

Introductory Level 2025/26



Developing Trance Mediumship

A brief guide to your online sessions

Robert Goodwin

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Core Principles underpinning this course

- Respecting each other and those unseen helpers from the spirit world who will be working with us
 - Maintaining honesty and integrity at all times
- Cultivating the desire to progress spiritually for the purpose of using our abilities in service to others for the higher good
- Cultivating a disciplined approach to development both within the sessions and in-between sessions
- Abstaining from all intoxicating substances before and during sessions
- Refraining from speaking to others about our work until the course is completed, thus retaining the energies generated by each session within our own auric field
- Working always from our heart centre, **in love**



Introductory Course - Introduction

Thank you for considering purchasing your course of six, one hourly One 2 One Skype or Zoom sessions with me - I am looking forward to working with you to develop your Trance Mediumship and unfold your spirituality.

To give you a brief background, I developed my own abilities as a Trance Medium during the mid-to-late 1970's and began working publicly in Spiritualist Churches and other centres in August 1979, something that I have done continuously to the present day. I have also demonstrated several times in Denmark and also in Ireland. My main guide is White Feather who imparts philosophy and answers questions through me to what is generally regarded as a very high standard. I am also clairvoyant/clairaudient and clairsentient and in addition I am also a qualified Hypnotherapist and NLP Practitioner, having qualified in 1996 with British Hypnosis Research. I have also undertaken numerous private sittings (well into the 1000's) and one-to-one spiritual coaching. I have also organised and run three White Feather Gatherings which took the form of Seminars, with guest speakers and demonstrators from across Europe as well as numerous workshops in various centres. Along with my wife Amanda, 6 books of White Feather teachings have been published and I have also written and published three other books 'Transcognitive Spirituality' (March 2013), Light: The Divine Intelligence (2016) and A Life in Trance (2020).

I have also, by request, demonstrated several times at The Arthur Findlay College, Stansted and either shared the platform with or worked alongside many fine mediums including Gordon Higginson, Albert Best, Doris Collins, Coral Polge, Mary Duffy, Gerard Smith, Mavis Pittilla, Glyn Edwards, Ursula Roberts and others. I was also a close friend to former SNU President Eric Hatton and shared the platform with him many times, both at AFC and his own church, Stourbridge.

The idea for these development sessions was born out of a desire to expand my continuing work as a Trance Medium into an area that would allow more people access to the experience that I have been privileged to acquire across the years. The internet and social media are tools that are now widely utilised advantageously to help spread knowledge and understanding to those who may not have previously been able to access it. Indeed, today there are many 'online development circles' Facebook groups and websites all offering help and guidance to the inquiring mind. Having been approached by many people looking for guidance that they can trust and having considered which online approach might best suit my own ideas about trance development as well as meeting my own high standards, I settled on the idea of personal coaching.

Please read through this brief guide and familiarise yourself with the nature and content of what we'll be discussing. You may wish to make your own notes for anything that you'd like to focus on or know more about during the sessions. Although there are certain essential aspects that I believe have to be covered, there is also room for some flexibility and I would emphasise that because we are undertaking One 2 One sessions, the course is very much tailored to you. You will not only be able to ask questions and make your own suggestions during online sessions but in addition, also email me if you require more help.

So lets get started and enjoy working in the energy of the spirit.

Kind regards,

Robert

Introductory Level: Session 1

These are the points we will consider in our opening session:

- The 'Spectrum of Mediumship' and a brief outline of Trance Mediumship
- Stilling the mind and avoiding 'mind chatter'
- Brainwave states & Brain Hemispheres
- Altered states of consciousness
- The critical 'Mind Gate'
- How does a spirit guide link with a medium
- Myths about trance and what to avoid

My Notes/Homework

Introductory Level: Session 2

These are the points we will consider in our second session:

- Introduction to the Auric Fields & Human Auras/Kirlian Photography
- A brief guide to Chakras/ Kundalini
- The law of attraction
- The Gatekeeper
- Energies employed by Spirit Guides & how guides link
- A simple invocation/statement of intent plus feedback from week one
- Goals and exercises for the week - things that will assist us until the next session

My Notes/Homework

Introductory Level: Session 3

These are the points we will consider in our third session:

- The river of trance - where are you on the trance journey?
- Changes in the physical and mental state - what to expect
- Johari's Window
- The benefits of sitting regularly in a development circle
- The urge to speak & the use of symbols
- Examples of Trance in operation & feedback from week two
- Goals and exercises for the week - things that will assist us until the next session

My Notes/Homework

Introductory Level: Session 4

These are the points we will consider in our fourth session:

- Auric 'bookmarks'
- Sitting in the power and attuning to spirit
- Trust and relinquishing control & 'active attunement'
- Sitting in the power
- The bigger picture & 'The map of consciousness'
- * Seeing clearly
- Feedback from week three
- Goals and exercises for the week - things that will assist us until the next session

My Notes/Homework

Introductory Level: Session 5

These are the points we will consider in our fifth session:

- Spirit guides & their teachings
- The hierarchy of knowledge - do some 'spirit guides' know more than others?
- Why identity isn't important
- Spirit & earthly teachers (including Non-Dual teachers)
- The importance of language
- * What is our 'true nature' - 3 approaches to knowing oneself: the Direct and Indirect paths
- Feedback from week four
- Goals and exercises for the week - things that will assist us until the next session

My Notes/Homework

Introductory Level: Session 6

A personal One to One session with White Feather

A unique 'once in a lifetime opportunity' for you to speak with the spirit guide White Feather. You can observe me enter the trance state, during which my spirit guide White Feather will communicate and allow you to put your own questions to him.

"This was one of the highlights of my life - being able to speak directly with this wonderful soul. Thank you for this opportunity, it is one that I will always treasure."

** Subject to prevailing online conditions, health and time constraints*

Cost: Introductory Course - 6 x 1 Hour Skype or Zoom Sessions with Robert £350 Total

To book this course please email robgoodwin2020@gmail.com in the first instance to agree dates and times and also for details of how to make payment. Please note that the course must be paid in full prior to starting. All payments are non-refundable unless for unseen reasons I have to cancel in which case a refund will be made for the outstanding sessions.



Advisory Notes to the online sessions

Robert Goodwin

As the author of this course, I strongly recommend following the procedures as closely as possible without attempting to skip any sections or jump ahead in the belief that it will save time. Each session has been carefully designed to help the aspirant to unfold their mediumship in a safe and proper way and should be followed exactly as directed.

I have deliberately kept the intellectual content of this course to a minimum because I believe that mediumship can never be an academic subject. No one can actually teach another to become a medium and no amount of study will ever produce mediumistic ability if it does not already lie within the individual. This course and sessions, like mediumship itself are *always 'a work in progress' and no results can ever be guaranteed.*

In short, there is no substitute for 'hands on' development or sitting in a well run, closed development circle. Whilst it is possible to develop alone, I do not recommend this in the long term.. There is nothing as helpful as the support of other sitters and the strength of the group environment and I would encourage every dedicated, aspiring medium to find such a group. My own initial development took place in such a closed circle over several years and it was time well spent. I would also suggest that the following books are considered as aids to this course, all of which are available from Amazon in electronic format:



Truth from the White Brotherhood - Robert Goodwin

The Golden Thread - Robert Goodwin

Answers for an Enquiring Mind - Robert Goodwin & Amanda Terrado

In the presence of White Feather - Robert & Amanda Goodwin

The Collected Wisdom of White Feather - Robert & Amanda Goodwin

The Enlightened Soul - Robert & Amanda Goodwin

The Infinite Stream - Robert Goodwin

Transcognitive Spirituality - Robert Goodwin

Light: The Divine Intelligence - Robert Goodwin

A Life in Trance: Fifty Years as the medium of White Feather - Robert Goodwin