

A Visiting Medium asked about Ectoplasm and the Trance State

By Estelle Roberts 2012

What did the ectoplasm feel like when it came out?

I don't know. I never felt it, but are you asking what did it feel like to me?

Yes.

You know when you give healing you feel the power going through your arms. You actually feel, it is like a tingling going through, that's what it felt like. It was like a tingling as it came out and you didn't actually feel it at all. I thought it would feel a little bit like a chicken having his innards pulled out but you would think it wouldn't it because it's sort of coming out of you, but it isn't. It's the same feeling as when you are giving healing and the healing power is going through and therefore you feel a warmth where the ectoplasm is coming through and then you have that tingly feeling but apart from that you're not actually aware of anything because when it's happening you are in trance and therefore you have your eyes closed. And that's something people often find most strange, when we take over a medium, as we are at the moment, I have my eyes closed, but I can see you all.

When I am in trance and my friend comes through, I'm aware that he's here but I don't know what he's going to talk about and I don't go to sleep. I'm sort of aware of my body though I feel I'm pushed to one side of it.

Well that's light trance and that is how the majority of trance – that's how I'm occupying at the moment and light trance is at varying degrees. We have achieved with our medium the level where he can either be around or not be around at all. It depends upon whether we feel that he needs to listen or not. If we don't feel that he needs to listen we just push him away, we just say we don't want your thinking interfering with what we're saying so just go and do your own thing. Go play with your ball somewhere else.

In our circle another medium does the deep trance work, but when I am taken over, it's like my throat is activated and then the energy changes and then I just know that they're there and then all of a sudden it just starts.

Yes because you don't have any control once you have given yourself over. That's one of the reasons I had problems this evening, he didn't give himself over properly. Do chastise him when he comes back won't you. He was so busy talking to you that he forgot to do what he had to do and therefore the physical being wasn't prepared in the right way because you have to do your part you know, as a vessel which is being utilised you have to do your part otherwise it makes our occupation a little bit more difficult.

I used to think is the light trance better than a deep trance?

No no no no no. Why do you think we are spending all the time we are developing the deep trance in our medium. It is because when you're in light trance your subconscious isn't totally suppressed and we have what we would affectionately call an overshadowing. We overshadow your aura, or the aura of the medium that we are utilising, and then this overshadowing means that we can impart our thoughts into the brain of the medium and therefore our thoughts then should, if we have proper control, allow us to utilise the physical attributes of that being. The more of the physical being you have control of the more difficult it is. This is why I prefer to stay seated, it's for a very good reason – I'm lazy and by being seated I only have to control from the waist up because once you're in deep trance you have the full responsibility of the upkeep of the physical machine. You have to physically allow the heart to beat, you physically have to breathe, you have to make the muscles work, you have to do all these things. When you are contained in your physical body all of these operations are normal, but when somebody else enters then it's not normal to them and therefore the learning curve for people in deep trance is immense because the responsibility that you take is huge.

So therefore the people who can come through in deep trance is limited in the first instant but then as we have given lessons to our group and we introduce something which is not known in the general spiritual sphere, is that we often use something called piggybacking and what happens when we piggyback is that your guide who has been with you all the time you have been on the earth plane has a symmetry to your aura and therefore he can envelop his being into your being with relative ease. This is why Silver Birch had little problem in occupying young Maurice because he had been working on it since the conception of Maurice's being upon the Earth Plane. But we don't always have that luxury, so therefore what we do is that the medium's guide occupies the physical being and then the aura of the individual who wants to speak to the group is then introduced into his aura and therefore he can then transmit through the system. It's like going through telephone poles, go through the system and then convey the messages and this is what is done once we are comfortable in the deep trance. We have the same situation. We have the guide who is utilising the being or the medium in deep trance who has full control and then he acts as a medium from our side. Are you with me? Therefore we utilise a piggybacking effect.

I was wondering, if I do a light trance, I mean to say I try not to interfere, hoping my subconscious doesn't interfere with the information or messages which are coming through.....

But you can't help it sometimes. If you're feeling a bit sad or distressed about something your subconscious is very difficult to quieten down and that's the advantage of deep trance, because when you're in deep trance your being is taken totally away and therefore the being which is actually occupying your physical body and for the point of this discussion we'll say it's your guide, he then doesn't have the same problem with clearing his subconscious. So therefore he doesn't have those issues. That is always the problem with light trance mediums that the subconscious can interfere and it is also a problem in that the, and I'll use the nice way of putting it, the misguided beings, the misguided souls who are there to discredit and caused mischief, they can push you out in light trance. They can't do that in deep trance.

It's never happened to me.

No but it does happen.

Would it be that if I was a deep trance medium, would that be more stressful to my physical body?

No. Why would it be more stressful?

I don't know. I just could never quite work out why I have never been able to do deep trance.

Because you haven't been trained dear boy!

No well that's true too. I've never been trained.

You ask our medium. There's not a lot of people around who will give you advice either. How many deep trance mediums do you think you've got in this country? I can count them on less than one hand. You have many light trance mediums but deep trance mediums are very rare and that is because from our side there's an awful lot of work to do to develop a deep trance medium. It doesn't just happen just like that. Well then light trance mediumship is something that you're born with and it can be developed relatively easily if you're the right person in the first place, but a deep trance medium is totally different. It has to be. Your whole being has to be rearranged so that we can occupy it. Just think about it. In deep trance we physically take over. We actually take over the whole being. So therefore to all intents and purposes you are that person and I tell you it's not that nice, but we do it because we love you and I don't mean that in the physical sense. The love that we have is that we want to impart our knowledge to allow you to advance. Do you understand? And therefore we find it far better to train, bring forward, people in light trance rather than persevering. We've been working with our medium for a year now and it was only since the Upliftment that Red Cloud has taken over, so I'll only claim six months worth of training and he's nearly there you know.

Well thank you for that. That explains a fair bit. I know when I first started it was a struggle because I didn't quite know what was happening and now I'm much better at it and I'm quite willing to be a voice for spirit but still as you say in a light trance.

Well you're not a voice because you are merely a vessel and you have allowed yourself to be utilised. We do appreciate it. You will always find, if you ever talk to our medium, that he will never ever claim any credence either for the healing, or for the lessons which are given out. Because after all how can you as a medium claim any credit for the fact that your body is being utilised and by virtue of it being utilised, the people who come and utilise it are the ones who are giving the lessons and the healing and therefore your position is to make yourself as clean and as pure in mind as you can because if you do this then the occupation can be purer because the being who wishes to convey their message can do it with their thoughts, without any interference of your own. Does that make it clear?

It has cleared it right up. Thank you very, very much.

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April 2012*