



The Voice Box

Seeking to Establish Knowledge and Understanding

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Interview with Robert Goodwin

Trance Medium and Demonstrator to White Feather

(I was very pleased when Robert agreed to this Interview which for reasons of our own making was conducted over the internet. The question in black script where my first questions, the questions in blue script where my questions resulting from the first set of answers).

Robert Goodwin; aged 53 and born in Birmingham on 19th June 1954

General Questions:

Q1: What do you do for a living? –

I am a graphic designer and print consultant

Q1a: What does this entail?

Designing and printing brochures, leaflets and books

Q2: I would like you to tell me a bit about yourself, your life before this.

I am an only child and my parents, for whom I have nothing but the highest regard and deepest love, have always been a tremendous influence in my life. From an early age I knew I was 'different' to others around me but never understood why. It was only when I started to develop and was able to look back on events that happened to me as a child that I realised their purpose. I was married at 23 and we had a daughter 'Nicki' who is now 29. My first wife and I split up in 1991 and I lived with another lady for several years before meeting my now wife Amanda. We married in 2003. I have always worked, since leaving school, in printing except for a brief spell when I qualified to be a hypnotherapist and did this full time for two years.

Q3: Do you have any things that you like to do other than mediumship, hobbies etc?

Yes, I love music and sport (especially football) and I am an avid Aston Villa supporter. I play keyboard and guitar, although not to any great level and often go to concerts and the theatre. My favourite band is 'Yes' and the American jazz guitarist Pat Metheny. Both of these have a

spiritual quality to their music that moves me deeply. I also like reading (philosophy in particular) and I am drawn to nature, gardening and also DIY!

Q4. Any real dislikes, things that annoy or wind your up?

I try to remain calmer these days, but like anyone I do get wound up from time to time. I cannot abide manipulation in any guise – whether political or on a personal level. The lies and spin that we are told to believe is the ‘truth’ annoys me because I can see right through it and I want to shake people from their slumber and say ‘Wake up – can’t you see what is going on right beneath your very nose!’ My wife says I should be on ‘Grumpy Old Men’ sometimes, because I am impatient! Well, maybe I am at times, but I can’t stand injustice, waiting in unnecessary queues and putting up with poor service and treatment. One of my pet hates is having to phone a company and going through their automated system before being put on hold and then transferred to someone in another country who can’t understand the language!

Q5: Do you have any favourite music?

Anything by Yes, Pat Metheny, Genesis, ELP, Mahavishnu Orchestra. I like any music with emotion involved. Music is such a powerful tool to reach people. It can sometimes move me more than words.

Q6: What do you do in your spare time?

I read a lot, also listen to music or play music. I enjoy gardening, DIY and just pottering about.

Q7: Is there anything in particular that you might say helped towards shaping your character.

There have been several people who have helped shape my character and played a big influence in my life: my parents, who have been magnificent to me and taught me so much about selflessness and love and also my first ‘boss’ in the printing industry Ron Tongue (who has passed now) a wise soul! Finally two fine souls (now passed) who helped me along my spiritual path – my mentor Arthur Phelps who was himself a trance medium and a true thinker - wonderful medium from the ‘old school’ – a no nonsense, disciplinarian. He taught me so much about mediumship and the spirit world. Also, Larry Brassington, who sat in the development circle in which I unfolded my mediumship. Larry was a truly spiritual man and a dear friend who suffered greatly in life but was always true to his vocation.

Q8: I like to finish this section with a funny story. Do you have one in particular that stands out in your mind that you wouldn’t mind sharing?

I often give messages to people from loved ones who have passed, but I remember once giving a lady a message from the platform about her dog in the spirit world. I know that all communication is through thought, so I guess animals are no different from humans, but on this occasion I was aware that I was in actual direct communication with the dog. I found myself saying...’and he’s saying to me that he’s always around you...’ and I had to explain that the dog was not talking to me in dog language but through thought, probably with the help of my guides, to transmit the message, Not only this, but the animal seemed to have a sense of humour, conveying

to me that whilst alive on earth he was not allowed to get up onto the bed, but that now he could and no one could stop him! Wonderful message really – proving that animals too, continue in the afterlife. There were very few dry eyes that evening I can tell you.

Spiritual Side of Things Now:

Q1: Have you seen spirit from Childhood, or has it only been through your development? If not what fired your interest?

No, not from childhood. I was always a loner as a kid, happy with my own company and I always had 'imaginary' characters that I played with but as a child, up until my teens I suffered greatly through my own mental states of anxiety. I was a hypochondriac and my own mind produced many physical symptoms that made me even more of a chronic worrier. They say that all mediums suffer, and this was my torment. What fired my interest was that when I was seventeen I had healing from a spiritual healer who was over from Canada and visiting my grandmother, who had herself been bedridden for many years with a weak heart and only half of one lung. My parents said to me 'why don't you go around to your grandmother's house Rob and let this man give you some healing too?' The very thought terrified me as my mind immediately raced to the conclusion that this chap (Colin Turner) would take one look at me and say 'sorry son, you've only got a few months to live!' Yet, go I did and the healing that came through his hands was nothing short of awesome. I left my body and floated upwards and the power came through his hands. It totally transformed me and I realised from that moment that there was something more than this material life, I wrote to him after he returned to Canada and to my surprise he wrote back saying that I too was a medium and had much work to do. I was amazed at being told this, but delighted also. From that moment, I attended my local spiritualist church regularly and every week I would get messages from different mediums. Spirit were telling me that I had work to do and after one Sunday service Arthur Phelps invited me to join his development group and the rest is history!

Q1a: Seems you had a problem as a youth with the hypochondria, but what do you think caused it? Some say it is a symptom of attention seeking?

It certainly wasn't attention seeking. As an only child I had plenty of attention. No, I think it was part genetic and part spiritual. What I mean by that, is that my mother suffered with her 'nerves' and I think I've inherited some of that. I remember her suffering badly with severe pains in her body, to the point where she was quite poorly and the doctors could do nothing for her. My grandmother wrote to the great healer Harry Edwards and from that moment she began to improve and was eventually healed. It turned out that the problem was psycho-somatic (created by the mind). Secondly, by 'spiritual' I mean that I believe that my early mental suffering was part of my life plan, because it opened up my sensitivity and taught me compassion towards others. When my time came to open up spiritually, I yielded gladly to the healing and opened up like a flower to the spirit world. I had, through my suffering, been prepared for the work to come. You find this same scenario so often with mediums.

Q1b: How old were you when you stopped seeing your imaginary friends, who probably were not imaginary at all?

I guess I stopped seeing imaginary friends when I began to really develop my gifts as a medium.

Q2: How long have you been a practising Medium?

I took my first public service in 1979, so almost 29 years.

Q3: You went down the physical mediumship pathway for a short while, what changed you back to Trance work?

I have always been attracted to the physical side of mediumship, but the spirit world told me that the philosophical teachings imparted through me by White Feather was my main work in this lifetime. They very cleverly gave a message through me one evening in Latin, which I hadn't a clue about. One of the sitters said to me 'that means....'unsuitable person'. There was my answer – the guides had told me that physical mediumship was not right for me this time around. Having said that, I do still get some physical phenomena that occur from time to time. I think they like to let me know they are around!

Q4: At what point did White Feather make his presence known to you? Did he always intend you to do trance demonstrations or was this a joint decision? Maybe just a progression of your normal spiritual work?

I guess it was always intended that I do trance demonstrations and it was a natural evolution for me to do this. White Feather first made his presence known to me after about 18 months of sitting in the development group. He didn't however; reveal his identity until several years after he had begun speaking through me, which is why I always emphasise to people that the identity of their guides is less important than the quality of what they impart. People always want to know which guides are with them! It is much better to concentrate on development and let the guides reveal themselves when they are ready. In this way, guide worship can be avoided and development can take place unimpeded.

Q4a: Do you not think then, that people should get to know who they are working with? (Personally I am a great believer that people should get to know their guides, this would surely give them not only a better understanding of that guide, but more of a personal link. I don't see it as a case of 'guide worship', although I can see that is possible in some cases?)

When guides begin working with a medium the medium DOES get to know them in the sense that they feel their signature each time they connect. I 'knew' White Feather for many years without being aware of his name, because I sensed his unique signature and presence each time he linked. I knew I was safe and that he spoke the truth. I never doubted this for one moment. Remember that 'like attracts like' – if a person sits with only the highest intent and motive, then the law operates in such a way that they will only, CAN only draw like souls to them. The guides know best and if it is helpful to reveal more about

their identity, they will do so, without prompting. They would not be with you, were they not trustworthy. Only those who dabble in areas they know nothing about or whose motives are impure in some way will draw lower minds. To those wanting to know the identity of their helpers I would say, OK, ask, but don't be in a hurry. You may have to wait for the answer, but it will come when the guide knows that you are strong enough to deal with it.

Q5: Do you enjoy platform work or would you prefer to just concentrate on White Feather's trance demonstrations?

I like to do both although I do consider the trance work as my main strength. Sometimes, people who see me work as a trance medium forget or don't realise that I am also clairvoyant and clairaudient and that I actually undertake more spiritualist services than I do trance evenings during the course of a year.

Q5a: (I never asked but meant to) what about healing, have you ever or do you work in a healing capacity at all? If not have you ever considered it?

I have done healing, distant and contact, and still do from time to time, but I know that it is not my main work. I feel great compassion for those who are suffering, but I am not drawn to healing as much as I am to teaching. There are far better healing channels around than me. My mother for example, is now a wonderful, wonderful healing channel. Her work is unseen by many, yet she is one of the most powerful healing mediums I have ever encountered. I could not do what she does.

Q6: I am asking for an opinion here. Based on what we know about all mediumship to-day, but specifically physical mediumship, and the way that it used to be at the turn of the 19th/20th century, do you think that it will ever get back to even a fraction of what it was like for our pioneers?

I have grave doubts that it will ever return to those levels and quality due to the structure of society today and the many impositions upon our time. People just don't seem to have the necessary discipline and commitment to develop physical mediumship properly. What I think is more likely is that proof will come through other, more relevant ways – through the use of electronic media like TV's, computers and other devices whose energies can be manipulated by the spirit helpers. White Feather has said that much work is being done in the realms of EVP and Instrumental Trans-Communication (ITC) and that spirit scientists are working towards a TV like device that will allow people on earth to 'see' their loved one's in spirit. The problem with this though, is that there are many people on earth who have a vested interest in ensuring that this knowledge does not become widely accessible. Think of the implications for science, mainstream religion and political ends! The truth will prevail of course, but it may not be in our lifetime on earth.

Q6a: What about mental mediumship, do you not think that the quality of mediumship in the one field that goes out to the public on a daily basis has deteriorated considerably over the past 10 years or so?

I believe it has. I don't get to see many mediums work these days because I am usually out working myself, but from what I hear and sense, it seems that the quality of

mediumship has declined. It seems to be more on the psychic level than the spiritual level. People should realise that you can give psychic messages without ever touching the spirit world. These types of messages may sound good on the surface level, but they will always lack any real substance. I always try to give proof of survival through relaying evidence from the spirit communicator. It is never enough just to say 'I have your mother here....' Without backing it up with facts that only the recipient of the message would know. We have to try and get back to the days where mediumship was more highly regarded and the communications were more evidential. I have seen some wonderful demonstrations over the years, but also some that made me cringe.

Moving in and out of the Trance State:

Q1: Can you describe the feelings you get when moving into the trance state? What exactly happens when you slip away so to speak?

It's always difficult to define attunement - its like saying 'can you describe what happens when you go to sleep each night' – you do it, but you don't know how it happens. For me, it is a surrender of my consciousness and whenever White Feather links I begin by being aware of the thought flow of what he wishes to impart. This, coupled with an intense feeling of love towards all present, pervades my consciousness and the 'me' that I know dissolves away to be replaced by the thoughts and control of the guide. Where I go to I have no idea. My consciousness seems to be placed to one side as I am taken over by my spirit control. I could best sum it up as a 'joyful surrender'.

Q2: When you are away and in your trance state, are you aware of anything that happens or what White Feather talks about?

At the time yes. Because the guide is using my ears, my voice box, my mouth, my hands and my brain. I am aware of sounds – acutely so, as well as the questions that are asked and the responses given. I have no control over the answers though; they just emerge spontaneously and are spoken through me without any hesitation or thought on my part.

Q2a: If you are aware of what is being asked and the answers given; how can you be sure that the answer is from White Feather and not influenced by your own mind or will?

Because the answers flow into my mind often before the question has been asked and are given in such a fluent way with language that is quite frankly, beyond me, that there is never any question that is may be from my own unconscious mind. I've no doubt there may be some colouration – this is normal, but I hope that for the most part this is kept to a minimum. If I ever thought that I was misleading people or cheating in any way, I would give it all up tomorrow. I would always ask others to make up their own minds as to whether they think the quality, authenticity and spiritual content of what comes through me is worthy of a higher mind than mine. I believe it is and I know from experience that White Feather has a way of speaking that is far more eloquent than anything I can offer. His speed of thought

and response are truly astounding and I would be completely at a loss to even attempt to answer questions in the way and the time frame that he always does, without fail.

(Note from fb: Having seen White Feather working through Robert on many occasions, and I am sure that others who have seen them work also, will fully agree with everything that Robert has said here).

Q3: When you return from the Trance State, how do you feel both physically and mentally?

Tired physically, but elated mentally. I have little recollection of what has been said, but I do remember some things especially if I am reminded of what the guide imparted during the session. Even this however, is fragmented.

Q4: If you do have any feelings, how long do they last after your session?

Depends how long it takes for me to have a cup of tea and a few chocolate biscuits! Usually, I am back to 'normal' within fifteen minutes, but the tiredness can last until the following day. I normally sleep soundly after a demonstration.

Q5: Has it ever affected your physical health in any way?

I'm not sure. I do suffer at times with low blood sugar and I also have high blood pressure that is under control. White Feather has warned that this type of mediumship can lead to diabetes later in life as the endocrine system is utilised but I am careful and aware of looking after myself. I know that Gordon (Higginson) who was a wonderful physical medium developed diabetes.

Q6: Are there any real pitfalls to working in Trance?

Mainly those mentioned above and of course the most obvious one of being accidentally touched by someone whilst in a trance state. You should NEVER touch an entranced medium unless invited to by the spirit control as this can result in a kind of psychic shock that can be extremely unpleasant to the medium. I have witnessed this and it is not nice at all. Also, as sound and light are amplified during a trance state, loud noises and bright lights can be painful to the medium and should be minimised or avoided. As to taking precautions, as long as the motive to serve is of the highest and the individual is essentially a good person who doesn't dabble in the lower material elements, this provides its own protection. Although I 'open up' and 'close down' before and after working and always ask my guides that only the truth shall come through me I don't think I've ever opened or closed a chakra in my life!

Other Questions:

Q1: Again this is asking for an opinion. Do you think that spirit will work with anyone who is willing, irrespective of what type of life they lead be it good or bad as long they are able to get the desired message across?

If someone is mediumistic, that is to say they have the required physiological/emotional/mental/spiritual make up, then, they are more likely to be able to develop as a medium and be used by the spirit world. People whose make up is not suited, whoever good they are and however much they try to develop, will not be able to be used in the same way. They can still serve and develop spiritually, but they will not be mediums in the true sense of the word. It has been said that 'mediums are born, not created' and there is a lot of sense in that. However, mediums are not saints and even though they are used by the spirit world, they are only human and through their earthly personalities, make mistakes. In my view, the spirit world are prepared to overlook these so long as the medium does not deliberately harm others or engage in activity that precludes good attunement. For example, if a medium were to deliberately murder someone, their gifts would no longer be utilised by the spirit helpers – they would withdraw their service. So in this sense, there are limits and it is always important that mediums give of their best and try to live good, honest lives of service. If their standards drop, the quality of mediumship inevitably suffers.

Q1a: As a follow on and a contradiction of the previous question: Why is it that spirit will only work with some people in specific ways and some not at all?

I think it depends upon an individual's constitution. Mediums are usually born into a hereditary line. You will find that with any true medium, there is a family history somewhere of mediumship, even if it lies generations back. The genetic make up has to play a part and any incoming soul who has work to do as a medium will always be born into a family that has previous history of mediumship and whose DNA and genetic line lends itself to the sensitivity required to join two world together. As to the nature of the mediumship, again, it depends on how the gifts can be utilised. In my own instance I started out wanting to become a healer, but obviously the spirit world had other ideas for me because my make up lends itself to trance.

Q2: Is there any medium that has impressed you more than others?

My own mentor Arthur Phelps made a big impression on me. In more recent times I have seen and worked alongside many mediums, some 'famous' and some unknown. Each had or has their own qualities, of all those I've known I would rate Albert Best, Gordon Higginson and Ursula Roberts amongst the best. One of the biggest influences recently has been Eckhart Tolle, who is a teacher but not necessarily a medium. I think he is streets ahead of most teachers of his ilk and I would recommend his work to anyone seeking enlightenment.

Q2a: Did you see them as a role model?

Not strictly as role models. We are influenced by many people and many things. I class them as influences more than role models. The nearest to a role model as a medium, for me, would be Arthur Phelps, a man who lived and breathed his mediumship.

Q3: Is there any particular thing or direction that you might like to experience with your mediumship before you finish?

I think my own work and role in this life is pretty well set. We've just published our fifth White Feather book and also a DVD, which is something that I wanted to achieve and I feel a great sense of accomplishment with the conclusion of these projects. I see my role as being one of reaching people and the internet has also helped me do this. I have no desire for fame, but if I can reach even more people in the time I have left here I'd be happy. I'd also like to experience sitting in a physical circle and being on the receiving end of a spiritual communication at some point. I'd love to witness a full materialisation or to see some of my loved ones' who have passed come through as materialised forms. Perhaps I will one day.

Q4: You used to run a development class; do you think that you will ever return to this type of work?

Perhaps, I still sit in a small group, but it is not strictly a development group in the classic sense that I am used to. Part of me misses working in this way, but maybe I will return to this again if it is meant to be.

Q5: In conclusion, is there anything in particular that you would like to say to our readers, perhaps a message or something, advice etc.

The best advice I would give to any aspiring mediums and working mediums for that matter, is to remain humble and dedicated to your work. There is no such thing as a 'developed' medium. We never stop learning as people and as instruments for the highest power known to man. I dislike hearing terms such as 'international medium' or other such phrases. There are so many egos within spiritualism and these people would do well to remember that without their helpers and guides, they have no gift. I have never sought qualifications or letters after my name, because these only signify that a particular course has been followed and an agreed 'standard' has been reached. This is OK to a point and standards of mediumship have to be maintained, but qualifications do not make a good medium. Mediumship is a natural ability that if developed naturally, as God intended, can yield wonderful fruits that benefit all. As mediums and people we have to transcend the ego and never lose sight of what we came here for – to learn and to SERVE.

We live in troubled times where the very foundations of society and all that we value are being challenged. At this time, the light and truth are needed to balance the negativity to which we are being exposed. We all, everyone of us, can play an important role in helping to reveal the way forward and let people know that this material world of form is one huge illusion. As White Feather says, if we can each touch but one soul, we have served our purpose. Do your best, give of yourselves freely and seek to serve always with love – nothing more can be asked of you.

Thank you for this opportunity to give my views. I hope that what I have written here is of help to those upon the pathway.