

BRAZILIAN SPIRITIST FEDERATION

Mediumship: Study and Practice

Program 2

Module II – Mechanisms of Mediumship

Perception, Attunement and Mental Concentration

TOPIC 3



What is your understanding of Perception, Attunement and Mental Concentration





Perception

Perception means being aware of something through intelligence and senses.

Extrasensory perception (ESP) * refers to the ability to understand beyond the senses and the ordinary mental action (paranormal impression or intuition).

ESP is based on the theory that the human mind plays, among others, the Psi function.

Psi Gamma or intelligent effects - telepathy, clairvoyance, presentiment.

Psi Kappa or physical effects - levitation, telekinesis, telepathy.



* expression created by the American scientist Joseph Banks Rhine (1895-1980)



Perception



Attunement

There is attunement between two or more people when there is harmony, similarity, sympathy or reciprocity in thinking and feeling.

“Spirits go where they meet others like them, where they are more at ease and sure that someone will listen to them. Every one attracts spirits according to their predispositions, whether as an individual or as an element of a collective whole, such as a society, city or country. Societies, cities and countries are visited by various spirits, according to their predominant character and passions.”



Discarnate

Incarnate

Attunement

Mediumistic Attunement

Every human being is a medium: "... we are all instruments of the forces with which we are in tune. We are all mediums within the mental field that pertains to us, associating ourselves with edifying energies ... or the disturbing and depressing forces..."

XAVIER, F.C. *In the Domain of Mediumship*. By the Spirit André Luiz.

Emmanuel teaches:

“The basis of all mediumistic interchange between discarnates and incarnates, is in the mind ...”

XAVIER, F.C. *Roteiro*. By the Spirit Emmanuel.

Mental Concentration



Concentrate means converge to the center.

Concentration is to know how to direct the attention or energy to a specific goal.

Mental Concentration is the psychic process by which the mind remains focused on something, sustained by the attention, a firm thought and by energies skillfully focused on a goal, object or activity.

Mental concentration involves simultaneous action of two types of forces: attention and will.

Attention is the cognitive process of intellect, characterized by active selection of certain stimuli with concomitant inhibition of all others.

Will is what feeds the process of attention, it is mental faculty used in the choice or decision on an act or thought.



Mental Concentration

Good concentration requires a righteous way of living.

The good results of concentration require mental discipline, persistence and continuous practice. It's not something you learn superficially and hastily.

Mediumistic concentration is habit that can only be gradually acquired, and the good results will depend directly on the invested efforts.

During the contact with discarnate spirits it is necessary that the medium forgets about concerns or problems that are not related to the meeting, focusing on what is happening during the mediumistic manifestations, so that the giving and receiving of magnetic-spiritual energies and the serious and harmonious atmosphere of the work will not be hindered.