

**‘So...
You Want To
Develop
Spiritually?’**

Jenny Martin

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THE WONDER THAT IS LIFE

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Introduction

This spiritual development course and method of teaching - step by step, month by month - was relayed to me by my spiritual guides over fifteen years ago and is a method I have used ever since.

After writing '*A Medium's Tale*' - my own spiritual journey - which for years had been persistently impressed upon me by spirit to write, I knew I had to write this one too!

How could I not share all that spirit had taught me and how could I not share all that I had shared with those who had patiently come to learn the lessons that I had learnt for myself? Surely, this tried and tested theory of how to achieve a better understanding of yourself and those who walk and work with you, would help countless others also venturing out on their own spiritual path?

Even after the initial 'Workshop' which always preceeded the year's course, I would be met with beaming smiles from some claiming to have found what they were looking for and often during the development course, others would profess, 'I feel I have come home!', eyes brimming with tears.

Then, not long after moving to Hereford late in 2011, I met two people within a couple of months of each other who both declared, 'I have been waiting for someone to teach me!' You will come to understand that, "*Spirit are great opportunists*" and "*When the pupil is ready, the teacher appears.*"

I therefore realised that the best way to write a book on spiritual development was, of course, by example. All lessons were duly recorded, so the following pages are a true account of the interactive journey I took with these two wonderful angels and yes, I am indebted to them and to spirit for making all this possible.

I therefore hope you enjoy being present in our sitting rooms and listening to how two women from very different backgrounds found common ground by deciding to commit to a new chapter in their lives. Each of their short journeys with me would prove as exciting, wondrous and as enlightening as any story could be.

By learning how to communicate with those who truly love them, they both discovered the fruits and truths of the spirit world. They, and you, will never be the same again. Enjoy.

Jenny Martin

June 2014

AUTHOR'S NOTE: See page 394.

*“Ancient is the one in me
that the spirit of this season
with its quiet murmur
calls.*

*Beyond, beneath the outer me
my wise old seer
looks out upon the dance with compassion
with a smile.*

*And the ancient one waits
for the young one to knock upon the door.
And both of them
are me.”*

The Essene Book of Days

A Spiritual Day: 'Workshop'

"You are an energy and so is everything else."

Jenny: 'Well, good morning!'

Grace & Bobbie: 'Good morning.'

J. 'It's lovely to have you both here. I have never had such a small workshop before but you know what they say, it's quality not quantity that counts! So I want to wish you both a lovely day and I definitely want you to feel at home and feel relaxed and think of this as your day off - it's your day today - and this is what you've decided to do so be completely and utterly selfish about it; just enjoy the day.'

We will break for coffee and a two course lunch. We have lots of learning material and exercises to do so you'll probably both go home with a headache and, hopefully, we'll get to know one another better as we go along.'

G. 'I'm sure we will.'

J. 'So what I want to do first is start with an ice breaker and introduce ourselves so I'll start. I'm Jenny Martin, I live in Hereford. I have an autistic son who is 27, I'm retired now and, amongst other things, I'm a medium and have just started writing spiritual books; Bobbie?'

B. 'I'm Bobbie, I have two children. I live in a little, scruffy cottage but the area is absolutely beautiful. There's a tree which the council want to cut down and even though it's dead it's beautiful. I'm really interested in what you've got to teach.'

J. 'Excellent. Are you married?'

B. 'I am married, yes.'

J. 'Thank you. Grace?'

G. 'My name is Grace. I have two daughters, three grandchildren and one husband!' (We all laugh).

G. 'We've been married over forty years and I am really looking forward to today because he finds my spiritual work quite difficult to deal with. I live in a pretty little town and I like where I live and like the people. I also channel art from spirit. I am a little confused about this because I need to understand how this comes about.'

J. 'Thank you. OK, I need you both to pick up your pad and answer a question for me which is, 'Why are you here?' You're both very busy writing. So, Bobbie, let's first hear why you're here?'

B. 'I'm here to begin my journey towards a more spiritual path, to understand and to be able to communicate with my guides and helpers etc. To understand what they wish to show me, tell me and guide me so I can help others to find their true path in this lifetime.'

J. 'Oh that's lovely, that's lovely Bobbie. Grace, why are you here?'

G. 'I'm here to understand why me? Why has spirit chosen me? Someone who has never been trained as an artist to produce such wonderful drawings and paintings. Also to help me address these issues when talking to my family who see me as a wife, mother and grandma and to further my work with spirit.'

J. 'Lovely, thank you Grace. I champion the individual and adore how everyone is so different and it's something that I'm forever intrigued by. The longer I live, the more people I meet, the more work I do, it keeps coming up time and time again. Just hearing these two answers is testament to how amazing people are. I can ask one question and get two completely different answers. I love it. Thank you.'

OK, it's time for you to know a little bit about me as we've never met before and I think it's very rude for me to have a day with you and you not know who is talking to you! First of all I'm deaf which in itself teaches you that you don't have to have your hearing in order to be clairaudient which I thought was quite a good way of introducing myself, so I lip read.

I've been deaf since I was eight when I got mumps and refused to wear a hearing aid so I'm good at lip reading, however, I have to work at tuning into people's voices, their tones and their accents so if someone mumbles and has an accent it's sheer agony for me as I have to work extremely hard to understand what they are saying.

As a child, both my parents regularly used to accuse me of being really selfish which when I think about that now, I can't believe as I don't think I'm a selfish person at all. My father would also regularly tell me to 'stop analysing' and I would think to myself, this is ridiculous telling me to stop analysing because this is the way I think!

I had very early on, what I now realise were quite profound thoughts. My childhood wasn't easy, was very stressful and hard going and I used to say to myself, 'We're not here to have a good time you know, it's bloody hard work!'

My mother died when I was fifteen and I used to lie in bed and think about death and even before this, when I was a child, I would think about dying and say to myself, 'When I die, the world will go on and on and on and on.' Then I would suddenly stop and exclaim, 'There must be more to life than this!' These two sayings I especially remember and, of course, when my mum died, these thoughts would reverberate in my mind and being older and having had that personal experience, I once again tried to