

## An Introduction to the 'Undiscovered Country' suite of courses

Currently, 12 courses form the suite, titled as follows:

1. Discover Your Psychic Self
2. Empowering the Psychic Self
3. Instrument of Spirit
4. Crossing the Rubicon
5. Unseen Worlds
6. More Worlds Unseen
7. One-to-One Private Mediumship
8. One-to-One Mediumship & Divination
9. Psychometric Touch Mediumship
10. Circles of Power Mediumship
11. Circles of Power Healing
12. Psychically Inspired Writing

At first glance, the titles of these courses are about the development of the psychic mind, mediumship and healing, and YES they are, but NO, they are not only about instrumentally expressing higher consciousness in these modes. Mediumship and Healing is a broad church; there are many methods and forms that can claim name as Mediumship and Healing. These courses are designed to develop instrumental consciousness; in processes that reveal and engage the unseen nature of our mind and body intelligence. For that reason, they are described as psychic and spiritual courses.

That well-worn phrase, 'All work and no play makes Jack a dull boy', is bluntly saying; your mind needs to harmonise with creative inspirational forces to be self-satisfying and self-knowing. Whilst it's common knowledge that our brains have left and right-hand functions, and mindfulness methods are recommended to harmonise and develop dual functions, most learning of this kind, falls short of positively engaging the higher mind, and perhaps more importantly, relies on mental management processes to effect changes. What I do is teach is BodyMind-fulness, which is radically different to the psychological based processes that Mindfulness delivers. Would-be Healers and mediumistic practitioners need not only to channel the higher intelligence of the psychic mind, but also powerfully project the tuned and balanced BodyMind to flow both incarnate and discarnate intelligent energy. BodyMind Power meditation is unique, unlike yoga, TM, Mindfulness, and Zen meditations, as it engages the environment and teaches the personality mind how to change its logically constructed self to express instrumentally.

Fifty years ago, when my mediumship practises included frequent sessions in trance, I channelled the following statement from a group of communicators who were (and still are) working through me.

***"BodyMind is the consciousness entirety of all and any entities comprising mind and matter. All states of energy are Beings of Mind & Matter and have an interactive 'Blueprint' of Harmonic relationships continually seeking their Foundation Design."***

Initially, the enormity of this controversial statement was not understood -the depth of what was said only gradually became clear in subsequent teachings and is still being evaluated today. Simply described in relation to yourself as you know it -it is saying that your body is also a mind. The functions you attribute to your brain arise from the body. When you add to this 'machine intelligence' the awareness of its unseen counterparts, it becomes plain that the brain-mind as we commonly understand it, is working in the dark! Largely a reactive process that has isolated itself from the human system as a whole. So, in summary what I teach in these courses, is a methodology that can deliver mediumistic and healing skills, but more importantly enables a wider vision of oneself and opens the gates of self-awareness. That time-honoured saying; 'Once the Spirit is awoken, it never slumbers', is a truism that only BodyMind awareness can deliver.

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