

JENNIFER WALLENS

SPIRITUAL PSYCHIC MEDIUM, PSYCHIC ARTIST,

OCTOBER / NOVEMBER
NEWSLETTER

*Thursday, October 29th
Halloween Workshop!!
"MEDIUMSHIP AND
PHYSICAL PHENOMENA"
Page.3
See Pages 3-7 for reprint of
excerpts on Physical
Phenomena from out of
print book on Genuine
Mediumship By SWAMI
BHAKTA VISHITA*

*Thursday November 12th
"EXPLORING THE
FASCINATING HISTORY
OF SPIRITUALISM AND
MEDIUMSHIP" Page 5
Join THE NASHVILLE
SPIRITUALISTS MEETUP
GROUP, we will meet
monthly, [http://
www.meetup.com/
nashvillespiritualists/](http://www.meetup.com/nashvillespiritualists/) First
Meetup Sun.Nov.22 @ 11am*

*Saturday, December 5th,
Jennifer will give a Public
Platform
Demonstration of
Mediumship and free
mini-readings at Cosmic
Connections Customer
Appreciation Day
Join us for all day event*

*Saturday, January 16
2010 , 10am-4pm
"PSYCHIC
MEDIUMSHIP AND
AWARENESS
WORKSHOP" \$75.00
(Prepay for \$70.00) To be
held at Cosmic Connections.
Page 2*

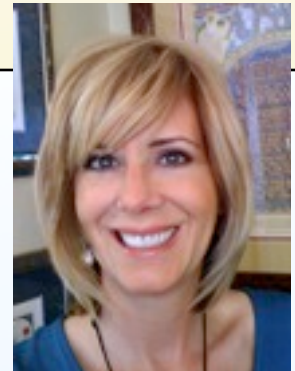


BEGINNERS PSYCHIC DEVELOPMENT CIRCLE/CLASS BEGAN OCTOBER 7, 2009

You can still join me for a Beginning Psychic Mediumship Development Circle in Nashville, Tennessee. We meet weekly on Wednesday evenings from 7pm- 8:30pm at Cosmic Connections 1701 Portland Avenue, Nashville, TN 615-463-7677. Cost

is \$10.00 per class. We will learn techniques for opening your psychic and mediumistic gifts, and learn about phenomena and spirit communication in a safe and nurturing environment. We will practice working with the energies and how to build it. We will also look at spiritual healing as well. Please try to be present at as many classes as possible so that we can build the energy and grow together. Just bring a positive attitude and remain mindful that we are setting an appointment with our spirit friends

INTERMEDIATE/ADVANCED MEDIUMSHIP DEVELOPMENT CIRCLE WHICH WILL BE STARTING ON MONDAY EVENING NOVEMBER 2, 2009 FROM 7-8:30PM. We will be meeting every other week in my office, PLEASE CALL ME ASAP at 615-633-6103, If you believe you are ready to go to the next level with your mediumship skills and are interested in joining this small class, It will be limited to 6 people. The cost will be \$10.00 per class.



Jennifer Ann Wallens, BA

is a Spiritual Psychic Medium and Psychic Artist and has trained both in the UK and the US during the past 25 years as a psychic medium. She is member of the [National Spiritualist Association of Churches](#) (NSAC),

www.jenniferwallens.com

615-633-6103

email jenniferwallens@me.com

JENNIFER WALLENS NEWSLETTER

"EXPLORING THE FASCINATING

HISTORY OF SPIRITUALISM AND MEDIUMSHIP!"

JOIN US FOR A FUN EVENING SHORT COURSE 7:00-9:00 PM Thursday, November 12, 2009

AT COSMIC CONNECTIONS, NASHVILLE, TN Cost is \$20.00

Did you know Arthur Conan Doyle was a famous Spiritualist? or that Abraham Lincoln was a Spiritualist?

Who were the Fox sisters? How did it all start?

MEDIUMISTIC CONDITIONS AND PHENOMENA

The following Information from excerpts has been reprinted from the book "GENUINE MEDIUMSHIP OR THE INVISIBLE POWERS" By SWAMI BHAKTA VISHITA, published in 1919.

Mediumistic phenomena, i. e., the phenomena by and through which spirits manifest their presence and demonstrate their power, may be broadly classified under two heads, as follows, (1) physical phenomena, and (2) mental phenomena.



Physical Phenomena. Physical Phenomena cover a wide range of mediumistic manifestations, among which are movements of tables, the production of "raps," the manifestation of spirit lights, freedom from the effects of fire, the passage of matter through matter, direct writing upon paper or upon slates, direct voices, levitation of the medium, spirit photographs, and the production of the materialized form of the spirit. While in rare cases the spirits may manifest these forms of physical phenomena without the assistance of the medium and the circle, nevertheless as a rule such phenomena are produced by the spirits only through the assistance of a medium, and usually only when there is gathered together a circle.

EXPERIENCES IN THE CIRCLE

When a circle of sensitive people has been formed, and the necessary preliminaries of the first sitting have been completed, it is not at all infrequent that even at the first sitting there should be more or less manifestation of spirit power. In many cases the sensitives among the sitters begin to experience a peculiar sensation in their arms and hands, the latter being placed on the table in front of them. In other cases there may be a sense of numbness or partial loss of sensation, something akin to that experienced when a hand or

arm "goes to sleep," as the popular phrase expresses it. In other cases there is manifested a peculiar jerking, twitching, or vibration of the hands and arms, sometimes extending to the whole body of some of the sitters. Sometimes the hand of the medium will begin to make motions as if he were trying to write, and a pencil placed in his hands may trace crude figures or attempts at letters. At this stage it will be found that the singing of hymns or similar music will tend to have a quieting, soothing, harmonizing effect. **Signs of Spirit Presence.** There will be manifested in most cases a peculiar sense of heaviness or weight in the hands on the table, and an impression that the hands are being held to the table as if by glue or other adhesive material. In the arms are manifested peculiar

(continued p.4)

JENNIFER WALLENS NEWSLETTER

2009 Psychic Mediumship Workshop Series



Join us for a fun & informative workshop
Thursday, October 29, 2009
6:30pm - 9:00 pm

Mediumship and Physical Phenomena

with

Spiritual Psychic Medium, Spiritual Healer, Psychic Artist & Tutor

Jennifer Ann Wallens,

BA, Member NSAC, SNU, SNU1, ISM, SAGB

What is physical mediumship?

*Learn about famous physical mediums past and present
We'll do table-tilting, investigate EVP and see what phenomena
we can produce with the Spirit World!*

Register early, Workshop class size is limited to 20.

Cost for 2 hour workshop is \$50.00

****Register and prepay in full for only \$45.00 via Paypal****

Pay day of workshop in cash at Cosmic Connections or via Paypal

Go to www.jenniferwallens.com or call Jennifer at 615-633-6103

for more information.

JENNIFER WALLENS NEWSLETTER

tingling, pricking sensations, or a "needles and pins" feeling, something akin to a gentle current of electricity passing along them. Sometimes there is experienced the sensation of a gentle cool breeze passing over the sitters—particularly over the backs of the sitters.

Spirit Rappings.

At the first sitting, or one shortly following after the first, it is likely that raps will be produced, and communication established in this way. In such case the leader of the circle (not the medium) should be sure to inform the spirits just what communicating code is to be used in the circle, so that there may be no misunderstanding concerning the same. In such case he should address the spirits as if there were several present, for such will most likely be the case. It must be remembered, however, that the raps will not always come from the table. They may also, for that matter, come from the wall, the ceiling, or from some of the furniture in the room. The table raps come from the top of the table or under the table. Sometimes they sound like ordinary raps, and then again they may give forth a peculiar hollow sound which is difficult to describe or to definitely locate. The appearance of these raps give positive proof that the conditions are being established more or less fully, and the success of the circle is almost sure to follow.

Table Tippings. Sometimes, however, in place of the raps being manifested by the spirit forces, there will instead be manifested that peculiar tipping of the table which was the distinguishing characteristic of early spiritualistic phenomena in the western countries. In this case the tipping of the table will proceed just as in the case of the raps, so far as the transmission of messages is concerned. That is to say, the table will tilt three times, one time, etc., in accordance with the code, just as in the case of communication by means of the raps. In addition to this, however, the table may begin to manifest strange motions; it may begin to raise itself, jump around, spin around on one leg, slide across the rooms, etc. In such cases the hands of the sitters should be kept on the table, or if they slip off they should be at once replaced thereupon. Sometimes heavy tables will manifest more activity than the lighter ones.

The Spirit Signals.

When these rappings or table-tiltings begin to be manifested, all in the circle should keep cool and calm, and should refuse to become agitated or excited. If the phenomena should be apparently meaningless and disconnected, and resulting in no definite communication from the other side, do not jump to the conclusion that the meaningless rapping or senseless table tipping is the work of foolish spirits or flippant discarnate entities. On the

contrary, you must remember that not only is your circle experimenting, but that the spirits on the other side are also experimenting in hopes of securing proper conditions for intelligent communications and definite messages. As we have said before, the spirits have their own troubles, as well as the sitters, and both sides are really engaged in an effort to "find each other." As a writer has said: "Remember also that you are merely experimenting, and that the spirit people are also, perhaps for the first time, trying to penetrate the veil and utilize powers and agencies of which, in all probability, they know as little as do you. So many disturbing factors exist—weather, varying psychical conditions of the sitters, agitated mental states, too great expectancy, or anxiety for successful demonstrations—that the true disposition to be maintained by the inquirer is that of the scientific student, who carefully watches what transpires, and endeavors to discover the causes of failure as well as the conditions which favor success."

Flashes of Communication.

In some cases the circle will have to sit several times before the persistent though disconnected and apparently meaningless raps or table-tilts will begin to show positive signs of intelligent signalling. The same thing would probably occur were the inhabitants of the planet Mars to find themselves able to flash signals to

NEWSLETTER



PHOTO OF ACTUAL SPIRIT PHOTOGRAPHS IN MUSEUM AT ARTHUR FINDLAY COLLEGE, STANSTED UK

NEW LIVE INTERNET RADIO EVENT!!!

Join host Michael Long, and myself listen in or call in to his fantastic show "Journey Into the Light" on Blogtalkradio.com in November When I will be the guest psychic medium and giving readings live one evening 10pm-12am. click below for details and exact date www.blogtalkradio.com/journeyintothelight

Join THE NASHVILLE SPIRITUALISTS MEETUP GROUP
we will meet monthly,
<http://www.meetup.com/nashvillespiritualists/>
First Meetup will be held at Cosmic Connections on Sunday. Nov.22 @ 11am-12:30
donations accepted

Join us for a fun & informative EVENING Thursday November 12, 2009 7:00 pm - 8:30 pm Exploring the Fascinating HISTORY OF SPIRITUALISM AND MEDIUMSHIP

with
Spiritual Psychic Medium, Spiritual Healer, Psychic Artist & Tutor

Jennifer Ann Wallens,

BA, Member NSAC, SNU, SNUI, ISM, SAGB
What is Spiritualism? How and Where Did it Begin?
Did You Know Arthur Conan Doyle and Abraham Lincoln were Spiritualists?
Who were the Fox sisters? Who are the world famous mediums of today? Join us and find out!

Register early, class size is limited to 20.
Cost for 1.5 hour class is \$25.00
Register and prepay in full for only \$20.00 via Paypal
You may pay day of workshop in cash or via Paypal at www.Jenniferwallens.com
www.jenniferwallens.com or call Jennifer at 615-633-6103 for more information and to register

ARTHUR FINDLAY COLLEGE

The Worlds Foremost College for the Advancement of Spiritualism and Psychic Sciences
STANSTED, MOUNTFITCHETT, UK,
photo jwallens 2009



JENNIFER WALLENS NEWSLETTER

our earth— for a long time the flashes would seem meaningless to us, until at last they would seem to manifest a definite intelligent purpose and rhythm. When this stage of the raps or table-tilts has been reached, then the leader of the circle, should acquaint the spirits with the code used, and ask definite questions concerning the future conduct of the seance, the answers to which the spirits are requested to give through the signal code of raps or tilts. When these answers begin to "come through" plainly and definitely, then the seance enters a new phase.

Spirit Code Signals.

In this new phase, when once entered into, the formal set procedure to be followed will be about as follows: The leader of the circle, recognizing the signs of the presence of spirits in the circle, will address them and ask them whether or not there is a spirit present who wishes to convey a message to the circle, or to any one present. Then the spirits signal back in the affirmative or the negative. If the answer be in the affirmative, the circle leader asks the spirits to indicate by the affirmative signal when the name of the right person present is named and he then proceeds to slowly and plainly name each person present, in succession, until the affirmative signal is received. Or, he may ask the spirits to indicate the identity of the spirit friends present, when their names, are called; and he then proceeds to call over the names of

the departed friends of those present, as the same are requested by the sitters or visitors to the circle. When the right name is reached, the spirits signal in the affirmative, either by raps of table-tilts, etc.

After the question-and-answer line of communication has been firmly and strongly established, more definite information may be obtained by the instruction of the system of "alphabet calling,". The first evidence of the presence and activity of the spirit forces striving to produce the phenomena and materialization will probably be the appearance of peculiar hazy phosphorescent lights playing in front of the curtain forming the front of the cabinet. These lights will consist of small globules or balls of phosphorescent light that will dance about like the familiar will-o'-the-wisp seen over swamps and in damp, woody places. These lights will flit here and there, will alternately appear and disappear. Sometimes they will appear as if a multitude of fire-flies were clustered in front of the curtain. When these fire balls appear the circle may know that it is well on the way to perfect materializations.

Appearance of Materialized Substance.

As the power increases, and the conditions become stabilized and perfected, the manifestations will become more pronounced. It often happens that cloudy nebulous bodies of psychic substance

are formed and float around in front of the cabinet, like clouds of steam or vapor illumined by a dim phosphorescent light.

Sometimes attempts will seem to have been made to form these clouds into the semblance of the human body, and often these bodies are more or less incomplete, as for instance the arms may be missing, or else there may be dark holes where the eyes, nose, and mouth should be. It may be stated here that the sitters should not be frightened by these sights, nor should mental agitation be permitted to manifest too strongly, as such conditions act to retard further developments. Sometimes perfect hands and arms materialize, but apparently not attached to a body. These hands may float out over the circle, and may touch the members thereof. In rare cases these hands take articles handed them by members of the circle, which articles are then "dematerialized" and vanish from sight, afterward appearing in other parts of the house. Large articles of furniture have been known to be dematerialized in this way.

Materialized Spirit Forms.

Later on, the nebulous spirit forms will take on more definite lines and form, and will become more plainly visible, and will also assume a far more "solid" appearance. When the phenomena reaches its highest phases, the materialized spirit forms can be plainly seen and actually recognized by their friends in earth

JENNIFER WALLENS NEWSLETTER

life. In some cases they will actually leave the front of the curtain and will walk down among the sitters, shaking hands with them, touching them on the cheek, or even embracing some loved one. In rare cases these materialized forms are able to converse with the sitters in the circle, just as plainly as when in earth life.

Trumpet Mediumship.

In what is known as "trumpet mediumship," the sound of the voice of the communicating spirit is increased in power by the use of a trumpet shaped arrangement of paper, card-board, tin, or aluminum. There is no particular virtue in the material used, and anyone may make a serviceable trumpet out of heavy paper or thin card-board. The principle of the use of the "spirit trumpet" is precisely that of the well-known megaphone, i. e., it magnifies the sound, and increases its carrying power. A spirit speaking in the faintest whisper through the trumpet is enabled to have its voice heard plainly by those present in the circle, where otherwise nothing would be heard. Often the spirit force is so strong that it will pick up the trumpet and carry it around the circle, tapping the various members thereof, and whispering through it into the ear of some particular members. Weak spirits, therefore, who are unable to make themselves heard in the ordinary way, often employ the trumpet with effect in seances. When the trumpet is used, it should

be placed on the table, awaiting the use of the spirits.

Independent Slate Writing.

'What is generally known as "independent slate writing" is a very interesting phase of mediumship, and one of the peculiarities thereof is that such phenomena is sometimes produced through mediums who seem to possess little or no mediumistic powers in other directions. In independent slate writing there is no employment of the hands of the medium by the spirit to form the letters, words, and sentences of the communication. On the contrary, the writing is done directly by the spirit forces, independent of the organism of the medium. Of course the psychic power of the medium and his vital energy as will is drawn upon by the spirits in producing this form of manifestation, but the medium is sometimes seated out of reach of the slates and in no case actually, touches the pencil.

The State Writing Circle.

Independent slate writing is performed as follows: The circle selects two common slates, or else one folding slate. A small bit of chalk, or a tiny piece of slate pencil is placed between the two slates, the latter being then placed tightly together, and then bound with thick, strong twine—in some cases the ends of the twine are fastened with sealing wax, This trying and sealing is for the purpose of the suspicion of fraud or deceit, and for the purpose of scientifically establishing the genuineness of the phenomena. The slates are then

placed on the table in the middle of the circle. In some cases the medium rests his hands on the slate, and in other cases he keeps his hands entirely away from them—the phenomena itself evidently being produced with equal facility in either case. A written question may either be placed inside the slate on a small bit of paper, or else sealed and placed on top of the tied slates. In some cases the scratching sound of the pencil may be heard proceeding from the tied slates, while on others no sound is heard while the writing is being done. When the slates are opened, at the end of the seance, the slates will be found to contain writing—the answer to the question, or else a general message to the circle—the writing sometimes consisting of but a word or two, in other cases both of the inside surfaces of the slate will be found to be covered with writing. It often requires quite a number of sittings before this phase of phenomena is secured; in many cases it is never actually secured in a satisfactory form.

Reprinted from "MEDIUMSHIP OR THE INVISIBLE POWERS" [Excerpted to include only the final chapters on Mediumship.]
By SWAMI BHAKTA VISHITA , published in 1919.

