

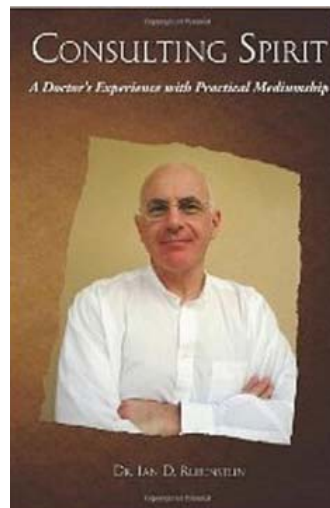
Consulting Spirit—A Doctor’s Experience with Practical Mediumship by Ian D. Rubenstein. Anomalist Books, 2011. 280 pp. (paperback). \$15.95. ISBN 9781933665559.

A British general practitioner has written a book about his sortie into the world of spirits (known to the initiates as “spirit”), mediums, telepathy, psychic circles, ghosts and poltergeists, and all manner of matter that cannot be touched but only felt. A concatenation of coincidences nudges him gradually until his life becomes a tableau where the supernatural has become natural, yet business as usual is still transacted.

These are not quite C. J. Jung’s “meaningful coincidences,” which were structured through a parallel world of archetypes, a collective unconscious, and a subtle universal order, although there are similarities. Dr. Rubenstein’s happenstances, such as two teenagers trying to steal his car and all that ensues, are rather described as impish intrusions from the spirit world: spirit guides and dead relatives trying to get his attention.

And get it they do. By the book’s end, the doctor is a competent medium, and has added spirit contact to his armamentarium for grief-counseling selected patients. He is aware that many people are not receptive to the paranormal, but is surprised at how many of his patients are accepting, particularly when they know their doctor is.

This I can relate to, as I am a practicing family doctor (GP, general practitioner) with some interest in the paranormal. My medical practice, like Dr. Rubenstein’s, is quite conventional. I wrote a book in 2006 (Bobrow 2006) about paranormal phenomena in medicine, and although I never routinely mentioned this to my patients, some found out about it. Those who mentioned it to me were quite accepting of such events, and, for many, their lives and health were affected by these events, often adversely. I found it satisfying to be able to counsel an occasional patient that a “near death” type experience can occur in 10% of the population and doesn’t represent psychosis, or to work with a diabetic woman who admitted to multiple personality disorder and whose sugar I could never control because, it turned out, most of her alter personalities



were “not diabetic.” But while I became a better listener, Dr. Rubenstein became a participant, consulting with spirit for at least some of his patients. I get the impression that his is still a conventional medical practice but that the skills he developed as a medium are put into use occasionally.

Consulting Spirit—A Doctor’s Experience with Practical Mediumship describes, in easily readable prose, an unwitting journey from the humdrum to the bizarre. The book is broken into many short chapters and can be read comfortably and quickly. Despite his naïveté and skepticism at the book’s beginning, Dr. Rubenstein does describe an experience during his teenage years which turns out to be a forerunner of things to come. It’s a bit like discovery favoring the prepared mind. Healthcare practitioners might have some interest in this book. Those who practice mediumship would probably find it even more interesting. Try it.

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Reference

Bobrow, R. S. (2006). *The Witch in the Waiting Room: A Physician Investigates Paranormal Phenomena in Medicine*. New York: Thunder’s Mouth Press.