibility. Remember, your psychic impressions are both sacred and private. Just because you *sense* something doesn't mean you need to share it.

Respect boundaries. Always ask permission before offering insight. Promise yourself to always strive to stay in loving integrity, keeping constantly vigilant and aware of your own biases.

Let humility be your foundation. Being psychic doesn't make you special; it makes you *sensitive*.

And that sensitivity is a gift to be used with love, wisdom, and care.

In Summary

We've covered a lot here in this Psychic Senses Unit. Some of what we've touched on has been written down in words for you to read, and some of what you've learned has also been from your own experiences, as you've tried the various exercises and practice suggestions.

Here's some main points to keep in mind, as we finish up next with a brief overview of meditation and meditative techniques you may find helpful.

- Living with good psychic awareness is not about being unusual or extraordinary — it's about being *deeply human*. It's about noticing, listening, and living from a place of connection.
- We are all born psychic. This awareness is a natural skill that improves with consistent use.
- Trust your journey. The more you walk in integrity, the clearer your senses will become.

When you practice, remember that these exercises are not tests. You're not trying to be perfect, just be present and open. With practice, your impressions will become clearer, your confidence will grow, and your connection to the spirit world will feel like a gentle, guiding companion in everyday life.

Each morning, take a moment to sit quietly and ask, "How can I stay fully aware today?"

Then at night, reflect: "What did I notice? What did I feel?"

With this simple rhythm, you'll begin to live your psychic awareness, not just learn about it. Let this expanding awareness of your psychic senses be a beginning, not an end.

Your psychic senses are awake.

Now the real magic begins!

Meditation

Finding the Compass of Inner Wisdom

Meditation isn't about sitting perfectly still with an empty mind, it's about finding a moment of calm clarity in the noise of life. You may already be meditating without knowing it: walking in nature, sipping tea quietly, journaling your thoughts, or listening to music with your whole being.

In this module, we will very briefly explore meditation as a gateway to inner wisdom. You'll learn about different meditation styles, the many benefits confirmed by science, and simple ways to start or deepen your practice without needing to "get it right."

What Is Meditation, Really?

Meditation is the practice of consciously calming your mind and body to connect more deeply with the present moment. It's a way of returning to your centre—to find stillness, insight, or peace amidst life's noise. There are many paths to this quiet space. It might be guided or silent, movement-based or breath-focused, formal or spontaneous. All of them invite the same thing: awareness.

When we meditate, it could be purely for our personal wellbeing and enjoyment, but we can also recognise and use meditation as a powerful and **essential tool** for working with spirit. Meditation brings about health benefits and a change in our energy vibration, to a finer faster state, making it possible to attune and connect to our own spirit self and to the spirit energy and entities around us.

When we meditate, we begin to become more aware of, tune into, hear something subtle beneath the surface of thought—a quiet knowing, a feeling of alignment, a sense of "rightness." This is your *inner compass*, your intuitive wisdom. And it's not just coming from your brain.

What Is the Inner Compass?

The inner compass is spirit.

In spiritual development, we understand "spirit" in two ways.

First, there is *your spirit*—your soul, your essence, your higher self. It's the part of you that remembers who you really are, even when you forget.

Second, there is *Spirit*—the greater field of consciousness that connects us all. This includes spirit guides, beings in higher planes, and the souls of those who have crossed over.

Your loved ones in the spirit world still care for you, still whisper comfort, and often come close during quiet, meditative moments. Through meditation, you learn to tune into both: the guidance of your own soul, and the loving presence of Spirit beyond the veil.

A Simple Meditation Practice to Try

1. Sit comfortably. Close your eyes if it feels safe.
2. Take three slow, deep breaths.
3. Bring attention to your breath. Just observe.
4. Notice any sounds, sensations, or thoughts—without following them.
5. After a few minutes, open your eyes and return gently.

Proven Benefits of Meditation

Science continues to support what ancient traditions have long known. Regular meditation can:

- Reduce stress and anxiety
- Improve sleep
- Lower blood pressure
- Increase self-awareness and emotional regulation
- Enhance focus and concentration
- Boost overall well-being and life satisfaction

Studies also show long-term meditators experience positive changes in brain areas related to memory, empathy, and resilience.

Meditation Styles to Explore

No single technique fits everyone, and every purpose. There's no "right" way. You may find you enjoy several styles, each one for a different purpose, and that this changes over time, too.

- **Mindfulness Meditation** – Paying attention to thoughts, sensations, or breath without judgment.
- **Mantra Meditation** – Silently repeating a word, phrase, or sound (like "Om") to focus the mind.
- **Loving-Kindness (Metta)** – Sending compassion to yourself and others with phrases like "May I be safe..."
- **Guided Visualisation** – Following an audio or voice into a calming mental scene.
- **Breath Awareness** – Focusing gently on your inhalations and exhalations.
- **Movement Meditation** – Walking, dancing, or stretching with present-moment awareness.
- **Body Scan** – Gently noticing sensations throughout the body, one area at a time.

Everyday Meditation Moments

Meditation is any intentional moment of stillness or presence. You don't need incense or a cushion.

You may already be meditating when you:

- Sit quietly with your morning coffee
- Stare at the ocean, trees, or clouds
- Journal your thoughts
- Breathe deeply before a task
- Hum or chant softly
- Lose yourself in colouring or cooking

Some Handy Hints to Remember

- ✓ Meditation doesn't need to be perfect, just honest.
- ✓ Start small. Even 2 minutes is valuable.
- ✓ Let go of trying to "clear your mind." Just notice.
- ✓ If your mind wanders (and it will!), gently come back.
- ✓ Use apps, music, or nature to support your practice.
- ✓ You can meditate anywhere, such as waiting rooms, trains, parks.
- ✓ With time, meditation becomes less a practice and more a way of being.

Meditation helps you tune in to the quiet voice inside; the compass of your inner wisdom. Trust it. It's always been there.

2.1.X. PSYCHIC SENSES : Final Exam

1. **What is the main idea behind psychic development in this course?**
 - a) Only gifted people can develop it
 - b) Psychic ability is unnatural
 - c) Everyone has psychic senses
 - d) It should only be used in emergencies

2. **What is the purpose of psychic development?**
 - a) To predict the future only
 - b) To understand, connect, and grow spiritually
 - c) To replace intuition
 - d) To perform stage shows

3. **What does *clairvoyance* mean?**
 - a) Clear thinking
 - b) Clear feeling
 - c) Clear seeing
 - d) Clear touching

4. **Which clair is most associated with sudden inner knowing?**
 - a) Clairaudience
 - b) Clairallience
 - c) Clairvoyance
 - d) Claircognisance

5. **What is the main difference between a psychic and a medium?**
 - a) Psychics use tools, mediums do not
 - b) Mediums connect with spirit, psychics sense energy
 - c) Mediums always work on stage
 - d) Psychics are more advanced than mediums

6. **A psychic can receive information from:**
 - a) Direct spirit communication only
 - b) Reading auras and vibrations
 - c) Past life visions only
 - d) Dream interpretation only

7. **Which activity can help develop psychic senses?**
 - a) Meditating regularly
 - b) Watching TV all day
 - c) Playing loud music
 - d) Avoiding rest and sleep

8. **One way to increase accuracy in psychic work is:**
 - a) Asking multiple people for their opinion
 - b) Copying someone else's method exactly
 - c) Only working under pressure
 - d) Practising regularly and keeping a journal

9. **Why are ethics important in psychic work?**
- a) To win arguments
 - b) To protect both the psychic and the client
 - c) To control what spirit says
 - d) To improve entertainment value
10. **An ethical psychic should always:**
- a) Tell the client what to do
 - b) Claim 100% certainty
 - c) Be respectful and keep boundaries
 - d) Focus only on predictions
11. **Raising your vibration can help with:**
- a) Making louder sounds
 - b) Tuning in more clearly to spirit energy
 - c) Becoming more sceptical
 - d) Ending all psychic connection
12. **Which of the following may lower your energetic vibration?**
- a) Positive thinking
 - b) Grounding and rest
 - c) Anger, stress, and overwork
 - d) Meditation
13. **The word “inspiration” originally meant:**
- a) To breathe in spirit
 - b) To plan ahead
 - c) To see clearly
 - d) To become psychic
14. **A flow state is best described as:**
- a) A state of full control
 - b) Being outside in nature
 - c) Sleep walking
 - d) Deep creative and spiritual connection
15. **If someone sees images in their mind’s eye during a reading, they are likely using:**
- a) Clairvoyance
 - b) Clairaudience
 - c) Clairsentience
 - d) Clairgustance
16. **A psychic who feels other people’s emotions may be strongest in:**
- a) Clairallience
 - b) Clairsentience
 - c) Claircognisance
 - d) Clairvoyance

17. **One safe and ethical way to tune in before a reading is:**
- a) Drink coffee
 - b) Ground, centre, and ask permission
 - c) Guess what the client wants
 - d) Read someone without asking
18. **Keeping a journal helps psychic development by:**
- a) Providing entertainment
 - b) Recording dreams only
 - c) Helping you ignore your intuition
 - d) Documenting progress and accuracy
19. **Inspiration often comes when:**
- a) You're angry or stressed
 - b) You're trying to impress someone
 - c) You are relaxed and open
 - d) You are focussed on not running late
20. **Psychic senses are best described as:**
- a) A rare gift
 - b) A natural part of being human
 - c) Something only professionals have
 - d) A result of magical thinking

SPIRIT AUSTRALIA EDUCATION
LEVEL TWO

UNIT 2 of 6 FOUNDATION UNITS

Mediumship

2. Mediumship

Unit Description

This Unit offers a foundation in the theory and practice of Mediumship, focusing on the different types, states, and methods of spirit communication.

Explore active and passive mediumship, understand more about the true meaning of all types of healing through mediumship, and learn the ethics and responsibilities involved in both private and public demonstrations. **There is a lot more to learn about mediumship than can be covered here at this Level 2 of Spirit Australia education.** But here is a great place to start.

Upon completing this content, exercises and exam, you will have a foundational understanding of Mediumship and the ethical, spiritual, and practical elements of working with the spirit world.

Module Outline

- 2.2.1. **Mediumship as Healing** : *Connecting Across Two Worlds*
- 2.2.2. **Mental & Physical Mediumship** : *Many Paths with One Purpose*
- 2.2.3. **Active & Passive States** : *Understanding the Inner Architecture*
- 2.2.4. **Evidential Mediumship** : *Honouring Spirit with Clarity & Trust*
- 2.2.5. **A Question of Ethics** : *Avoiding the Common Pitfalls*
- 2.2.6. **Private One-to-One Readings** : *Creating Safe, Supportive Spaces*
- 2.2.7. **Public Platform Readings** : *Confidence. Clarity. Connection.*

Suggested Reading List

Emma Hardinge Britten – “Modern American Spiritualism” (1870)

An account of the Spiritualist movement in 19th-century America by one of its most influential voices

Ronnie Buckingham – “Medium Rare” (2023)

Exploring his innate connection with the spirits and communication with the departed.

Doris Collins – “A Woman of Spirit” (1985)

British medium Doris Collins, sharing her experiences and insights into the world of spirit

John Edward – “One Last Time” (1998)

A memoir and teaching guide by a television-famous medium

Colin Fry – “The Happy Medium” (2012)

A warm, personal reflection on a life devoted to mediumship, healing, and the Spiritualist tradition

Eileen J. Garrett – “Many Voices: The Autobiography of a Medium” (1968)

A deeply personal recount as a medium, researcher, and founder of the Parapsychology Foundation

Suzanne Giesemann – “Mediumship: Sacred Communications with Loved Ones from Across the Veil” (2024) *Comfort and guidance on connecting with loved ones in spirit*

Helen Greaves – “Testimony of Light” (1969)

A moving account of spirit from a deceased friend, offering comfort and spiritual insight from beyond

Gordon Higginson – “On the Side of Angels” (1993)

The life and teachings of Britain’s most celebrated 20th-century medium, known for his accuracy

D.D. Home – “Incidents in My Life” (1863)

A vivid, extraordinary account of one of the most famous physical mediums of the 19th century

Silvia Hill – “Mediumship: An Essential Guide to Being a Medium, Spirit Channeling and Spiritual Development” (2021) *Foundational knowledge and techniques for aspiring mediums*

Allan Kardec – “The Spirits’ Book” (1857)

The cornerstone of Spiritism, offering a detailed philosophy based on spirit messages from mediums

Mary-Anne Kennedy – “Advanced Mediumship: A masterful Guide for the Practicing Medium”

(2023) *Practical exercises for developing platform skills*

J.J. Morse – “Leaves from My Life” (1877)

Insights from one of the 19th century’s most respected trance speakers and public mediums

Suzane Northrop – “Everything Happens for a Reason” (2002)

A leading American medium shares spirit communication stories on grief, healing, and love

Estelle Roberts – “Forty Years a Medium” (1959)

One of Britain’s best-known mediums shares her relationship with her spirit guide, Red Cloud

Mari Silva – “Mediumship: The Ultimate Guide to Becoming a Spiritual Medium and Developing Psychic Abilities” (2021) *Silva offers a comprehensive guide to developing mediumistic abilities*

Gordon Smith – “Intuitive Studies: A Complete Course in Mediumship” (2012)

A structured course for developing mediumship skills, combining theory with practical exercises

Doris Stokes – “Voices in My Ear” (1980)

Spirit messages and case studies from her many public appearances and private sittings

Tony Stockwell – “Spirited” (2005)

An honest account of modern mediumship by a prominent UK Spiritualist medium and teacher

James Van Praagh – “Talking to Heaven” (1997)

Explores Van Praagh’s journey as a medium and offers messages of healing and hope

Mediumship as Healing

Connecting Across Two Worlds

Mediumship, at its purest and most profound level, is a form of healing.

While it is often thought of as simply a way to communicate with those who have passed away, the real purpose of mediumship is to bring emotional, mental, and spiritual healing to both the living and the spirit communicator.

We are starting this Foundation Unit on Mediumship by highlighting this often-overlooked truth of what mediumship actually offers people. Mediumship heals at three points:

- The recipient of communication (the sitter)
- The giver of the communication (the spirit)
- The channel delivering the communication (the medium)

For those who receive messages from the spirit world, through a medium, the fundamental hope, and aim, of the process is to offer healing. Every genuine spirit connection has the potential to comfort grief, heal broken hearts, restore hope, and inspire renewed faith in life and love.

When a medium delivers a true communication from a spirit loved one, they are acting as a bridge between two worlds.

The reassurance that life continues beyond death, and that love is eternal, can be transformational for those receiving a message. This comfort may ease the pain of loss, dissolve guilt or regret, and even inspire positive changes in the recipient's life.

Above all, spirit communication reminds people that they are never alone. That their loved ones are still aware of them, still caring, and still connected. And, although we are not often bringing this next point into our everyday awareness, there is another healing aspect to the work of mediums:

Healing can also occur for the spirit communicator.

Sometimes, souls in spirit seek to express things they did not say during their physical lives, such as apologies, gratitude, love, or explanations.

Through the work of the medium, these messages can bring peace and closure to both sides. The act of communicating helps the spirit continue their growth and evolution on the other side.

Mediumship healing operates on many levels:

- Emotional Healing: Easing sorrow, calming fear, or soothing loneliness.
- Mental Healing: Correcting misunderstandings about death, forgiveness, clarity around experiences or unresolved emotions.
- Spiritual Healing: Renewing faith in life, the universe, and the unseen dimensions.

It's important to understand that not every reading or connection leads to obvious or immediate healing. Sometimes healing is subtle, unfolding over time.

Even a short, simple message from a loved one can plant seeds that gradually bring comfort or transformation. The medium's role is to trust the intelligence of spirit and to allow healing to unfold in whatever way is needed. Because of the great responsibility involved, mediums must approach their work with humility, compassion, and integrity.

Mediumship is never about showing off psychic abilities or entertaining an audience. True mediumship is an act of service — a commitment to be a clear, respectful channel for spirit, motivated to serve with love and compassion.

Mediums also need to prioritise their own self-care and healing capabilities. Mediums have to maintain their own emotional and energetic balance to serve others effectively.

Professional mediums are well aware that if they are not feeling in a good healthy balanced state, their ability to receive and pass on messages accurately will also suffer.

Self-care practices such as meditation, grounding, prayer, and reflection help the medium stay clear, centred, and receptive. Healing flows more easily through a healthy, well-balanced medium.

All three parties involved in mediumship communication can receive healing. How beautiful is that!

As you move forward in your mediumship development, always remember this core truth:

**Mediumship is not about the message, or the medium, or the person receiving the message.
It is about the healing it brings to everyone present (spirit included).**

Keep your focus on service, authenticity, and compassion, and you will become a true healer between worlds.

Reflection Exercise

Take a few minutes to reflect or journal:

- *What does "healing" mean to you?*
- *Can you think of a time when communication — even simple words — brought you healing?*
- *How might you focus on being a channel for healing rather than focusing on "doing it right"?*

Optional:

Create a personal statement or affirmation about your purpose as a medium focused on healing.

Further Study Suggestions

- **Gordon Higginson - "On the Side of Angels" (1993)**
Reflections on a remarkable life of healing through mediumship
- Practice daily grounding exercises (such as mindful breathing or walking in nature) to strengthen your energetic balance.
- Watch a demonstration of mediumship from a trusted platform medium and observe how healing is the heart of their work, not just the evidence.

Mental & Physical Mediumship

Many Paths with One Purpose

In mediumship, there are two broad categories of communication:

- Mental mediumship
- Physical mediumship

Each has unique characteristics, methods, and challenges, but both serve the same ultimate purpose:

Connecting the physical world with the spirit world to bring healing, love, and understanding

It is quite rare to see demonstrations of physical mediumship nowadays. Almost all mediumship that is open to the public to view or participate in, is mental mediumship.

Mental mediumship occurs through the mind of the medium.

It includes clairvoyance (seeing spirit), clairaudience (hearing spirit), clairsentience (feeling spirit), and other psychic senses. The medium receives impressions mentally and then translates them into messages for the sitter. This type of mediumship is often used in one-to-one readings, large public demonstrations, inspired speaking and channelled writing.

In mental mediumship, the medium remains aware and active, interpreting the spirit communication consciously.

Physical mediumship is different in that it involves observable physical phenomena, produced by spirit, through the medium's body or energy field.

This can include materialisations, levitations, spirit lights, apports (objects appearing), direct voice (spirit speaking independently), and table tipping. In these cases, the medium often enters a deep trance or passive state and may not be consciously aware of what is occurring.

Physical mediumship was very common in the early days of Spiritualism (19th–early 20th centuries) when séances were held in darkened rooms to support physical manifestations. These included phenomena such as direct voice (talking that comes from a direction or source in the room where no physical person is) and other examples of extra-ordinary physical happenings.

Today, physical mediumship is rarer, partly because it requires very controlled environments and long-term development.

Both forms of mediumship are valuable.

Mental mediumship can be practiced in almost any setting — one-on-one, on stage, or online — and is often the first focus for new mediums.

Physical mediumship, while spectacular, demands years of dedication and a close working relationship with a spirit team.

It is important for students to recognise that mental mediumship is not less "spiritual" or potentially even less skilled, than physical mediumship.

In fact, mental mediumship can often require just as much, if not more, discipline, trust, and refinement from the medium as they work together in relationship with spirit.

There are moments when mental and physical mediumship lines can even be blurred, or combined, for example when experiencing **subjective or objective** clairvoyance or clairaudience. Here's how this works: A **subjective** vision of a person (or voice) is seen "in your mind's eye" or heard "in your head". But an **objective** spirit person can be seen (or heard) by anyone casually walking past your room!

Throughout history there have been some outstandingly accurate and logic-defyingly correct mental mediums who are able to connect with such depth they can bring through street names, house numbers, birthdates and years, and other information including deeply personal things that only a sitter (and nobody else alive on the planet today) could possibly know.

The level to which these mental mediums can achieve a blend with their spirit communicators is a true testament to the high skill required for both mental and physical mediumship.

The point is that, naturally talented or not, it is possible to develop mediumship to an excellence that is far beyond conventional understanding. And with it, this can bring the sort of joy and healing that can truly heal the individual, and the world.

Mediumship development involves four basic principles:

- Deepening your sensitivity
- Strengthening your psychic senses
- Building trust with spirit communicators
- Serving with humility

Whether your journey leans more toward mental or physical mediumship, the heart of your work remains the same: **service, healing, and the celebration of eternal life.**

Reflection Exercise

Reflect or journal:

- *Which type of mediumship are you most drawn to — mental or physical?*
- *Have you experienced or witnessed either type before? What was your impression?*
- *How can you stay open to developing your natural strengths while respecting both forms?*

Optional: Research a famous medium e.g., Gordon Higginson or Helen Duncan

Further Study Suggestions

- **Stewart Edward White - "The Unobstructed Universe"** (1940)
Philosophical insights into spirit communication
- Practice daily clairvoyance or clairsentience exercises to gently expand your psychic awareness and sensitivity.

Active and Passive States

Understanding the Inner Architecture

Mediums can work in either an active or a passive state, depending on the type of communication they are engaging in. Understanding these states is vital for strengthening your practice and being confident in how to work with your energy, and the energy of any spirit communicators.

An **ACTIVE STATE** means the medium is consciously participating in the communication process. They are aware, mentally alert, and engaging their psychic senses to receive and interpret information.

Active states include mental mediumship (*one-to-one readings, or platform demonstrations*), voice channelling or inspired speaking (*where the medium is aware of the words being spoken*) and in creative expressions like art, music, dance, and writing. The medium's mind cooperates with the spirit influence but remains awake and responsive.

In contrast, a **PASSIVE STATE** involves the medium stepping aside voluntarily to allow spirit greater control. In deep trance or physical mediumship, the medium's conscious mind retreats, becoming a passive observer or even entirely unconscious.

Healing mediumship often also uses a more passive state, where the medium allows spiritual healing energy to flow through them without interference. Passive states require trust, surrender, and a very solid foundation of self-awareness, integrity and spiritual support.

CHANNELLING: Some confusion arises around the word **channelling**. Part of Spirit Australia's aims in education is to develop a common language around spirit and spiritual understandings. If the medium is aware of what is being said or done, they are probably working actively, even if they are strongly influenced by spirit. True passive states involve a significant lowering or altering of conscious awareness. Therefore, a person is either channelling (active) or in trance (passive). Using these definitions, it is not possible to be a "trance channeller".

Similarly, please be aware that **inspirational writing** (active) and **automatic writing** (passive) are not the same thing. Seek a wise teacher if you're unsure of the difference. At its most refined, automatic writing is actually a form of physical mediumship, and needs special understanding around its use.

Both active and passive states are valid and useful. Skilled mediums can shift between states as needed, depending on the spirit communicator, the recipient, and the situation. Over time, you will develop a sense of what state best supports the work you are called to do.

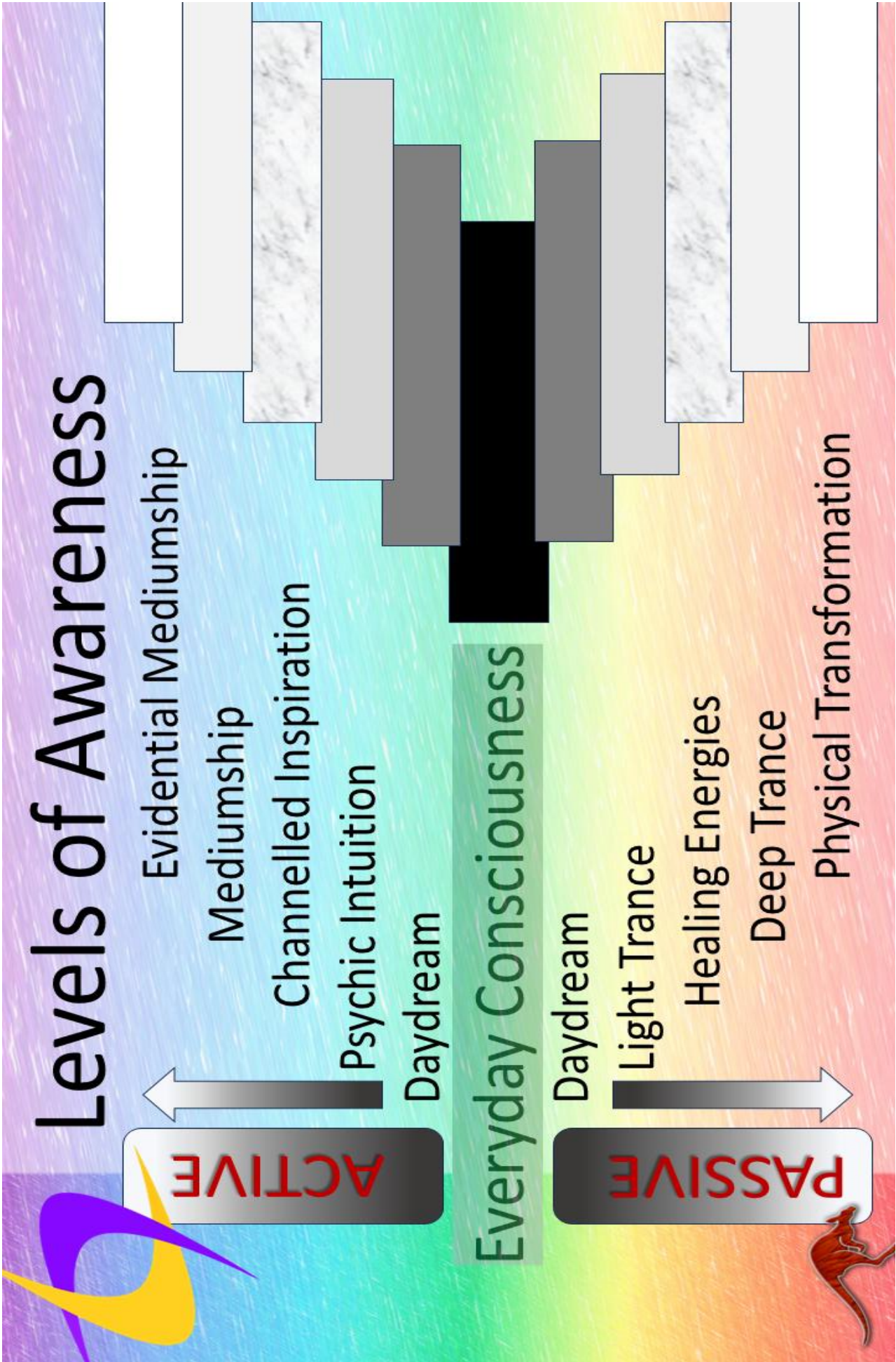
Reflection Exercise

Set aside some time to meditate, reflect or journal on the following questions:

- *Do you feel more comfortable being active (aware) or passive (stepping aside)?*
- *How might practicing both states help you become a more flexible, effective medium?*

Further Study Suggestions

- **Eileen Garrett - "Adventures in the Supernormal"** (1949)
A classic exploration of active vs passive mediumship



Evidential Mediumship

Honouring Spirit with Clarity & Trust

At the heart of professional mediumship is the concept of evidential mediumship — delivering clear, specific evidence that proves the identity of the spirit communicator. Providing specific evidence, not vague impressions or generalities, is what differentiates true mediumship from pure intuition or imagination. Evidence can include:

- **Physical descriptions:** height, hair colour, voice, body language
- **Personality traits:** humour, seriousness, kindness, shyness
- **Shared memories:** significant events, holidays, family traditions
- **Unique details:** a favourite saying, a pet, a job, an unusual hobby
- **Cause or circumstance of passing:** if appropriate and ethical

The goal is to deliver information that is meaningful and recognisable to the sitter, without fishing for information or relying on "guesswork." Good evidential mediums practice strong ethics: they avoid asking leading questions, making assumptions, or interpreting too quickly.

Delivering evidence requires practice, discipline, and trust. Spirit communicators will often "drop in" images, feelings, words, or short bursts of memory. The medium must stay open, not assess or judge or embellish the information, and deliver it honestly — even when it feels strange or incomplete.

If the evidence is not immediately recognised, the medium should not force an interpretation. Sometimes the sitter will remember details later, or the evidence may be meant for a different person. For example, it's quite common during platform demonstrations (when multiple spirits gather close) for the message to be a stunningly accurate one – for the person sitting right next to the original recipient.

Stay humble, stay accurate, and remember:

You are not proving yourself; you are proving the continuity of life.

Reflection Exercise

- Write down five pieces of evidence you might give *if you were the communicator* trying to prove your identity to someone.
- Reflect on what types of evidence are most meaningful to you personally.

Further Study Suggestions

- **Gordon Smith - "The Unbelievable Truth" (2004)**
Exploring and offering insights into evidential mediumship
- Watch or attend an evidential mediumship demonstration and observe the flow of information. Did the medium attempt to lead the audience? Did they change their information, in order to adapt to a sitter's response? Or did they stay true to spirit?

A Question of Ethics

Avoiding the Common Pitfalls

In mediumship **your job is to deliver information, not to extract** information.

Leading questions, adapting details or information to suit, or fishing for answers can undermine the entire purpose of evidential communication. It can damage trust with your sitter (and with spirit!). Common mistakes include:

- Asking the sitter, "Does that make sense to you?" after every piece of evidence.
- Phrasing information as questions rather than statements, e.g., "You have a grandmother who wore glasses, right?" instead of "I am sensing a grandmother who wore glasses."
- Seeking validation too soon, instead of completing the full flow of evidence first.
- Allowing fear of being "wrong" to cause you to second-guess or reframe the spirit's message.

The moment you **ask a leading question**, you open the door to cold reading. Don't be tempted to start guessing based on clues, body language, or sitter reactions. Cold reading breaks the sacred flow between medium and spirit.

Instead, **state what you receive** clearly, calmly, and without apology. Trust the spirit communicator! Deliver what you see, hear, sense, or know, even if it feels odd. Often, it's the strangest details that can actually be the most powerful confirmations for the sitter.

It's important to stay neutral and avoid pushing for affirmation. If your sitter says "no," perhaps check in again with spirit and ask for clarity, or simply let it go and move on. Spirit communication is not about forcing proof; it is about offering information humbly and allowing the sitter to receive it in their own way and time.

Finally, respect the sitter's emotional state. Sometimes a "no" is not because the evidence is wrong; it may be because the sitter is overwhelmed, grieving, or simply doesn't remember the information at the moment. The reality that **our loved ones are still alive** can, at first, feel deeply shocking.

Ethics are the foundation of responsible mediumship. Because mediums deal powerfully with other people's emotions, grief, and hopes, the medium must operate with utmost integrity.

Key ethical practices include:

- Avoiding leading questions, fishing for information, or making exaggerated claims
- Respecting confidentiality at all times
- Never diagnosing illnesses, or giving financial or legal advice
- Being honest about what one can and cannot deliver during a reading
- Maintaining a humble attitude. The work is about spirit and service, not about personal ego
- Understanding emotional responsibility. You are not a trained counsellor, yet you may find yourself in the position of someone seeking you to be just that. Use your "power" wisely.

When working and demonstrating to groups of people in public (platform mediumship), it is very important to handle communications with sensitivity and empathy, ensuring that people are not embarrassed or distressed in front of an audience.

Private sittings are at an advantage by having this confidentiality aspect naturally built in, however they do still require the medium to always take care in creating a safe, respectful space where the recipient feels heard, understood, and fully supported throughout the experience.

It is essential that mediums (and psychics) understand their relative position of “power” when giving readings. Many people only come for a reading when they are feeling vulnerable, or uncertain, or are grieving. If you are not a trained counsellor, then please don’t allow your client to feel like you are. We are not here to give advice. We are here to represent spirit, and to help people connect to their own innate sense of the energies around all of us.

And, finally, the medium must always be willing to admit when they are not making a connection.

We are all human – negotiating our life on the planet, as well as being spiritual beings – and there truly are some days that feel better than others. If things aren’t progressing as well as you would like, then just finish a session gracefully when appropriate. Always let your client know that you are not perfect. They need to discern what feels right for them, and they always have free will in all things.

Spirit communication is a subtle yet powerful thing. It can be elusive at times, and stunningly sharp or accurate at others. Above all, it is a beautiful, sacred, precious opportunity.

Mediumship readings should always leave every person feeling uplifted, respected, and empowered. Even though you may sometimes touch on difficult or challenging events, always remember what an immense privilege and sacred duty to service a medium has in their role.

We have an immense responsibility to represent those in the spirit world with all the integrity and love we can possibly muster. Consider this:

*One day, we’ll be the ones in spirit, watching our loved ones in pain...
And when they sit down with a medium, hoping for comfort and connection,
we’ll be trusting that medium to speak for us
with the same love, care, and integrity we offer now.*

Reflection Exercise

- Deliver five simple factual statements (not questions) to a friend based on your intuitive impressions. Don’t interpret or question the information; just give it straight away.
- Notice how it feels to trust yourself without needing immediate confirmation.

Further Study Suggestions

- Watch a video of a professional medium and observe how they avoid leading the sitter.
- Consider some professional counselling training with a reputable provider. While you are not being employed as a counsellor as such, an understanding around boundaries, the client’s emotional state, the therapeutic relationship, and cultural & ethical awareness is very useful.

Private One-to-One Readings

Creating Safe, Supportive Spaces

Private, one-to-one readings are a cornerstone of mediumship practice. They provide a sacred, confidential space where the medium can work deeply with the sitter to bring through evidence, messages of love, healing, and guidance.

In a private setting, the energy can be more intimate and subtle compared to a public platform demonstration. Mediums often find that communication flows differently during each private reading, depending on the emotional state of the sitter and the support of the spirit world.

A strong private reading generally follows this pattern:

- **Opening:** A few moments of grounding and inviting the spirit world to come close. Some mediums begin with a short prayer or silent attunement.
- **Evidence:** Clear identification of the spirit communicator with physical details, personality, and shared memories.
- **Messages:** After the link is established, messages of love, support, and healing are offered.
- **Closing:** Thanking the spirit communicators, closing the link, and gently bringing the sitter and yourself back to full awareness.

Mediums must manage their time and energy carefully during private sessions, as well as closing down effectively after a reading. Ethical guidelines include:

- **Never diagnosing medical conditions** or giving financial or legal advice
- **Never predicting a future death or tragic events.** *In the very rare case that this is shown to you by spirit, there are ethical ways for mediums to understand & deal with this information.*
- **Never act as counsellor** unless you're trained, and the sitter has clearly asked for this service.
- **Respecting the confidentiality** of your sitter, and of spirit, at all times.

Prepare yourself before each session through meditation, prayer, or intention-setting. Perhaps create a personal checklist for you to refer to. Approach every reading with love, service, and humility.

Reflection Exercise

- What qualities (eg kindness) make you feel safe and supported during a private session, either as a medium or a client? Considering *both viewpoints* is always a helpful exercise.
- How can you embody these qualities for your future sitters?

Further Study Suggestions

- **John Edward** - "**One Last Time**" (1998) *Powerful examples of heartfelt private readings*
- **Tony Stockwell** - "**Embracing Eternity**" (2007)
A compassionate guide to delivering evidence with integrity

Public Platform Readings

Confidence. Clarity. Connection.

Public demonstrations of mediumship — often called platform work — are a thrilling and demanding form of service. They require not just strong mediumship skills but also confidence, public speaking ability, and the willingness to trust spirit in front of an audience.

Sometimes platform demonstrations take place in public settings (theatres and clubs) where large audiences pay an admission fee to witness the demonstration, and possibly be lucky enough to receive a reading themselves.

Public demonstrations are usually an opportunity for the medium to be commercially paid for their time and skills.

Platform demonstrations are also very much part of the tradition for many Spiritualist churches. Visiting mediums are invited to tour various churches, giving a demonstration of the mediumship skills to the congregation, and perhaps an address or healing meditation as well.

Church demonstrations are usually unpaid for the medium.

Church demonstrations are offered free in service to spirit, and also in service to the general public who perhaps cannot afford to attend a commercial event.

Giving several free demonstrations in Spiritualist churches each year allows mediums to give back to the community that often provided a sense of fellowship and supported their early mediumship development.

In a public setting, a medium is often working under the following conditions:

- Limited time per message, usually 5 – 10 minutes maximum per recipient
- Larger energy fields: More people equals more spirit communicators
- Enhanced need for clear, rapid evidence and delivery
- Efficient multitasking in managing audience expectations & emotional energy

Good platform mediums learn to:

- Establish the spirit communicator's identity clearly and quickly
- Deliver evidence and messages in an organised way
- Project their voice and energy across a room
- Handle "no" answers gracefully without losing connection
- Transition smoothly between spirit links

Importantly, platform mediumship is **public service, not personal performance**. Stay humble and centred. Your job is to honour spirit and uplift the audience, not to entertain or impress.

Training for public platform work often includes:

- Joining a development circle focused on platform skills.
- Practicing inspired speaking (short, spirit-inspired talks).
- Learning to work with audience energy without becoming overwhelmed.

Some mediums will have to overcome shyness or public speaking concerns, in addition to developing their mediumship to a high enough standard to deliver platform readings in public. It's not easy, and it's certainly not right for everyone!

But for those mediums who naturally enjoy being in front of groups, embracing the chance to share their mediumship skills with large numbers of people is a wonderful thing.

It's also not easy, especially in the beginning, to resist "dropping back" into simply reading the energy around a person in a psychic way, rather than being patient and calmly allowing spirit communicators to come into your awareness. It can be hard to be on a platform, with (temporarily) nothing to say...

We each have a responsibility to use our unique skills and talents in this world. If you are able to consider platform mediumship as possibly becoming part of your skills, then please do consider training with this aim in mind.

It does bring challenges, especially in the beginning, that's for sure.

But it also brings enormous rewards to the medium, to the people gathered, and to spirit.

The quiet joy of knowing you've done your best, and the personal satisfaction of contributing in service for the greater good, can make platform work an honour rather than a burden. And remember: It's natural to feel nervous at first! Spirit wants you to succeed. Trust the love and intelligence of the world beyond.

We are all here for a reason. Could platform work eventually become one of your reasons, too? Perhaps consider giving it a try! It will be worth it, whatever the outcome.

And thank you Xx

Reflection Exercise

- What excites you most — and what scares you most — about platform mediumship?
- How can you prepare emotionally and spiritually for public work?

Optional: Give a 5-minute spirit-inspired talk on love, hope, or healing to an imaginary audience.

Further Study Suggestions

- **Mary-Anne Kennedy – "Advanced Mediumship: A masterful Guide for the Practicing Medium"** (2023) *Practical exercises for developing platform skills*
- Attend a spiritualist church or public demonstration and observe how mediums manage energy and audience.

2.2.X. MEDIUMSHIP Unit : Final Exam

1. What is the primary purpose of mediumship?

- a) Entertainment
- b) Healing
- c) Proving psychic power
- d) Predicting the future

2. Mental mediumship mainly involves:

- a) Physical phenomena
- b) Spirit art
- c) Communication through thought and senses
- d) Automatic writing only

3. Which is an example of physical mediumship?

- a) Telepathy
- b) Direct voice phenomena
- c) Tarot card reading
- d) Inspired speaking

4. An active state in mediumship refers to:

- a) Sleeping during a session
- b) Allowing spirit to completely take over
- c) Using psychic senses to communicate
- d) Being unaware of the spirit communication

5. A passive mediumship state is characterised by:

- a) Full awareness and control
- b) Spirit influence being minimal
- c) Stepping aside to let spirit work
- d) Giving evidence from memory

6. If a medium is consciously aware of the words they are speaking during a spirit link, it is:

- a) Trance channelling
- b) Mental mediumship
- c) Sleepwalking
- d) Physical mediumship

7. Evidential mediumship aims to:

- a) Provide verifiable proof of survival
- b) Create a dramatic performance
- c) Give future predictions
- d) Entertain an audience

8. A good example of NOT leading the sitter is:

- a) Asking if they recognise a tall man
- b) Stating you sense a tall man without asking questions
- c) Saying, "You must have had a grandfather who liked fishing?"
- d) Asking for confirmation every few seconds

9. In a private one-to-one reading, the medium should:

- a) Only talk about the sitter's future
- b) Diagnose health conditions
- c) Create a confidential and healing space
- d) Focus on their own needs

10. During a private reading, what should the medium AVOID?

- a) Predicting death
- b) Requesting one-word answers to open-ended questions
- c) Giving loving, healing messages
- d) Offering comfort

11. In a public platform demonstration, the medium needs to:

- a) Give very general information to reach more people
- b) Quickly establish clear links with spirit communicators
- c) Focus on just one audience member
- d) Ask the audience for help

12. Platform work is primarily:

- a) A public service to spirit and humanity
- b) A chance to show off talent
- c) A way to sell private readings
- d) A test of psychic ability

13. A leading question in mediumship might sound like:

- a) "I sense a father figure who loved fishing."
- b) "Did your dad like fishing?"
- c) "I have a man here who shows me water and fishing."
- d) "Your father shows me a fishing rod."

14. In an active mediumship state, the medium:

- a) Goes into a deep trance
- b) Is fully unconscious
- c) Uses awareness and psychic senses
- d) Produces ectoplasm

15. Before starting a reading, it is helpful for the medium to:

- a) Guess who might come through
- b) Say a silent prayer or set an intention
- c) Promise specific outcomes
- d) Read the sitter's social media

16. Spirit communication is MOST successful when:

- a) The medium rushes to deliver messages
- b) The medium predicts specific future events
- c) The sitter directs the conversation
- d) The medium trusts and follows the spirit world's lead

17. What emotional quality is most important for a medium to embody?

- a) Scepticism
- b) Curiosity
- c) Humility
- d) Control

18. A useful exercise for developing evidence delivery skills is:

- a) Practice asking sitters questions
- b) Practice making five factual statements without asking for validation
- c) Guess what spirit might want to say
- d) Rely on the sitter to help build the story

19. If a sitter says “No” to a piece of evidence, the medium should:

- a) Argue with them
- b) Insist the evidence is right
- c) Go back to the spirit communicator and ask for clarity
- d) End the reading

20. The best way to prepare for public platform work is to:

- a) Practice inspired speaking and linking with spirit quickly
- b) Memorise a script
- c) Focus on predicting lottery numbers
- d) Guess what the audience wants to hear

SPIRIT AUSTRALIA EDUCATION
LEVEL TWO

UNIT 3 of 6 FOUNDATION UNITS

Healing

3. Healing

Unit Description

This Unit on *Healing* invites you to walk the path of transformation, not just for yourself, but for the world around you. Through self-awareness, energy exploration, and spiritual insight, this course deepens your understanding of what it truly means to heal.

You'll be introduced to a variety of healing approaches, including spiritual healing, energy healing, sound healing, and shamanic and intuitive methods, each offering unique ways to connect, restore, and grow. As you explore these diverse traditions and techniques, you'll discover how healing is both a personal and planetary process; an unfolding that touches the self, others, and the living Earth. You'll be invited to reflect, integrate, and align more deeply with your own healing potential.

Module Outline

- 2.3.1. **Spiritual & Self Development** : *The Human Expression of Spirit*
- 2.3.2. **Holons of Connection** : *Understanding the Web of Life*
- 2.3.3. **Levels of Awareness** : *Expanding Your Consciousness*
- 2.3.4. **The Purpose of Life** : *To Experience, Learn & Grow*
- 2.3.5. **The Healer's Role** : *Plugging into Source*
- 2.3.6. **Paths to Healing** : *Modalities, Methods & Meaning*
- 2.3.7. **From Personal to Planetary** : *Love is Connection in Action*

Suggested Reading List

Barbara Ann Brennan – “**Hands of Light**” (1987)

A guide for understanding energy fields around the body and using them for healing

Fritjof Capra – “**The Web of Life**” (1996)

A deeper look into systems theory and spiritual ecology

Deepak Chopra – “**The Seven Spiritual Laws of Success**” (1994)

Outlines universal principles for living in harmony with ourselves and the world

Donna Eden – “**Energy Medicine**” (2008)

Provides a comprehensive guide to the energy body and how to use it for healing

Mitchell L. Gaynor – “**The Healing Power of Sound**” (2002)

Explores the therapeutic use of sound in healing

Michael Harner – “**The Way of the Shaman**” (1980)

An introduction to shamanic journeying and healing techniques

Robin Wall Kimmerer – “Braiding Sweetgrass” (2013)

On Indigenous wisdom and the interconnectedness of life

Arthur Koestler – “The Ghost in the Machine” (1967)

Introduction to holons and systems thinking

Michael Newton – “Journey of Souls” (1994)

Offers insights into the soul’s journey and its purpose across multiple lifetimes

Frank Arjava Petter – “The Spirit of Reiki” (1999)

A comprehensive guide to Reiki healing, its origins and its practice

Ra – “The Law of One” (1981)

Explores the evolution of consciousness and the role of growth in spiritual development

William L. Rowe – “The Healing Power of Energy” (2006)

Offers practical techniques for harnessing energy for healing purposes

Don Miguel Ruiz – “The Four Agreements” (1997)

Offers insights on how to transform limiting beliefs and expand your consciousness

Robert A. Schuller – “The Healing Power of Love” (1982)

Discusses the profound impact of love in both personal and collective healing

Michael A. Singer – “The Untethered Soul” (2007)

On inner awareness at a personal and soul level

Eckhart Tolle – “The Power of Now” (1997)

Explores the importance of living in the present moment to create a peaceful, healed world

Gary Zukav – “The Seat of the Soul” (1989)

Explores how to expand your awareness and align with your soul’s purpose

Spiritual & Self Development

The Human Expression of Spirit

When we think of healing, we often focus on the body or the emotions.

Yet at its deepest level, healing is spiritual growth.

True healing requires us to expand our self-awareness, take responsibility for our lives, and open to the lessons spirit has placed before us.

This is why we say spirit development IS self-development.

Spiritual healing doesn't just happen "to" us. It arises within us, as we grow into greater authenticity, truth, and love.

When we neglect our inner world — when we avoid self-reflection, when we cling to fear, anger, or judgment — we create imbalances that manifest emotionally, mentally, and physically.

Healing begins when we are willing to look at ourselves honestly and ask:

What in me needs to change? Where am I being called to grow?

Self-development means becoming more aware of our patterns, thoughts, emotions, and reactions.

It requires courage to face old wounds, to let go of limiting beliefs, and to cultivate virtues like compassion, forgiveness, and humility.

The journey is lifelong. Every new level of awareness reveals new opportunities for healing and growth.

Importantly, healing is not about becoming "perfect." There is no perfect human being.

Healing is about becoming whole. Healing is about integrating all parts of ourselves, including our pain, and seeing them through the eyes of love.

When we accept ourselves fully, transformation becomes natural. Growing is not always about gaining "new" information. When we choose to integrate and accept those parts of ourselves we have dismissed, ignored, suppressed or hidden, we are also growing and healing.

In spiritual traditions around the world, possessing self-knowledge has always been seen as the foundation of power. As Joseph Campbell urged, it is **the Hero's Journey to bravely venture into the unknown, face the trials that shape us, and return transformed, bringing the wisdom of our own depths back to share with the world.** It's a story that weaves through all cultures, and is as old as time. From ancient legends to modern fairy tales, we all recognise the wisdom and truth of this.

It is the journey to "*Know thyself*," as the ancient Greek philosophers encouraged. A quest to dive deeply into your own inner world. In the healing arts, this is especially crucial. Why? Because...

You can only assist others to the depth you have healed within yourself.

When you commit to your own development, you not only heal yourself, but you also become a living example for others. Your energy shifts. Your presence becomes healing in itself, even without words or action. Healing, then, becomes an ongoing ripple effect, spreading outward through your family, community, and the world.

Healing is not a race. Everything is connected, and we are all evolving. You, me, them, spirit, the universe, and beyond. As you will discover throughout the Level 2 Foundations Course, healing is about growing. We are here to experience, learn and grow.

To look at this another way, perhaps think of it like the process of walking. Both of your feet are required to walk. The left leg waits for the right, step after step, and the only way forward is for each foot to team up with the other. Then we are walking.

So be patient with yourself. You are not separate; you are permanently and magnificently connected to everyone and everything around you. We are all doing this together.

If you think about it, there's no pressure from the spirit world to evolve. Everything will grow in its own time. Spirit is infinitely patient and encouraging, and we therefore should be infinitely patient and encouraging with ourselves, **because you are spirit.**

Every step you take toward greater love, understanding, and authenticity is celebrated by the spirit world. There is no wasted effort, no wrong turn.

Only experiences, learning from those experiences, and evolving growth.

Exercise: Daily Self-Check-In Reflection

Each evening, take 5–10 minutes to reflect quietly:

- Where today did I act from love?
- Where today did I act from fear?
- What emotions am I carrying that need acknowledgment?
- What can I forgive in myself? What can I forgive in others?
- What step can I take tomorrow toward greater authenticity?

Write your reflections down in a journal. Over time, you will see patterns emerge — and opportunities for healing and growth will become clear.

Further Resources for Exploration

- *The Untethered Soul* by Michael A. Singer (on inner awareness)
- *The Four Agreements* by Don Miguel Ruiz (on personal integrity and growth)
- *The Healing Power of Mind* by Tulku Thondup (on the link between mind and healing)

Holons of Connections

Understanding the Web of Life

One of the fundamental principles of healing and indeed, of spiritual growth, is understanding that everything is interconnected. You are not a separate being, floating in isolation. You are part of a vast living system: the web of life.

In 1967, philosopher Arthur Koestler introduced the concept of holons.

A holon is something that is simultaneously a whole, and also a part of a greater whole.

Imagine that you've come to watch your friend playing trumpet in a Frank Sinatra tribute Big Band. You can see your friend up on stage, and as you wave happily then settle back to enjoy the music, you realise they are just one of four trumpets, in a horn section with the trombones and saxophones, matched up with a swinging rhythm section, and the singer, and the buzz of the crowd...

Let's take a moment to fully understand this concept of holons.

Look at your own hand, for example.

Your hand has fingers. Fingers have sections. Each section has skin, muscle and bone. Each bone is made up of molecules and atoms; oxygen, hydrogen and so on. Each atom has a nucleus, and protons, and then we start to get to the quantum level of physical understanding... wow!

Ok, go back to your hand again. Your hand is part of one arm. Your arm is a limb on your body. Your body was born into this world by parents. Your parents belong to a long line of ancestors, from various regions on the planet, and the regions combine to form one human community on Earth...

When you heal yourself, you do not heal "only" yourself. Your healing affects your family, your community, and even the collective consciousness of humanity.

Likewise, when harm is done to the Earth — through pollution, deforestation, or exploitation — human beings feel the impact emotionally, mentally, and physically, whether they realise it or not.

Worlds within Worlds

The boundaries between "self" and "other" are much more fluid than they appear.

The spirit world is aware of these connections. Healing energy often moves through a complex network of souls, affecting many beings at once. This is why group healing, prayer circles, and acts of kindness can be so powerful. They ripple outward through the interconnected web of life.

In mediumship and spiritual healing, understanding interconnectedness is crucial.

You may sense information or energy not only from the person in front of you, but also from their family, ancestors, community, or spirit helpers.

Everything communicates. Everything resonates. Everything is connected.

The beauty of shifting your awareness to this view of interconnection is that it fosters a deeply felt sense of compassion. When you fully understand that harming another is truly harming yourself, you naturally become more loving, more responsible, and more committed to healing.

Right now, humanity faces unprecedented challenges, including ecological crises, social upheaval, global anxiety. Yet these challenges also represent profound opportunities for healing. When enough people awaken to their connectedness, healing can occur on a planetary scale.

The Cosmic Ecosystem

Our living Earth can be compared to a human body. The continental landmasses are like our limbs, the rivers that cross them are like our bloodstream, the forests are like our lungs, the cycles and seasons of tides, moon and sun are like our hormones and digestion, responding to never ending cycles of change... And so on it goes.

It's easy to understand the connectedness of the world's ecosystems, when we look at our planet as if it were a human body. The web of life on our physical planet is obviously interconnected, holons upon holons.

But there's another important place that holons appear in our lives. It's in the interrelationship of people, and events, and other factors in our lives that can affect us so deeply.

When looking at healing, holons and interconnection plays a larger part than we might first realise. Yes, we are all here to experience, learn and grow. We've come to take part in opportunities for our own personal and collective evolution. But we can't do it alone.

Let's use another (fictional) example...

How about the car accident you had, many years ago, the one that changed the course of your life? It wasn't just you who was affected. Your car accident is a holon, something that is whole unto itself, but it is also part of a greater whole. Your experience ripples outwards and onwards, connecting and interconnecting with other's experiences.

This (fictional) accident was attended by an ambulance driver, who took the opportunity to praise his medical partner for her compassion while treating you...

She received his heartfelt compliments with relief, as she'd been questioning her ability to remain in a caring profession while she was under such personal strain looking after her elderly and ailing father... With her renewed self-confidence, her father then didn't need to move out of his own house into a care facility, which meant that the neighbour's teenage son who had been mowing the lawns each weekend kept his job, so he had enough income and positive distraction to ensure he didn't fall in with the wrong crowd... And so on.

Everyone, and everything, in your life has a purpose. We are all actors, on the one stage, coming and going and interacting with each other. Scene after scene, there is a reason why:

If you're here to learn about love – the beauty of love, and the pain of its absence – then you need to have a protagonist in your life who won't love you.

If you're here to experience the limitations of physical trauma, and the inner growth opportunities that can come with that, then you need to have a protagonist in your life to drive the truck that hits your car and create your physical injuries.

**You are a holon:
Complete and powerful, yet also intimately connected to all that exists**

It can be hard to remember this when we are caught in the thick of life.

When we focus narrowly on our personal experiences, we can become blind to the greater whole. We don't always see the countless ways everything is interconnected. We often never hear how a kind word to a stranger, or a simple act of help, like lifting a young mother's shopping while she wrestles a stroller and three small children, ripples outwards in ways we cannot imagine.

But healers are like the lighthouses of the world.

Healers shine their light, whatever the weather, without worrying which ships at sea may notice, or which ones may pass by unaware.

Healers expand their awareness to embrace the reality of holons — the deep interconnectedness of all things — and they also accept that sometimes we cannot understand why things happen. There is always a reason, even if we cannot always see it.

Healers understand that they will never grasp the fullness of everything. They are here to shine their light as best they can, without expectation, trusting in the unseen currents of life.

The rest is up to others and to the great web of connection that we are all part of, whether or not we are aware of it in our daily lives.

In the meantime, healers shine their light.

It's really quite simple.

We are all connected. Every positive step you take, every act of healing, every gesture of love, strengthens the living web of life.

Exercise: Meditation on Interconnection

Spend 10 minutes in quiet meditation. Imagine yourself as a radiant point of light. Now envision threads of light extending outward from you, connecting you to loved ones, to your community, to animals, plants, oceans, and the stars. Feel the warmth, love, and energy flowing through these threads. End by silently blessing all beings everywhere.

Further Resources for Exploration

- *The Ghost in the Machine* by Arthur Koestler (1967) — introduction to holons and systems thinking
- *Braiding Sweetgrass* by Robin Wall Kimmerer (2013) — on Indigenous wisdom and the interconnectedness of life
- *The Web of Life* by Fritjof Capra (1996) — a deeper look into systems theory and spiritual ecology

Levels of Awareness

Expanding Your Consciousness

One of the most important concepts in spiritual healing is the expansion of consciousness.

Healing is not just about treating physical symptoms or emotions; it's about raising awareness, expanding your perception, and awakening to higher truths.

There's a lovely phrase that goes something like: "You don't know what you don't know".

This phrase reminds us that it's often hard to take the next step, when you don't have a roadmap or destination. We just have to keep an open mind, and an open heart. And take things one step at a time.

The more conscious you become, the more you can experience and heal. And, as we know, the healing is not only for yourself, but also for others and the world around you.

What Does It Mean to Expand Consciousness?

Consciousness, in its simplest form, is the state of being aware.

But awareness itself is not static. Awareness is dynamic and constantly evolving.

Think of your consciousness as a sphere. When you start your spiritual journey, your awareness may be like a small point in the middle of a vast, dark space. But as you grow, learn, and experience more, that point begins to expand into a larger sphere; an ever-expanding ball of light.

With each new insight, each healing moment, your awareness grows larger. As consciousness expands, it begins to touch other aspects of your being. You move from being conscious of your physical body to becoming aware of your mind, emotions, and soul.

Eventually, you start to experience spirit itself. An awareness of the greater universe, of the profound interconnection between all beings, and the eternal nature of existence.

Healing happens as this sphere of consciousness expands. The more you are aware, the more you are able to bring healing to different layers of your being: physical, emotional, mental, and spiritual.

When you are fully conscious of your emotional wounds, old and new, you can begin to heal them.

When you are conscious of the energy in your body, you can shift imbalances and restore harmony. And when you are able to shift and expand your awareness to the spiritual realms, you'll tap into a limitless source of healing energy and wisdom.

Levels of Awareness and the Healing Process

Just as physical illness manifests at different levels of the body, spiritual and emotional wounds can manifest at different levels of consciousness.

The healing process involves bringing light into each of these levels, often one layer at a time.

Think of this as peeling back the layers of an onion, each layer representing a different level of awareness. Or perhaps thinking of it like climbing a mountain, moving higher up and then being able to see a further horizon, might be a clearer way of looking at things.

Whichever way you choose to view it, the deeper or further you go, the more profound and transformative the healing becomes.

The Physical Level

At the most basic level, healing can be physical: relieving pain, supporting the body's natural healing processes, and balancing energy. This is the foundation of healing work, where many people begin their journey.

The Emotional Level

Emotions are tied to energy, and when emotional wounds are unprocessed or unresolved, they can block the flow of healing energy.

As you expand your awareness, you learn to tune into emotional blockages and release them. Emotional healing may involve forgiving others or yourself, accepting the past, and transforming negative emotions into positive, life-affirming feelings.

The Mental Level

Your mind holds powerful energy, both positive and negative. Negative thought patterns, limiting beliefs, and fears can create energetic blockages and manifest as physical ailments or emotional struggles. Expanding consciousness on the mental level involves becoming aware of these patterns and replacing them with healing thoughts. It is here that practices like affirmations, mindfulness, and positive visualisation become particularly useful.

The Spiritual Level

The highest level of healing involves connecting with your soul and higher self. Here, you experience a sense of unity with the universe, tapping into divine guidance, and receiving messages from the spirit world.

As your consciousness expands to include your soul, you will understand that **all healing is ultimately spiritual** — it's about remembering who you truly are, your eternal nature, and your connection to all that is.

The Role of the Healer in Expanding Consciousness

The healer's role is not only to help others heal physically, emotionally, or mentally, but also to help them **expand their awareness**.

A healer helps the client see their own potential for growth and change, opening them up to a new level of perception and understanding.

Often, the healer will facilitate this expansion by offering guidance, using healing techniques, and providing tools that help the client raise their level of awareness.

There are many traditions, modalities, practices ancient and modern, plus unique individual ways that healers can connect with their own expanded awareness and beyond.

We will look at this in more detail as this Foundation Course progresses, but for now, the primary focus of this module is to emphasise the importance of understanding how healing actually works.

The healer does not heal others

Yes, of course it's much more nuanced, fluid and complex than this next simple sentence, but the following words do contain an important and often-neglected truth:

At an energetic and spiritual level, every person
who desires physical, emotional, mental or spiritual healing
(with help from healers and spirit)
expands their own awareness and heals themselves.

Exercise: Consciousness Expansion Meditation

- Find a quiet place and sit comfortably
- Close your eyes and take several deep breaths
- Imagine that your awareness is like a small light within you
- With each breath, that light begins to expand, growing larger and brighter, filling your body and extending beyond. See it shining through your thoughts, your emotions, and into your spirit body and the energetic fields that surround us.
- Visualise this expanding light touching all the areas of your life that need healing. Your relationships, your health, your working life, your interests and passions.
- Let the healing energy expand to encompass your home, your community, and the world. Sit with this expanded awareness for a few minutes, feeling the peace and connection that comes from it.
- When you are ready to finish, slowly draw your own energy back close towards your body. Feel the love that lives within you, and keep drawing the energy back in so it packs down more densely and comfortably supports you moving around in your daily life.

Further Resources for Exploration

- *The Power of Now* by Eckhart Tolle (1997) — focuses on present-moment awareness and consciousness expansion
- *The Seat of the Soul* by Gary Zukav (1989) — explores how to expand your awareness and align with your soul's purpose
- *The Four Agreements* by Don Miguel Ruiz (1997) — offers insights on how to transform limiting beliefs and expand your consciousness

The Purpose of Life

To Experience, Learn, and Grow

One of the most profound questions we can ask ourselves is “*Why am I here?*”

Understanding the purpose of our lives can significantly deepen our spiritual healing journey.

This module explores the purpose of human existence and the role of **experience**, **learning**, and **growth** in our spiritual evolution.

The Soul’s Purpose: A Divine Blueprint

As spiritual beings, we are part of a greater cosmic plan, one that is designed for growth and evolution. Each soul has its own purpose and path and – collectively – we are here to experience life, learn from those experiences, and ultimately grow as individuals and as a species.

From a spiritual perspective, the purpose of life is not about simply existing, but about using each experience as an opportunity to expand conscious awareness, deepen our wisdom, and strengthen our connection to something greater than ourselves.

Every encounter, every challenge, and every moment offers an opportunity for transformation.

The idea that we are here to **experience, learn, and grow** is central to the idea of soul evolution.

Life, as we know it, is an ongoing experiment. An unfolding series of lessons and opportunities.

The experiences we face — whether joyful or painful — are not random but are designed to help us develop spiritually.

They are the soul’s curriculum.

EXPERIENCE: The Foundation of Growth

Everything begins with experience.

Our human lives are a tapestry of experiences: we experience joy, sorrow, pain, pleasure, and everything in between. We come into contact with people, ideas, cultures, and energies that challenge and shape us.

In the context of spiritual healing, experience becomes the raw material from which growth emerges. Each experience we have, no matter how insignificant it may seem, is an opportunity and part of the greater plan to help us learn more about ourselves, others, and the world around us.

Sometimes we may experience pain or difficulty, and this can be challenging. But even these experiences are opportunities for deep healing and transformation.

When we face struggles, we are given the chance to heal and transcend those challenges, expanding our capacity for compassion, understanding, and wisdom.

It's often said that a person nearing the end of a long lifetime rarely regrets the things they did, as much as *the things they didn't do*. Remember, we are all here to experience, learn and grow.

Without experiences, we are missing the fundamental start of the entire journey.

LEARNING: The Process of Transformation

The second key element of why we are here is for the possibility, the opportunity, of learning. Life is a classroom in which our souls can be constantly absorbing knowledge.

Every lesson learned is an important stepping stone in our spiritual journey. We learn not only from our experiences but also from the experiences of others, from books and movies, from formal classes and from everything else in between. The soul never stops learning — even after death, it continues to grow and evolve in the spirit world.

In the context of healing, the act of learning is pivotal.

Healing often begins with gaining a deeper understanding of ourselves, our emotions, and the energetic systems that govern our bodies.

When we can identify the root causes of imbalance or illness, we can heal and shift our perception, clearing the way for growth.

Therefore, it is important to remember that healing is also a learning process.

Sometimes, the soul chooses to go through difficult situations because those challenges hold valuable lessons, such as learning about forgiveness, self-love, resilience, and compassion.

Learning from hardship is not easy, but it is often the catalyst for growth.

For example, if our soul is here to learn about the power of love, then perhaps we will experience a life full of love in all its many forms.

But if we really want to learn about the power of love, at a deep and expanded level, then experiencing a lifetime without love — the absence of love — will no doubt be a greater teacher.

Once we have experienced things, we have the opportunity to learn from them.

We've bravely started, the journey is well underway, and often it's not easy. But it is important beyond words, and we owe it to ourselves to keep going with the process.

When we choose to reflect and learn from our experiences, we are authentically doing what we have come here to do.

We deepen our understanding, borne of personal experience, and begin to truly understand things at a deeper and more profound level.

GROWTH: The Ultimate Goal of Life?

The exciting, wonderful, ultimate reason that we are here is simple: To evolve and grow.

Growing results from the combination of Experiencing... and then Learning.

As we expand our awareness, we begin to see life through a new lens shaped by wisdom, compassion, and a greater connection to the divine.

Growth involves developing not only our inner qualities but also our spiritual gifts. It is through this growth that we become healers, for ourselves and for others.

Healing is not just about the physical body. It's about helping ourselves and others to grow spiritually, emotionally, and mentally. In this way, the natural progression from Experience – Learn – Grow is to include a logical next step: ***To be of service to others.***

The Golden Rule exists in every major religious and spiritual teaching throughout time and space across our planet. "Do unto others" is a profoundly beautiful, and important, part of spirituality.

We start with ourselves. The growth we experience on a personal level has a ripple effect, moving ever-onwards and influencing our families, communities, and even the world at large.

And every time we grow and heal, we contribute to the collective evolution of humanity.

Love = Connection + Action... Simple, really... Onwards!

Exercise: Reflecting on Your Soul's Growth

Take a moment to sit quietly and reflect on your life. Ask yourself the following questions:

- What are the key experiences in my life that have shaped me the most?
- What lessons have I learned from these experiences?
- How have I grown as a person because of these lessons?
- In what ways can I continue to grow spiritually, mentally, and emotionally?

Meditate on these questions. Visualise yourself expanding, like a plant growing toward the light. Imagine your experiences as part of the soil, providing nutrients and sustenance for your growth.

Further Resources for Exploration

- *The Four Agreements* by Don Miguel Ruiz (1997) — teaches the importance of learning and growing spiritually through personal integrity
- *Journey of Souls* by Michael Newton (1994) — offers insights into the soul's journey and its purpose across multiple lifetimes
- *The Law of One* by Ra (1981) — explores the evolution of consciousness and the role of growth in spiritual development

The Healer's Role

Plugging into Source

In spiritual healing, a vital concept is understanding the healer's role in the process.

This module explores the role of the healer as a conduit for divine energy, emphasising the need to connect with the source of all healing.

True healing comes from a place far beyond the healer's individual energy.

It flows direct from Spirit; the universal consciousness, or source, or god, or nature, the divine or spiritual essence that connects all beings and everything in existence.

The Healer as a Conduit

The first step in understanding the healer's role is recognising that a healer is not the source of healing power themselves. Rather, they are simply a conduit, a channel through which healing energy flows.

Just like the role of a medium (in mental mediumship), the healer is not the source of the healing, nor are they the target of the healing. They are standing gently, humbly, reverently, discretely, calmly in the middle of process.

Yes, healers have much to learn, in order to perform their role well. Some healers may be more skilled, or more connected to source, than others. But they are not healing as such. They are simply facilitating the message from one point to the other.

Another important point is that healers shouldn't rely their own personal energy to heal people.

In other words, instead of running off their own batteries, healers need to learn to plug into the mains power at the wall socket.

While it is true that healers can sometimes receive the benefit of healing energy passing through them on the way to the recipient, the role of the healer is to set up an excellent channel and then get out of the way.

Healers open themselves to the divine and allow that universal healing energy to pass through them.

This means that the healer's energy is secondary to the source. They are simply the vehicle for transmitting that healing energy to the recipient.

There are many ways and modalities of healing. Each uses particular methods and intentions, and sometimes the fundamental processes may appear contradictory at times. But overall, the essential premise remains true:

The healer is only a conduit.

Just as a pipe does not create water, but merely carries water from one place to another, the healer's role is usually simply to receive, and then direct, the healing energy with intention and purpose.

The Importance of Connection to Source

Healing is ultimately a spiritual process. It transcends the physical body and mental state, reaching into the energetic and spiritual realms. For this reason, it is crucial that healers are deeply connected to the source of all life. To the divine energy that flows through everything.

Without this connection, the healer is like a disconnected circuit.

To truly heal, a healer must be grounded in their own energy and, at the same time, be open to the flow of universal energy. This connection allows the healer to channel the healing energy with greater clarity, strength, and accuracy.

The concept of plugging into Source involves establishing a strong spiritual practice.

This can include meditation, prayer, or energy exercises that help the healer attune to the divine energy. By regularly connecting with Source, the healer builds a stronger conduit for that energy, ensuring that their work is aligned with the higher purpose of healing.

Healing is Not About the Healer's Power

As mentioned earlier, it is essential to recognise that healing is not about the healer's power.

This is a common misconception, especially in modern healing practices.

Some people may see healers as possessing special or extraordinary powers. While healers may develop certain abilities or sensitivities, it is the connection to Source that is the true power behind the healing process.

When the healer acknowledges that they are not the source of the healing, they can let go of any feelings of pressure or ego.

This release creates a humble space where healing can flow freely, without resistance. It also allows the healer to focus on their role as a vessel of divine energy rather than trying to control or manipulate the healing process.

The Role of Intuition in Healing

While the healer is not the source of the healing, they can sometimes act as an instrument of that energy, through their intuition.

Intuition allows the healer to sense what is needed for the recipient's healing. They may be guided to focus on certain areas of the body, use specific healing modalities, or adjust their energy flow based on the recipient's needs.

This intuitive guidance is part of the connection to Source.

Healers develop their intuition over time through practice and spiritual growth.

It is through listening to their inner guidance and the energies around them that they are able to provide healing that is both effective and aligned with the recipient's highest good.

Healing Is a Partnership

Healing is also a co-creative process. While the healer provides the energy and support, the recipient must also be willing to receive the healing. This collaborative dynamic between healer and recipient is crucial for the healing to be effective. The recipient must be open and willing, at some level, to accept the energy being offered.

Sometimes the recipient may not be ready to heal, or able to receive the healing offered at this moment in their life. Perhaps a person's thinking brain is preoccupied, or perhaps a person's soul is fulfilling a deeper purpose that may not be obvious in our everyday awareness. There's many reasons why healing does – and does not – work, and we're not always aware of the reasons. But if an offer of healing is rejected, the healer's role is to respect the recipient's space and not force the healing.

Each of us is connected, yet unique. We reflect the magnificent diversity of all life and we all have our own paths to walk. Healers understand that sometimes the healing process may need to unfold over time, as the recipient learns and grows in their own way.

Exercise: Connecting to Source

To develop your healing abilities, it is essential to establish a connection to Source. Here's an exercise to help you do that:

1. **Find a Quiet Space:** Sit comfortably in a quiet place where you won't be disturbed. Close your eyes and take a few deep breaths to relax your body.
2. **Visualise Light:** Imagine a bright, warm light above your head. This light represents the divine energy of Source. See it shining down into the crown of your head, filling your body with warmth and healing energy.
3. **Invite the Energy:** Allow the light to flow through you, starting from the top of your head and moving down into your heart. As the light fills your heart, feel it expand outwards, enveloping your entire body.
4. **Feel the Connection:** Sit quietly for a few moments, simply enjoying the connection to Source. Allow yourself to feel the **love, peace, and healing** energy flowing through you.
5. **Express Gratitude:** Take a moment to thank Source for the healing energy and for helping you to be a conduit of this energy. Then close the connection, and allow any remaining energy to flow on downwards and into the Earth for the healing of all.

Further Resources for Exploration

- *The Healing Power of Energy* by William L. Rowe (2006) — offers practical techniques for harnessing energy for healing purposes
- *Energy Medicine* by Donna Eden (2008) — provides a comprehensive guide to the energy body and how to use it for healing
- *Hands of Light* by Barbara Ann Brennan (1987) — an essential book for understanding the energy fields around the body and using them for healing

Paths to Healing

Modalities, Methods & Meaning

Healing is a vast and multifaceted field that draws upon numerous approaches, each offering its own unique set of tools, techniques, and philosophies.

In this module, we'll explore just some of the various types of healing, including energetic, spiritual, sound, shamanic and more.

By gaining an overview and understanding some basics of the different types of healing, you can begin to recognise which methods resonate most with you and your practice.

ENERGY HEALING

Energetic healing is a broad category, with many sub-categories or modalities, that involves working with the subtle energies of the body, mind, and spirit.

This form of healing is based on the understanding that everything is energy, and that imbalances in the body's energy system can lead to physical, emotional, and spiritual illness.

The goal of energetic healing is to restore balance and flow to the body's energy systems.

Key Modalities of Energetic Healing

- **Reiki:** A Japanese healing technique that uses universal life force energy, Reiki practitioners channel energy into the body of the recipient through their hands.

Reiki is a gentle process to promote healing, stress reduction, and relaxation. It is perhaps the best-known modality of energetic healing, and is approved safe for use in many hospital settings worldwide.

- **Therapeutic or Healing Touch:** With too many modalities to list individually, the presence of the phrases "therapeutic touch" or "healing touch" usually involves the practitioner placing their hands on, or lightly above, the recipient's body to clear energy blockages, promote healing, and balance the energy field. It does not require direct touch.

Energetic healing methods like these focus on bringing the body back into a state of harmony, ensuring that energy can flow freely. When the body's energy is flowing correctly, the recipient's physical, emotional, and spiritual well-being is enhanced.

SHAMANIC HEALING

Shamanic healing is one of the oldest and most powerful forms of healing, and is practiced by indigenous cultures worldwide. It is based on the deep understanding that the spiritual world is as real and significant as the physical world, and that healing requires the shamanic practitioner to journey between these realms.

Key Concepts in Shamanic Healing

- **Soul Retrieval:** In shamanic healing, it is understood that traumatic experiences can cause parts of the soul to become fragmented or lost. Soul retrieval is the process of calling these lost parts back, restoring the person's energy and sense of wholeness.
- **Power Animal Guidance:** Shamans often work with spirit animals or power animals to provide guidance and healing. These animals act as protectors and spiritual allies, offering wisdom and strength during the healing journey.
- **Shamanic Journeying:** Shamans enter altered states of consciousness, often through the use of rhythmic drumming or other techniques, to connect with the spirit world and bring back healing messages or energies for the client.

Shamanic healing often works by realigning the spiritual, emotional, and physical aspects of a person's being. Shamans use a variety of techniques to bring balance to the energy fields, remove blockages, and restore harmony.

SOUND HEALING

Sound healing harnesses the vibrational power of sound to restore balance and promote healing. Sound waves are believed to have therapeutic effects on the body and mind.

This modality takes advantage of the fact that everything vibrates at different frequencies. When an object or body part is dissonant or out of tune, sound can be used to bring it back into alignment.

Key Techniques in Sound Healing

- **Singing Bowls:** Tibetan singing bowls are used to create vibrational sounds that resonate with the energy centres (chakras) of the body. The sound waves help to soothe and balance the body's energy.
- **Gong Baths:** The gong produces rich, complex sound vibrations that can help clear energy blockages and restore harmony. Gong baths are often used to bring deep relaxation and facilitate the release of emotional trauma.
- **Sound Therapy (Tuning Forks):** Tuning forks are placed on or near the body to create vibrations that resonate with specific organs or energy centres. This can help with physical healing, emotional release, and balancing the body's energy.

The healing power of sound is grounded in the frequencies and vibrations that affect our cells and energy fields. Sound can be used to help the body release emotional blockages, reduce stress, and promote relaxation.

The Science Behind Sound Healing

Scientific studies suggest that sound can have measurable impacts on the brainwave states, heart rate, and overall physiological states. The vibration from sound waves can stimulate the parasympathetic nervous system, reducing stress and allowing the body to heal itself naturally.

SPIRITUAL HEALING

Spiritual healing takes into account the interconnectedness of the mind, body, and spirit. It is deeply grounded in the knowledge that illness or challenges in one aspect of a person's being can very often affect the other aspects.

Spiritual healers work by connecting to **higher spiritual forces**, and healers from the spirit world, who use their intelligence and knowledge to direct these forces as needed. This can bring about change in the physical composition as well, so that healing can be facilitated on all levels of the individual's being.

Key Concepts in Spiritual Healing

- **Connection to Source:** Spiritual healing often involves connecting with the **divine energy** (whether that's through God, Source, or the Universe) to facilitate healing. The healer serves as a conduit for that energy, channelling it into the recipient.
- **Holistic Approach:** Spiritual healing considers the whole person; their physical, mental, emotional, and spiritual components. This form of healing often incorporates elements such as prayer, meditation, and visualisation as tools to guide healing energy.

Spiritual healing can be directed or indirect. It may involve direct communication with the spirit world or higher realms, or it may focus on deep meditation and intention to call forth healing energy. It can work on many different levels, and it can be very simple or very complex.

Common Practices in Spiritual Healing

- **Prayer Healing:** Involves invoking divine guidance and energy to aid in the healing process. This may be a collective or individual practice.
- **Spiritual Counselling:** A healer may offer spiritual guidance, if they are qualified in counselling, or by connecting to spirit counsellors, to help an individual understand the root causes of their distress and offering insights that can lead to healing.
- **Channelled Healing:** Some spiritual healers receive messages or guidance from spirit guides or other spiritual entities, which help them offer advice or direct healing to the recipient.

For modalities that can be easily taught, or described, spiritual healing often emphasises that faith and belief play powerful roles in the healing process. By aligning the recipient's energy with divine will, healing can occur more effortlessly.

But of all the different types of healing, it is the spiritual healers who perhaps vary the most in what they do, and how they do it.

Practitioners often work in ways that are unique to them, and their relationship and awareness of different parts of the spiritual world.

Many spiritual healers begin their journey with energy healing techniques, such as Reiki. As their awareness and sensitivity to the deeper layers of reality grows, they often find their senses opening further, allowing them to become a conduit, or medium, for spirit helpers.

There have been some extraordinary examples of spiritual healers and their work, with healing results that continue to amaze in their results and defying logical commonsense.

HEALING CHOICES

In addition to energetic, spiritual, sound, and shamanic healing, there are many other forms of healing that may appeal to different individuals. Here are just two more examples:

- **Plant-based Healing:** Involves the use of herbs, essential oils, and other plant-based substances to restore health and balance. This can range from using natural remedies to working with **plant spirits** in an intuitive healing context.
- **Intergenerational Healing:** Focuses on healing ancestral patterns, trauma, and imbalances passed down through generations. This form of healing recognises that the wounds of ancestors may continue to affect the living and healing them can break generational cycles of suffering. The work of Constellations therapy can be particularly helpful here.

Choosing the Right Type of Healing

As a healer, it's essential to develop an understanding of the various healing types and decide which modalities resonate most with you. Healing is not one-size-fits-all, and every individual will respond differently to various approaches. Some may prefer the deeply intuitive nature of spiritual healing, while others may benefit from the vibrational frequency of sound healing.

The best approach is to be open-minded and to try several modalities. Perhaps think about it as if you were a talented sportsman, comfortable to pick up either a cricket bat or a baseball bat! Allow your own spiritual guidance and intuition to shape your healing work. You will naturally evolve, learn and grow, and part of that process is finding the healing methods that feel most authentic to you.

Exercise: Exploring Different Healing Modalities

Take some time to explore different healing modalities, either through study or personal experience. Here are some suggestions:

1. **Sound Healing:** Try a sound bath or use tuning forks to experiment with vibrations. See how it feels to experience healing through sound.
2. **Shamanic Journeying:** If you are drawn to shamanism, find a guided journey or practice meditation to connect with your power animal or spirit guides.
3. **Reiki:** If you haven't already, try receiving a Reiki session to understand the flow of energy. Pay attention to how it makes you feel; physically, mentally, emotionally and spiritually.
4. **Spiritual Healing:** Try a spiritual healing session yourself. Pay attention to how the energy feels, or any shifts within yourself, both at the time and in the days that follow.

Further Resources for Exploration

- *The Healing Power of Sound* by Mitchell L. Gaynor (2002) — explores the therapeutic use of sound in healing.
- *The Way of the Shaman* by Michael Harner (1980) — an introduction to shamanic journeying and healing techniques.
- *The Spirit of Reiki* by Frank Arjava Petter (1999) — a comprehensive guide to Reiki healing, its origins, and its practice.

From Personal to Planetary

Love is Connection in Action

Healing begins within, but its effects ripple outward.

When we commit to our personal growth and transformation, we don't just benefit ourselves, we begin to influence those around us, our communities, and even the world.

As we've explored in this course, everything is connected. We exist within systems—relationships, families, cultures, ecosystems—and the energy we carry into those systems matters.

Healing ourselves brings greater clarity, compassion, and presence to everything we touch.

This is why personal healing is also a sacred responsibility. It strengthens our ability to live with integrity, to uplift others, and to support a more peaceful, conscious world.

Healers play a vital role in this process, not just through technique, but through their example.

By choosing to heal we support the collective awakening of humanity. And in doing so, we help create a more compassionate and spiritually connected future for all.

Practical Ways to Heal the World

The first step in healing the world is to heal ourselves. As healers, we must also be spiritually responsible in our daily lives, integrating the teachings of love, kindness, and compassion into our personal and professional lives.

Healing the world does not have to be a grand, monumental task. It can begin with small, simple actions:

- **Compassionate Communication:** Speaking with kindness and understanding can create ripples of change in personal relationships and communities. This form of communication spreads positivity and connection, fostering a sense of unity.
- **Support Local and Global Healing Initiatives:** Participate in or support environmental and humanitarian causes that align with healing and sustainability. Small contributions to a larger cause can create significant impacts.
- **Healing through Awareness:** Raising awareness about spiritual growth, environmental issues, and social justice helps guide others toward a more balanced and harmonious world.
- **Mindful Living:** Being mindful of the energy we emit into the world and living intentionally can have profound effects on the people and environment around us. This includes practicing gratitude, forgiveness, and non-violence.

The Healing Power of Love

At the core of healing the world is the energy of love.

Love is the most transformative force in the universe. It transcends individual healing and extends to collective healing. When we heal ourselves through love, we send out healing vibrations that positively affect the larger collective.

Fear is the opposite of love, and it creates disconnection, separation, and harm. On the other hand, love fosters connection, unity, and compassion.

Love is the foundation for a world of peace, unity, and global healing. Healers, through their work, embody this principle by continuously aligning with love and healing energy.

**The more love we offer to ourselves and others
the more we contribute
to a peaceful and harmonious world.**

Practical Exercise: Reflecting on Your Role in Global Healing

Take time for self-reflection. Ask yourself these questions:

1. How does my own healing journey affect the people around me?
2. How can I contribute to the healing of the planet through my actions, choices, and energy?
3. What small, everyday actions can I take to promote healing in my community or the world?
4. In what ways can I offer healing through love and compassion in my relationships with others?

Consider journaling your reflections and begin to make a list of actions you can take each day to live in alignment with the principles of healing and compassion.

Further Resources for Exploration

- *The Power of Now* by Eckhart Tolle (1997) — explores the importance of living in the present moment to create a peaceful, healed world.
- *The Healing Power of Love* by Robert A. Schuller (1982) — discusses the profound impact of love in both personal and collective healing.
- *The Seven Spiritual Laws of Success* by Deepak Chopra (1994) — outlines universal principles for living in harmony with ourselves and the world.

2.3.X. HEALING Unit : Final Exam

1. What is the central concept of healing in this course?

- a) Pain relief
- b) Restoring balance and harmony
- c) Medical intervention
- d) Psychological analysis

2. Which of the following is NOT a form of energetic healing?

- a) Reiki
- b) Therapeutic Touch
- c) Oracle Cards
- d) Crystal Healing

3. Which type of healing involves the use of hands to channel energy into the recipient?

- a) Reiki
- b) Sound Healing
- c) Shamanic Healing
- d) Plant-Based Healing

4. What is the primary purpose of spiritual healing?

- a) Physical recovery
- b) Creating balance across all areas of life
- c) Emotional healing only
- d) Addressing the mental body's needs

5. What tool is commonly used in Sound Healing?

- a) Crystals
- b) Pendulum
- c) Singing Bowls
- d) Candles

6. Which of the following is an example of a shamanic healing practice?

- a) Aromatherapy
- b) Guidance from spirit animals
- c) Reiki
- d) Sound Therapy

7. What is the central concept of 'holons' in healing?

- a) That everything is both a whole and part of a larger system
- b) The separation of body and mind
- c) Healing happens at a physical level only
- d) All healing occurs on the spiritual level

8. In shamanic healing, what is the purpose of connecting with a 'power animal'?

- a) To meditate and relax
- b) To gain guidance and strength for healing
- c) To diagnose future physical illness
- d) To influence the weather

9. Which form of healing is most focused on the power of sound waves and vibrations?

- a) Spiritual Healing
- b) Shamanic Healing
- c) Energy Healing
- d) Sound Healing

10. Which modality focuses on the belief that love is the key to universal healing?

- a) Reiki
- b) Shamanic Healing
- c) Sound Healing
- d) All of the above

11. Which is a key principle in the healing process?

- a) Only professional healers can heal others
- b) The process of healing requires external devices
- c) Healing is a lifelong journey of growth and self-awareness
- d) Healing is an instantaneous process with no long-term effects

12. How does 'healing the self' contribute to healing the world?

- a) By focusing on others' problems
- b) By restoring balance and energy that ripples outward
- c) By becoming immune to the world's negativity
- d) By ignoring others' suffering

13. What role does love play in healing?

- a) It's a peripheral part of healing
- b) It's the foundational force that promotes connection and transformation
- c) It only affects personal relationships
- d) It is irrelevant in the healing process

14. Which healing modality clears emotional blockages through vibration?

- a) Reiki
- b) Shamanic Journeying
- c) Sound Healing
- d) Intergenerational Trauma Healing

15. What is the purpose of Soul Retrieval in shamanic healing?

- a) To heal emotional pain through sound vibrations
- b) To develop spiritual gifts
- c) To connect with the Earth's energy
- d) To bring back lost or fragmented parts of the soul

16. How does plant-based healing contribute to healing?

- a) By using medicinal plants for physical ailments
- b) By creating spiritual connections with plant spirits
- c) Both a and b
- d) Neither a nor b

17. What is the focus of intergenerational trauma healing?

- a) Healing the physical body
- b) Breaking the cycles of trauma passed through generations
- c) Developing spiritual intuition
- d) None of the above

18. What is the first step in healing the world?

- a) Organising large community events
- b) Relying on government policies to initiate change
- c) Focusing only on the environment
- d) Healing yourself and raising your consciousness

19. Which of the following is a key element of a healer's personal responsibility?

- a) To save others from their pain
- b) To avoid any form of spiritual practice
- c) To heal oneself and lead by example
- d) To focus solely on physical healing methods

20. How does mindful living contribute to global healing?

- a) By reducing personal stress
- b) By aligning one's actions with spiritual and ethical principles
- c) By ignoring the needs of the planet
- d) By focusing on material wealth and success

SPIRIT AUSTRALIA EDUCATION
LEVEL TWO

UNIT 4 of 6 FOUNDATION UNITS

Spiritualism

4. Spiritualism

Unit Description

Spiritualism offers a profound understanding of life beyond death and the possibility of real and meaningful communication with the spirit world. Emerging as a global movement in the 19th century, Spiritualism teaches that our consciousness survives and continues evolving beyond physical life and that mediumship and spiritual healing are natural human abilities.

In this course, you'll explore the origins and philosophies of Spiritualism across cultures, with particular focus on European and Latin American traditions, including the distinct path of Spiritism. You'll also examine the evolution of modern Spiritualist practice and its role in contemporary society.

Emphasising both personal experience with the spiritual knowledge, you are encouraged to make time for deep reflection, understanding the powerful interwoven implications of connection, and feeling in to an expanded sense of what it means to live — and continue beyond — a meaningful life.

Through history, philosophy, and first-hand exploration, discover how Spiritualism offers not just comfort or belief, but a living path of growth, service, and eternal connection.

Module Outline

- 2.4.1. **Introduction to Spiritualism** : *Consciousness Continual & Connected*
- 2.4.2. **Origins & Development** : *The History & Heart of a Movement*
- 2.4.3. **European Traditions** : *From Seances to Scientific Curiosity*
- 2.4.5. **Spiritualism in Australia** : *Honouring the Past, Embracing the Future*
- 2.4.5. **Spiritism in Latin America** : *Healing, Doctrine & Cultural Power*
- 2.4.6. **The Modern World & Beyond** : *Evolving Across the Infinite Horizons*

The Two Largest Spiritualist Organisations Today

The Spiritualists' National Union (SNU) is the leading organisation representing Spiritualism in the United Kingdom. Founded in 1901, it provides structure, education, and governance for individuals and churches practising Spiritualism. With a strong focus on the Seven Principles of Spiritualism, the SNU supports a wide network of affiliated churches and training centres, offering certification and development pathways for mediums, healers, speakers, and tutors.

The SNU also manages the prestigious **Arthur Findlay College**, internationally renowned for its world-class training in mediumship and spiritual studies.

The International Spiritualist Federation (ISF) is a global organisation that fosters connection and cooperation among Spiritualists across national and cultural boundaries. Established in 1923, the ISF supports the worldwide development of mediumship, healing, and philosophy based on the belief in the continuity of life. Through biennial congresses, international seminars, and shared educational initiatives, the ISF provides a platform for learning, cultural exchange, and the celebration of spiritual unity. Members include individuals, churches, and organisations from many countries.

Together, the SNU and ISF represent two of the most respected and enduring institutions in the global English-speaking Spiritualist community. While the SNU primarily supports the UK-based community with structured education and ministerial support, the ISF offers a broader international perspective that encourages global dialogue and mutual understanding.

Both organisations promote ethical practice, lifelong learning, and the evolution of spiritual awareness rooted in evidence, experience, and service.

The majority of Spiritualist churches and Spiritualism-based organisations around the world uphold a version of “The Seven Principles of Spiritualism”.

While there are sometimes slight variations of local phrase or language around the world, here is the essence of these seven principles:

The Seven Principles of Spiritualism

1. The Fatherhood of God

A recognition of a divine creative force that connects all life, often referred to as "God," though each person may understand this presence in their own way.

2. The Brotherhood of Man

A belief in the spiritual unity and equality of all people, encouraging mutual respect, compassion, and cooperation across humanity.

3. The Communion of Spirits and the Ministry of Angels

The understanding that communication with the spirit world is both possible and natural, offering guidance, comfort, and inspiration from those who have passed.

4. The Continuous Existence of the Human Soul

A core belief that each person’s soul survives physical death, and continues to grow and develop in the spirit world.

5. Personal Responsibility

Each person is responsible for their thoughts, actions, and choices. Spiritualism rejects the idea of vicarious atonement and encourages personal accountability.

6. Compensation and Retribution Hereafter for All the Good and Evil Deeds Done on Earth

Spiritual progress depends on the way we live our lives; good actions bring spiritual advancement, while harmful actions may require learning and healing.

7. Eternal Progress Open to Every Human Soul

Every soul has the opportunity for continued growth and enlightenment, both in this life and the next.

Introduction to Spiritualism

Consciousness Continual & Connected

Spiritualism declares the existence of continued life after death, and the ever-available possibility of communication with spirits.

Although Spiritualism is often viewed as a religious belief system, it can also be understood as a social movement, a philosophy, a science, or even as a natural part of life - requiring no belief at all - since evidence of its reality already exists.

Many mediums are women, and this has implications for how Spiritualism was received by society at large at the time of its formal development, and also – to some degree – how it is accepted today.

This may particularly be true of the academic and scientific community, who often value empirical, measurable, repeatable evidence above personal experience.

At its core, Spiritualism holds that the spirit world is just as real as the physical world, and that spirits of the deceased can interact with the living through mediumship. This understanding has led to a variety of practices, including séances, trance communication, and spirit healing.

The origins of modern Spiritualism can be traced to the mid-19th century, although the belief in an afterlife and the ability to communicate with spirits has been present in many cultures for centuries.

Spiritualism as a formal movement gained momentum in the United States in the 1840s, particularly following the famous Fox Sisters in New York. The date is often quoted as 31st March 1848, the day the neighbourhood gathered to come to the sisters' house and experience the phenomena being described. The Fox sisters claimed to be able to communicate with spirits by tapping on walls and furniture, and sparked a wave of interest and practice across the United States and Europe.

In Spiritualism, the fundamental principle is that the soul survives physical death.

Spiritualists hold that there is a higher purpose to human life, which extends beyond just physical existence, and that spiritual growth continues after death.

If you stop to think about it, the concept of our souls continuing after death is actually a large cornerstone of many religions, including the Abrahamic trio (Christianity, Islam, and the Jewish faith).

It could be said that if you believe in “heaven” or an afterlife, then you are already a Spiritualist.

Spiritualist communities often meet in spiritualist churches where mediums and healers work to bring messages from the other side. These messages typically provide comfort, healing, and insight into the lives of those still living.

The Importance of Mediumship

A key tenet of Spiritualism is that mediumship is a natural ability, and everyone has the potential to develop their psychic and intuitive skills.

Mediums, however, are people who have trained to sharpen their ability to connect with the spirit world. They are seen as an intermediary between the living and the dead, providing a bridge for messages to be passed along.

Mediums may communicate with spirits in a variety of ways. Some use clairvoyance (clear seeing) to perceive visions of spirits, while others may hear messages through clairaudience (clear hearing) or other psychic senses. Ideally, a medium aims to have all options available, in order to best assist the authentic delivery of messages from spirit communicators.

Trance mediums often enter an altered state of consciousness in which they allow the spirit to speak through them. Healing, and especially trance healing, is another form of interaction with energy, spirits and the spirit world.

These varied forms of communication highlight the diversity of practices within the Spiritualist movement.

The Importance of Healing

Spiritual healing is an integral part of Spiritualist practice.

While there are many variations and unique personal variations in how to access and work within the processes of healing, it generally involves using forms of spiritual energy to promote physical and emotional well-being.

Healers may work with the energy of spirit, or the spirit world, to support individuals in their healing journey, facilitating balance and harmony within their bodies and minds.

As we proceed through this course, we will explore the history of Spiritualism, notable figures and organisations, and how Spiritualism has evolved over the years.

We will also dive deeper into mediumship practices, the development of psychic abilities, and how Spiritualism is integrated into various religious and cultural contexts around the world.

The Importance of Community

Like all religions, or social movements, Spiritualism encourages and honours the wonderful benefits of a healthy and growing community in which people can find connection with each other, a place to help and be helped by others, and a common purpose or understanding of the world.

Spiritualist churches around the world open their doors, freely and regularly, to all who wish to explore and experience the beauty of spirit and spirit communication.

Origins and Development

The History & Heart of a Movement

The roots of Spiritualism trace back to ancient cultures, where beliefs in the afterlife and the possibility of communicating with the deceased were widespread.

When considering the origins of Spiritualism, it is very important to note that practices such as ancestor worship, shamanic rituals, and various forms of divination have been part of human cultures for thousands of years.

It is therefore too simplistic to announce a date at which the core tenets of Spiritualism were “born”.

We can, however, more accurately say that modern Spiritualism among non-indigenous people in English speaking countries is generally considered to have begun in the mid-19th century in the United States before spreading across Europe, Australia, and other parts of the world.

The Birth of Spiritualism in the 19th Century

The Spiritualist movement began in 1848 in Hydesville, New York, with the Fox Sisters.

Three young women – Catherine and Margaret Fox, along with their older sister Leah – were the first to make the widespread public claim that they could communicate with spirits through a series of mysterious knocking sounds.

Their claim was initially dismissed, but soon it became clear that the knockings corresponded to questions asked by the sisters. They went on to demonstrate this phenomenon to their community, which garnered significant attention.

These revelations sparked a wave of interest in spirit communication and mediumship, laying the foundation for the modern Spiritualist movement.

The Fox Sisters were pivotal in promoting the belief that spirit communication was not only possible, but that it was a natural ability, accessible to many. Their public demonstrations, combined with the rise of new spiritual ideas and philosophies, helped to establish Spiritualism as a recognised movement that has rapidly spread across the planet over the last nearly two centuries.

It is worthwhile noting that the sisters later admitted that the sounds were a hoax, but by that time, the movement had already gained a considerable following. There is a school of thought which maintains that the Fox sisters felt so hounded by public praise, and public criticism, that they became overwhelmed. The solution to their predicament was to declare themselves as fraudulent, ride out the inevitable humiliation, and then eventually achieve a normal life as interest died down in their abilities.

Whatever the truth of the Fox sisters’ involvement, it remains true that their prompting inspired further investigations, beyond the boundaries of traditional cultures and organised religions, to find interest and enthusiastic acceptance from people all over the world.

Spiritualism's Spread and Evolution

Spiritualism spread rapidly, first in the United States and then internationally. By the late 19th century, Spiritualist churches, societies, and organisations began to emerge, with notable figures such as Andrew Jackson Davis (1826-1910), who is often called the "Pioneer of Modern Spiritualism."

Davis published works that articulated a comprehensive spiritual philosophy, blending ideas of science, mysticism, and spiritual communication. His influence led to the establishment of Spiritualist communities across North America and Europe.

In the UK, Spiritualism gained traction, particularly in London, where influential figures like Emma Hardinge Britten (1823-1899) and Sir Arthur Conan Doyle (1859-1930). Doyle, the author of the Sherlock Holmes series, became strong advocates for the movement. In particular, he was a vocal supporter of Spiritualism after the death of his son, believing that mediumship provided the possibility of communicating with his loved ones beyond the grave.

During this time, many mediums emerged, offering services to those who wished to contact deceased loved ones. Travel was becoming easier for all, and mediums travelled far and wide, bringing hope and hoax in sometimes equal measure. As in all things, there are people who are only interested in furthering the interests of themselves, and they stand in bleak contrast to those people who prefer to focus on furthering the interests of something greater than themselves.

Spiritualism is, of course, no exception.

It is interesting to note that Arthur Conan Doyle himself laid the foundation stone for the Brisbane Spiritualist church, Queensland Australia, in 1913. This lovely church is still very much active today and offers weekly Sunday services plus a selection of workshops each month.

With increasing regularity, Australia was visited by some outstanding mediums, who gave memorable demonstrations to audiences of several thousand people, completely filling significant public venues like the magnificent Sydney Town Hall.

Some of these mediums worked with a form of trance mediumship, in which they would enter an altered state to allow spirits to communicate through them.

Spiritualism's Global Reach and Influence

As Spiritualism continued to gain popularity, it reached far beyond the United States and Europe.

By the turn of the 20th century, Spiritualist churches were thriving in Australia, where the movement gained support in both rural and urban areas. Spiritualism clearly played an influential role in the development of various psychic and healing practices across the country.

Indeed, even in Australia it is a little-known fact that the VSU – the Victorian Spiritualists' Union – is not only the largest group of affiliated spiritualist churches in Australia, it is also the oldest continuously operating spiritualist organisation in the world.

Founded in 1870, the VSU has an extensive library of resources and literature dating from the late 19th century, much of which is housed at the VSU Boundary Road North Melbourne premises, and at the Australian National and Victoria State libraries.

Around the world, national and international organisations such as the International Spiritualist Federation (ISF) were formed, which helped to bring together Spiritualist groups worldwide.

The ISF was founded in 1923 and so now proudly celebrating 100 years of service. It was established to promote the teachings and practices of Spiritualism and provide support for mediums and spiritual healers. Now in a digital age they are truly international, with members in 37 countries. They are supportive of both the Spiritualist organisations, and of the practitioners of spiritual arts.

While Spiritualism flourished during the early and mid-20th century, the movement also faced significant challenges.

The rise of general public scepticism, particularly after so many fraudulent mediums were exposed, led to a decline in mainstream acceptance of Spiritualism.

Despite this, Spiritualist communities and practices remained strong in some countries, and the resurgence of interest in the metaphysical and New Age movements during the 1960s and 1970s helped to renew interest in Spirit communication.

Spiritualism Today

In the modern world, Spiritualism continues to be practiced and strongly supported, particularly in countries like the UK, the United States, Canada, New Zealand and Australia.

Spiritualist churches still offer services and mediumship demonstrations, and there are numerous online platforms where people can receive readings and engage with the spirit world.

Though some aspects of Spiritualism have evolved, many of its core principles, such as the belief in life after death, the possibility of communication with the spirit world, and the natural ability to be psychic, remain at the heart of the movement.

This module has provided an overview of the historical development of Spiritualism from its beginnings to its current form. In the following modules, we will delve deeper into the philosophy and practices of Spiritualism, including its relationships with other religions and its notable figures and books.

European Traditions

From Seances to Scientific Curiosity

As we looked at in the previous module, the roots of modern European Spiritualism are often linked to the Fox sisters, who are credited with bringing the phenomenon of spirit communication to the public's attention in the United States in 1848. Their practice of speaking to the spirits of the dead through "rapping" sounds caught the imagination of many people.

Though initially seen as a North American phenomenon, the Fox sisters' work quickly spread to Europe, where it became a part of the broader spiritualist movement.

However, the foundation of modern Spiritualism in Europe can actually be traced to the early 1800s and quite possibly much earlier still. Emanuel Swedenborg (1688–1772) a Swedish scientist, wrote extensively on spiritual topics in the 1700s, including detailed accounts of his visions, out-of-body experiences, and communications with spirits in the afterlife. While he did not claim to levitate, he described profound spiritual journeys and encounters with beings from other realms.

As society advanced and scientific discoveries were made, many began to question the traditional religious doctrines of the time, turning to Spiritualism for answers to existential questions.

The fertile ground that allowed Spiritualism to flourish was already present. It emerged from a combination of earlier religious movements, fuelled by the excitement around scientific enquiry, and a desire for personal and collective spiritual growth. The Age of Exploration was still alive and kicking, with excitement and curiosity about the world actively present in the homes and minds of many.

One of the most important catalysts for Spiritualism in Europe was the scientific rise of interest in communication with the dead, commonly known as spirit communication. In these early years, mediumship became central to Spiritualism, as it was seen as a legitimate and perhaps even scientifically provable and possible way to communicate with the spirits of the deceased.

In the United Kingdom, as well as parts of France and Germany, a variety of phenomena, including physical manifestations (such as objects moving on their own, mysterious sounds, and levitation) and psychic abilities (including clairvoyance and mediumship), began to gain public attention.

The Rise of Spiritualism in Europe

In Britain, mediums like Daniel Dunglas Home (1833-1886) became prominent figures in the movement. D. D. Home's ability to produce physical manifestations such as levitations and moving objects made him a celebrated figure and gave credibility to Spiritualism as a legitimate practice in the eyes of the public.

Many notable figures of the time and in the decades that followed, including writers like Arthur Conan Doyle (1859-1930), became vocal supporters of Spiritualism.

Some of these people went beyond the acceptance of communication with deceased loved ones, to support the trance-led communications and connections with spirit that offered a complex outline and deeper understanding of the nature of life after death.

The Role of Spiritualism in Religion and Society

In the European tradition, Spiritualism has a complex relationship with established religions. Many early Spiritualists, especially in Britain, sought to align their practices with Christian values, often interpreting the spirits they communicated with as benevolent beings that were part of a divine plan.

The connection between Spiritualism and Christianity was evident in the writings of some early spiritualist thinkers, who believed that spirits could help guide humanity on its path to spiritual enlightenment.

However, Spiritualism also faced opposition from established religious institutions, particularly from the Catholic Church and some Protestant denominations. These groups viewed the practice of mediumship and spirit communication with suspicion, often labelling it as heresy or the work of the devil. Spiritualism conflicted with the Christian teachings and belief that God could only be found by going through Jesus, and not through an everyday person who called themselves “a medium”.

While very few mediums claim to be in touch with Jesus, let alone God, the act of “talking with the dead” just seemed a step too far for many leaders of traditional religions. However, despite this opposition, Spiritualism continued to grow in popularity in the late 19th and early 20th centuries.

The Spread of Spiritualism in Europe

In addition to its strong roots in the UK, Spiritualism also spread to other parts of Europe, especially France and Germany, where it merged with the already present occult and esoteric traditions.

France, in particular, became a hotbed for Spiritualist research and development, with the French educator **Allan Kardec** (1804-1869) publishing the foundational texts of Spiritism, a branch of Spiritualism that remains influential in Latin America today.

The popularity of Spiritualism reached a peak in Europe during the late 19th and early 20th centuries, with various Spiritualist societies being established across the continent. Some credit this enthusiasm as being related to the massive loss of life happening across Europe under the terrible tolls of WW1 during 1914-1918 (40 million) and the Spanish Flu pandemic of 1918 (50 million).

Modern-Day Spiritualism in Europe

Today, Spiritualism continues to be practiced in many parts of Europe, though its influence has waned somewhat since its peak.

In the UK, there are still numerous Spiritualist churches that offer mediumship services and provide a place for people to explore their spiritual beliefs.

Other countries, like Scandinavia, also maintain active spiritualist communities, although these communities are often more integrated with New Age and esoteric traditions.

While mediums, and spiritual healers, still continue to offer their services to individuals seeking guidance from the spirit world, Spiritualism in Europe has generally evolved to become less about the sensational physical manifestations of the past and more about exploring and supporting every individual’s personal, unique, spiritual journey.

Spiritualism in Australia

Honouring the Past, Embracing the Future

Australia has a quiet but proud history of Spiritualism, grounded in connection, healing, and community. While it may not often make headlines, Spiritualism has played an important role in shaping the spiritual landscape of the country—and continues to evolve in powerful ways.

One remarkable fact is that the world's oldest continuously running Spiritualist association is based right here in Australia: the **Victorian Spiritualists' Union (VSU)** in Melbourne, founded in 1870.

Starting as the Victorian Association of Progressive Spiritualists, it renamed itself as The Victorian Association of Spiritualists in 1877. In 1930 they merged and became known as the VSU - Victorian Spiritualists' Union. The VSU was given Religious Marriage Nominating Authority by the Australian Government in 1983.

This is not just a historical curiosity, it's a testament to how deeply Spiritualism resonated with Australians, especially in times of great loss and change. In fact, one of the VSU's former presidents, Sir Alfred Deakin, went on to become Prime Minister of Australia (three times!) in the first decade of the 20th century, reflecting the broad reach and respect this movement has quietly held.

The early 20th century, particularly following the devastating impacts of World War I and II, saw a surge in interest in spirit communication. As thousands of families mourned their lost sons, brothers, and fathers, many turned to Spiritualist churches and mediums for comfort. These were places not of blind faith, but of hope; where messages from the spirit world offered solace and a sense of continued connection.

Mediumship became a lifeline for the grieving, and Spiritualist services were often less about doctrine and more about healing.

Australia's multicultural makeup has also influenced its spiritual diversity. Immigrants from all over the world brought with them unique spiritual practices, beliefs, and customs. As a result, mediumship and psychic development in Australia have been enriched by a broad and colourful mix of global traditions.

Spiritualist churches became a place where all are welcome; people of all faiths or none, and people who had found a spiritual connection that may have been dismissed by more traditional religions.

Nurturing Mediumship

For decades, Australian mediums seeking formal development had few local options. Most travelled to the UK, especially to the SNU's **Arthur Findlay College**, long considered the premier training ground for evidential mediumship. These journeys were costly and time-consuming, but they offered access to respected international tutors and structured spiritual education.

Spiritualist churches have long been the place for welcoming and nurturing mediumship. Many mediums continue for decades to offer their services at regular Sunday church services, for free, in thanks to the community that supported their early development.

The COVID-19 pandemic, however, changed everything. With borders closed and gatherings limited, the spiritual community was forced to rethink how it taught, learned, and connected.

What many believed could only be taught in person—mediumship, trance, healing, and spirit art—suddenly found new life online. Live Zoom circles, online demonstrations, and virtual mentorships became not only possible but surprisingly effective.

This global shift democratised spiritual education. Now, anyone with a stable internet connection could access skilled teachers, weekly development, and international peers. What once felt exclusive became open. What was distant became immediate.

The much-loved and highly effective practice of a “home circle” for spiritual development, inspired and supported by membership of the Spiritualist churches, has dramatically shifted to online circles in many parts of Australia and beyond. While this has its disadvantages in some ways, most notably in discerning and working with spirit energy in the physical proximity to the others who are sitting, in other ways using online technology does open up different ways of connection for spiritual seekers.

Modern Australian Spiritualism

Today, Australia is home to a number of Spiritualist organisations and churches, with active communities across the country.

These include the VSU and several other associations that support smaller church groups and teaching hubs in regional and metropolitan areas, as well as churches who independently follow the Seven Principles of Spiritualism. Many continue to offer public services, healing, and classes, holding space for those seeking comfort, meaning, and spiritual growth.

Into this landscape comes **Spirit Australia**; the first national, non-denominational organisation dedicated to spiritual education. Welcoming all backgrounds and beliefs, Spirit Australia honours traditional practices like mediumship and healing while embracing broader spiritual development, ethics, and cultural awareness. Spiritual seekers can access nationally recognised qualifications grounded in integrity, excellence, and service, and naturally work together as a unified community in raising standards and helping the public to recognise ethical, skilful practice.

Spiritualism in Australia is not a relic of the past.

It is alive and evolving, shaped by history but fuelled by the needs of today.

Whether through mediumship, healing, teaching, or quiet moments of reflection, the spirit world continues to guide, comfort, and inspire Australians across the country.

As we look to the future, we do so with deep respect for the pioneers who laid these foundations, and with great excitement for the next generation of seekers, sensitives, and spirit-led souls walking together on this time-honoured Australian spiritual path.

Spiritism in Latin America

Healing, Doctrine & Cultural Power

While Spiritualism grew to prominence in Europe, Australia and the United States in the 19th century, it also made a significant impact in Latin America.

Known as **Spiritism**, this form of Spiritualism has its roots grounded in the work of Allan Kardec (1804-1869), the French educator and philosopher who systematised the teachings of Spiritism and laid down its fundamental principles.

In many Latin American countries, particularly Brazil, Argentina, and Cuba, Spiritism is a deeply ingrained part of the cultural and spiritual fabric.

Kardec's writings, most notably his book *The Spirits' Book* (1857), outlined the philosophy of Spiritism, which was based on the belief in the existence of spirits, their ability to communicate with the living, and the possibility of reincarnation. He also emphasised the importance of moral development, arguing that the ultimate goal of life is to improve the soul and advance spiritually.

The Influence of Allan Kardec in Latin America

Allan Kardec's teachings were rapidly embraced by many in Latin America, particularly in Brazil. Spiritism, as it was called in this region, became a significant social influence, intertwined with religious practices and beliefs.

Brazilian Spiritism has grown into a major religious and philosophical movement, with an estimated 12 million followers who regularly engage in mediumship, spirit communication, and healing practices. Spiritism is national in scope, with over 13,000 registered Spiritist centres (and likely many more informal groups) across Brazil, and strong representation in most major cities. São Paulo has the largest number of people practicing Spiritism, while the symbolic heart lies in Minas Gerais at Uberaba — once the home of Chico Xavier and now a pilgrimage destination.

The major difference between **Spiritism** and other forms of **Spiritualism** is that Spiritism is a codified philosophical and religious system, while Spiritualism is generally a broader, more open belief in spirit communication and the afterlife.

Spiritism is based on specific teachings collected in books like Kardec's *The Spirits' Book* (1857). It blends scientific investigation, moral philosophy, and Christian ethics, with reincarnation, personal moral development, and communication with spirits to guide humanity's evolution.

Spiritualism, especially in countries like the US and UK, tends to focus more on personal evidence of life after death (like mediumship and healing) without requiring a belief in a fixed set of doctrines. It's generally more experiential and flexible, allowing people to define their own spiritual path.

Here's a broad summary:

SPIRITISM

- * Structured teachings
- * Reincarnation
- * Moral education

SPIRITUALISM

- * Personal experience
- * Spirit communication
- * Open interpretation

Spiritism in Brazil has also developed its own distinctive practices.

One of the most well-known forms of mediumship in Brazil is psychographic writing—the practice of writing messages from the spirit world.

This form of communication has become an essential aspect of Brazilian Spiritism and is often used for healing purposes, guidance, and personal messages from deceased loved ones.

In addition to mediumship, **spiritual healing** is an integral part of Spiritism in Latin America.

Many Spiritist centres offer spiritual treatments, including mediumistic healing sessions for physical or emotional issues. These practices often involve transferrin spiritual energy through touch and the laying on of hands or through the medium's connection with the spirit world. Spiritual Hospitals commonly offer fraternal care, where mediums – guided by higher spirits – provide support and guidance and seek to aid recovery and healing.

Cultural Adaptation and Syncretism

One of the unique features of Spiritism in Latin America is its ability to adapt to the local cultural and religious traditions. In many countries, Spiritism has gently synchronised with indigenous practices, Catholicism, and Afro-descendant religious beliefs, leading to the creation of distinct forms of spiritual expression.

For example, in Brazil, Spiritism often intersects with Umbanda and Candomblé, two Afro-Brazilian religions that involve communication with spirits, deities, and ancestors.

In these traditions, mediums often work with spirits of nature, as well as deities and ancestral spirits, creating a vibrant and diverse spiritual ecosystem that blends African, Indigenous, and European religious elements.

In countries like Mexico and Argentina, Spiritism has also fused with local indigenous beliefs, such as the reverence for ancestral spirits and the spiritual connection to the land.

Day of the Dead celebrations in Mexico, which honour deceased ancestors, share a strong connection with Spiritism's focus on maintaining an ongoing relationship with spirits.

The Role of Spiritist Institutions and Centres

In Latin America, Spiritist centres and organisations play an important role in the daily lives of followers. These centres offer educational programs, healing sessions, and spiritual guidance.

Many of these institutions are non-profit organisations, reflecting the philosophy of Spiritism, which emphasises selflessness, moral development, and helping others.

These centres not only provide spiritual teachings but also support community-building efforts, where people come together to practice mediumship, receive healing, and discuss the principles of Spiritism.

They also host lectures, workshops, and study groups, where people can deepen their understanding of the Spiritist teachings and explore the principles of life, death, and the afterlife.

One of the key goals of Spiritism is to cultivate moral and intellectual growth, and these institutions serve as spaces for that transformation.

Modern-Day Spiritism and Challenges

Today, Spiritism continues to thrive in Latin America, where it is a widely recognised and respected religious practice.

It is a little quoted fact that while the religion of Spiritualism in the English-speaking world has an estimated two to three million self-identified followers, Spiritism — largely practised in Brazil — has more than thirteen million.

When we combine Spiritualist and Spiritist numbers with the large proportion of people who describe themselves as “*spiritual but not religious*” (around 25% of the population in many countries), we begin to talk about numbers in the billions.

This figure grows even further when we include people who identify with a particular religion yet hold personal beliefs or experiences of a spiritualist nature, such as an awareness of psychic senses or the communication of spirits with the human world.

However, Spiritism in Latin America also faces challenges. As with many traditional spiritual movements, there are those who criticise its practices, either due to misunderstandings or opposition from mainstream religious groups. In Brazil, for instance, some branches of Catholicism and Protestantism continue to view Spiritism as a form of heresy.

Despite these challenges, the influence of Spiritism remains strong, and it continues to evolve in response to modern issues, including social justice, environmentalism, and personal empowerment.

Spiritism in Latin America is a unique and powerful manifestation of Spiritualism that reflects the region's cultural diversity and spiritual richness.

**It is a testament to the universal human desire
to connect with the divine and the spirit world.**

Whether through mediumship, healing, or philosophical teachings, Spiritism continues to offer people a path of personal growth, moral development, and connection to the eternal.

The Modern World & Beyond

Evolving Across the Infinite Horizons

Spiritualism has evolved far beyond its ancient and 19th-century roots, growing into a vibrant, accessible, and empowering spiritual tradition that resonates strongly with today's world.

Its messages of life beyond death, direct spirit communication, healing, and personal responsibility offer profound meaning for those seeking spiritual connection in modern society.

Here is a broad summary of where Spiritualism is today:

Experience, Learn & Grow

Spiritualism began in the 19th century as a movement focused on communication with the spirit world and the continuity of life after death. Over time, it has evolved into a flexible and accessible spiritual philosophy that resonates with contemporary seekers.

The concept of life-after-life (that we do not die when our physical body does), encourages us to embrace a far broader view of our world and our place in it.

We are more easily able to endure and learn from our challenges when we realise that life is much more than simply existing or surviving. We do not die when our physical bodies do. Our personality, our spirit consciousness, our spiritual energetic body, lives on in other realms.

Spiritualism shows us that we are here to experience, learn and grow. As we evolve, we adapt to the continuous cycles and build on our foundations. Spiritualism's core principles—spirit communication, personal responsibility, healing, and ethical living—remain constant, while adapting to societal and technological changes.

Spiritual Healing and Personal Empowerment

Spiritualism offers a holistic path to emotional, physical, and spiritual well-being, both individually and collectively.

It supports self-empowerment by encouraging the development of personal intuitive and spiritual gifts, while fostering a sense of connection to others, the natural world, and a higher power.

Core values such as resilience, ethical living, and personal transformation are central to its teachings.

Spiritualist practices—including mediumship, spiritual healing, and spirit-guided counselling—help individuals address emotional pain, trauma, grief, illness, and spiritual blockages.

These practices can be used complement all conventional medical treatments, providing valuable emotional and spiritual support during healing.

Modern Spiritualism also encourages people to trust their spiritual senses and ethical discernment, supporting ongoing personal growth, resilience, and inner peace.

Spiritualism as a Search for Meaning

Unlike traditional religions that may emphasise dogma, Spiritualism remains flexible and experiential. It invites each person to explore their unique spiritual path through personal experience, direct spirit communication, and community support.

In a world often dominated by materialism and disconnection, many turn to Spiritualism for deeper answers. Its messages of eternal consciousness, reincarnation, and the evolution of the soul offer hope, meaning, and a personal spiritual framework.

Spiritualism invites each person to explore life's mysteries through direct experience, rather than adherence to rigid doctrine, making it appealing to modern spiritual seekers.

Spiritualism's Role in Society and Social Change

Historically linked with social reform movements like women's suffrage rights and abolitionism, Spiritualism continues to advocate for equality, compassion, and unity.

Today, the Spiritualist values of equality and compassion continue to inspire efforts toward social justice, inclusivity, and community building. Spiritualist communities offer safe spaces for spiritual exploration and social engagement, emphasising shared humanity and ethical living.

People of all faiths or none are welcomed into a global family of Spiritualism, offering a universal message of love and interconnectedness that resonates in a world seeking healing and unity. Spiritualism teaches that spirit transcends race, gender, nationality, and social class.

The Digital Age and Spiritualism

Technology has dramatically expanded Spiritualism's accessibility. Through online courses, live demonstrations, virtual communities, and remote mediumship sessions, Spiritualism now easily reaches global audiences.

Digital platforms allow seekers to learn, heal, and connect regardless of geography, helping Spiritualism thrive among younger generations who value experiential, personalised spirituality.

Spiritualism's Global Expansion and Cultural Adaptations

Originally named and recognised in **North America** and **Europe**, Spiritualism has spread worldwide, blending with diverse cultural traditions while maintaining its core principles.

Spiritualism spread quickly across Europe in the 19th century, gaining a stronghold in **England**, **France**, and **Germany**, and later expanding to **Australia**, **Canada**, and **South America**.

In **Brazil** and **Argentina**, it merged with Catholicism to form unique Spiritist movements, focusing heavily on healing, reincarnation, and moral growth as well as integrating with local indigenous practices. Across **Africa**, Spiritualism intertwines with traditional Shamanic understandings and ancestral worship, emphasising spirit communication and spiritual healing ceremonies.

In **India** and parts of **Asia**, it blends with ideas of karma, reincarnation, and spiritual progression, finding resonance with local beliefs about the afterlife and the spirit world. Traditional forms of spirituality, such as Hinduism and Buddhism, coexist with modern practices like mediumship.

This adaptability ensures Spiritualism's continued relevance across different cultural landscapes, and has helped rejuvenate Spiritualism for newcomers, attracting younger generations who place high value on inclusivity, experiential spirituality, and open-minded exploration.

Bridging Science and Spirit

Historically, Spiritualism was both revered and criticised by scientists and religious groups. Some saw it as a threat to conventional religious and scientific views, while others welcomed it as a new form of understanding the universe.

Today, there is a growing interest in consciousness studies, quantum physics, and neuroscience, which increasingly explore the possibilities of how the mind and consciousness interact with the physical world, with the goal of finding scientific explanations for these occurrences. Meditation is now fully accepted as a measurable and highly beneficial physical and mental health practice.

The relationship between science and Spiritualism is dynamic and evolving. Institutions like the Institute of Noetic Sciences (IONS) and other parapsychological organisations are dedicated to exploring the boundaries of science and spirituality, investigating areas such as intuition, psychic mediumship abilities, near death experiences, and the nature of consciousness.

While mainstream science remains cautious, increasing acceptance of psychic phenomena is bridging traditional divides, offering scientific validation for spiritual experiences. Universities across the world are now providing funding for legitimate, peer reviewed studies. Government grants are being employed, particularly where the spiritual elements clearly intersect with conventional areas of study such as quantum psychics, neurobiology, psycho-social disciplines, and near-death experiences (NDE) and other consciousness studies.

Across cultural and economic boundaries there is increasing recognition of the profound mysteries of consciousness and the human spirit; areas where Spiritualism has always stood strong.

The Future of Spiritualism

As society moves beyond rigid religious frameworks, Spiritualism's experiential and inclusive approach continues to gain appeal. Future trends include more scientific inquiry into spiritual phenomena, technological innovation in spiritual practice, and stronger global networks fostering collaboration and community.

This ability to adapt while staying true to its core principles — life after death, communication with spirit, healing, and personal responsibility — has ensured Spiritualism's continuing growth and relevance worldwide. Spiritualism offers a timeless yet evolving path for those seeking connection, healing, empowerment, and a deeper understanding of life's mysteries.

As more people become open to exploring their spiritual nature and understanding the interconnectedness of life, Spiritualism's message of love, healing, and life beyond death will continue to resonate and inspire.

Spiritualism's global influence is undeniable. Spiritualism continues to adapt and evolve, offering personal healing, spiritual growth, and community connection for people from all walks of life.

With its deep roots in the belief of life after death, spirit communication, and personal empowerment, Spiritualism will remain a key spiritual movement that helps guide humanity into a more spiritually awakened and connected future.

2.4.X. SPIRITUALISM Unit : Final Exam

1. **What does Spiritualism primarily focus on?**
 - a) Meditation practices
 - b) Communication with spirits of the deceased
 - c) Study of sacred texts
 - d) Reincarnation

2. **Who is considered the founder of Modern USA Spiritualism?**
 - a) Allan Kardec
 - b) John Fox
 - c) Andrew Jackson Davis
 - d) William Crookes

3. **In Spiritualism, what role do mediums play?**
 - a) They interpret dreams
 - b) They perform healing rituals
 - c) They act as a bridge between the living and the spirit world
 - d) They conduct scientific research into psychic phenomena

4. **Which of the following is a key understanding of Spiritualists?**
 - a) Mediums are only capable of speaking to angels
 - b) The spirit world is separate from the physical realm with no communication possible
 - c) Death is not the end of existence, and spirits continue their personal development
 - d) All spirits could be vengeful and seek to harm the living

5. **What is one of the primary methods used by Spiritualists to contact spirits?**
 - a) Seances or Circles
 - b) Dream interpretation
 - c) Crystal gazing
 - d) Animal totems

6. **What role does the “evolution of the soul” play in Spiritualism?**
 - a) The soul is considered static and unchanging after death
 - b) Souls progress and evolve in the afterlife, continually improving
 - c) The soul is condemned to eternal suffering after death
 - d) Souls cannot interact with the physical world once they have passed

7. **How does Spiritualism differ from traditional religious practices?**
 - a) It has no focus on ethics or morality
 - b) It proves communication with the dead, not a single deity
 - c) It only acknowledges one god-like figure
 - d) It disregards spiritual healing and psychic abilities

8. **Who was very influential in the development of Spiritism in Latin America?**
 - a) Allan Kardec
 - b) Éliphas Lévi
 - c) Carl Jung
 - d) Leonardo da Vinci

9. **How does Spiritualism view the concept of the afterlife?**
- a) Spirits go to a final resting place where they are isolated from the living
 - b) A realm where spirits continue to grow and can communicate with the living
 - c) Spirits are reincarnated instantly into a new life
 - d) There is no afterlife in Spiritualism
10. **What is the role of a "clairvoyant" in Spiritualism?**
- a) A person who can interpret sacred texts
 - b) A person who communicates with spirits through visual images and symbols
 - c) A healer who uses physical touch to treat ailments
 - d) A person who channels spirits through writing only
11. **What is the significance of "Spirit Photography" in the history of Spiritualism?**
- a) It is a method for capturing the physical image of spirits on film
 - b) It is a practice used to spiritually heal others through visual imagery
 - c) It involves photographing sacred objects to contact the divine
 - d) It is used to document the mediums in their daily life
12. **Which of these is a commonly practiced form of communication in Spiritualism?**
- a) Offering platform mediumship at church services
 - b) Participating in rituals for divine guidance
 - c) Seeking visions through dream interpretation
 - d) Delivering sermons from sacred texts
13. **What does "Psychometry" refer to in Spiritualism?**
- a) The ability to receive psychic messages from photographs
 - b) The ability to predict the future using a crystal ball
 - c) The practice of reading the energy of objects by holding them
 - d) The method of using trance states to heal physical ailments
14. **How do Spiritualists view the role of free will?**
- a) They believe that the soul has no control over its destiny
 - b) Free will is seen as essential, as it influences a spirit's journey in the afterlife
 - c) Spiritualists teach that humans are predestined to follow a set path
 - d) They reject the idea of free will entirely
15. **Which of the following is one of the foundational texts of Modern Spiritualism?**
- a) "The Bible"
 - b) "The Tao Te Ching"
 - c) "The Prophet" by Khalil Gibran
 - d) "The Spirits' Book" by Allan Kardec
16. **What is the role of "Trance Mediums" in Spiritualism?**
- a) They provide intellectual insights about the spirit world
 - b) They enter a deep state of trance to deliver messages from spirits
 - c) They perform physical healing on others
 - d) They conduct research into psychic abilities

- 17. What was one of the reasons Spiritualism spread so widely during the 19th century?**
- a) Its connection to scientific discoveries like electricity
 - b) Its support for material wealth and power
 - c) The rise of a scientific worldview promoted by university scholars
 - d) The denial that it was the most scientifically verifiable religion
- 18. Which of the following best describes the relationship between Spiritualism and other religions?**
- a) Spiritualism seeks to replace all traditional religious beliefs
 - b) Spiritualism coexists with various religions by focusing on the afterlife and the communication with spirits
 - c) Spiritualism strictly adheres to one religious tradition
 - d) Spiritualism rejects the existence of other religions
- 19. What key event sparked the development of Spiritualism in the USA?**
- a) The discovery of Spiritist writings
 - b) The seances held by the Fox sisters
 - c) The establishment of a church
 - d) The founding of a global organisation
- 20. What is one major criticism of modern commercialised Spiritualism?**
- a) It makes Spiritualism more accessible to the public
 - b) It fosters a deeper understanding of mediumship
 - c) It encourages charitable acts and community service
 - d) It can dilute the authenticity and spiritual depth of the practice

SPIRIT AUSTRALIA EDUCATION

LEVEL TWO

UNIT 5 of 6 FOUNDATION UNITS

World Traditions

5. World Traditions

Unit Description

World Traditions takes you on a cross-cultural journey into the spirit realm, exploring how diverse communities across time and place have connected with the unseen through healing, ceremony, and intuitive wisdom. From Aboriginal songlines to African divination, from Indian mysticism to Native American shamanism, you'll discover the threads that unite us — and the unique practices that give each tradition its power.

Along the way, you'll reflect on what these teachings reveal about humanity's shared spiritual nature and your own evolving path. This is a course about honouring the old, understanding the new, and awakening to a global spirit consciousness.

Module Outline

- 2.5.1. **The Universal Call** : *Spiritual Living Without Boundaries*
- 2.5.2. **Shamanism in Australia** : *Ancient Connections to Culture & Country*
- 2.5.3. **African Tribal Traditions** : *Awakened Ancestors in Mystical Motion*
- 2.5.4. **Mysticism in India** : *The Divine Nature of Holistic Energy*
- 2.5.5. **North & South America** : *Many Paths Seen & Unseen*
- 2.5.6. **All Nature is Sacred** : *Elemental Forces and Spirit Allies*
- 2.5.7. **The Modern Marketplace** : *Commercialisation in Mediumship*
- 2.5.8. **Bringing It All Together** : *Global Spirit Consciousness*

SUGGESTED READING LIST

Module 1

Michael Harner – "The Shamanic Journey" (1980)

A guide to core shamanic practices based on universal techniques across indigenous cultures.

Roger Walsh – "The Spirit of Shamanism" (1990)

Explores shamanism's psychological, spiritual, and healing dimensions with scientific and experiential insights.

Alton Walpole – "Spiritual Practices of Native American Tribes" (2012)

Sacred rituals, ceremonies, and spiritual traditions across diverse Native American nations.

Module 2

W.E.H. Stanner – "The Dreaming" (1956)

Seminal lecture describing Aboriginal spiritual beliefs about creation, land, and cultural law.

Bruce Chatwin – "Songlines" (1987)

Blends travel writing and anthropology to explore Aboriginal songlines and their connection to land.

Michael J. Weiner – "Bush Medicine" (1980)

Examines traditional Aboriginal plant medicine and its healing properties.

Module 3

Malidoma Patrice Somé – "African Spirituality: A Manual for Beginners" (2000)

Introduces African spiritual practices focused on ritual, ancestors, and connection to nature.

Malidoma Patrice Somé – "The Spirit of African Healing" (1997)

Details traditional African healing methods emphasising community, spirit, and transformation.

Gus Casely-Hayford – "Divination: The Tools of African Shamanism" (2007)

Explores African divination practices and the cultural role of shamans.

Module 4

Rudolph Ballentine – "The Yoga of the Shaman" (2007)

Integrates yoga philosophy with shamanic traditions for spiritual healing and transformation.

David Frawley – "Ayurveda and the Mind" (1997)

Explores Ayurveda's approach to mental health, consciousness, and spiritual evolution.

Sandra Ingerman – "Shamanism and the Healing Power of Nature" (2012)

Guides using nature-based shamanic practices for personal and planetary healing.

Module 5

Don Miguel Ruiz – "The Four Agreements" (1997)

Toltec wisdom offering four simple principles for living with freedom, love, and integrity.

Carlos Castaneda – "The Teachings of Don Juan" (1968)

Accounts Castaneda's apprenticeship with a Yaqui shaman and exploration of altered states.

Mircea Eliade – "Shamanism: Archaic Techniques of Ecstasy" (1951)

Classic scholarly study of global shamanic traditions and ecstatic experiences.

Module 6

Jack London – "The Call of the Wild" (1903)

Adventure novel exploring primal instincts and survival in the wilderness.

Manly P. Hall – "The Secret Teachings of All Ages" (1928)

Comprehensive encyclopedia of ancient wisdom, symbolism, and esoteric traditions.

Starhawk – "The Earth Path: Grounding Your Spirit in the Rhythms of Nature" (2004)

Practical guide to connecting spiritually and ecologically with the Earth's cycles.

Module 7

Josephine P. Brown – "The Psychic's Guide to the Universe" (2005)

Handbook for developing intuitive abilities and understanding psychic phenomena.

Karla McLaren – "Psychic Protection: The Next Level" (1998)

Advanced techniques for managing energetic boundaries and spiritual self-defence.

J. Gordon Melton – "Spiritualism and the Occult" (2001)

Historical overview of Spiritualism and occult traditions in modern Western society.

Module 8

Philip Novak – "The World's Wisdom: Sacred Texts of the World's Religions" (1994)

Selections and explanations of major sacred writings from global religious traditions.

Shannon McArthur – "The Global Heart Awakens: Prophecies and Changes of the Age" (2012)

Optimistic exploration of spiritual awakening and societal transformation in the new age.

Michael Harner – "The Soul of Shamanism: A Practical Guide to Shamanic Healing" (2013)

Advanced guide to applying shamanic techniques for deep soul healing.

The Universal Call

Spiritual Living Without Boundaries

Human beings have always sought to connect with the unseen world. Communities of people throughout history refer in ways both large or small to the existence of a realm of spirits, ancestors, and energies beyond the physical.

Whether through dreams, visions, or intuitive knowing, each culture has developed its own methods and rituals to tap into this hidden dimension.

Despite the many differences across the globe, there is a profound common thread in the ways people experience the world of spirit.

This module explores the universal call to spirit and intuition across diverse cultural traditions, highlighting the ways in which these practices unify humanity's connection to the divine.

The Common Thread & The Role of Intuition

Across time and geography, the call to connect with spirit and tap into intuition is universal.

Every culture, from the most ancient to the modern, has devised methods for accessing deeper wisdom, healing, and understanding. This connection is often nurtured through a form of intuition; the innate, often unspoken, knowing that something beyond ordinary perception exists.

Intuition, the ability to understand something without the need for conscious reasoning, is central to many spiritual practices. While each culture has unique ways of interpreting and channelling this innate sense, the ability to "feel" or "sense" spirit has been a common thread across history.

For example, shamans, mystics, and mediums worldwide report tapping into their intuitive abilities to heal, communicate with spirits, and gain wisdom from other realms.

Shamanism and Spirit Work Across Cultures

The shaman is seen as one who is "chosen" or trained to work with spirits.

Unfortunately, one of the great difficulties for people who awaken to spiritual service in Western cultures is the lack of clear pathways, or even ceremonial anointment or celebration, as the newly awakened novice learns to understand, work with, and accept their new role.

Spirit Australia aims to bridge this gap by providing loving support, integrity and educational training for people with this challenging but ultimately rewarding life path.

Shamans are spiritual intermediaries between the physical world and the spirit world. They are revered for their ability to heal and offer guidance by accessing spiritual knowledge and insight.

From Australia's Indigenous cultures to the tribes of Africa, the Americas, and even India, the shaman's role is to connect with the unseen forces of nature and the spirit world to serve the community's needs.

The Importance of the Spirit World

In almost every tradition, the spirit world is not just a place of afterlife we transition to after the death of our physical bodies, but also a realm of guidance, protection, and wisdom.

The world of spirits is seen as a source of help in times of illness, distress, or confusion. Many cultures believe that spirits—whether of ancestors, animals, or nature—have a role in maintaining balance and harmony on earth.

This belief is reflected in the spiritual practices and rituals developed to connect with these spirits.

Cross-Cultural Insights

Healing: Healing traditions are found in all cultures, with spiritual energy and the spirit world playing a central role. As living physical beings, we are vulnerable to illness and injury. Be it physical, mental, emotional or spiritual distress, the opportunity to heal ourselves and others is always embraced.

Shamans in indigenous tribes might use plant medicines, songs, and rituals to invite the spirits to heal the sick. Similarly, in many African and Asian spiritual practices, healing through spirit communication is common.

Modern Western practices, though secularised and commercialised, often incorporate intuitive healing techniques as well.

Divination and Intuition: Divination is the practice of seeking knowledge of the future, or of the unknown, by supernatural or metaphysical means. In almost every culture the diviners – whether they are shamans, mediums, or psychics – use intuitive tools like reading the stars, interpreting dreams, or consult ritual objects such as crystals, cards, or bones to gain spiritual guidance.

This tradition, while often adapted to fit cultural and individual needs, underscores humanity's universal desire to receive insight and understanding from beyond.

Nature and Spirit: One of the most fundamental and universal elements in spiritual practices is nature. The earth, the elements, and the animals are seen as magnificent spirit allies. Nature, in its beauty and power, is often viewed as the home of spirits.

Many shamanic traditions, for example, include rituals that honour the spirits of trees, rivers, mountains, and animals. The connection to nature is sacred, and the energy contained throughout nature and the natural world is viewed as a conduit to the divine.

Why It Matters

As spiritual seekers, we can find inspiration, guidance, and connection in practices that are foreign to our own traditions. Acknowledging these common threads can deepen our understanding of ourselves, the world, and the spirits we connect with.

Understanding the universal call to spirit allows us to appreciate both the diversity and commonality of spiritual practices worldwide. By studying these traditions, we can enhance our own personal understanding and connection with the spiritual world. The diverse spiritual traditions we will explore throughout this course offer insight into how people across the world have used their spiritual practices to guide them wisely through life's challenges.

Exercises for Module 1

Intuitive Connection Exercise:

Try sitting in a quiet, comfortable space. Close your eyes and focus on your breath. Ask the spirits for guidance or wisdom, and notice any intuitive impressions, images, or feelings that arise.

Reflection Journal:

Reflect on any intuitive or spiritual experiences you've had. Write about the emotions, thoughts, or events that led to these experiences. How did these moments of connection influence your spiritual journey?

Suggested Reading/Resources

Michael Harner – "The Shamanic Journey" (1980)

A guide to core shamanic practices based on universal techniques across indigenous cultures.

Roger Walsh – "The Spirit of Shamanism" (1990)

Explores shamanism's psychological, spiritual, and healing dimensions with scientific and experiential insights.

Alton Walpole – "Spiritual Practices of Native American Tribes" (2012)

Overview of sacred rituals, ceremonies, and spiritual traditions across diverse Native American nations.

Shamanism in Australia

Ancient Connections to Culture & Country

Shamanism in Australia is deeply rooted in the Indigenous cultures of the continent. Indigenous Australians have a rich spiritual tradition that blends nature, spirit, and community, with the land playing a central role in their beliefs.

The traditions and practices of the Aboriginal people and Torres Strait Islanders are not merely spiritual; they are intertwined with the very fabric of life.

This module explores how shamanic practices in Australia are tied to the land, the Dreamtime, and the ancestral spirits, offering a unique perspective on working with spirit and the natural world.

The Dreamtime and Spirit Connection

Central to Australian Indigenous spirituality is the concept of the Dreamtime; the creation period when ancestral spirits shaped the land, animals, and humans. This is not seen as a distant past but as an ongoing, living reality that is present in the environment and rituals of daily life.

The Dreamtime is considered a spiritual realm where the ancestors continue to influence the world. It is believed that through an authentic and living connection to the land, one can also connect with these ancestral spirits.

Shamans in many Australian indigenous cultures are known as clever men or clever women and are thought to be chosen by the spirits. They are responsible for maintaining harmony between the spiritual and physical worlds and serving as mediators between humans and the spirit realm. They work with the Dreamtime and often perform healing rituals, divination, and ceremonies to ensure the well-being of their people.

The Role of Nature

The Australian landscape is not only home to its people but also serves as a living, breathing connection to the spirit world.

Landforms, animals, and plants are seen as sacred manifestations of ancestral spirits. The spirits of specific animals, trees, rivers, and mountains are believed to hold power and can influence the lives of those who interact with them.

For instance, the Rainbow Serpent, one of the most significant ancestral beings, is associated with water and fertility. In shamanic rituals, animals are often used as spirit guides. An Aboriginal healer or shaman might communicate with the spirit of an animal to gain guidance, or to effect healing.

Totems

Many Indigenous Australian cultures also practice totemism, where individuals or clans are spiritually connected to specific animals or natural elements, which are considered their spiritual protectors or guides. A healer may work with their personal totem to gain insight into their spiritual or physical health, or life purpose.

Songlines

The land is mapped out by songlines, which are the paths that ancestral spirits took as they travelled across the land during the Dreamtime. These paths are sung and passed down through generations, and they are used to guide spiritual seekers in their journeys, both physically and metaphysically.

Shamanic Practices and Healing

Shamanic healing in Australia is often a communal practice, deeply embedded in the rituals and ceremonies of Indigenous culture. The healer's role is to restore balance to both the spirit and the body, often by working with ancestral spirits, animal guides, and plant medicine.

Ceremonial Healing

The healer might call on the spirits of the Dreamtime to assist in healing, particularly in the case of physical or emotional imbalance. Ritual dances, chanting, and rhythmic percussion are often used to enter a trance-like state to communicate with the spirit world.

Healing Plants and Rituals

Many Indigenous healers also use bush medicines; plants and herbs native to Australia and known for their healing properties. These are often combined with spiritual practices and rituals to restore health and balance.

Shamanism in Modern Australia & Indigenous Cultural Sensitivity

While the practice of shamanism in its traditional form continues to remain vital in many Indigenous communities, there has also been a modern swell of interest in these ancient practices.

Non-Indigenous Australians, and people from all over the world, have been increasingly drawn to the wisdom of Aboriginal spiritual traditions. Many are seeking ways to understand and connect with the land and spirits. While respecting the sacredness of these practices is always an issue for thoughtful reflection and consultation, there is some effort to adapt in order to make them more accessible for contemporary spiritual seekers.

But it's also important to acknowledge that authentic, undiluted Indigenous spiritual practices, including shamanism, are not open for appropriation or casual exploration.

Respect, learning from Indigenous Elders, and understanding the deeper cultural context is essential for anyone interested in learning further or engaging with these traditions.

A Direct Line to Millennia of Human Spirituality

Studying the Australian Indigenous spiritual traditions broadens our understanding of how humans interact with the land and spirit. It is a unique position in the world that – because of their island home that has long been disconnected from Asia – aboriginals have existed, largely uninterrupted by other cultures, for many tens of thousands of years. Their spiritual culture has much to teach us.

It highlights the profound connection that exists between human life, the natural world, and the spiritual realms. It reminds us that spirit work is not only for personal growth but is also a communal and environmental practice, where the well-being of the community and the Earth are intertwined.

Through respectfully exploring more of Australian indigenous spirituality, we can learn to deepen our connection to the world around us, fostering respect for nature, spirit, and the ancestral beings that are part of our shared global heritage.

Exercises for Module 2

Connection to Nature Exercise:

Spend time in nature, perhaps near a large tree or body of water.

Close your eyes and breathe deeply, asking for a message or guidance from the spirit of the land or an animal that crosses your path.

Journal about any impressions or sensations you felt.

Totem Exploration:

Research the spiritual significance of animals or plants native to your area.

Reflect on which of these might resonate with you as a personal totem or guide.

How does this totem reflect your personal strengths or challenges?

Suggested Reading/Resources

W.E.H. Stanner – "The Dreaming" (1956)

Seminal lecture describing Aboriginal spiritual beliefs about creation, land, and cultural law.

Bruce Chatwin – "Songlines" (1987)

Blends travel writing and anthropology to explore Aboriginal songlines and their connection to land.

Michael J. Weiner – "Bush Medicine" (1980)

Examines traditional Aboriginal plant medicine and its healing properties.

African Tribal Traditions

Awakened Ancestors in Mystical Motion

This module delves into the role of shamanism in African cultures, offering a deeper understanding of ancestral connections, healing practices, and the spiritual relationship with nature.

Introduction

Shamanism in Africa is as diverse as the continent itself, with various cultural practices and beliefs spread across the many regions and tribes.

However, common threads run through most African spiritual traditions:

- The reverence for ancestors
- The interconnectedness with nature
- The healing role of the shaman

This module explores the profound relationship African communities have with the spiritual realm, how shamans serve as intermediaries between the human and spiritual worlds, and how healing practices are woven into daily life.

The Role of Ancestors in African Spirituality

In many African cultures, ancestors are viewed as the most important spiritual guides. They are believed to influence and protect the living, and their spirits continue to play an active role in the community.

Ancestors are not seen as distant or detached, but as present and interactive beings who shape the lives of their descendants.

Ancestral Worship: In African shamanism, honouring the ancestors through rituals, prayers, and offerings is culturally central to life.

It is believed that when ancestors are properly honoured, they offer guidance, protection, and blessings.

Shamans are often called upon to facilitate this connection, and to mediate connections between the living and the dead.

Divination and Communication with Ancestors: A key element of African shamanic practices is divination—the ability to gain insight from the spirit world.

Shamans use different methods, including casting bones, reading patterns in water or fire, and using symbolic objects to communicate with ancestral spirits and receive guidance.

The Role of Nature and Animals

Nature is integral to African shamanism. The landscape, plants, and animals are seen as living entities, each imbued with spiritual power. Shamans draw upon the forces of nature to heal, protect, and guide the community.

Sacred Landscapes: Certain natural features such as mountains, rivers, and forests are considered sacred and are often the sites of important spiritual rituals. These locations are believed to house powerful spirits and are frequently used for ceremonies and offerings.

Animal Spirits and Totems: African shamans often work with animal spirits as guides. Each animal represents different qualities, strengths, and teachings. A person's totem animal is believed to offer wisdom and protection, and the shamans may use the animal's symbolism in healing and divination practices.

Healing Plants: African shamans also work with plant medicine, using herbs and natural remedies to heal the body, mind, and spirit. These plants are believed to have specific spiritual properties that can address both physical ailments and spiritual imbalances.

Shamanic Healing Practices in Africa

Healing in African shamanism is holistic, treating the physical, emotional, and spiritual aspects of a person. Shamans or traditional healers, known by various titles across cultures such as sangomas (in Southern Africa), babalawos (in West Africa), or witch doctors (in central Africa), play an essential role in community health.

Spiritual Cleansing and Protection: One of the most important functions of the African shaman is to cleanse and protect individuals and communities from negative influences. This might involve performing ritual cleansings, using charms, or invoking ancestral spirits to restore balance.

Healing Through Ritual: Healing rituals often involve music, dancing, drumming, and chanting. These rituals are designed to induce a trance state, where the healer can connect with spiritual realms and receive guidance or perform the healing. Shamans use a combination of herbal treatments, spiritual cleansing, and divination to treat illness.

The Role of Community: In African traditions, healing is not just an individual pursuit but a communal one. The shaman's work often includes bringing together the community to support the healing process, reinforcing the belief that health is interconnected with the well-being of the group.

African Shamanism and the Impact of Colonisation

The arrival of colonial powers in Africa had a profound impact on traditional African spiritual practices. In many areas, colonial governments and Christian missionaries sought to suppress African spiritual traditions, viewing them as "pagan" or "primitive."

This led to the decline of some traditional practices, but many were also adapted to survive in new forms. In some areas, African shamanism was blended with Christianity, leading to the development of new religious practices that incorporate elements of both traditions.

In these communities, the spiritual connection with ancestors and nature remains strong, even as new forms of religious expression have emerged.

Shamanism and the Global Spiritual Movement

Today, there is a resurgence of interest in traditional African spiritual practices, with many people seeking to reconnect with their ancestral traditions.

Shamans are once again playing an active role in their communities, both as spiritual leaders and healers, and there is also a strongly growing recognition of the importance of these practices in preserving African heritage.

As with many other indigenous traditions, African shamanism has attracted the interest of global spiritual seekers. People from around the world are learning about and participating in African healing rituals and spiritual practices.

It is important to approach these practices with respect and cultural sensitivity, ensuring that the traditions are not appropriated or misrepresented.

In the context of modern spirituality, African shamanism provides the world with powerful lessons in the interconnectedness of all life, the importance of honouring ancestors, and the deep connection to nature. It also emphasises that spiritual healing is not only about personal transformation, but also about maintaining the health and balance of the community.

Exercises for Module 3

Ancestor Connection:

Spend time reflecting on your own ancestral lineage. If you feel comfortable, create an altar or space for honouring your ancestors, and offer a simple prayer or thought of gratitude. Journal about any insights you receive during this process.

Animal Spirit Meditation:

Find a quiet space and meditate on an animal that resonates with you. Close your eyes and imagine yourself in the presence of this animal, and ask for guidance or healing. Record any feelings or impressions that arise.

Suggested Reading/Resources

Malidoma Patrice Somé – "African Spirituality: A Manual for Beginners" (2000)

Introduces African spiritual practices focused on ritual, ancestors, and connection to nature.

Malidoma Patrice Somé – "The Spirit of African Healing" (1997)

Details traditional African healing methods emphasising community, spirit, and transformation.

Gus Casely-Hayford – "Divination: The Tools of African Shamanism" (2007)

Explores African divination practices and the cultural role of shamans.

Mysticism in India

The Divine Nature of Holistic Energy

Indian spiritual practices—such as yoga, meditation, and chakra healing—have been widely adopted in American and European cultures, often with varying degrees of authenticity, ranging from deeply respectful integration to superficial or commercialised re-interpretations.

This module delves into the traditional shamanic practices of India, exploring how spiritual guides, healing, nature, and ancestral connections intertwine in the Indian shamanic worldview.

Introduction

Shamanism in India has a rich history intertwined with spiritual practices that honour both the seen and unseen realms.

It encompasses:

- A deep connection with nature
- Reverence for spirit guides
- The pursuit of inner wisdom.

While India is primarily known for its vast array of spiritual traditions, such as Hinduism and Buddhism, shamanic practices are also an integral part of indigenous and tribal cultures across the subcontinent.

These traditions focus on healing, divination, and the sacredness of nature, all of which contribute to a holistic view of life, death, and the spirit world.

Sacred Connection to Nature

One of the foundational principles of shamanism in India is the sacredness of nature. In Indian traditions, everything in nature, such as trees, rivers, mountains, and animals, is considered imbued with spirit and divine energy.

Shamans may also be referred to as Vaidyas, Brahmans, or Tantrics, and work in close partnership with the natural world to heal individuals and communities.

Sacred Places and Elements: Many spiritual practices in India are conducted at sacred sites, which include temples, riverbanks (such as the Ganges River), and the Himalayas.

These areas are believed to be energetically charged with divine power. Shamans and healers often visit these places to perform rituals, make offerings, and connect with the spirits that reside there.

The Five Elements (Pancha Mahabhutas): Indian shamanism is deeply tied to the understanding of the five elements—earth, water, fire, air, and ether.

Shamans work with these elements in their rituals, believing that the elements hold the keys to balance and healing. For example, water may be used for purification, while fire is used to clear negative energies and diseases.

Shamanism and Ancestor Worship

Like many indigenous cultures, Indian shamanism places a strong emphasis on ancestor worship. Ancestors are believed to continue influencing the lives of their descendants, and connecting with them is seen as a crucial part of spiritual practice.

Pitr-Tarpan Rituals: One common practice is the Pitr-Tarpan ritual, in which offerings are made to the ancestors to ensure their blessings and protection. This may involve food offerings, chanting of sacred mantras, and the lighting of incense. The goal is to honour the ancestors and seek their guidance and support for the living.

Deities and Spirit Guides: In many regions of India, shamans invoke the presence of specific deities and spirit guides during rituals. These deities are often associated with different aspects of life, such as health, wealth, protection, and love. Goddess Durga is a powerful figure invoked for strength and protection, while Lord Shiva is often associated with death and rebirth.

Healing Practices and Divination

Indian shamanism involves various healing practices and forms of divination, which aim to restore balance to an individual's body, mind, and spirit.

Ayurveda: One of the most well-known systems of healing in India is Ayurveda, an ancient practice that seeks to balance the body's energies (doshas) through diet, herbs, yoga, and meditation. Shamans, or Ayurvedic healers, are often skilled in diagnosing imbalances and prescribing treatments that restore harmony with nature.

Pranic Healing and Energy Work: In addition to physical healing, Indian shamans often work with the energetic body. Pranic healing is a technique that involves using the hands to balance the energy fields around a person's body. Shamans believe that by clearing blockages in the energy system, they can help restore health and vitality.

Divination with the Elements: Similar to African shamanism, Indian shamans use various forms of divination to access spiritual insight. Rudraksha beads, fire gazing, and astrology are some tools commonly used to predict the future, understand personal challenges, and receive guidance from spirit and the spirit world.

Shamanic Trance and Altered States of Consciousness

A key aspect of shamanism in India is the practice of entering altered states of consciousness to communicate with the spirit world. These trance states allow shamans to receive guidance, heal, and even travel between realms.

Chakras and Kundalini Energy: Shamans may work with the energy centres in the body, known as chakras, to achieve heightened states of awareness. The awakening of Kundalini energy, which travels up the spine, is often sought in shamanic practices to increase spiritual enlightenment and intuition.

Meditation and Mantras: Meditation plays a central role in Indian shamanism. By focusing the mind and repeating sacred mantras, shamans can enter deep states of meditation that open the channels to the spirit world. These mantras are believed to carry divine vibrations that can heal, protect, and empower individuals and – ultimately – all interconnected life on our planet.

Shamanic Rituals and Ceremonies

Shamanic rituals in India often involve elaborate ceremonies that blend spiritual practices with music, dance, and chanting. These ceremonies are deeply spiritual experiences designed to create a powerful connection between the physical world and the spirit world.

Sadhana: Many shamans and spiritual practitioners in India engage in Sadhana, a disciplined practice aimed at spiritual development. This can include hours of prayer, mantra repetition, and ritual offerings. These practices increase the practitioner's connection with spirit and the divine.

Sacred Fire Ceremonies (Yajnas): Yajnas are fire ceremonies that are performed for purification, blessings, and spiritual growth. Shamans and practitioners offer ghee, herbs, and other sacred substances into the fire while chanting specific mantras to invoke the deities and ancestors. The fire is believed to be a channel between the human realm and the divine.

Modern Influences and Global Spread

As with other shamanic traditions, globalisation has brought Indian shamanism into contact with people around the world. Many of the practices, such as yoga, Ayurveda, and meditation, have been adopted globally.

While this has helped spread Indian spiritual practices, it has also led to debates around cultural appropriation and respect for the traditions in their original contexts.

Spiritual Tourism: In recent decades, India has become a centre for spiritual tourism, with seekers from all over the world coming to experience traditional practices such as Ayurveda treatments, yoga retreats, and shamanic healing.

Increasingly diluted and commercialised, it is important to engage with these practices responsibly and respectfully, recognising the cultural significance of the traditions.

Exercises for Module 4

Shamanic Journey Meditation: Take a quiet moment to meditate on a natural object, such as a stone or tree, and ask it for spiritual guidance. Focus on the energy of the object and allow any feelings, images, or insights to emerge.

Mantra Chanting: Practice chanting a simple mantra, such as "Om" or "So Hum", to connect with your higher self and enter a meditative state. Allow the vibrations to deepen your awareness and invite spiritual connection.

Suggested Reading/Resources

Rudolph Ballentine – "The Yoga of the Shaman" (2007)

Integrates yoga philosophy with shamanic traditions for spiritual healing and transformation.

David Frawley – "Ayurveda and the Mind" (1997)

Explores Ayurveda's approach to mental health, consciousness, and spiritual evolution.

Sandra Ingerman – "Shamanism and the Healing Power of Nature" (2012)

Guides using nature-based shamanic practices for personal and planetary healing.

North & South America

Many Paths Seen & Unseen

Shamanism in North and South America is deeply rooted in the spiritual and cultural traditions of indigenous peoples. Shamans in these cultures are often considered spiritual leaders, healers, and keepers of wisdom who act as intermediaries between the physical world and the spirit world.

Across the continents, from the Native American tribes of the north to the indigenous cultures of South America, shamanic practices are central to the way these communities connect with spirit, nature, and each other.

The fundamental beliefs of these traditions emphasise balance with nature, ancestor reverence, and the oneness of all life.

Indigenous shamans often embody the role of healer and guide, drawing upon centuries of knowledge to help individuals maintain physical, emotional, and spiritual well-being.

The Role of Shamans

In both North and South America, the role of the shaman is essential to maintaining the balance and harmony of their communities. Shamans are believed to possess a deep spiritual connection with nature and the spirit world, making them the bridge between humans and spirits.

Spiritual Healers and Mediators: Shamans in both continents are known as healers who treat ailments in the body, mind, and spirit. They employ a variety of techniques such as herbal medicine, energy work, and rituals to address the root causes of illness.

They also act as mediators between the community and spirit beings, conducting rituals to ensure health, prosperity, and harmony.

Teachers of Sacred Knowledge: Shamans are also seen as teachers, passing on sacred wisdom and practices to the next generation. In many indigenous cultures, this knowledge is passed down orally, through apprenticeships or initiations. It includes rituals, songs, dances, and sacred stories that deepen the connection between humans and the spiritual world.

Shamanic Connection to Nature

Nature plays an integral role in North and South American shamanism. Shamans perceive nature as sacred, viewing the natural world as living and breathing, imbued with spirit and wisdom. Every animal, tree, stone, and element is seen as a manifestation of the divine.

Animal Spirits and Totems: Many indigenous cultures in the Americas believe in the presence of animal spirits or totems, which are spirit guides or helpers that offer protection, strength, and wisdom. For example, in Native American traditions, an individual may have a power animal that represents personal qualities, abilities, or guidance.

The Four Directions: The concept of the Four Directions is central in many indigenous practices. Each direction is associated with an element, an animal spirit, and a season, all of which represent different aspects of life and the natural world. Shamans use these directions in ceremonies to balance energies and align the self with the flow of the natural world.

Sacred Plants: Shamans in South America, especially those in the Amazon basin, work closely with plant medicines such as Ayahuasca and Palo Santo. These sacred plants are believed to open pathways to spiritual realms, allowing the shaman to communicate with spirits, access wisdom, and heal individuals.

Rituals and Ceremonies

Shamanic rituals in both North and South America often involve drumming, chanting, and dancing to induce trance states and access the spirit world. These ceremonies are designed to bring about healing, transformation, and spiritual growth.

Sweat Lodge Ceremony (North America): One of the most well-known ceremonies in North American indigenous cultures is the Sweat Lodge. This purification ritual is designed to cleanse both the physical body and the spirit. Participants enter a small, darkened structure (the sweat lodge), where heated stones are placed in a central pit. Water is poured over the stones to create steam, and prayers are said for physical, emotional, and spiritual healing.

Vision Quest: A vision quest is a rite of passage for many Native American tribes. It is a solitary journey into nature where the individual seeks guidance from the spirits. This involves fasting, prayer, and staying in isolation to receive visions or dreams that provide spiritual insight and clarity.

Ayahuasca Ceremonies (South America): In the Amazon, ayahuasca is used by shamans to enter altered states of consciousness and communicate with spirits. The ceremony often involves drinking a brew made from the ayahuasca vine and other plants, accompanied by chanting and drumming. The experience is thought to induce visions and emotional releases, allowing individuals to heal and gain spiritual insight.

Shamanic Healing Techniques

Shamans use a variety of methods to heal individuals, including energy work, herbal remedies, and ritual purification. Healing is not just about curing physical ailments, but also about restoring balance between the body, mind, and spirit.

Energy Healing: Shamans believe that illness is often the result of spiritual imbalance or blocked energy. They use various techniques to restore harmony, such as soul retrieval (recovering lost parts of the soul) and clearing negative energies from the body and environment.

Herbal Remedies: Many North and South American shamans are skilled in the use of herbs and plants to treat illnesses. For instance, the sage plant is commonly used in purification rituals, while tobacco is used to connect with the spirit world. Shamans often create powerful tinctures, teas, and ointments from native plants to restore balance and health.

Healing Drumming: Drumming is a powerful tool in shamanic healing. The repetitive rhythm of the drum is believed to facilitate the journeying process, enabling the shaman to enter altered states of consciousness and connect with spiritual realms. It is also used to help heal the soul by bringing the individual back to a state of balance.

Modern Influence and Preservation of Traditions

As with other shamanic traditions, North and South American shamanism has faced challenges due to colonisation, cultural suppression, and globalisation. However, there is a growing revival of interest in these ancient practices.

Cultural Preservation: Efforts are underway in many indigenous communities to preserve traditional spiritual practices. This includes the documentation of sacred knowledge, the passing down of rituals to younger generations, and the promotion of cultural education.

Spiritual Tourism: As in other parts of the world, spiritual tourism is a growing industry in the Americas. Many people travel to South America to partake in ayahuasca ceremonies or to learn about indigenous spirituality.

While this has helped raise awareness, it has also led to concerns over cultural appropriation and the ethical treatment of indigenous practices.

Exercises for Module 5

Connecting with Animal Spirit Guides:

- Sit quietly in nature or imagine yourself in a peaceful environment
- Ask for guidance from an animal spirit. Be open to receiving messages or impressions.
- Record your experience and reflect on the symbolism of the animal

Sweat Lodge Visualisation:

- Visualise entering a sweat lodge. Imagine the smells, textures, heat and steam
- Allow the sweat lodge experience to purify your body, mind, and spirit.
- What is released, or created, during this process?
- Write down or journal about the things you experienced

Suggested Reading/Resources

Don Miguel Ruiz – "The Four Agreements" (1997)

Toltec wisdom offering four simple principles for living with freedom, love, and integrity.

Carlos Castaneda – "The Teachings of Don Juan" (1968)

Accounts Castaneda's apprenticeship with a Yaqui shaman and exploration of altered states.

Mircea Eliade – "Shamanism: Archaic Techniques of Ecstasy" (1951)

Classic scholarly study of global shamanic traditions and ecstatic experiences.

All Nature is Sacred

Elemental Forces & Spiritual Allies

This module serves as a reflection on the Indigenous spiritual traditions we've explored—each deeply rooted in a reverent, living relationship with the natural world.

Across the globe, nature has always held profound spiritual meaning. In nearly every culture, the natural world is seen not just as a backdrop to life, but as an active, sacred force—one that offers guidance, healing, and connection to the divine. From towering mountains to flowing rivers, nature is understood as a living presence, rich with spiritual significance.

In this module, we delve further into the role nature plays in Indigenous spirituality, exploring how various cultures engage with the natural world in sacred and practical ways. Through this, we come to better understand the profound interconnectedness of all life.

Nature and Indigenous Spirituality: A Sacred Connection

For many Indigenous cultures, nature is not merely symbolic—it is sacred. More than belief, there is an intrinsic understanding that all living and non-living things are interconnected and alive with spirit. Shamans, healers, and medicine people often work in close partnership with nature spirits, ancestral energies, and elemental forces in their spiritual and healing practices. Trees, rivers, stones, animals, and even weather systems are seen as vessels of energy, wisdom, and power.

Forests, mountains, lakes, and other natural landmarks are often revered as sacred spaces or portals to the spirit world or places where the divine is especially present. The classical elements—Earth, Air, Fire, and Water—are also honoured and integrated into ceremony and ritual as embodiments of natural force and spiritual truth.

Nature as Teacher and Healer

Nature is not only sacred, it is also a wise and compassionate teacher. Across spiritual traditions, individuals turn to nature for insight, healing, and renewal. Time spent in natural surroundings, ritual practices, or communion with animals, allows people to access spiritual guidance and a sense of inner peace.

Nature gently teaches us the values of balance, respect, and reciprocity. By nurturing a conscious relationship with the earth, individuals can experience healing across body, mind, and spirit, while also deepening their connection to the wider web of life.

Sacred Sites and Pilgrimage

In many cultures, specific natural locations hold heightened spiritual power. The Ganges River in India is revered as a goddess and a source of purification. In the Andes, sacred sites like Machu Picchu align with cosmic energies and earth wisdom. Pilgrimages to these places are often undertaken to receive healing, insight, or divine blessing.

Spirituality and Animal Spirits

In many indigenous cultures, animals are viewed as spiritual guides and messengers.

Animal spirits are believed to represent specific qualities or characteristics that individuals can embody. In some cultures, the allocation of a particular animal, to a particular person, is a deeply sacred and ancient ritual, often bringing lifelong spiritual responsibility.

These spirits serve as protectors, teachers, and helpers, guiding people in their spiritual journeys.

Totem Animals: Many North American tribes, as well as other cultures, believe in the concept of totems; specific animals that represent an individual's spiritual essence or qualities.

For example, the eagle may represent strength and courage, while the wolf embodies loyalty and intelligence. People connect with their totem animals through rituals, meditations, and dreams, asking for guidance and strength.

Sacred Animals: In some cultures, certain animals are considered sacred and are believed to possess special powers. In Shamanic practices across the world, animals like snakes, bears, coyotes, and owls are revered for their spiritual significance. Shamans often call on the energies of these animals during healing rituals, seeking wisdom and protection.

Animal Spirit Journeys: Shamans often enter altered states of consciousness to embark on spirit journeys to seek messages from animal spirits. These journeys can help individuals connect with their own inner wisdom, overcome personal obstacles, and gain deeper spiritual insight.

Rituals and Ceremonies in Nature

Many spiritual traditions incorporate nature into their rituals and ceremonies. These rituals are designed to harmonise the individual with the natural world and create a sense of balance and connection.

Sacred Circles: The circle is a powerful symbol in many spiritual traditions. It represents the cyclical nature of life and the interconnectedness of all beings.

In nature-based ceremonies, the circle is used to create sacred space and to honour the energies of the earth, air, fire, and water. Rituals may include prayer, offerings, and meditations in a circle to invite protection and healing.

Nature Walks and Meditation: Nature walks are a form of moving meditation practiced by many spiritual seekers. By walking in nature and paying attention to the sights, sounds, and sensations of the environment, individuals can deepen their connection to the earth and their spiritual selves.

In some cultures, nature walks are done as part of vision quests or spiritual pilgrimages.

Plant Medicine and Healing Rituals: In many South American traditions, plants are used as sacred medicine to connect with nature and the spirit world.

Ayahuasca and San Pedro are examples of plant medicines that are ingested during ceremonial rites to allow individuals to experience a deeper connection with nature, the ancestors, and the divine.

Nature's Elements in Spiritual Practices

The four elements of earth, air, fire, and water are central in the spiritual practices of many cultures. These elements are seen not only as physical forces but also as spiritual energies that influence and shape human existence.

Earth: The earth is often seen as the foundation of life, providing stability, nourishment, and grounding. In many cultures, the earth element represents the material world, abundance, and fertility. Earth rituals might include offerings to the land, planting ceremonies, or pilgrimages to sacred mountains. Earth-based practices also focus on the balance of energies between the land, plants, and people.

Air: Air is associated with the realm of the mind, intellect, and communication. In many traditions, air is the breath of life, representing spirit, thought, and communication with the divine. People connect with air through breathwork, meditation, and prayer. In Hinduism, for example, the element of air is deeply connected to prana—the life force that flows through all living beings.

Fire: Fire symbolises transformation, energy, passion, and renewal. It is often associated with purification, as it can burn away the old to make way for the new. In Native American culture, the sacred fire is used in ceremonies to cleanse, heal, and bring people together in community. Similarly, fire plays a central role in many Indian and African traditions, where it is used for offerings and rituals of cleansing and illumination.

Water: Water is a universal symbol of emotions, healing, and spiritual purification. In many spiritual practices, water is used in rites of passage, such as baptism or spiritual cleansing. Water is also considered a source of nourishment and a medium for connecting to the flow of life. Many traditions, such as those in Hinduism and Indigenous Australian cultures, revere sacred rivers, lakes, and oceans, believing that water carries spiritual wisdom and healing power.

Exercises for Module 6

Nature Meditation: Go outside and sit quietly in a natural setting, such as a park, forest, or beach. Focus on the sensations around you. What do you hear, see, smell, and feel? Ask nature for guidance on a specific question or area of your life, and remain open to any messages you receive. Write down your thoughts afterward.

Elemental Connection: Choose one of the four elements (earth, air, fire, water) to work with during this module. Find a way to connect with this element—through a walk in nature, lighting a candle, sitting by water, or touching the earth. Reflect on how this element makes you feel and how it can support your spiritual practice.

Suggested Reading/Resources

Jack London – "The Call of the Wild" (1903)

Adventure novel exploring primal instincts and survival in the wilderness.

Manly P. Hall – "The Secret Teachings of All Ages" (1928)

Comprehensive encyclopedia of ancient wisdom, symbolism, and esoteric traditions.

Starhawk – "The Earth Path: Grounding Your Spirit in the Rhythms of Nature" (2004)

Practical guide to connecting spiritually and ecologically with the Earth's cycles.

The Modern Marketplace

Commercialisation in Mediumship

Spirituality in the modern Western world, including psychic and mediumship and spiritual practices, has become increasingly commercialised.

From popular media portrayals to psychic hotlines and staged “spiritual” events, psychic readings and mediumship services or demonstrations has evolved into a market-driven industry.

While some may argue that this makes spiritual practices more accessible, others worry that it has diluted or distorted the true essence of these ancient traditions.

This module will explore how the commercialisation of psychic practices impacts the integrity and authenticity of spiritual work, and how it may affect public perceptions of these practices.

The Rise of Psychic & Mediumship in Modern Culture

Psychic readings, mediumship and spiritual healing gained significant popularity in the Western world during the 19th century, when spiritualism emerged as a recognised religious movement.

Mediums, those who claimed to communicate with spirits, began to hold public séances where people could connect with their deceased loved ones. Spiritualism was rooted in the belief that there is life after death and that spirits could communicate with the living.

Notable figures such as the Fox sisters and Allan Kardec were at the forefront, pushing the regular boundaries of how spirit communication was viewed by the general public.

Over time, the spiritualist movement gave rise to a more commercialised sector, with the establishment of psychic reading services, both in person and by phone.

While spiritualism remains an important practice for many, it has also evolved into a business—often marketed to the masses as a quick way to gain answers or insight into life’s challenges.

Commercialisation of Psychic Services

Today, psychic readings and mediumship is part of a booming industry. Television shows, websites, books, and psychic reading services have brought spirituality into the mainstream.

The popularisation of figures like John Edward, Tyler Henry, and Theresa Caputo (the “Long Island Medium”) has helped to normalise the idea of mediumship and communicate with the dead as a form of entertainment. These mediums present themselves as authorities in spirit communication, often appearing on reality TV shows or giving “readings” to audiences, sometimes with little connection to a person's spiritual practice.

Psychic hotlines, advertisements for online readings, and websites offering spiritual services also thrive in the modern digital age.

However, critics of the commercialisation of psychic practices argue that it diminishes the spiritual and sacred aspects of mediumship, reducing it to a mere commodity.

In many cases, people seek out psychic readings, and particularly mediumship readings, during times of emotional vulnerability or crisis. Unfortunately, this means that while many honest and reputable practitioners work with integrity, there is also a risk of exploitation, where untrained or unscrupulous individuals may take advantage of these vulnerable individuals for financial gain.

Hollywood and Psychic & Mediumship

In the last few decades, commercially driven entertainment media (“Hollywood”) has played a major role in shaping how psychic abilities and mediumship are portrayed in the Western world.

Movies and TV shows often depict psychics as being individuals with special powers or mysterious knowledge. Characters like the ones played by Melinda Gordon from *Ghost Whisperer*, or Patrick Swayze and Whoopi Goldberg in *Ghost*, have become iconic representations of psychic mediums who can speak to the dead and offer life-changing messages to the living.

While these portrayals help to fuel interest in mediumship, they also introduce an element of sensationalism and dramatisation. This has led some people to believe that mediumship is all about “showmanship” and that spirits are only available for entertainment or sensationalised readings.

This focus on spectacle can detract from the true and deeply spiritual nature of the practice, where healing and communication are the central aims, rather than fame or monetary compensation.

Hollywood’s influence has helped shape a public perception of mediumship that is both mystical and superficial, creating unrealistic expectations for individuals seeking genuine spiritual connection.

People may expect instant results or grand displays of spirit communication that mirror what they see on screen—expectations that may not align with the more subtle and nuanced nature of authentic mediumship.

Ethical Considerations in Commercialised Psychic & Mediumship

As psychic services become more commercialised, ethical considerations also come to the forefront. It is essential to understand that a true psychic or medium works within a spiritual framework, using their abilities as a form of service to help others. They are there to provide guidance, healing, and connection, rather than simply to offer entertainment or validation.

Here are some important ethical principles that should guide mediumship and psychic work, whether commercialised or not:

Integrity: A medium or psychic should always work with honesty and authenticity. They should be clear about the boundaries of their practice and should never claim to have all the answers or guarantee results.

Consent: Ethical mediums always seek permission from their clients before offering any form of reading or healing. This ensures that the person seeking guidance is mentally and emotionally ready for the experience.

Empathy and Compassion: Mediums should approach their work with compassion and empathy. While their abilities may give them insight into someone's life or spiritual state, they should always treat clients with dignity and respect.

Protection of Vulnerable Individuals: Given that many people seek out psychic readings during times of grief, loss, or uncertainty, it is essential for practitioners to protect the vulnerable. This means being clear about the limitations of their work, and ensuring that their services are not seen to be (unqualified) counselling, or used to exploit emotional vulnerability.

Spiritual Integrity and the Path Forward

Despite the commercialisation and entertainment aspects of modern psychic mediumship, many spiritual practitioners continue to work within a framework of deep respect for the sacred nature of their work.

There is a growing movement toward re-establishing the spiritual integrity of psychic mediumship practices, with an emphasis on authentic healing, spirit communication, and mindfulness of the sacred, profound, loving nature of this most precious interaction.

It is important for anyone entering this field to understand the weight of the responsibility that comes with psychic or mediumistic abilities. A true psychic or medium should prioritise service to others, offering insight and healing that helps clients move forward in a positive and empowering way, rather than merely capitalising on curiosity or entertainment.

This path can be incredibly rewarding, but it requires dedication, ongoing training, and a true commitment to the spiritual journey—one that transcends commercial interests and focuses on the genuine connection to spirit.

Exercises for Module 7

Media Reflection: Watch a popular psychic medium show or movie (e.g., *The Long Island Medium*, *Medium*, or *Ghost Whisperer*). Reflect on how the portrayal of psychic mediumship aligns with or differs from your own understanding of the practice. What do you think these portrayals contribute to the public perception of mediumship?

Ethical Meditation: Sit in meditation and reflect on your own thoughts around psychic practices, both commercial and spiritual. What values are most important to you as a practitioner? What ethical principles would guide your work as a psychic or medium? Write down any insights that arise.

Suggested Reading/Resources

Josephine P. Brown – "The Psychic's Guide to the Universe" (2005)
Handbook for developing intuitive abilities and understanding psychic phenomena.

Karla McLaren – "Psychic Protection: The Next Level" (1998)
Advanced techniques for managing energetic boundaries and spiritual self-defence

J. Gordon Melton – "Spiritualism and the Occult" (2001)
Historical overview of Spiritualism and occult traditions in modern Western society

Bringing It All Together

Global Spirit Consciousness

We've had a brief look around the world at some spiritual understandings, and how these various practices might connect across cultures, traditions old and new, and time zones.

In this final module of the course, the last but one of the six Spirit Australia Foundation Units, we explore the concept of a **global spirit consciousness**.

This is an important concept, showing that while different cultures and traditions may express spiritual practices in unique ways, there exists a shared, universal connection to spirit that transcends geographical, cultural, and spiritual boundaries.

Through an understanding of the diverse spiritual traditions discussed in previous modules, we can recognise the interconnectedness of all beings, whether human, animal, plant, or spirit.

The study of global spirit consciousness invites us to view spiritual practices not as isolated phenomena but as part of a larger, collective effort to understand and connect with the greater mysteries of existence. By bringing together the varied approaches to spirit work, we begin to see the unity in diversity that defines the human experience.

The Common Thread of Spirit

Across all the world's spiritual traditions, one common thread unites them; the recognition of an unseen, higher force or energy that connects all living beings.

Whether referred to as Spirit, Source, the Divine, God, or the Universe:

There is a universal belief that we are part of something greater than ourselves

In many traditions, this force is seen as the ultimate truth or the source of creation.

In others, it is seen as a guiding presence, providing wisdom, support, and protection.

Despite the differences in cultural expression, the belief that humans are part of an interconnected spiritual web is quite fundamental, right across the globe.

Indigenous practices, such as shamanism, animism, and ancestor worship, emphasise a strong bond with nature and the spirit world. In many cases, the spiritual realm is seen as just as real and present as the physical world, and communication with spirits—whether human ancestors, animal spirits, or elemental forces—is considered essential for understanding one's place in the world.

In Western spiritual practices, particularly in more contemporary New Age traditions, there is also a growing recognition of the interconnectedness of all things.

Concepts like oneness, energy healing, and the collective consciousness point to an understanding that we are all part of an intricate and interconnected spiritual fabric.

Spiritual Practices as Pathways to Unity

Whether we are practicing shamanism, mediumship, energy healing, or any other spiritual practice, these activities serve as pathways to achieve a greater understanding of our spiritual connection to the world around us.

They are also vehicles for healing—both for individuals and for the collective.

In shamanic traditions, practitioners engage in rituals, ceremonies, and deep meditative states to journey into the spirit world. These journeys are meant to uncover hidden truths, communicate with spirits, and heal both the individual and the collective. The shaman's role is to maintain balance and harmony between the physical world and the spiritual realm.

In the context of mediumship, the goal is often to connect with spirits of the departed in order to relay messages that bring closure, healing, and insight to those left behind. This practice affirms the idea that death is not the end but rather a transition to another phase of existence. It also demonstrates that the connection between the physical and spiritual worlds is not only possible but essential for understanding the human experience.

In many forms of healing, whether through techniques like Reiki, crystal healing, sound healing, or even spiritual healing, practitioners work with the body's energy field to promote balance, health, and well-being. This practice is rooted in the idea that everything—every living being, every object, every thought—emits energy, and by shifting and aligning this energy, we can restore harmony in both the individual and the world.

Intuitive and psychic practices also emphasise this interconnectedness. By tapping into the psychic senses, individuals are able to perceive and interpret information that transcends the physical world, offering deeper insights into life's challenges and mysteries. These practices highlight the intuitive knowledge that we all have access to, as we are all part of the larger spiritual web.

Global Spiritual Consciousness and Healing

As we continue to evolve spiritually, there is a growing awareness of the need to heal not just on an individual level, but also on a collective level.

The spiritual practices we have explored throughout this course are not just about personal development—they are also about contributing to the greater healing of humanity and the planet.

When we recognise our shared spiritual consciousness, we can begin to see the importance of healing the collective. Just as individuals can carry wounds from the past that need healing, so too can communities, cultures, and the global spirit itself. This healing process is deeply intertwined with the practices of compassion, empathy, and understanding, and it is at the heart of what many spiritual traditions teach.

By embracing global spiritual consciousness, we learn to approach the world with a sense of unity and interconnectedness, understanding that our actions have a ripple effect on others.

As we heal ourselves, we heal the world around us. As we raise our spiritual awareness, we elevate the collective consciousness of humanity.

The Future of Global Spirit Consciousness

Looking ahead, there is a growing movement toward interfaith dialogue and spiritual unity.

This is a vital piece in our positive growth moving forward as a person, a community, and a living planet. It is a recognition that the differences between religious and spiritual traditions are far less significant than the similarities that bind them together.

The global spirit consciousness movement calls for respect and honouring the diverse spiritual paths, while celebrating the shared goal of deeper connection, understanding, and healing.

In the modern world, this approach is more important than ever. With the rapid and ever-quickenning pace of technological change, and the growing challenges we face as a planet, it is essential that we tap into the wisdom of the ages and recognise the spiritual bonds that unite all living beings.

This global consciousness can serve as a foundation for peace, compassion, and mutual respect.

By honouring the spiritual traditions of all cultures and recognising the shared spiritual essence that flows through us all, we can begin to heal the rifts that divide us and create a more harmonious world for future generations.

Exercises for Module 8

Global Spiritual Reflection: Reflect on the idea of a global spiritual consciousness. How does this concept resonate with you? Do you feel connected to the spiritual practices of other cultures, even if they are different from your own? Write a reflection on how recognising this interconnectedness could impact your personal spiritual practice.

Meditative Journey: Meditate on the idea of unity

- Imagine that you are connected to all people, animals, and the planet.
- Visualise a web of light and energy connecting every living being.
- How does this sense of interconnectedness feel?
- What insights arise during this meditation?

Suggested Reading/Resources

Philip Novak – "The World's Wisdom: Sacred Texts of the World's Religions" (1994)
Selections and explanations of major sacred writings from global religious traditions.

Shannon McArthur – "The Global Heart Awakens: Prophecies and Changes of the Age" (2012)
Optimistic exploration of spiritual awakening and societal transformation in the new age.

Michael Harner – "The Soul of Shamanism: A Practical Guide to Shamanic Healing" (2013)
Advanced guide to applying shamanic techniques for deep soul healing.

2.5.X. WORLD TRADITIONS Unit : Final Exam

1. What is the primary common thread that connects all spiritual traditions?

- a) A belief in one supreme deity
- b) A recognition of an unseen, higher force that connects all living beings
- c) The practice of meditation
- d) The avoidance of rituals and ceremonies

2. Which spiritual practice is most associated with communing with spirits and animals to seek guidance and healing?

- a) Mediumship
- b) Shamanism
- c) Reiki
- d) Intuition

3. In which culture is shamanism traditionally connected with a deep relationship to nature and the spirit world?

- a) European
- b) African
- c) Australian
- d) All of the above

4. What is the role of the shaman in indigenous cultures?

- a) To perform administrative duties
- b) To act as a bridge between the physical world and the spirit world
- c) To heal through herbs and potions
- d) To lead large spiritual gatherings

5. What is a key characteristic of shamanic healing practices?

- a) Healing through physical touch
- b) Healing through modern technology
- c) Healing through spiritual journeys or altered states of consciousness
- d) Healing through scientific medicine

6. What is the role of nature in shamanism?

- a) Nature is seen as a distraction from spiritual work
- b) Nature is viewed as an enemy that must be overcome
- c) Nature is a living entity and holds spiritual significance
- d) Nature is not considered significant in shamanism

7. What is one key difference between Western and Indigenous spiritual practices?

- a) Western practices exclusively involve modern technology
- b) Indigenous spiritual practices emphasise nature and community healing
- c) Western practices always involve healing rituals
- d) Indigenous practices never involve spirits

8. In North American Shamanism, which is considered an important aspect of spiritual work?

- a) Using crystals only for physical healing
- b) Animal totem spirits and their teachings
- c) Regular fasting to increase spiritual power
- d) Studying philosophy and intellectual knowledge

9. Which spiritual practice involves the communication between humans and the deceased?

- a) Shamanism
- b) Mediumship
- c) Reiki
- d) Energy healing

10. In African Shamanism, which plays a key role in spiritual work?

- a) Fire
- b) Water
- c) Wind
- d) Ancestors

11. Which of the following is NOT typically part of Shamanic rituals?

- a) Drumming
- b) Journeying to the spirit world
- c) Talking to ancestors
- d) Reading scientific literature

12. How do mediums typically communicate with spirits?

- a) Through dreams only
- b) By channelling energy from the earth
- c) By receiving messages and information from spirits of the deceased
- d) By using only physical touch

13. Which of the following best describes Reiki healing?

- a) A form of herbal medicine
- b) Energy healing through touch
- c) Spirit communication with ancestors
- d) A mental practice for emotional clarity

14. In many Indigenous spiritual practices, ancestors are considered:

- a) Spiritual guides who continue to influence the living
- b) Irrelevant to spiritual work
- c) An obstacle to spiritual progress
- d) Only to be honoured on specific holidays

15. Which of the following is a characteristic of spirit mediums?

- a) They rely solely on their physical senses to communicate with spirits
- b) They act as intermediaries between the physical and spirit worlds
- c) They heal people through herbs
- d) They do not communicate with spirits

16. How does modern Western commercialism impact the practice of psychic mediumship?

- a) It always fosters deeper spiritual connection
- b) It can dilute the authenticity of spirit work, focusing more on entertainment
- c) It eliminates the need for traditional spiritual practices
- d) It strengthens traditional practices

17. Which of the following practices is NOT part of the Western commercialisation of psychic abilities?

- a) Hollywood movies featuring psychics
- b) Psychic reading booths at fairs
- c) Authentic spirit connection through cultural traditions
- d) TV shows focused on paranormal investigations

18. What is the general view of spirits and nature in Shamanism?

- a) Nature is alive with spirits, each with its own influence
- b) Nature is an adversary that must be controlled
- c) Nature is a passive element, irrelevant to spiritual work
- d) Spirits are only human in origin

19. What is a common feature of spiritual practices around the world?

- a) The belief in a single deity
- b) A connection to unseen forces or energies
- c) The focus on physical health only
- d) The emphasis on communal prayer

20. The practice of revering nature is a significant part of which tradition?

- a) South American plant medicine
- b) Australian Shamanism
- c) African Spirituality
- d) All of the above

SPIRIT AUSTRALIA EDUCATION
LEVEL TWO

UNIT 6 of 6 FOUNDATION UNITS

Awakening

6. Awakening

Unit Description

Awakening invites you to begin a new chapter of your spiritual journey with open eyes and an open heart. Grounded in the Nine Foundations of Spirit Australia, this course will help you trust your inner wisdom, understand the stages of awakening, and find your place within a growing community of conscious souls. Explore how science, spirit, and human kindness weave together to create a brighter, more connected world — starting with you.

Module Outline

- 2.6.1. **Welcome to Spirit Australia** : *Hello, Hi, Hey & G'day!*
- 2.6.2. **What is Awakening?** : *Understanding Spiritual Shifts*
- 2.6.3. **Stages of the Journey** : *From Spark to Realisation*
- 2.6.4. **The Role of Discernment** : *Trusting Your Inner Compass*
- 2.6.5. **Science & Spirituality** : *Where Logic Meets Mystery*
- 2.6.6. **Beyond Religion** : *The Rise of Personal Spirituality*
- 2.6.7. **Living with Integrity** : *Truth, Tolerance & Inner Alignment*

Suggested Reading & Resources List

BOOKS

Rev. Dr. William E. Arndt – “**The Art of Tolerance**” (2012)

Explores the importance of tolerance in spiritual development and community living

Gregg Braden – “**The Divine Matrix**” (2007)

Examines the interconnectedness of everything in the universe through both science and spirituality

George R. Koenig – “**Spiritual Awakening: A Path of Personal Transformation**” (2014)

Guides readers through the journey of personal spiritual awakening and inner transformation.

Lynne McTaggart – “**The Field: The Quest for the Secret Force of the Universe**” (2001)

Investigates scientific evidence for a unifying field of energy connecting all living things.

Raymond Moody – “**Life After Life**” (1975)

Groundbreaking study of near-death experiences and what they reveal about consciousness beyond death

Don Miguel Ruiz – “**The Four Agreements**” (1997)

Offers four simple but profound agreements for living a life of integrity, peace, and personal freedom

Don José Ruiz – “**The Wisdom of the Shamans**” (2017)

Shares timeless teachings of shamanic wisdom for healing, self-discovery, and spiritual connection

Michael A. Singer – “The Untethered Soul” (2007)

Achieving inner freedom by observing and releasing habitual thoughts and emotions

Michael A. Singer – “The Art of Discernment” (2015)

Focuses on developing inner clarity and the ability to make spiritually guided decisions

Eckhart Tolle – “A New Earth” (2005)

Awakening to a higher state of consciousness and creating a new collective reality

Eckhart Tolle – “The Power of Now” (1997)

The importance of living fully in the present moment to achieve spiritual enlightenment

S. K. Whitehead – “Bringing the Sacred to Life” (2015)

Integrating sacredness in daily life through mindfulness, ritual, and deeper awareness

ONLINE RESOURCES

- ✓ **Awakening the Soul: A Guide to Spiritual Living** – (awakenedliving.com)
Resources and guidance for living a spiritually awakened and mindful life
- ✓ **The Center for Spiritual Awareness** – (spiritualawareness.org)
An organization dedicated to spiritual growth, meditation, and personal transformation
- ✓ **The Center for Spiritual Living** – (spiritualliving.org)
Promotes spiritual living principles focused on empowerment, positivity, and connection
- ✓ **Consciousness and Quantum Physics** – (researchgate.net)
Scientific exploring of the relationship between quantum physics and human consciousness
- ✓ **Developing Discernment in Spiritual Practice** – (spiritualawakeningprocess.com)
Practical advice on cultivating spiritual discernment during personal awakening journeys
- ✓ **Eckhart Tolle’s Teachings on Awakening** – (eckharttolle.com)
Teachings and resources from Eckhart Tolle on spiritual awakening and presence
- ✓ **The Physics of Consciousness** – (spiritual-science.org)
Exploring how modern physics supports theories of consciousness and interconnectedness
- ✓ **The Practice of Discernment** – (eckharttolle.com)
Teachings from Eckhart Tolle focused on developing inner clarity and intuitive discernment
- ✓ **The Shift Network’s Spiritual Awakening Course** – (theshiftnetwork.com)
Online courses and workshops to support spiritual awakening and global transformation
- ✓ **The Tolerance Project** – (tolerance.org)
Educational resources and initiatives promoting tolerance, diversity, and social harmony.

Welcome to Spirit Australia

Hello, Hi, Hey & G'day!

Spirit Australia is dedicated to **Supporting the Community & Integrity of Spirit Education**.

Nearly two decades in the making, and with a governing board of 12 elders in the field from across our country, in April 2024 we were formally accepted by Australian government departments as a national charity for Advancing Education.

We offer a welcoming, professional space where people can explore their spiritual development with honesty, respect, and a sense of belonging. While we warmly embrace Spiritualist Churches and community groups as valued members, Spirit Australia itself is not a religion. We honour all pathways to spirit and remain open to individuals from every background and belief system.

Through our courses, workshops, and events, Spirit Australia brings people together to share knowledge, wisdom, and lived experiences.

This first module of the **Awakening** Unit of the Foundation Course gives students an overview of our:

Code of Ethics & Conduct

Nine Foundations

Nine Guiding Principles

Three Core Statements

We aim to support existing groups and individual teachers who are already offering spirit education at a high professional standard. We draw inspiration from Australia's spiritual heritage and broader global traditions. We also draw inspiration direct from the world of spirit. We foster learning that is truthful, respectful, empowering, and deeply important.

In a world where many feel disconnected, Spirit Australia offers a place to reconnect. Discover your own spirit, explore with others, and embrace the greater community of life. Our mission is to support each person's journey with education, inspiration and integrity. We are here for you, and for spirit, feeling excited and committed to building strong resilient connections with a more loving and compassionate future for all.

Welcome to Spirit Australia!

The Spirit Australia Code of Ethics & Conduct

Our Code of Ethics & Conduct can be found on our website, or page 84 of the Student Handbook. It serves as a guiding framework, requiring that each member of the Spirit Australia community operates and interacts together with the highest ethical standards and core values such as:

- ✓ Respect
- ✓ Integrity
- ✓ Confidentiality
- ✓ Professionalism

The Code of Ethics & Conduct ensures that Spirit Australia's work is not only transformative, but also responsible and respectful of all individuals involved.

The Nine Foundations of Spirit Australia

Most of us understand that our thoughts, feelings and actions are influenced by many layers. Some of these we are aware of, and some we are not.

Deep in the heart of everything we experience are the profound and often surprisingly simple foundations of life itself. Foundations that underpin our expectations, reactions and understanding. The Nine Foundations of Spirit Australia focus on core spiritual principles. They are not a list of rules to be followed blindly. They are timeless truths that are complex and interconnected. They are quietly guiding us on many levels of awareness.

The Nine Foundations of Spirit Australia are a living wisdom to be felt, reflected upon, and carried forward with the best integrity we are capable of understanding at any given time.

- 1. Continuous Life:** The reality of continuous spiritual life
- 2. All is Connected:** The connectedness of everything seen and unseen
- 3. Expanding Awareness:** The existence of a world beyond physical experience
- 4. Spiritual Evidence:** The validity of spiritual experience as spiritual evidence
- 5. Indigenous Wisdom:** The ongoing relationship between indigenous wisdom and the living planet
- 6. Energy Healing:** The power of non-physical energies for physical healing
- 7. Universal Communication:** The universal presence of non-verbal communication
- 8. Complexity of Time:** The awareness of non-linear time and timelessness
- 9. Human Experience:** The importance of the embodied human experience

Visit [our website](#) at SpiritAu.org or see page 7 of the Student Handbook for a poster version.

The Nine Guiding Principles

These nine principles provide an outline of the purposes, aims and intentions of Spirit Australia on a more practical or human level. They guide the work of the organisation and inform every aspect of our curriculum and practices.

The principles also reflect a deep understanding and the importance of spiritual growth, and the role of spirituality in society.

- 1. Unity in Diversity:** Spirit Australia believes in the power of diverse spiritual practices and recognises that all paths lead to the same Source. The unity of purpose, and respect for each individual's journey, is paramount.
- 2. Commitment to Growth:** Personal development is at the heart of all spiritual work. Each individual is encouraged to strive for continuous growth and self-improvement in both their spiritual and personal lives.
- 3. Healing Through Connection:** Healing occurs when we recognise our interconnectedness with others and with all of creation. Spirit Australia emphasises the importance of cultivating this awareness for both personal and collective healing.

4. **Trust in Spirit:** Spirit Australia recognises that Spirit (God, Love, Nature, Universe etc) is the ultimate guide, and that all healing, growth, wisdom, transformation and life is facilitated through connection with Spirit.
5. **Personal Responsibility:** Each person is responsible for their own journey, including their spiritual development, actions, and choices. We are encouraged to take ownership of our path and contribute to the well-being of others.
6. **Compassion and Tolerance:** The work of Spirit Australia is based on compassion, empathy, and understanding. We are reminded to approach all individuals with an open heart, regardless of their background, beliefs, or level of awareness or understanding.
7. **The Power of Community:** Spiritual growth flourishes when people join together within community. Spirit Australia aims to foster a sense of belonging, support, and connection to help individuals thrive on their journey.
8. **Ethical Practice:** Every Spirit Australia member agrees to uphold and promote the Code of Ethics & Conduct, highlighting the importance of always maintaining professional standards, practicing honesty and integrity, and acting ethically in all situations.
9. **Environmental Awareness:** Spirit Australia acknowledges the importance of environmental consciousness and aims to honour and protect the Earth as an essential part of our spiritual and physical well-being.

These Nine Guiding Principles form the basis for all the work done within Spirit Australia and reflect the broader vision of building a compassionate, interconnected, and spiritually-aware world.

How do you feel about them? Are there some that speak more to you than others? Is there anything you'd like to include, or something important you think we've missed?

Three Core Statements

Here are three statements that capture some of the things that get us out of bed in the morning, feeling eager to volunteer our time and energy in helping Spirit Australia to flower and blossom.

Supporting the Community & Integrity of Spirit Education

Unity through Shared Understanding

The Importance of Community, Tolerance & Discernment

Let's take a deeper look at these three statements:

1. Supporting the Community & Integrity of Spirit Education

The first Core Statement is also our overall Mission Statement; the first thing you may read when you arrive at our website. The statement is simple, and quite self-explanatory. It's also the short sentence you might hear in reply, if someone asks, "*What's Spirit Australia all about?*"

There's not much to write about here. We aim to **support** everyone in the field of **spirit education**. We are creating and promoting **community**. We are all about **integrity**. Enough said!

2. Unity Through Shared Understanding

The shared understanding of spiritual principles has the fundamentally powerful potential to unite us together in so many helpful ways. Spirit Australia's core goal is to create a space where people from all walks of life can come together to learn, grow, and share their spiritual experiences.

A common language of spiritual practice allows people to better communicate with one another, both in personal and professional contexts. It helps to break down barriers of misunderstanding and foster deeper connections. When we share a common language, we can bridge the gaps between different spiritual traditions, worldviews, and cultures.

This connection, built on mutual respect, allows us to support one another in our individual spiritual journeys and also to work collectively, as one, towards healing the world.

3. The Importance of Community, Tolerance, and Personal Discernment

One of the key teachings in almost every spiritual practice, ancient or modern, is the importance of community. As human beings, we are inherently social creatures, and our spiritual journeys are often enriched when we walk alongside others.

Community is a place of shared wisdom, encouragement, and support. By engaging in the education and practices offered by Spirit Australia, members and participants are invited to become a part of a larger community that is grounded in unity, respect, and shared purpose. We see each other.

Tolerance is another key component of this journey. It is crucial to understand that although we all come from different backgrounds and experiences, we are all seeking similar truths. We are all travelling along in life together. We are all connected, always. In a nutshell, even if we sometimes feel uncomfortable standing face-to-face, we need be able to stand shoulder-to-shoulder.

Personal discernment is vital for everyone, at every level, as we navigate our path towards alignment with our highest good. Through authentic personal understanding, we can identify our true purpose and find a shortcut to the wisdom of collective understanding.

Exercise & Reflection for Module 1

- **Exercise:** Spend some time reflecting on your personal spiritual journey. Write down what spirituality means to you and how it has shaped your life. Consider the role that Spirit Australia could play in supporting your spiritual growth.
- **Reflection:** Think about the community you belong to and how it influences your spiritual practice. Are there ways in which you could foster greater unity, respect, and tolerance within your community? How can you contribute to Spirit Australia's values?

What is Awakening?

Understanding Spiritual Shifts

Spiritual awakening is a profound and transformative process that leads to a deeper understanding of oneself, the universe, and the interconnectedness of all life. Wow! It's often described as the moment when a person becomes aware of their higher self, transcending the limitations of the physical world to experience a broader, more expansive view of reality.

Spiritual awakening is not confined to any one religion or belief system; it is an experience that can happen to anyone, regardless of their background or spiritual tradition.

For some, spiritual awakening is a gradual process, unfolding slowly over time as one becomes more attuned to their inner wisdom and intuitive guidance. For others, it may occur as an unexpected or sudden life-changing event that shifts their perception of reality entirely.

Whichever way it happens, the experience is often characterised by moments including a sense of unity with all things, a deepening sense of peace, and an overwhelming feeling of love and compassion for oneself and others. That's the good news. But there's more to learn...

Is Spiritual Awakening Always Pleasant?

While many people associate spiritual awakening with bliss, peace, and enlightenment, it is important to understand that this process can sometimes be challenging and uncomfortable.

Awakening often involves confronting aspects of ourselves that we may have been avoiding or suppressing, such as unresolved emotional issues, limiting beliefs, or past traumas.

A period of inner turmoil is a natural part of the process. It is during this time of awakening that we are shedding old patterns and making space for new growth.

Spiritual awakening can bring feelings of confusion, doubt, and even grief as we release old attachments and step into a new phase of our spiritual journey.

It is essential to approach this process with patience and self-compassion. We need to give ourselves the time and space to heal, and to integrate the changes occurring within us.

Remember, awakening is not about achieving perfection. It's about embracing the full spectrum of our human experience, allowing it to guide us toward greater wisdom and understanding.

And also remember that you are not alone. You never can be, because ***we are all connected***.

You are not the first to walk this path and you won't be the last either.

Try to smile. Breathe. Relax. Help is available. Reach out. You know all the good stuff to do... Phone someone, go for a walk in nature, support your physical body with good diet and exercise, ask for help both from the physical world and the spiritual world.

It can be hard, that's for sure, but it's worth it. You'll be fine. Just keep going. When the caterpillar struggles to become the butterfly, it's the effort required to break out of the cocoon that is the very thing required to help strengthen a precious beautiful butterfly's wings and be ready to fly.

The Role of Personal Discernment

As we begin to awaken to deeper layers of consciousness, developing personal discernment becomes essential. Discernment is our inner compass; the ability to sense what is true and aligned with our highest good, and to recognise what may distract or mislead us.

In a world full of spiritual teachings, practices, and communities, discernment allows us to navigate with clarity. It helps us choose what truly resonates, make empowered decisions, and stay grounded in both values and actions. It supports us in trying to avoid confusion or harmful influences.

As your awareness expands, you may feel drawn to different paths or teachers. Discernment keeps you connected to your own truth, ensuring that what you follow genuinely supports your growth.

You can learn more about the importance of discernment in Module 4 of this Awakening Unit.

Awakening and the Power of Unified Community

Awakening is both a personal journey and a collective unfolding. As more individuals awaken to their true nature, we begin to see shifts not just within ourselves but in the broader world around us.

When communities are formed around awakened consciousness, they become spaces of mutual respect, healing, and growth. Spiritual awakening brings with it the profound and ever-expanding recognition that we truly are all interconnected.

In these unified spaces, compassion replaces fear, and understanding begins to replace division. Differences are not only accepted, they're honoured and celebrated for the strengthening they bring.

Awakening calls us beyond the ego's limited view and invites us to live with greater service, empathy, and humility. By becoming more aware of our own true nature, we naturally become more attuned to the needs of others. This inner transformation becomes a powerful force for external change.

Awakening as a Call to Action

Spiritual awakening is not passive. It often arrives with a sense of urgency, a deep inner pull to live with greater integrity and contribute meaningfully to the world.

This may take many forms: personal healing, advocacy, caregiving, environmental action, or simply being a grounded, compassionate presence in daily life.

Awakening also brings with it responsibility. We realise that we play an essential part in the unfolding reality that we live in. We are called to take responsibility for living purposefully and mindfully first with ourselves, then with others, and ultimately with the collective.

We are being asked to walk our talk. To embody the principles of awareness, love, and service. Not just for our own development, but to model a better way of being for others.

As each of us awakens, we expand and ripple outward, influencing families, communities both near and far, and even into future generations yet to come.

Spirit Australia's Role in Supporting Your Awakening

Spirit Australia is here to walk beside you on your awakening journey. Our mission is to offer wise, structured, compassionate education in spiritual development and to provide a safe space for those exploring the deeper questions of life.

Through our foundational & professional courses, community outreach, and national events, we aim to support people at every stage of awakening—from curiosity to integration.

If you're feeling overwhelmed, isolated, or unsure how to move forward, please know that you're truly not alone. Reach out. Connection is one of the most healing forces we have.

Together, through individual awakening and collective learning, we are laying the groundwork for a more conscious, inclusive, and harmonious world.

After all, we all want the same thing, don't we?

Exercise & Reflection for Module 2

- **Exercise:** Take a moment to reflect on your own spiritual journey. Have you experienced moments of awakening? If so, what did those moments feel like? Were they sudden or gradual? What changes did you notice in yourself during and after these experiences?
- **Reflection:** Consider the concept of personal discernment. What are some of the spiritual teachings or practices that resonate most with you? How do you discern whether something aligns with your highest good? What tools or methods do you use to practice discernment in your life?

Stages of the Journey

From Spark to Realisation

Spiritual awakening is often described as a process of expanded consciousness and deep personal transformation. It's a journey from one way of experiencing life to another, marked by significant shifts in perception, values, and connection to the universe.

This module will explore the various stages of spiritual awakening, highlighting both the challenges and rewards of this profound process.

The Stages of Awakening

Spiritual awakening isn't a singular event; it unfolds over time, sometimes in a series of stages, with each stage representing a new level of awareness and understanding.

While each person's journey is unique, there are several common stages and experiences that many individuals go through. It's also common to revisit stages, in various orders, as the process unfolds.

These stages can include:

1. **The Call to Awaken:** The first stage of spiritual awakening often begins with a subtle (or sometimes not-so-subtle) sense that something is missing in life. You may feel unfulfilled, disconnected, or like there's more to existence than what you're currently experiencing. This is the "call" to awaken—a deep, internal knowing that life holds greater meaning.
2. **The Awakening Experience:** This is typically the most intense phase of spiritual awakening. It's often marked by an eye-opening experience, such as a sudden realisation or spiritual epiphany. This could be triggered by a significant life event, a near-death experience, or even just a deep meditation. During this time, you may feel euphoric or overwhelmed by new insights, seeing the world and your role in it through a new lens.
3. **The Dark Night of the Soul:** After the initial spiritual high, many people experience what is commonly referred to as the "dark night of the soul" (or maybe "Dark Night of the Ego"?) This phase is often accompanied by confusion, sadness, or loss of direction. The intense emotions that accompany this stage can lead to feelings of isolation, doubt, and frustration. It's essential to understand that this is a normal part of the process, as it is during this time that we shed old patterns and identities, making room for the new.
4. **Integration and Healing:** After moving through the darker phases, spiritual awakening continues with the process of integration. This stage is about aligning the new spiritual insights with daily life. You may experience healing from past emotional wounds, limiting beliefs, or deep-rooted fears. The more you integrate the lessons from your awakening, the more grounded and balanced you'll feel.
5. **Living in Alignment:** In this stage, you begin to embody the wisdom you've gained through awakening. You'll live more authentically and in alignment with your higher self. At this stage, the world begins to feel more harmonious, and you can access deeper states of peace, joy, and purpose. Your actions are guided by love, compassion, and wisdom.

Common Symptoms of Awakening

The symptoms of spiritual awakening can vary greatly from person to person. However, there are some common physical, emotional, and psychological experiences people often report. These include:

- **Physical Sensations:** You might feel tingling sensations, energy surges, temporary ringing in your ears, or digestive issues & appetite changes. Some people experience changes in their sleep patterns, such as waking up at odd hours or feeling the need for more sleep.
- **Emotional Shifts:** You may feel heightened emotions, from deep joy to intense sadness. As old emotional blockages are cleared, past pain may surface, creating discomfort.
- **Increased Sensitivity:** During awakening, your sensitivity to energy, people, objects, places and environments may intensify. You may find yourself more empathetic, or able to sense the feelings of others. Learning to close, as well as open, your sensitivity is an essential skill involved in navigating your spiritual awakening. Grounding is a great place to start.
- **Heightened Intuition:** As your connection to your spiritual self deepens, your intuition may become sharper. Your psychic senses can emerge stronger in your everyday awareness. You might find yourself receiving guidance through dreams, synchronicities, or inner knowing.
- **Synchronicity & Signs:** One of the most memorable symptoms of awakening for people can be described as “experiencing moments of extraordinary happenings”. These moments could take the form of amazing coincidences or unexplainable events, or feelings of timelessness, or many other remarkable things that people have reported.

Dr Nicole Gruel writes of NOTEs – Non-Ordinary Transcendent Experiences – and this can be a useful way of remembering we are not the first to be here, when the path starts to feel a lonely one.

Challenges in the Awakening Process

While spiritual awakening brings many gifts, it also presents challenges. These can include:

- **Isolation:** As you begin to shift, you may feel disconnected from others who don't share your newfound perspective. This sense of alienation can be difficult but is often temporary as you find like-minded souls.
- **Self-Doubt:** The process of awakening can shake your sense of self and make you question everything you thought you knew about life, yourself, and the universe. This is a normal part of the journey.
- **Resistance to Change:** Letting go of old habits, relationships, and beliefs can be challenging. The discomfort that arises from change is part of the growth process, but it can feel really hard to navigate.

There's often a strong link between trauma stored in the body and the changes we experience during a spiritual awakening. As your physical body begins to slowly adjust to the higher, finer, non-physical frequencies, old pain or “body memories” may surface. This is a natural part of the process; your system is realigning to carry more light, clarity, and awareness.

Trauma-informed practices like tapping (EFT), gentle movement, or restorative yoga can make a real difference when your body is still “keeping the score.” These tools help calm the nervous system, release stuck energy, and support healing from the inside out.

Having a mentor can also be incredibly supportive but choose wisely. It's important to stay grounded in your own discernment and not get swept up in someone else's story or beliefs.

A simple guideline? Keep it gentle. Keep it grounded. Keep it real. When things feel intense, try coming back to three quiet truths: **I am safe. I am loved. I am spirit.**

And remember, each stage is an essential part of your growth. No stage is without purpose.

While the path may seem challenging at times, it ultimately leads to greater self-awareness, peace, and alignment with your true nature.

Personal Reflection

Take a moment to reflect on where you are in your spiritual awakening journey. Ask yourself:

- Have you experienced any of the stages of awakening described?
- What are the challenges you are facing in your spiritual journey right now?
- How do you feel about the changes that are happening in your life?

Exercises

If you feel ready, try this exercise to support your awakening process:

1. **Write down your current beliefs** about the world, life, and yourself. Consider how these beliefs may have shifted since you started on your spiritual path.
2. **Meditate on any resistance** you may feel towards certain changes or challenges. Sit quietly and ask yourself, "What am I afraid to release?" Allow any thoughts or emotions to come forward, and observe them without judgment.
3. **Affirmation:** Repeat the affirmation, "I am open to the natural flow of spiritual growth and transformation. I trust the process of awakening."

Resources for Further Study

✓ **Books:**

- *The Power of Now* by Eckhart Tolle (1997)
- *The Untethered Soul* by Michael A. Singer (2007)
- *Spiritual Awakening: A Path of Personal Transformation* by George R. Koenig (2014)

✓ **Online Resources:**

- *Eckhart Tolle's Teachings on Awakening* (eckharttolle.com)
- *The Shift Network's Spiritual Awakening Course* (theshiftnetwork.com)

The Role of Discernment

Trusting Your Inner Compass

Personal discernment is a crucial skill in the process of spiritual awakening.

It allows us to navigate the vast sea of spiritual teachings, practices, and experiences with clarity and wisdom. As we each awaken to new levels of consciousness, we are presented with countless opportunities for growth, but not all of these opportunities are beneficial or aligned with our highest good. Discernment helps us to filter out what is helpful and what may lead us astray, ensuring that we stay true to our path.

In this module, we will explore the importance of discernment during the awakening process, how to develop it, and how it serves as a compass on your spiritual journey.

What is Discernment?

At its core, discernment is the ability to judge well—particularly the ability to distinguish between truth and illusion, right and wrong, authentic and inauthentic. In the spiritual context, discernment means tuning into *your inner wisdom* and being able to differentiate between what truly serves your soul and what distracts you from your path.

It involves using both your heart and your mind to assess the information, people, and situations that come into your life.

Rather than accepting everything that is presented to you at face value, discernment requires you to go deeper and trust the guidance of your intuition.

Why is Discernment Important in Spiritual Awakening?

As you progress on your spiritual journey, you will be exposed to a vast range of ideas, practices, and philosophies. Some of these may be unfamiliar, or challenge your previous beliefs. This is where discernment becomes invaluable—it helps you make sense of the many paths available to you.

In a world where spiritual teachings are often commercialised, diluted, or misinterpreted, discernment ensures that you remain connected to authentic wisdom and avoid getting lost in distractions or harmful ideologies.

Discernment helps you recognise when a particular teaching, practice, or person is truly helping you grow, and also when it's time to move on.

Discernment and Trusting Your Inner Guidance

One of the key components of discernment is learning to trust your inner guidance.

As you become more attuned to your spiritual self, you'll find that you have access to a deeper level of knowing — intuition. Intuition is your soul's way of communicating with you, helping you make choices that align with your highest good. However, this inner guidance can sometimes be difficult to discern from the voice of fear, ego, or external influences. Therefore, developing a strong relationship with your inner self is crucial.

This means quieting the mind, listening to your body's signals, and learning how to differentiate between the voice of fear and the voice of love.

The Dangers of Lacking Discernment

Without discernment, we are at risk of falling prey to deception, manipulation, and other harmful practices. There are spiritual leaders, organisations, and teachings that can seem convincing on the surface, but may not actually have your best interests at heart.

Without discernment, we may inadvertently follow paths that slow us down or lead us further away from truth. We may become attached to ego-based practices (and people) that hinder our growth.

The lack of discernment can also result in **spiritual bypassing**, where we ignore difficult emotions or avoid confronting necessary challenges in favour of “quick fixes” or “easy answers.”

While spiritual practices and philosophies can bring immense peace and healing, they should never be used as a means of avoiding life’s difficult lessons. These lessons often have a way of repeating, coming back as multiple examples of the same theme, until they are finally addressed.

Discernment and the Role of Personal Experience

One of the most important aspects of spiritual discernment is trusting your own experiences. Every person’s spiritual path is unique, and what works for one person may not be the right path for you.

Personal experience is a powerful tool for discernment. If a particular practice or teaching resonates with you and brings you closer to love and truth, it is likely aligned with your soul’s path.

If it creates confusion or resistance, it may be time to reconsider.

However, personal experience should always be balanced with critical thinking.

**Just because something feels “good” in the moment
doesn’t always mean it is serving your highest good in the long run.**

Spiritual discernment requires both emotional and rational engagement with the experience.

Building Discernment: Practical Steps

Developing discernment is a lifelong process. Here are some practical steps you can take to strengthen this ability:

1. **Meditation and Mindfulness:** Meditation allows you to quiet the mental chatter and attune yourself to your inner wisdom. In stillness, you can hear the subtle guidance of your higher self more clearly. Mindfulness also helps you become more aware of your thoughts, feelings, and reactions, giving you insight into your true desires and motivations.
2. **Connect with Your Intuition:** Begin to trust your intuitive hunches and inner feelings. When you make decisions, check in with how your body feels. Does it feel light and expansive or heavy and constricted? Trusting your gut feeling is a powerful form of discernment.
3. **Examine Your Beliefs:** Examine your own beliefs and values regularly. Ask yourself: Are they truly yours, or have they been adopted from external influences such as family, society, or religious institutions? Are they in alignment with your authentic self? Challenging beliefs, and **allowing them to evolve**, will help you better distinguish between truth and falsehood.

4. **Seek Guidance from Trusted Sources:** Surround yourself with people who embody wisdom and integrity. Seek guidance from mentors or spiritual teachers who have walked the path you are on. Be cautious of individuals who are overly charismatic or who demand blind faith. True teachers empower you to find your own path, not follow theirs.
5. **Reflect on Your Experiences:** After trying out new practices, teachings, or experiences, take time to reflect on them. Ask yourself: Did this resonate with me? Did it bring me closer to peace, love, and understanding? Or did it create confusion, fear, or anxiety? Reflecting on your experiences will help you refine your ability to discern what is right for you.

Please don't hesitate to contact Spirit Australia if you have any questions or if you simply want to reach out to the broader community that is here waiting for you. You are not alone. And you are loved... At whatever stage, or state, you find yourself in. Keep going. We are here to help. Why? It's really quite simple when you think about it; helping you is helping everyone.

Personal discernment is an essential tool for anyone on a spiritual path. It empowers you to make decisions that are in alignment with your highest good and helps you navigate the complexities of the spiritual journey with clarity and wisdom.

By cultivating discernment you can move forward with confidence, grounded in your own truth, and better equipped to handle the challenges and opportunities that arise along your path.

Practical Exercises

1. **Self-Reflection:** Sit in meditation or quiet contemplation and reflect on a time when you followed your intuition or when you ignored it. What was the outcome of each situation? How did your body and mind react when you followed your intuition? What happened when you didn't?
2. **Discernment Journal:** Start a journal where you can record spiritual practices, teachings, or experiences you encounter. After each experience, write down how you felt—physically, emotionally, and mentally. Over time, this practice will help you refine your ability to recognise what aligns with your inner truth.

Resources for Further Study

- **Books:**
 - *The Wisdom of the Shamans* by Don José Ruiz (2017)
 - *The Four Agreements* by Don Miguel Ruiz (1997)
 - *The Art of Discernment* by Michael A. Singer (2015)
- **Online Resources:**
 - *The Practice of Discernment* (Eckhart Tolle's teachings on discernment) (eckharttolle.com)
 - *Developing Discernment in Spiritual Practice* (spiritualawakeningprocess.com)

Science and Spirituality

Where Logic Meets Mystery

The relationship between science and spirituality has long been a subject of debate. Historically, the two realms have been seen as distinct and often at odds with one another, with science grounded in objective, empirical observation and spirituality in subjective, personal experience and faith.

However, as our understanding of the universe deepens, many are finding that the two are not mutually exclusive but, in fact, complement each other in profound ways. In this module, we will explore how science and spirituality intersect. We will look at the role of quantum physics, and the metaphysical nature of psychic energy. In essence, we will look at how modern science is beginning to confirm what spiritual traditions have known for centuries: that **everything is interconnected**.

The connection between science and spirituality is not only fascinating but essential for the evolution of human consciousness. As we explore the nature of the universe, we are coming to realise that spirituality is not just a subjective experience but an integral part of the fabric of reality itself.

Science may explain the mechanics of the universe, but spirituality helps us understand its meaning and purpose. Together, they offer a more complete picture of the world we inhabit and our place within it. **TO paraphrase Robin Williams in the movie *Dead Poets Society*: "It's not just the question of what we do, it's also the question of why we do it"**

Quantum Physics: Bridging the Gap Between Science and Spirituality

Quantum physics, the study of the smallest particles of matter and energy, has begun to provide a scientific framework for understanding many spiritual concepts.

For example, the idea that everything is interconnected—a core principle in many spiritual traditions—is supported by quantum theory, which suggests that particles can exist in a state of entanglement, meaning they are connected beyond space and time.

In the quantum world, particles are not fixed in one place, but rather exist in a state of potential until they are observed. This is known as the "observer effect." A point is not just a point, it also exists in a field of possible points.

The role of the observer in quantum mechanics mirrors the concept of consciousness in spirituality, where our awareness shapes the reality we experience. This overlap, between both the scientific understanding of quantum mechanics and spiritual teachings on the power of consciousness, suggests that our minds play a key role in shaping the world around us.

Metaphysical Energy and the Role of Psychic Phenomena

One of the core tenets of many spiritual traditions is the existence of a subtle energy that permeates the universe. It can be referred to as spirit, life force, chi, prana, or universal consciousness.

Metaphysical (*beyond physical*) energy is thought to influence not only the physical world but also our spiritual experiences, including psychic phenomena such as mediumship, healing, and intuition.

Modern science may not fully recognise or not yet be able to measure this subtle energy in the way it measures physical matter, but there is increasing evidence of its existence.

For example, studies on biofields, electromagnetic energy, and the body's energy systems (such as chakras and auras) suggest that human beings interact with and influence energy in ways that science is only beginning to understand.

Research on psychokinesis (the ability to move objects with the mind) and other psychic phenomena has also gained traction in recent decades. Though still controversial, these studies are providing insights into how consciousness may interact with the physical world.

Then, of course, we have the personal evidence of millions of people who have experienced stunningly accurate psychic phenomena or mediumship readings. Usually dismissed outright as “purely anecdotal or coincidental” by the general scientific community, when an individual person experiences this for themselves they are rarely dissuaded by logic or mainstream science.

When it comes to the field of spiritual experience, many people are now understanding that sometimes we may have to accept that **the experience IS the evidence**.

Near-Death Experiences (NDEs) and Scientific Research

One of the most compelling areas where science and spirituality converge is in the study of near death experiences (NDEs). For decades, those who have had near-death experiences have reported similar phenomena, such as a sense of leaving the body, moving through a tunnel, encountering loved ones, and experiencing a profound sense of peace and oneness.

In recent years, scientists have begun to study NDEs in greater depth. Researchers have found that NDEs often occur under extreme conditions, such as when a person is close to death or in a state of clinical death. This has led some to conclude that consciousness exists independent of the physical body, challenging traditional materialistic views of the mind.

Dr. Raymond Moody, one of the pioneers in the study of NDEs, has written extensively on the subject, concluding that NDEs suggest the existence of an afterlife or spiritual dimension.

Modern research in fields such as neurobiology and psychology continues to explore the nature of consciousness, further bridging the gap between science and spirituality.

Near Death Experiences (NDEs) are increasingly recognised as a global phenomenon. Thanks to the internet and modern communication, many thousands of people across every culture, language, and background have been able to share their experiences of consciousness continuing beyond clinical death. Dedicated research organisations, survivor support groups, and scientific studies now exist worldwide to study these extraordinary events, suggesting that NDEs are not isolated or culturally dependent but a universal human experience.

While some sceptics have argued that NDEs are simply hallucinations caused by a dying brain, modern research challenges this idea.

The "oxygen deprivation" explanation — claiming that a lack of oxygen produces visions — has been largely discredited. Studies show that many people who experience full cardiac arrest, where blood and oxygen supply to the brain stops entirely, later report complex, coherent NDEs. These accounts include vivid memories, heightened perception, encounters with deceased loved ones, and feelings of unconditional love. They are not the random, confused imagery typical of hallucinations from brain trauma or drugs.

Additionally, NDEs often occur under conditions where brain function should have been severely impaired or entirely absent. Sometimes this brain function loss has been actively measured during the actual period of time when the NDE occurred, suggesting that consciousness may exist independently of the physical brain.

Several recent and well-documented cases have brought significant attention to the phenomenon. **Anita Moorjani**, author of *Dying to Be Me*, describes her NDE during a terminal cancer crisis, where she experienced healing insights and returned to life. Her extensive cancer dramatically reversed in a matter of days and weeks, all scientifically observed and measured as she remained in hospital care.

Dr. Eben Alexander, a neurosurgeon, wrote *Proof of Heaven* after his profound NDE during a rare and very life-threatening brain infection (meningoencephalitis) that severely disabled his neocortex. As a brain specialist himself, he stated his experience could not be explained by brain chemistry or hallucination.

Other researchers such as **Dr. Pim van Lommel**, a Dutch cardiologist, and **Dr Sam Parnia** from Southampton University UK, have contributed major scientific studies (including *Lancet* papers) demonstrating that NDEs occur even in cases where patients were clinically dead.

Today, NDEs are increasingly seen not merely as isolated spiritual events but as significant evidence pointing toward the survival of consciousness after death. While mainstream science has not yet fully explained how or why they happen, the weight of personal testimonies, cross-cultural consistency, and emerging clinical research suggests that NDEs offer powerful insights into the deeper nature of life, death, and human consciousness.

The Wisdom of Indigenous Communities and Spirituality

Indigenous cultures around the world have long understood the interconnectedness of all things. Their spiritual practices emphasise the sacredness of nature, the importance of community, and the need for balance and harmony with the environment.

Many Indigenous communities also possess deep knowledge of healing, energy work, and spiritual practices that have been passed down through aeons and generations.

While mainstream science often dismisses Indigenous wisdom as unscientific or primitive, recent studies have shown that these practices are deeply attuned to the natural world and can offer valuable insights into the health of the planet and the human spirit.

In fact, much of what Indigenous cultures have known for millennia is now being confirmed by modern science, such as the vital importance of biodiversity for ecological health, and the immense power of ritual for healing.

The spiritual traditions of Indigenous communities highlight the ***essential role that nature plays*** in human consciousness and spiritual development.

The growing recognition of the value of Indigenous wisdom is a reminder that science alone cannot explain the fullness of human experience. A life where interconnectedness is mandatory, whether it is voluntarily recognised or not.

Spirituality, rooted in a deep connection to the Earth and the cosmos, is an essential part of the human experience that modern Western science is now, slowly, beginning to appreciate.

The Decline of Traditional Western Religions and the Rise of a Spiritual Awakening

In many parts of the world, traditional Western religions are in decline. People are increasingly turning away from organised religion in favour of a more personal, experiential form of spirituality.

As people awaken spiritually, they are looking beyond the dogma and rituals of traditional religions to explore more holistic, integrative forms of spirituality that honours the mind, body, and spirit.

When we witness the environmental, social, and political challenges facing the world, it is clear that spirituality offers a viable path forward. A path that emphasises compassion, interconnectedness, and the recognition that we are all part of a greater cosmic web.

The connection between science and spirituality is not only fascinating but essential for the evolution of human consciousness.

As we explore the nature of the universe, we are coming to realise that spirituality is not just a subjective experience but an integral part of the fabric of reality itself.

Science may explain the mechanics of the universe, but spirituality helps us understand its meaning and purpose. Together, they offer a more complete picture of the world we inhabit and our place within it.

Practical Exercise

1. **Quantum Field Meditation:** Take a moment to meditate on the interconnectedness of all things. Imagine yourself as part of an infinite, energetic field that connects everything around you. Visualise yourself as a particle, entangled with the entire universe. How does this shift in perception affect your sense of self and your connection to others?
2. **Reflect on Indigenous Wisdom:** Spend some time researching the spiritual practices and teachings of Indigenous communities in your region. What do they teach about the interconnectedness of all things? How can you apply these teachings to your own spiritual practice?

Resources for Further Study

- **Books:**
 - *The Field: The Quest for the Secret Force of the Universe* by Lynne McTaggart (2001)
 - *The Divine Matrix* by Gregg Braden (2007)
 - *Life After Life* by Raymond Moody (1975)
- **Online Resources:**
 - *The Physics of Consciousness* (spiritual-science.org)
 - *Consciousness and Quantum Physics* (researchgate.net)

Beyond Religion

The Rise of Personal Spirituality

In recent decades, there has been a noticeable shift in the global religious landscape. In many places around the world, traditional Western religions, particularly Christianity, are experiencing a decline in membership and influence.

At the same time, there is a rising interest in alternative spiritual practices, personal awakening, and holistic forms of spirituality. This shift has created a vacuum for many people, leaving them searching for meaning, purpose, and connection. As we saw in the previous Module, the need for a unified and spiritually aware community is greater than ever. The recent rise in spiritual awakening is very much a global phenomenon, grounded in the growing recognition that we are all connected and that our individual actions affect the greater whole.

This transition signals a fundamental change in the way humanity is approaching the search for meaning, purpose, and connection with something greater than itself.

In this module we will explore the causes behind the decline of traditional Western religions, the factors driving the rise of a new spiritual awakening, and the implications for the global community. We'll also consider the role of spirituality for personal growth, healing, and collective transformation.

The Decline of Traditional Western Religions

The decline of traditional Western religions is evident in many parts of the world, especially in Europe, North America, and parts of Oceania. While fundamental belief in the Abrahamic religions (Christianity, Islam and Judaism) may be growing in certain countries, overall church attendance has dropped significantly, and many individuals, especially middle and younger generations, identify as spiritual but not religious, or as atheists or agnostics. Contributing factors include:

1. **Cultural and Societal Changes:** As societies have become more secular, the influence of organised religion has diminished. This shift has been driven by a variety of cultural and social factors, including increased access to education, the spread of scientific knowledge, and greater individualism.
2. **The Crisis of Authority:** Sadly, many traditional religious institutions have faced scandals, corruption, and ethical lapses that have eroded public trust. The Church's stance on various social issues, such as LGBTQ+ rights, gender equality, and reproductive rights, has also led to disillusionment for many people.
3. **The Need for Personal Experience:** In an age where personal experience and empowerment are highly valued, many individuals are seeking a more direct and authentic connection to the divine that goes beyond dogma and ritual. People want to engage in spiritual practices that resonate with them personally, rather than adhering to prescribed religious doctrines.
4. **Pluralism and Globalisation:** The increased interconnectedness of the world has led to the exposure of diverse spiritual traditions. As people encounter new ideas and practices from other cultures, they are often inspired to explore alternative spiritual paths, particularly those that offer a more inclusive, open-minded approach.

The Rise of a New Spiritual Awakening

While traditional religious institutions may be in decline, the desire for spiritual connection and personal growth remains strong.

In fact, the decline of traditional religions has paved the way for a new spiritual awakening, one that is characterised by an emphasis on personal experience, holistic healing, and the growing recognition of profound interconnectedness.

This new spiritual movement is not limited to any one religion or belief system; it is more a fusion of various spiritual traditions and practices.

1. **Holistic Spirituality:** Modern spirituality increasingly emphasises the integration of mind, body, and spirit. People are seeking ways to balance their physical, emotional, and spiritual well-being. Practices like meditation, yoga, energy healing, and mindfulness are growing in popularity, as they help individuals connect with their inner selves and cultivate a sense of peace and purpose.
2. **Personal Awakening and Empowerment:** A key component of the new spiritual awakening is the focus on personal empowerment. People are recognising their own ability to shape their lives and spiritual experiences. There is a growing understanding that we are all spiritual beings, capable of tapping into a higher consciousness, and that awakening to our true nature is a path of self-discovery and growth.
3. **The Role of Technology and Social Media:** Technology has played a significant role in the rise of this spiritual awakening. The internet and social media have made spiritual teachings, resources, and communities more accessible than ever before. People can now connect with like-minded individuals, access online courses, watch videos, read articles, and join spiritual communities that were once geographically isolated.
4. **Global Spiritual Movements:** Many people are drawn to global spiritual movements that focus on unity, peace, and interconnectedness. The rise of movements such as the New Age, recognition of Indigenous wisdom traditions, and increased interfaith dialogue has created spaces for people to explore spirituality beyond the confines of traditional religion.

Spirituality Beyond Religion

One of the most profound shifts in recent years has been the movement away from organised religion in favour of a more individualistic approach to spirituality.

While some people still choose to adhere to traditional religious practices, an increasing number of individuals are choosing a path that is **more personal and experiential**. This has led to a resurgence in interest in practices such as meditation, intuitive arts, energy healing, and the exploration of psychic and mediumship abilities.

Spirituality beyond religion allows individuals to draw from multiple traditions and teachings, creating a more inclusive, flexible, and personalised spiritual path. Rather than following a set of prescribed rules or doctrines, individuals are encouraged to explore their own beliefs, seek inner guidance, and cultivate their own connection to the divine.

This shift also reflects a growing recognition that spiritual growth is not bound by any particular religion. Whether through contemplation, prayer, or acts of service, the spiritual journey is seen as deeply personal and individual, with each person following their own unique path.

However, while the freedom to explore spirituality individually is empowering, it also carries certain risks. In a society where each person believes only what they personally feel or experience – without shared principles, critical discernment, or ethical foundations – the potential for confusion, fragmentation, and even exploitation increases.

Personal beliefs can become isolated from wisdom traditions and community accountability, making it easier for misinformation, ego-driven practices, or even harmful ideas to take root.

Without some common grounding, the spiritual journey can risk becoming unbalanced. We need to be aware of the things that allow groups of beings to survive and thrive together, such as respect for the objective truth, compassion for others, and a commitment to learning beyond oneself.

True spiritual development honours BOTH personal experience AND collective wisdom.

It recognises that while each path is unique, we grow stronger, wiser, and safer when we walk together. We need humility. We need discernment. We need care for the wider community.

The Role of Spiritual Awakening in Global Transformation

The rise of spiritual awakening is not just about personal growth. It also has the potential to create a huge global transformation.

As individuals awaken across cultures and geographic borders to their true nature and cultivate deeper levels of self-awareness, they also naturally become more attuned to the collective consciousness and the state of the world around them.

In a time of global challenges—such as environmental destruction, political instability, and social inequality—the need for spiritual awakening is urgent.

A spiritually awakened population is more likely to embrace compassion, tolerance, and a sense of responsibility for the well-being of the planet and all its inhabitants.

Spiritual awakening leads to greater empathy, a recognition of interconnectedness, and a desire to work together for the common good.

Furthermore, when individuals themselves experience personal healing and transformation, they are better equipped to contribute positively to their communities and to the world at large.

A global spiritual awakening holds the potential for profound and positive change; one that is based on love, unity, and the recognition that all life is sacred. As we each awaken, we clearly recognise our interconnectedness with everything and take responsibility for healing ourselves, our communities, and the planet.

The decline of traditional Western religions does not need to mark the end of spirituality. It can also signal the emergence of a new era of spiritual awakening.

A world of hope and peace for all.

Practical Exercises

1. Self-Reflection on Spiritual Journey:

Take some time to reflect on your own spiritual journey.

Have you moved away from traditional religious practices in favour of a more personal, experiential approach to spirituality?

What practices or teachings resonate most with you, and why?

Write about how your spiritual path has evolved over time.

2. Creating Unity:

Consider how you can contribute to the rise of spiritual unity in your community.

How can you promote tolerance, understanding, and interconnectedness in your daily interactions?

Are there any specific actions you can take to encourage others to embrace spiritual awakening?

Resources for Further Study

- **Books:**

- *The Power of Now* by Eckhart Tolle (1997)
- *A New Earth* by Eckhart Tolle (2005)
- *The Four Agreements* by Don Miguel Ruiz (1997)

- **Online Resources:**

- *The Center for Spiritual Awareness* (spiritualawareness.org)

Living with Integrity

Truth, Tolerance & Inner Alignment

The journey of spiritual awakening is not only about personal growth but also about understanding the importance of integrity, community, and tolerance.

As we deepen our connection with our spiritual selves, we are reminded that our individual awakening is interconnected with the collective experience of humanity.

Drawing upon the Golden Rule of religions and cultures around the world, this module explores how integrity, the strength of community, and the practice of tolerance are essential in supporting both our own personal spiritual growth and the collective spiritual awakening of the world at large.

INTEGRITY: The Foundation of Spiritual Growth

Integrity is the cornerstone of any meaningful spiritual practice. It involves being honest, ethical, and aligned with one's deepest values and beliefs. In the context of spiritual awakening, integrity goes beyond mere honesty—it also encompasses authenticity, responsibility, and alignment with divine purpose.

Living with integrity means that our actions, words, and thoughts are in harmony with our higher self and our spiritual understanding.

1. **Personal Integrity in Spirituality:** As we awaken spiritually, it is crucial to maintain a high level of personal integrity. This involves living truthfully and authentically, not only in our personal lives but also in how we interact with others. Integrity means showing up as our true selves, free from masks and pretences, and allowing our actions to reflect our values and beliefs.

This is especially important in spiritual practices, as spiritual energy is often influenced by our state of being. If we are out of alignment with our true self, our spiritual connection may be hindered, and our energy may be misdirected.

2. **Integrity in Spiritual Community:** Integrity within a spiritual community is essential to its success and well-being. A spiritually awakened community is built on trust, openness, and mutual respect. Each member must uphold their integrity to maintain a healthy, supportive environment where people can learn, grow, and heal.

A lack of integrity in a community can create division, distrust, and misunderstanding. Therefore, it is important to practice accountability and honesty in all interactions, whether in a group setting or in personal connections with others on their spiritual paths.

3. **Living with Integrity in a Complex World:** In the modern world, where ethical dilemmas and societal pressures are abundant, living with integrity can be challenging. However, it is precisely in these moments that spiritual integrity is most needed.

Whether in our personal lives, our work environments, or our interactions with society, upholding integrity is an act of spiritual resistance to the forces that seek to diminish our true selves. Practicing integrity, even when it is difficult, helps to solidify our spiritual foundation and build trust with others.

COMMUNITY: The Power of Collective Awakening

Spiritual awakening is often seen as an individual journey, but it is equally a collective experience. We are not isolated beings; we are part of a global community of individuals undergoing similar transformations.

Community plays a vital role in supporting and sustaining spiritual growth, offering both guidance and support during challenging moments.

1. **The Importance of Spiritual Communities:** Spiritual communities provide a space where individuals can come together to share their experiences, learn from each other, and deepen their understanding of their spiritual path. Communities create a sense of belonging and connection, reminding us that we are not alone on our journey. When we participate in a community, we naturally gain the opportunity to witness the triumphs, struggles and growth of others. This act of witnessing also offers insights into our own experiences and help us stay grounded.
2. **Supporting Each Other's Journey:** A spiritually awakened community is one that actively supports the growth and well-being of its members. In such a community, individuals are encouraged to explore their spiritual path without judgment or fear. There is a collective commitment to help one another through the challenges of awakening, providing emotional and spiritual support as needed. This support system is essential, as the process of spiritual awakening can be intense and sometimes isolating. Knowing that others are walking a similar path can be a great comfort and source of strength.
3. **The Role of Service in Community:** True spiritual communities are built on a foundation of service to others. As we awaken, we are called to share our gifts, wisdom, and love with the world. Serving others within the community not only helps those in need but also fosters a sense of interconnectedness and unity. Whether through teaching, healing, or simply offering a listening ear, service is a powerful way to contribute to the collective awakening and to express our spiritual values in tangible, meaningful, surprisingly powerful ways.

TOLERANCE: Embracing Diversity in Spiritual Awakening

In our increasingly globalised world, tolerance is a critical value for both individual and collective spiritual awakening. As we grow spiritually, we begin to understand that the path to enlightenment is not the same for everyone. We come to realise that there are many ways to approach spirituality, and each person's journey is valid and important.

Tolerance is the ability to honour and respect these differences, even when they challenge our personal beliefs.

1. **Embracing Diversity of Beliefs:** The spiritual landscape is vast and diverse, with many different traditions, practices, and philosophies. True spiritual awakening involves the recognition that all paths lead to the same source, and that no one path is superior to another. By embracing the diversity of spiritual beliefs, we open ourselves to learning from other cultures, religions, and ways of being. Tolerance allows us to approach others with love and respect, even if their spiritual practices differ from our own.
2. **The Role of Tolerance in Healing the World:** The world is in need of healing—not just on an individual level, but on a collective level. One of the most important ways we can contribute

to global healing is through the practice of tolerance. Tolerance helps us to bridge divides, dissolve prejudices, and foster understanding between different cultures, religions, and communities. By practicing tolerance, we create an environment of peace and cooperation. We allow spiritual awakening can flourish without the hindrance of fear or division.

3. **Overcoming Fear and Division:** At the root of many global conflicts lies fear—fear of the unknown, fear of difference, and fear of change. Tolerance is the antidote to fear, as it allows us to embrace the unknown and learn from those who are different from ourselves. As we awaken spiritually, we transcend fear and embrace unity, understanding that we are all interconnected. It is our differences that make the world a rich and beautiful place.

Integrity, community, and tolerance are the pillars that support spiritual awakening. These principles are essential for creating a world where spiritual awakening is not just an individual pursuit, but a collective transformation that leads to a more harmonious and interconnected world.

Practical Exercises

1. **Self-Reflection on Integrity:** Take time to reflect on your own integrity. Are there areas in your life where you are not fully aligned with your true self? What changes can you make to live more authentically? Write down your reflections and set intentions to practice integrity in both your spiritual and everyday life.
2. **Community Engagement:** Consider how you can contribute to the spiritual community around you. Are there ways you can offer support to others on their journey? How can you foster a sense of connection and belonging within your community? Make a plan to engage with others, whether through offering your time, skills, or presence.
3. **Practicing Tolerance:** Identify a belief or practice that differs from your own spiritual path. Spend time learning about it with an open mind and heart. Reflect on how you can embrace and respect diversity within your own spiritual journey.

Resources for Further Study

- **Books:**
 - *The Art of Tolerance* by Rev. Dr. William E. Arndt (2012)
 - *The Four Agreements* by Don Miguel Ruiz (1997)
 - *Bringing the Sacred to Life* by S. K. Whitehead (2015)
- **Online Resources:**
 - *The Center for Spiritual Living* (spiritualliving.org)
 - *The Tolerance Project* (tolerance.org)

2.6.X. AWAKENING Unit : Final Exam

1. What is the primary aim of the "AWAKENING" course?

- a) To provide a comprehensive understanding of spiritual development
- b) To focus solely on mediumship practices
- c) To explore specific religious doctrines
- d) To teach meditation techniques exclusively

2. The Spirit Australia Code of Ethics & Conduct emphasises:

- a) Self-enlightenment over community growth
- b) Respect for the wisdom of spirit and ethical responsibility
- c) The need for financial prosperity in spiritual practices
- d) Focusing on personal psychic development

3. What does "spiritual awakening" primarily involve?

- a) Experiencing peace and joy continuously
- b) Gaining extraordinary powers or abilities
- c) A deepened understanding of one's true self and connection to the universe
- d) A complete detachment from worldly matters

4. What is the role of personal discernment in spiritual awakening?

- a) It helps individuals avoid any spiritual practices
- b) It promotes isolation from society
- c) It ensures that everyone follows the same spiritual practices
- d) It is crucial for distinguishing between personal growth and ego-driven desires

5. The concept of "unity consciousness" in spiritual awakening emphasises:

- a) The separation between individuals and the divine
- b) Our inherent disconnection from the universe
- c) The understanding that all beings are interconnected
- d) The importance of individual achievement above all else

6. Which of the following best describes the impact of spiritual awakening on personal relationships?

- a) It causes complete isolation from others
- b) It focuses solely on developing one's own psychic abilities
- c) It leads to rejection of all human connections
- d) It encourages deeper empathy, compassion, and understanding

7. What is the scientific field that has proven aspects of psychic energy and spiritual phenomena?

- a) Quantum physics
- b) Genetic engineering
- c) Sociology
- d) Neurology

8. Near-death experiences (NDEs) provide evidence for:

- a) The impossibility of an afterlife
- b) The permanence of physical life
- c) The separation of body and spirit after death
- d) The power of mind over matter

9. Why is personal integrity essential in spiritual practices?

- a) It aligns one's actions with divine purpose and strengthens spiritual energy
- b) It allows individuals to accumulate material wealth
- c) It isolates a person from the challenges of the world
- d) It removes all doubt and questioning

10. How does community play a role in spiritual awakening?

- a) It supports individuals in their spiritual journeys through shared experiences and wisdom
- b) It serves to reinforce separation between spiritual seekers
- c) It enforces conformity and discourages independent thinking
- d) It limits individual growth and learning

11. Tolerance in spiritual awakening helps to:

- a) Promote the idea that only one path to spirituality is correct
- b) Honour the diversity of spiritual practices and belief systems
- c) Encourage isolation from differing opinions
- d) Ensure that everyone follows the same method of spiritual growth

12. The Spirit Australia Nine Foundations are designed to:

- a) Teach advanced psychic abilities exclusively
- b) Create a shared understanding of core spiritual values and principles
- c) Focus on monetary success in spiritual practices
- d) Offer only basic information without deeper exploration

13. What is the connection between spiritual awakening and global healing?

- a) Spiritual awakening only concerns individual progress
- b) The awakening of individuals contributes to collective healing and global harmony
- c) Awakening leads to complete separation from society
- d) Spiritual awakening is unrelated to environmental and global issues

14. What is a key difference between fear-based thinking and love-based thinking?

- a) Fear promotes connection, while love leads to division
- b) Fear always leads to positive outcomes, while love brings negativity
- c) Fear and love are both irrelevant in spiritual practices
- d) Fear causes separation, while love fosters unity and interconnectedness

15. How do indigenous wisdom traditions contribute to spiritual awakening?

- a) By promoting a fixed set of beliefs and practices
- b) By emphasising the importance of the earth, community, and the interconnectedness of all beings
- c) By focusing solely on individual enlightenment
- d) By discouraging any form of spiritual inquiry or growth

16. What does “quantum physics” demonstrate in relation to spirituality?

- a) The universe operates purely on material principles
- b) There is no connection between science and spirituality
- c) Everything is interconnected, and spiritual energy exists in all things
- d) Spiritual awakening is a purely mental phenomenon with no real-world connection

17. How should one approach the stages of spiritual awakening?

- a) Ignore the challenges and focus only on the “positive” experiences
- b) Avoid any difficulties by retreating from spiritual practice
- c) Embrace the challenges as part of the learning process and continue progressing
- d) Ignore personal experiences and rely solely on others for guidance

18. In a spiritual community, integrity ensures that:

- a) Everyone follows the same spiritual practices without question
- b) Individuals engage in open, honest communication and contribute positively to the group
- c) The group is led by a singular authority figure who makes all decisions
- d) Disagreements are avoided at all costs to maintain harmony

19. What does the "role of spirit" in awakening emphasise?

- a) Awakening is purely a personal mental or emotional process
- b) Awakening can only be achieved by mastering external practices without spiritual guidance
- c) Spirit plays no active role in the process of awakening
- d) Spirit serves as a guide, providing wisdom, healing, and inspiration during awakening

20. What is the central message of spiritual awakening for the planet today?

- a) People must isolate themselves spiritually to protect the earth
- b) We must embrace interconnectedness, spiritual unity, and global healing
- c) Only scientific approaches will solve global challenges
- d) Spiritual awakening requires complete detachment from worldly concerns