

Workbook

# *Spiritual Paths (Missionary)*

## *Ministry Course Section One*

Originated from Spiritual Helpers Church teachings  
founded April 16, 1954, by Rev. Harriet Rae Smiley  
Adopted and enlarged for Mission: Aquarius, Inc.  
founded January 15, 1979

**By  
Marilyn J. Muir**



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## *Ministry Course Section One*

**Marilyn J. Muir**

**Published by: Marilyn J. Muir**

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# Dedication

My work is dedicated to my personal giants, upon whose shoulders I stand:

Margaret Baker, Teacher

Rev. Pearl Fernandez

Rev. Kathryn (Roz) Hall

Rev. Harriett Smiley

Rev. Kay Stillman

Rev. Pearl van Aalst

Thank you to the authors of numerous books who have helped me learn my craft.

Thank you to my students who helped me perfect my craft through workshops and living examples, and through thousands of provocative questions.

Thank you to my children: Lyndy, Jim, Rob and Lauri who have become my greatest teachers, and who have gifted me with their spouses and their children as my newest cadre of teachers.

Thank you to those who have encouraged, read, re-read, advised, edited, and otherwise assisted me in the production of this book, most recently my website partners: Debra Sheahan and Kishore Kattamuri.

Note: The narrative for each workshop briefly describes the material being taught. The classes were quite small, usually seven students (not an intentional choice, just usual). Seven is a spiritual number. Each class usually began with clearing up any questions from the prior lesson. The course subject material required lots of student participation, discussion, and questioning, which occupied much of the two-hour class time available. Such open-ended discussion did not easily translate to material for the written narrative.

# Spiritual Paths (Missionary)

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# Introduction

This Ministry course is was taught in three sections:

- ✓ Spiritual Paths (Missionary) – eleven weeks,
- ✓ Healing – eleven weeks, and
- ✓ Ministry -twenty-two weeks

Our live classes were done in this fashion:

- ✓ eleven weeks, certification and two-week break,
- ✓ eleven weeks, certification and two-week break,
- ✓ twenty-two weeks (with a needed two-week break in the middle) and
- ✓ ordination.

This whole course took a year from beginning to end. There were two hours per week of live teaching, with homework for each class. Each level (Spiritual Paths and Healing) had a certification or ordination ceremony with a completion card and certificate. The Ministry classes concluded with full Ministerial ordination, certificate and card.

I, Marilyn Muir, author of this specific work, took the original classes from Rev. Harriet Rae Smiley who had founded Spiritual Helpers Church decades earlier. As Harriet approached retirement, she had looked for a student to pass on the teachings and chose me. When Harriet retired (around 1984), her existing ministers were grandfathered into Mission: Aquarius, Inc., which was the church I founded in 1979. After many years, I retired. Mission: Aquarius, Inc. was terminated in 2004. Many of the ministers (including me) continued their ministries under the worldwide Universal Brotherhood Movement, originally founded by my personal friends Rick and Gen-I Prigmore. The original courses, however, were the product of whatever and whomever Harriet studied with – and I built on their work. I do not know the whole history of the original material, but did adopt and adapt the teachings and taught them for over twenty years to many students and about sixty ministers, adding my own contribution to the material.

I want to pay homage to Harriett and her contribution to my own understanding and spiritual growth. Harriet was born April 1, 1900. At age five, her mother put her in front of a congregation and told her Spirit was going to talk to her and she was going to tell the congregation what Spirit said.

Harriet studied and learned through the material available in the early 1900s. An original copy of one source was given to me by Harriet and I still have the two notebooks. One is titled: *“Pastoral Theology of the Culturist College of Science and Philosophy, A Survey Course in Theology and Comparative Religions”*, Los Angeles, CA, accompanied by a

similar-appearing brief study on Astrology. I honor my teacher and spiritual advisor and want to be sure she and her antecedents get full credit for their work and contribution to my spiritual growth. These forebearers are the giants upon whose shoulders their students, including me, stand.

Since these courses that I developed were the only spiritual ministry courses I have ever encountered, I thought they might be useful to other ministers who have been ordained without the benefit of actual training. Because the hopeful ministers were spiritually seeking, many Spiritualist groups considered their prior training and sincerity as valuable. But many were ordained without specific regimented training. Early on in my personal ministry, this knowledge impasse sent many previously ordained Ministers to my door seeking assistance with their ministries. Those Ministers ordained through both Spiritual Helpers Church and Mission: Aquarius, Inc. were required to do the whole study, homework and practice sessions to qualify for ordination, which had necessarily expanded through time and spiritual development. Each graduate Spiritual Paths (Missionary) / Healer / Minister, old and new, were a blessing to our little church in Fort Lauderdale, FL.

### **Spiritual Paths (Missionary) Level 1 – eleven weeks**

This course prepared the student with

- ✓ a basic understanding of the ordaining organization's religious principles,
- ✓ the importance of stressing our spirituality rather than a rigid set of religious rules and regulations,
- ✓ techniques for dealing with people,
- ✓ improving your relating skills,
- ✓ as well as counseling and teaching Spiritualism and Metaphysics.

The emphasis was not on teaching the student how to repeat many areas he / she may have already studied, but rather how to reach, teach and develop others. This section was also adopted in part as our very basic class in Psychic / Spiritual Development. Homework was written. Certification.

### **Healing Level 2 – eleven weeks**

This course covered the basics and principles of healing. First a groundwork was laid to understand healing in general, and then we explored various methods or techniques of healing. This material did change over the intervening years as the field grew in the developing health field. Much emphasis was placed on participation of the students. Their practice people were their classmates. The purpose of this class was to provide the student with an in-depth understanding of healing so that the Minister-to-be was prepared to teach or practice. Actual healing techniques were simple to provide opportunities to see specifically how healing worked. Homework was both written and experiment / experience. Certification.

### Ministerial Level 3 – twenty-two weeks (eleven weeks, two-week break, eleven weeks)

This course was built on the groundwork laid by the Spiritual Paths (Missionary) and Healing level classes. This course was designed to prepare the student to be a Minister and to perform all ministerial duties. Each class included a section on Metaphysics, Psychology, Comparative Religions, Ceremonies, and more, with sharing of a variety of metaphysical meditations by students. Each class lesson was based on a shared meditation principle with in-class individual contributions. Twenty-two different meditation seed thoughts were used to acquaint the student with various subjects and forms of meditation.

Homework for the first ten ministerial weeks consisted of direct questions and a specific meditative principle. Homework for the last twelve weeks consisted of a specific meditative principle and a relatively short, personal dissertation (fledgling sermon) on specified subjects.

- ✓ The purpose was to first allow the student time to develop the ability to prepare a talk on a seed thought to present to others verbally or in a teaching format.
- ✓ The meditative principles were shared aloud to help each student with the possibility of stage fright and to help the student develop a personal ease of presentation. How? The students practiced their speaking ability in a controlled and safe classroom atmosphere.
- ✓ As appropriate, suggestions were thereafter given for speaking creatively and interestingly (such as, “reading from a prepared script does not serve the learning process” and was advised against as spontaneity was encouraged).

During live classes, crib notes were provided, note taking was encouraged, and classes were audio taped. If a student missed a class, they were required to obtain copies of the tapes and written material and get the work done, preferably prior to the next class. Each subject needed time to develop what was being taught, plus keeping up with the class was important. It was not possible to continually answer questions about material which had not been studied by one individual. Also, extensive questioning on material already covered was not fair to the rest of the class. The students were allowed to borrow or purchase the audio tapes. That is no longer possible, but newer methods of preserving and distributing the information as needed would have to be determined. These workbooks are formatted to allow for making marginal notes. Please note that much of this material was expanded and developed during each two-hour class. Even the relatively short lessons took time to take shape.

*This course is a reconstruction of prior teachings. Certification is not available currently.*



# Exploring Our Spiritual Gifts

Suggestions for Development  
Spiritual Mission  
Prayers for Development  
Denials  
Let Your Light Shine  
Charity Mirrors Calmness  
Seven Promises, Bible References  
Spiritualism Bible References  
The Bible and the Occult

Before you start your meditation and study period for this class, take three slow, deep breaths and repeat the following:

*“I will in God, I shall in Christ, I am going to through my faith in the Holy Spirit,  
take from Thee a part of Your divine powers and wisdom,  
for my unfoldment and development, to do thy bidding,  
if it be Thy will, and to Thee I give thanks, Amen.”*

All of man’s religious belief systems are similar at their cores. Cultural experiences and evolution, environmental conditions, plus intrusion by outside cultures reshaped and sometimes masked those spiritual cores. Over the centuries, shaped by evolutionary and cultural changes, our more current belief systems came into being. As members of the occidental or western culture, we have developed from the influence of the religious themes arising from the “Fertile Crescent” of ancient Mesopotamia / Chaldea. From that ancient region stemmed many offshoots, of which the Judaic-Christian and the Islamic belief systems are currently the most well-known. In the western hemisphere, the Judaic-Christian belief had the most widespread influence.

Perhaps we were raised in this type of family, and therefore have been subliminally conditioned at the core of our personal belief system. Perhaps we were raised in another belief system altogether, or in no particular system. In those instances, we would still be strongly influenced by living in a society that has a common belief. Moral issues and opinions that shape any society’s rules and structure stem from the prevailing belief system of that culture.

These beliefs, which started as collective personal opinions, become a code for behavior and a basis for judgment within those societies. As those beliefs and behaviors become codified, they were first orally transmitted, teacher to student, believer to novice. Needless to say, we are all aware of the natural changes that take place as a narrative is repeated. It is shaped and reshaped from teacher to student:

- ✓ by depth of understanding and awareness of both the teacher and the student,
- ✓ by choice of words and nuances of speech,
- ✓ by editing, enlarging or removal due to personal opinion,
- ✓ and by changes in context as society and its needs change beyond the original context, such as translation between languages.
- ✓ Also, suppression in part or repression of all principles by outside authority, may occasionally necessitate a revision or a removal of an offending passage or drive its practitioners into secrecy.

If the belief survives these initial stages, it could eventually come to be put into writing, and then known as the “Holy Book” for that particular religion. Since that “Holy Book” becomes revered as absolute, immutable, and dictated by God as TRUTH, that belief allows for no other “Holy Book” to either be in existence or to be valid. The Judaic Old Testament was known as the Torah. Along came the Christians, offshoots of the Judaic and the Greek cultures, and they added their new dispensation of Divine Truth calling it the New Testament. They united it with the existing Torah. As a Holy Book the product is called the Bible from the Greek word *biblios*, simply meaning “a book”.

This is the traditional Holy Book of western civilization, that which has shaped and molded our culture for millennia. For the purpose of this study, we will use the Bible as our base of reference. We must recognize other cultures have Holy Books equally revered and zealously guarded and followed. It is possible that we, ourselves, may or may not follow the precepts of this particular Holy Book or belief system. We live in a society that will expect us to perform our religion and to practice our spirituality following the prevailing natural cultural precepts. Despite such differences in beliefs, as a Minister, you may be expected to speak and reason in each society’s acceptable terms. You, as a developing Spiritualist Minister, must be open and ready to meet and assist those who seek spiritual assistance, whether that is similar to yours or of their personal faith or belief systems.

We also recognize that the Bible is subject to interpretation and shall keep our minds open to that fact. In addition, we should recognize that the translations from language to language could have produced error or deliberate alteration. We further recognize that parts of the Bible have been removed by people who believed it necessary, such as the Council of Nicaea in 351 A.D., which was influenced by King Constantine. My understanding of the story is that he locked the clerics and knowledgeable believers in a room and refused exit to them until they agreed. Some won, some lost. That became what we term “the Bible”. Know that by those alterations and removals, meanings may have been changed or lost. Know further that colloquialisms and idioms of speech are part of any culture and any writing that stems from that culture. Those idioms of thought or speech may distort our interpretation and understanding. What had relevance and meaning several thousand years ago may not be useful or appropriate to today’s world. An example of an idiom of speech would be if I declared, “I jumped ten feet”. This is not a literal statement. In actuality, I was simply making a remark about being startled, a current idiom of speech. Several centuries later such a quote might be interpreted as literal. I then could have performed what could be thought of as a “miracle.”

In this course, we will explore our personal Spirituality usually called *religion*. Religion is a codified set of collective beliefs. They are the form, not the essence. When we “walk our talk”, are what we say we are, act from our inner self in love and compassion, we are exercising our Spirituality. That is a far cry from the formalized religious belief systems in play today.

We will also seek to recognize our Spiritual Mission (life aim or goal), and our personal gifts from Spirit. Spiritual gifts are inherent in all. Some are born artistically creative and some must develop the skill through technique and practice. We will consciously open our minds and our hearts to explore our own Spiritual potential. Our motivation will always be our increased Spiritual awareness, recognizing the difference between Spirituality and Religion. We will keep our gaze and our hearts on our personal Spiritual progress and try always to be careful of the ego and glamour traps of the psychic realms. We will do our best to “walk our talk”.

As we grow in consciousness and awareness, we become increasingly responsible for our thoughts and actions. We are working through our own patterns towards a clarity of being. It is very easy to become judgmental of the awareness and progress of another. We will seek to remember that every person is exactly where they need to be in terms of their own

development and experience, and not judge their emerging Spirituality through the clouded lens of our own. The Bible says do not try to “remove the *speck* from your brother’s eye without first removing the *beam* from your own”.

As we evolve, we must first work on ourselves. Often this self-search and emphasis on personal evolution is misunderstood as selfish and self-indulgent. It really is a necessary step in our personal growth. At some point in this growing process, we will naturally reach out (in service and not judgment) a helping hand to our brothers and sisters. Remember, our desire is to play a constructive part in God’s Plan for the evolution of our Earth and the race of man, as well as the Cosmos.

Seek guidance and inspiration from the masters, teachers or guides that know and serve God’s plan. These highly evolved beings do not seek our worship or deification. We respect and revere them and their contributions to us all, but we save our worship and our deification for the Creator, God. Know that as we aspire to develop the Christ Consciousness within ourselves (the highest manifestation of God possible on this earthly level), we seek to serve that same Christ. Know also that the *Christos* is a Greek concept, not a Judaic last name. Spiritual masters incarnate to show us a better way, the next step in our developing Spirituality. Our mission or path is to connect with our Source, the Creator.

## Spiritual Mission

Our Spiritual Mission in life is to lift ourselves into our Higher Selves and to share what we are becoming; to teach, to inspire, and to open the Path for others whenever we are able. As we reach, we will open new vistas and recognize that our Paths always leads us to new dimensions of *ourselves*. We base our work in the sure foundation of God, standing squarely in the light, no matter what seeks to divert us from our growth. Our Spiritual Gifts, as they unfold, help us to understand our current levels of awareness and prepare us for the steps ahead of us. Sharing with others will become our pleasure as well as our service.

Whenever we seek to physically or psychologically better ourselves and our lives, we must maintain our attention to our goal and be willing to contribute something of ourselves in the form of time, attention or energy to achieve that betterment. Since we are able to see, touch, hear, smell, taste or experience material achievements, that is not difficult. Attention and commitment to the more psychological and non-physical can initially be vague.



Spiritual development requires personal contribution. We must keep our focus on our spiritual goal, (and, again) we must contribute ourselves in the form of time, attention or energy to develop ourselves Spiritually. However, since we are dealing with the world of the intangible, where results may be invisible and abstract, it is not as easy to maintain that focus and commitment. We require some Spiritual discipline. Those who have preceded us along this path have offered the guidelines they believe will contribute to your progress.

When I took this class from Rev. Harriet Smiley in 1975, I did not understand the value of spiritual discipline exercises. They became immensely valuable to my growth and, in turn, the growth of my students. In that light, the following guidelines as were given to me are given as your spiritual discipline exercises. These exercises are to be followed during this series of classes.

It is important to your progress in this class that you develop your own thoughts, attitudes and opinions, uncontaminated by outside opinion, including my own. It will be my goal to give you thought-provoking information, without telling you what or how to think. We want you to examine yourself and your beliefs. Our group, in which I am included, does *not* wish to influence or spoon-feed your personal beliefs. Society, in general, and formalized religion already does that quite nicely. What we *do* wish is to create an atmosphere which causes you *TO* think, as free as possible of outside influence. Therefore, for these first eleven lessons, keep your class material private from those outside your classroom.

There are teaching exercises which may require involvement of others. Remember that your role is to teach and to experience your own teaching, but do not take it any farther at this point. Any feedback from a student on the subject of the experience should enhance your grasp of the subject and the material. It should *not* be allowed to condition your thoughts or your beliefs. Each should be an individual experience, particularly when informative.

Physical handling of your study sheets by others imparts a material influence (Psychometry). You will notice Tarot readers, Crystal Ball Scryers and some Healers may be hesitant about others touching or handling their items for that reason. That is personal choice. For this set of classes, *let no one else* handle your lesson sheets while you are studying. Once we have completed this section, you will be free to share and to teach, and to allow others to physically touch your personal study sheets.

While I (Marilyn) was the only person who could teach this course for church ordination, I had learned and borrowed freely from other teachers during my progress – as they have learned and borrowed from others and

as we all do in our learning processes. This material as a total was the ministerial course for our church and therefore belongs to the church. This material is not outright copyrighted, but is offered under a “creative commons license”, This is not to stop others from using the material itself, but to allow us the continual use of the form of teaching developed. It was my understanding that if someone else copyrighted MY work, I might be prohibited from either using or benefitting from it. Verbatim or copycat use of anything is called plagiarism. You are free to adapt whatever parts of this course are useful to you and include it with your own experience for the purpose of learning and sharing. You may NOT imply that you can give church credentials for Mission: Aquarius, Inc. (which is now defunct). Personal remuneration for a graduate’s service did not constitute payment to the church itself.

Following is a set of prayers to be used daily. The choice of words may not be to your liking. Know that it is not the exact words (the law) that are important, as in the instance of a mantra or a ritual. It is the thought (intent) behind the words (the Spiritual) that is most important. Should it be necessary, choose a different set of words that best serve your personal needs. These should be used *in addition* to any other meditation, prayer or ritual you currently follow. You have no idea at this point how much impact this simple set of prayers can make in your life. I do believe any of our ordained ministers would be willing to assure you of the good they harvested through this simple discipline. It is my suggestion that you create separate Index cards for each prayer for easy reference.

## Prayers for Development

*All prayers given were composed by Rev. Harriet Rae Smiley, my Teacher, who passed into Spirit after over eighty years of spiritual service. (Prayers may have slight modifications from me.)*

- ✓ Before each meal, put a prayer in your heart before putting food in your mouth, as follows:

*“I will in God, I shall in Christ, I am going to, through my faith in the Holy Spirit, receive my unfoldment, and I promise to do thy work. With thy will it shall be done.”*

- ✓ Prayer at bedtime:

*“All that is spiritual, around, apart and within, I want a part of. I will keep this a sacred pledge until my unfoldment is given to me. I shall give to my unfoldment my sincerity, loyalty and devotion. I will plant, as a seed, my loyalty, and cultivate it with my faith and hope in Thy almighty power. Then, in receiving this gift, I shall never forget Your trust and faith in me, and I will sacredly pledge to serve Thee whenever called on to do so.”*

- ✓ When entering a building or place of importance, or crossing a threshold, take a deep breath, hold it for a moment, then exhale it slowly, saying:

*“All that is around and apart that can be of help and guidance for my spiritual unfoldment, I shall take a part of; and for this I give thanks.”*

- ✓ When leaving a building or place of importance, inhale a deep breath before opening the door or crossing the threshold, and let your breath out after closing the door or leaving the threshold behind you, saying:

*“All that is around and apart, that is detrimental to my spiritual unfoldment, I will take out with me and throw to the four winds, to be transformed forever.”*

- ✓ Healing Prayer (unaltered from Harriet’s original):

*“Dear Lord, Thou great physician, hear our prayer as we come before Thee.  
We are conscious of the fact that every good and perfect gift must come from Thee.  
We pray at this time that the unseen healing forces demonstrate their skills according to the Will of God.  
Give us the understanding and wisdom, oh Father, that we may carry only kindness and sympathy in our hearts.  
Help us to forgive those who trespass against us.  
Give us the strength to lift at least a part of the burdens of our fellow men,  
and have a true realization of the privileges that are ours.*

*Remove from our hearts all worldly bitterness.  
Forgive us our sins that we may come to thee with the faith of a  
child,  
knowing that we can rely on Thee and receive all that we are  
worthy of.  
We ask it in the name of the Christ. Amen.”*

Harriet suggested that you repeat the Lord’s Prayer and the 23<sup>rd</sup> Psalm daily.

Before you start your meditation and study period for this class, take three slow, deep breaths and repeat the following:

*“I will in God, I shall in Christ, I am going to through my faith in the  
Holy Spirit,  
take from Thee a part of Your divine powers and wisdom,  
for my unfolding and development, to do thy bidding,  
if it be Thy will, and to Thee I give thanks, Amen.”*

We will begin every class for the entire 44-week series with this prayer.

**Denials** We know that everything in the Universe has a “price tag” in energy or reaction. Physics states that for every action, there is an opposite and equal reaction. Metaphysics suggests the Law of Karma. The Bible states, “As ye sow, so shall ye reap.” In order to receive we must create a state of receptivity. So, we approach our Spiritual development with the understanding that we must be willing to give something of ourselves in order to receive. In generating a Spiritual rebirth or awakening we must have developed a Spiritual body, mind and soul capable of being a vessel for a Spiritually evolved being.

For the purposes of this class, we wish to voluntarily deny certain aspects of our daily life *on the day of class only*. There should be three denials: one for the body, one for the mind, and one for the soul. This is a spiritual exercise to prepare your personal vessel. It is not necessary to follow these denials the balance of the week. As practiced by Rev. Smiley, by me, and by all of our previously ordained ministers, these are the three denials:

- ✓ On your day of class do not eat meat. This is not intended to turn you into a vegetarian against your will. Your diet is your choice. However, on the day of class, please eat much lighter, and do not eat meat. This denial is for the purpose of developing your Spiritual Body.

- ✓ On your day of class, deny yourself alcohol or drugs of any form (with the exception of prescribed medication because to not do so is physically risky), and / or your favorite beverage, such as coffee, tea, soda, etc. This denial is for the purpose of developing your Spiritual Mind.
- ✓ On your day of class, no sexual activity. You have six other days a week to choose from, this should not handicap you or your partner. Since the sexual energy and the Kundalini (Spiritual energy) are differing manifestations of a core energy, you will be redirecting your sexual energy into spiritual channels. This is for the purpose of developing your spiritual soul.

You may discover that one or all of these denials are not true denials in your particular instance. For example, I did not have a favorite beverage to deny so I chose to forego ice cream, a true denial with my appetite for ice cream. For those who live alone or do not have continual sexual activity, perhaps sex is not a true denial. You are free to substitute another denial in its place. Your purpose is to purify yourself to raise yourself to higher dimensions, to create empty space in your personal spiritual vessel that may be filled by Holy Spirit. An already full cup cannot be filled. To be effective, the denials must have meaning to you personally and be approached with sincerity. I will practice my own forms of denial as I teach this class. I will not ask you to deny if I am unwilling to deny or have not denied myself. The denials really are a small price to pay for what you seek, your emerging Spiritual self.

Picture in your mind the three monkeys and take their meanings to heart. Try to have that picture before you as you meditate, as you study your lessons, and throughout your spiritual development.

*Hear no evil!*

*See no evil!*

*Speak no evil!*

It does not require great effort to commit these rules or the lessons to memory. Careful thought, sincerity and effort must be applied in order to get the most out of the teachings. You are asking for enlightenment from the highest source possible. That source will know what is in your heart and intention. Practice, patience and perseverance will make these lessons a permanent part of your consciousness. Slowly but surely, your gifts will unfold. Your own commitment determines your results.

# Let Your Light Shine

I do not wish to overestimate *my* personal impact on your life, but one purpose of these lessons is to teach the power of your self-control and persistent effort. We must expand our conscious minds so they will not bind or limit the use of our Spiritual vision. Love is far-reaching, and as defined by Jesus in the Bible... God *is* Love. If this is true, our ignorance or our resistance can hamper or limit our experience of the unlimited power of eternal Love.

In the Bible, we are not commanded by Jesus to create a light within, but to “let your light shine forth...” Why? Our light already exists within, but is usually hidden from view by others. Often, our personal light is also hidden from our own view. The light exists within you at all times, for God’s Love never stops flowing. Why, then, do we have it in our minds that God, or Deity, or the Eternal Intelligence of life could be at any time working against us? We must re-pattern our thinking and our actions to reflect our changing awareness. We must know that our place to reach for God is within ourselves and not without. We must know that God is the spark that animates our very existence, and that we are never without that spark of life. It is always within us.

*“Now, just think of a church built wholly on charity (love). This could only bring us to that fine state of the mind and kindly feeling which would show each to be possessed of an abundance of good will and unselfishness towards others, no matter who they are, and thereby finding expression of love both in word and in action. This virtue expresses evidence of that eternal Love, and proves through nobility of soul, they may in turn pass along that sunshine that brightens every heart and thereby through acts of kindness bring joy and blessings to our fellow man. When brought in the fullness of this Divine Love, it prompts compassion, encouragement, kindness, liberality, sympathy, tolerance, unselfishness, good will and a genuine desire for all humanity. This is the spirit that exists within and brings to us all that is good, and true and beautiful. May it be our lot to have such a white robe of charity that we may bring comfort to all who need a kind word, a generous act, a helping hand to cheer them as they travel on and on.”* Rev. Harriet Rae Smiley (unaltered)

A church, founded on the Golden Rule, with a love for truth, could not in any way disturb the thinking mind, nor could it build a structure that could bring confusion or strife into a life. We ought not really need the Bible to tell us that we should “love our neighbor as ourselves”, or to “do unto others as we would have others do unto us”. This is a fundamental drive

within, that is constantly urging, lifting, inspiring, but is often hidden from us because of physical force or circumstance. Seek to embody and experience the Good within as often, as consistently, and as completely as possible. *“Every day, in every way, I am getting better, better and better.”* (Emile Coue).

## Charity Mirrors Calmness

Our characters, as well as our physical bodies, may be reconstructed along lines that appeal to us as worthwhile. We should watch the thoughts that we allow into our minds even more than the food we put into our bodies. We should guard our thoughts as we would our words, and we should guard our words as we would our gold and silver. Good thoughts and good words should be worth more to us than material assets.

The thoughts that have gone into your mind are registered in your subconscious. They are then sent out into the ether where they take shape and form, identifying them as your property, good or bad in nature (your personal stamp). Once sent out into the ether, as far as I know there usually is no recalling of them. These creations of yours are not transitory. They are permanent and become your reality when you pass from the physical World into the spiritual world. There the thoughts rise up to confront their creator at all times and at every turn. If these thoughts are bad, the consequences to you can lead to remorse and sorrow. We will work on cleansing and correcting as we proceed through these lessons.

These thought creations constitute the essence and influencing agents that determine your place and position in the Spiritual realm. Though the effect of your thoughts will be felt in the physical expression, the expanding effect of these thoughts is not completely felt until the Spirit has passed into the non-physical realm. A habit of good thoughts will bring a Spiritual result into your physical expression. This would be beneficial not only to you, but to all you touch with your life. Collective thought will improve mankind and would make this a better world in which to live. This right thought will eventually bring you “the Peace that passeth all understanding”, and will bring you closer to the Master – God.

Charity, as non-judgmental, unconditional love, increases calmness and makes one more considerate of others. In this way, we can overcome forces which are negative, bringing victory to others as well as to ourselves. The late Henry Ward Beecher left on record this incident:

*“I remember one day a man came to our house, red with wrath. He was boiling over with rage. He had, or supposed he had, a grievance to complain of. My father listened to him with great attention, and perfect quietness until he got it all out, and then he said to him in a soft tone “I suppose you only want what is just and right.” He said “Yes!”, but went on to state his case over again. Very gently Father said to him, “If you have been misinformed, I presume that you would be perfectly willing to know what the truth is.” He said he would. Then Father, very gently and quietly made a statement of the other side, and when he was through the man got up and said, “Forgive me Doctor, forgive me.” Father had beaten him by his quiet, gentle way.”*

There are people in this world, who by their quiet demeanor, are soothing and restful to be with. There are others who, by their restlessness, erratic disposition, or constant talkativeness wear you out. Try to determine in which category you belong. If you honestly don't measure up, for your own sake as well as for the community, endeavor to become your greater self. It is important for one to cultivate a quiet disposition and receptivity so that in the lonely hours, one may sup from the fullness of that Eternal Spirit that always guides in the way of truth and light.

## Seven Promises

When we seek God within and not without, we wean ourselves from dependence on an outside deity with rules and regulations which must be faithfully followed. Once we are no longer outwardly or separately dependent, we assume full responsibility for our lives, our actions and the outcome, on the physical or any other level. This is very scary to some people and they prefer to put their physical, spiritual and evolving selves into the hands or control of another. *“I am not responsible for me. This other belief, being or deity either caused me to err or will save me from myself.”* To accomplish what we are attempting to do requires wisdom, courage, faith, acceptance, humility, trust and hopefully, one day, serenity.

**Humility:** to know that God loves us enough to be within us giving us life and purpose; to live up to God within, yet to remain humble in that presence and knowledge.

**Acceptance:** to know that even when we don't like our experience and our circumstance, they must be right for our growth at this point. We must be willing to experience and to learn from each experience. The Desiderata says it best (paraphrased):. *“God grant me the courage to change the things I can, the serenity to accept the things I cannot change, and the wisdom to know the difference”.*



**Trust:** that the Universal Presence knows what is going on even when we don't, and that there is purpose to life and living and to our very existence: "*A time and a reason for all things under the Sun.*"

**Faith:** in ourselves, in the Presence we cannot see and can only occasionally sense or touch; faith in the ongoing-ness of life, that this reality is an experience and not a one-way ticket to oblivion.

**Courage:** to be ourselves, for ourselves, even in the face of society's need for conformity; to take a chance on life and living; to risk being individually responsible for our own Spiritual evolution rather than avoiding the responsibility; "*to boldly go where few men have gone before*" (borrowed from Star Trek).

**Wisdom:** to gather data and experience until it becomes knowledge, and to temper that knowledge with love until it becomes wisdom; to know when we are students, when we have knowledge, and when we are wise.

**Peace:** to know that you are conceived from Divinity, by Divinity; walk with Divinity within; seeking conscious reunion with Divinity. Be at peace, all is well.

Harriet also gave us seven promises from the Bible, promises of the Christos, to make the burden lighter and the road less scary:

- ✓ "*Come unto me, all you that labor and carry burdens, and I will give you rest.*" Matt 11:28.
- ✓ "*I will give you the keys of the Kingdom of Heaven; and whatever you bind on Earth shall be bound in Heaven; and whatever you loose on Earth shall be loosed in Heaven.*" Matt 16:19.
- ✓ "*Behold, I give unto you power to tread on snakes and scorpions, to overcome the powers of the enemy; and nothing shall harm you.*" Luke 10:19
- ✓ "*But whoever drinks of the water which I give him shall never thirst; but the same water which I give him shall become in him a well of water springing up to life everlasting.*" John 4:14
- ✓ "*I am the living bread because I came down from Heaven: if any man eat of this bread, he shall live forever; and the bread which I will give is my body which I am giving for the sake of the life of the world.*" John 6:51

- ✓ *“And I give unto them eternal life; and they shall never perish, and no man snatch them from my hands.” John 10:28*
- ✓ *“Peace I leave with you, my own peace I give you; not as the world gives, I give to you. Let not your heart be troubled and do not be afraid.” John 14:27*

These prayers are one area of deep reflection for me. In 1971, I had the distinct honor to hear an elderly Bible historian / scholar, George M. Lamsa, who was from the area where the old Testament was written, and where they still spoke the original language with little change. He had devoted his life to re-examining original ancient eastern manuscripts in their untouched Aramaic writing for as exact a translation as possible. He had continued his mission through the Old and New Testaments (remember that the “new” original was in Greek). He said that he had found 60,000 errors between the original and translation. Because the condition of the original material had physically deteriorated over centuries, he admitted that error was still possible. I respected the man and his efforts, so I chose to read and attempt to understand and embody a translation with 60,000 fewer errors. He also wrote an accompanying book on the idioms of speech that were in use and practice at the time of the writings themselves. That helped clarify unusual sayings (such as *“casting your pearls before swine”*) which had been puzzling. These are the reasons that there may be slight variations in quotations.

In addition, I have explored the Bible and its references to psychic phenomenon, astrology, etc. While too lengthy to explore in depth for our current purposes, I have attached Bible references that pertain to our spiritual beliefs. Remember, the Bible is a phenomenal book, able to be grasped by hundreds of millions, from all cultures, through millennia. As each person reads, it personalizes. It is possible to both prove and to disprove just about anything you want, at times within a single section. For example, vegetarians can quote the sixth day of creation from Genesis 1:29: *“And God said, behold, I have given you every herb-yielding seed, which is upon the face of all the Earth, and every tree which bears fruit yielding seed; to you it shall be for food. And to every beast of the Earth and to every fowl of the air, and to everything that creeps upon the Earth, wherein there is life, I have given every green herb for food and it was so.”*

But those who wish to refute vegetarianism will quote from the same book of Genesis, a few chapters further, which gives rules for which animals can be eaten. Mankind had become wicked, and God wished to destroy God’s own handiwork.

- ✓ In Genesis 6:17, God said to Noah *“And, behold, I will bring a flood of waters upon the Earth, to destroy all flesh that has the breath of life in it from under Heaven; and everything that is on the Earth shall die.”* Because of Noah’s flood, all animal life would be killed by God’s wrath.
- ✓ :18 *“But I will establish my covenant with you; and you shall enter into the ark, you, and your sons, and your wife, and your sons’ wives with you.”*
- ✓ :19 *“And of every living thing of all flesh, two of every kind bring into the ark to keep them alive with you; they shall be male and female...”*
- ✓ :20 *“Of fowls after their kind, and of animals after their kind, and of every creeping thing of the earth after its kind, two of every kind shall enter with you that they may live”* (mating pairs).
- ✓ :21 *“And you must take a supply of all food that is eaten, and you shall store it by you; and it shall be for food for you and for them.”*  
Note that God did not say organic life would be destroyed, seeming to refer to flesh only.
- ✓ 7:4 *“For in seven days I will cause it to rain upon the earth forty days and forty nights; and every living thing that I have made will I destroy from of the face of the Earth.”*
- ✓ Life... organic and otherwise would return, in time, naturally.
- ✓ Chapter 9:1 states, *“And God blessed Noah and his sons, and said to them ‘Be fruitful, and multiply, and replenish the Earth.’”*
- ✓ :2 *“And the fear of you and the dread of you shall be upon every beast of the earth, and upon every fowl of the air, upon all that moves upon the earth, and all the fish of the sea; into your hand they are delivered.”*
- ✓ :3 *“Every moving thing that is alive shall be for food for you; even as the green herb have I given you all things. “*
- ✓ :4 *“Only flesh with the life thereof, that is, the blood thereof, you shall not eat...”*
- ✓ :5 *“And surely your lifeblood will I avenge of every beast will I avenge it, and at the hand of man; and at the hand of a man and his brother will avenge the life of man.”*

- ✓ :6 ‘Whoever sheds the blood of men, by men shall his blood be shed; for man was made in the image of God.’

## Spiritualism Bible References

*Spirit Test:* Jud 6:30-40; Thes 5:17-22; 1 John 4:1-3; 1 King 18:21-39

*Spirit Writing:* Exo 31:18; Dan 5:5, 24-31

*Fire Mediumship:* 1 King 18:30-40, Numb 16:15-35

*Spirit Voice:* 1 Sam 3:2-15; Matt 17:5; Luke 9:35

*Materialization:* Gen 3:8; Luke 9:28-36, Gen 3:24 Exod 3:2, Matt 28:9

*Trance:* 2 Cor 12:1-4; Gen 15:12-17; Revelations

*Trumpet Speaking:* Exo 19:13; Rev 1:10

*Dreams:* Job 33:14-16; Joel 2:28; 1 King 3:5

*Healing (Old Test)* Numb 21:8-9, 2 King 5:6-14; Gen 20:18

*Healing (New Test):* Matt 8:5-13, Luke 14:2-4; Matt 12:10-13, 22; Matt 17:14

*Disciples Healing:* Matt 10:8, Luke 10:9

*Spiritual Gifts:* 1 Cor 12:9-28; 1 Cor 14

*Prophecy and Warnings:* Amos 3:8; Matt 10:16-20, Revelation

*Astrology:* Gen 1:14-16; Gen 15:5, Gen 37:9; Numb 24:17; Matt 24:29

## Questions - Spiritual Paths Lesson #1

1. Define your Spiritual Mission in life.
2. Define three references from the Bible pertaining to “*your personal* Spiritual Gifts”, “Healing” and “Spirit communication in dream” (one each). Use your own interpretations.
3. As you understand them, what rules are to be followed for your development?
4. What are your personal denials, and why are they important for your development?
5. Note the prayers to be used in your development. Why are they important?
6. Which three prayers seem to be the most important to you? Why?
7. Interpret the seven promises from the Bible.

I wrote an article in 2009 entitled “The Bible and the Occult”. Following is a copy of that article.

# The Bible and the Occult

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There are many sacred or holy books and teachings throughout the world. All are held to be “**the**” holy book or the “**only**” holy book by their particular believers or practitioners. In our western culture, which is heavily Christian in nature, the holy book taught, studied and used is the Holy Bible. If you follow Jewish heritage and teachings, that means the Old Testament. If you follow Christian heritage and teachings, it means the Old and the New Testaments collectively. Under each of those broad categories are millions to billions of followers, with too many sub-categories to mention – from broad strokes such as Christian Catholics, Protestants, Amish, Mormons, etc. to Jewish Orthodoxy, Reformed, Hassidic, etc. There is even a sect called Jews for Jesus that crosses traditional lines. It is not possible to study all the “holy” books at this time, so we will center on the western Holy Bible, and of that, only a tiny sliver as it relates specifically to occult references.

It would be so much easier if there were only one book called the Bible, but there are so many renditions, all of which are held forward as the “right” rendition. Originally there was no written language. Language itself emerged from primitive sounds into understandable speech, predating formal records. Some humans could draw pictures and did so; human records such as cave drawings and relics date back around 30,000 years. Counting tokens appeared around 9,000 years ago, a rudimentary way of keeping track of numbers, but still no standardized writing. Writing in any form developed through many stages, starting with uniform pictoids, and gradually becoming cuneiform in shape in middle-eastern countries around 3000 BC. Up to that point, belief systems, history and society’s records were passed verbally from mouth to ear. Any written book, holy or not, surfaced much later.

This archeological record conflicts with many religious beliefs. For example, science currently defines the universe as just under 14 billion years old and earth as 4.5 billion years old. Fossil records and scientific techniques support this evolutionary system. Christianity believes creation itself occurred about 6000 or so years ago depending upon which hypothesis you follow. The Hebrew Year for 2009 equals 5770. The Bible is thought by some to be the history of the Jews, an historical textbook. To other beliefs, the Bible is dictated by God, true in every letter and word, inviolate, the absolute Word of God.

The next question to answer is which version do you read / believe / use? The Old Testament was recorded by Hebrews, for Hebrews, about Hebrews, originally a verbal tradition which became a written tradition.

There is a strong distinction between what is expected of the “people of the book” and any outside that category who are considered by whatever label used as “outsiders” to be avoided. As you read, notice a strong concern with contamination of the tribe and the beliefs, with strong condemnation of the religious beliefs and practices of those outsiders. The God of the Old Testament, originally a militant tribal deity called Yahweh (Jehovah), declared that He was a jealous God and would not tolerate any gods before Him. My question... is “before” Him “in front of” or “preceding” the one true God?

If you are a believer in original intent, then the original language (Aramaic) version (Peshitta text) is for you. The Greeks were the learned group during ancient centuries, so translation went to the Greek. In fact, the most popular versions of the New Testament are translated from Greek. The need to translate to other languages grew and a plethora of versions occurred, to the point where we have translations of translations of translations. Which is the version that supports your belief? I use the Lamsa Bible, translated into English from the original Peshitta text by a Bible scholar who spoke both the original language and English, George Lamsa. It took him forty years, a life’s work. I saw him in person around 1970 and he said he had found 60,000 errors in traditional translation. I prefer my “inviolable” Bible with 60,000 fewer errors. I want to believe that each translation was made by educated, careful, honorable humans with no personal axe to grind, that all was preserved perfectly to this very moment, but that is too much of a stretch of my imagination. Most people are way too human.

In Genesis, the structure and process of the beginning of our universe and the development of society takes precedence. In Exodus, the journeying phase as the “people of the book” were segregated from the rest of the society, are the first rumblings of the one true God having a real problem with the practices of the “outsiders” and their effects on the emerging “people of the book.” Exodus 22:18 is the passage that indicates you should not “suffer a witch to live.” Deuteronomy 18:10 is the reference to witchcraft as an abomination. These are the two passages that are most often quoted or used to condemn any occult practitioner (outsider). Bible references to witchcraft or words associated with witchcraft include “occult” practices including astrology, prophecy, particularly in the Old Testament, with fewer passages that condemn astrology than other occult passages, but they do exist. Yet there are just as many references to prophecy as necessary for instruction, dream, disembodied hands writing on a wall, interpretation of dreams and symbols, trumpet voices, trance states, spirit voices, levitation, testing, miracles, and most of all, healing. Contradiction, paradox, and confusion exist within the pages I must trust.

Should I or shouldn't I is the real question. Should I assume that because one Bible passage conveys that *I should not*, that passage takes precedence over a passage that conveys, *yes I should*? This question perplexed me forty years ago as spontaneous experiences threatened to overwhelm my religious conditioning. I had been taught that I could trust my Bible for any answer to any dilemma I encountered. All I had to do was prepare myself in prayer and open the Bible at random. The first passage my eyes fell on would be my spiritually-guided answer. So I did that and opened to 1 John 1. In that long ago scenario, my Bible advised "Test ye the spirits. Do not believe every spirit, but ask..." I sat there in stunned silence. You could not get more specific a response than that passage. What did it mean? My thought process interpreted it as, "Why would the Bible give a test for spirit if it did not expect me to encounter spirit?" That single passage relieved my fears and I have explored the possibilities over the years.

1 Cor 12 and 14 enumerate and explain the gifts of spirit. More? When asked how we would know about the second coming of Jesus, Jesus himself directed our attention to signs in the heavens; we are to look to the heavens for our answer. The book of Revelation (in Protestant Bibles - again, personal choice) is all about prophecy and symbolism. How are we supposed to understand, interpret and put into personal practice that which we are forbidden to know. Miracles abound in the Bible. In several references, we humans are referred to as the sons and daughters of God (King) and as the temples of the living God. If I am the heir to the spiritual kingdom as the daughter of the living God, why am I shackled by the interpretation of others in exploring my inheritance? Occult simply means hidden or darkened, not vile or blasphemous. "Should we or shouldn't we?" is the real question and the answer is personal choice.

## Bible References

*Astrology numerous*: Gen 1:14-16, 15:5, 37:9; Num 24:17, Ecc 1:9, 3: 1-4; Psa 148:3-6; Matt 24:29

*Astrology condemned*: Isa 47:13, Lev 19:26, Deu 18:9-14

*Dreams*: Genesis 28:12, 31:24, 37:5, 41: 1-8, Job 33:14-16; Joel 2:28; 1 King 3:5

*Fire Mediumship*: 1 KI 18:30-40; Num 16:15-35

*Healing OT numerous*: Num 21:8-9; 2 King 5:6-14; Gen 20:18

*Healing NT numerous*: Matt 8:5-13; Luke 14:2-4, Matt 12:10-13, 22, 17:14

*Healing, Disciples*: Matt 10:8; Luke 9:2, 10:9

*Materialization*: Gen 3:8; Luke 9:28-36; Gen 3:24; Exo 3:2; Matt 28:9

*Prophecy, Warnings (numerous)*: Amos 3:8, Matt 10:16-20, Revelation

*Spiritual Gifts*: 1 Cor 12:9-28; 1 Cor 14:

*Spirit Levitation*: 1 Kin 18:12, Eze 3:12-14, 8:3; Acts 8:39, Matt 4:1

*Spirit Test*: Gen 24:14, 19; Exo 4:14, 31; Jud 6:30-40; 1 Sam 1:10-1, 17, 26, 27, 10:2, 6, 9, 10; 1 Thes 5:17-22; 1 Joh 4:1-3, 1 Kin 18:21-39

*Spirit Voice*: Deu 5:2, 9:12-13; 1 Sam 3:2-15; Eze 1:28; Matt 17:5, Luke 9:35; John 12:28-30, Acts 7:30-1, 9:4, 7; 11:7-9

*Spirit Writing*: Exo 31:18, Dan 5:5, 24-31, II Chro 21:12, Exo 24:11, 31:18, 32:16, 34:1, Deu 9:10

*Trance*: Gen 14:12, 17; Dan 8:18, 10:9, Acts 9:3, 9, 22:17, 2 Cor 12:1-4; Gen 15:12-17; Revelations (all)

*Trumpet Speaking*: Exo 19:13, 16, 19, 20:18; Judg 6:34; Revelation 1:10

*Witch(craft)*: Exo 22:18; Deu 18:10; 1 Sam 15:23; 2 Chr 33:06; Gal 5:20; 2 Kin 9:22; Mic 5:12

## Definitions

*The New International Webster's Student Dictionary*  
is used unless otherwise stated.

**Angel**: n Theological: 1.a One of an order of spiritual beings attendant upon the Deity; a heavenly messenger. B. A fallen spiritual being. 2. A conventional representation of an angel usually a youthful winged human figure in white robes with a halo. 3. A person thought of as being angelically beautiful, pure, kind. 4. A guardian spirit or attendant.

**Astrology**: n 1. Originally the practical application of astronomy to human uses. 2. The study professing to interpret the influence of the heavenly bodies upon the destinies and behavior of men (Greek, astron: star, logy: study).

**Astronomy**: n The science that studies stars, planets, and other bodies in space and the phenomena that involves them (Greek, astron: star, nomos: law).

**Bible**: any authoritative text or writing.

Bible: 1. The sacred writings of Christianity, the Old Testament and the New Testament. 2. The Holy Scriptures of Judaism; the Old Testament. 3. The sacred text or writings of any religion.

**Heaven**: n 1. In Christian theology, the abode of God, the angels and of deserving souls after death. 2. A similar state or concept in other religions. 3. A place or condition of supreme happiness. 4. Plural: Divine providence. 5. The region above and surrounding the earth; the sky (Old English: heofan).

**Incarnate**: 1. To give bodily form to. 2. To give concrete shape or form to; actualized. 3. To be the embodiment of, typify. Invested with flesh. 4. Embodied, personified, flesh colored.



**Incarnation**: n 1. The condition of being incarnate, especially the embodiment of a god or spirit in human form such as an avatar. 2. The assumption of human nature by Jesus Christ. 3. The embodiment of a quality, idea, principle, etc.

**reincarnation**: n 1. The rebirth of a soul in a new body. 2. The Hindu doctrine that the soul, upon the death of the body, returns to the earth in another body or a new form.

**Reincarnate**: to cause to undergo reincarnation. See also rebirth.

**levitate**: To rise or cause to rise and float in the air.

**Levitation**: n 1. The act of levitating or the state of being levitated. 2. The illusion of suspending heavy objects or the human body in the air without support.

**Miracle**: n 1. An act or event that seems to transcend or contradict all known natural or scientific laws and is usually thought to be supernatural in origin. 2. Any wonderful or amazing thing, fact, or event; a wonder (Latin mirus: wonderful).

**Miraculous**: adj 1. Of the nature of a miracle, supernatural. 2. Surpassingly strange, wonderful. 3. Possessing the power to work miracles.

**Mirage**: an optical illusion (from the Latin mirary: wonder at).

**Mystic**: adj 1. Of or pertaining to mystics or mysticism. 2. Of or designating an occult or esoteric rite, practice, belief, etc. 3. Mysterious, enigmatic. N One who practices mysticism or has mystical experiences (Greek mystikos pertaining to secret rites).

**Mystical**: adj 1. Characteristic of, relating to, or involving mysticism or mystics. 2. Believing in or practicing mysticism. 3. Inscrutable, inexplicable.

**Mysticism**: n 1. Any of various disciplines, usually involving meditation and asceticism, by which one can supposedly attain intuitive knowledge of or direct union with God or some ultimate reality. 2. The experience of such knowledge or union. 3. Any theory or belief which states that it is possible to have immediate, intuitive experience of realities beyond man's senses or rational faculties. 4. Vague or obscure thinking.

**Mystify**: vt 1. To confuse or perplex, especially deliberately. 2. To make obscure or mysterious.

**Mystique**: n A kind of legendary or superhuman quality or aura with which certain persons, things, or occupations are invested, making them objects of awe, curiosity or veneration.

**Myth**: n 1. A traditional story presented as historical, often purporting to explain some natural phenomenon, as the creation of life, and expressive of the character of a people, their gods, culture, heroes, religious beliefs, etc. 2. Any real or imaginary story, theme, or character that excites the

interest or imagination of a people. 3. Myths collectively. 4. Any imaginary person or thing. 5. A false belief or opinion (Greek mythos: word, speech, story).

**Mythology**: n 1. A collection of myths of a people, person, thing, event, etc. 2. The scientific collection and study of myths.

**Mythical**: adj 1. Of or like a myth. 2. Existing only in a myth. 3. Imaginary, fictitious.

**Mythologize**: vt To make into a myth. Glorify.

**Occult**: adj 1. Of or designating those mystic arts involving magic, astrology, alchemy, etc. 2. Not divulged, secret. 3. Beyond human understanding, mysterious. Vt 1. To hide or conceal from view. 2. Astronomy. To block the light from or view of. Vi 3. To become hidden or concealed from view.

**Occultation**: 1. The act of occulting or the state of being occulted. 2. Astronomy: Concealment of one celestial body by another (Latin *occulere*: to cover over, hide).

**Prophet**: n One who delivers divine messages or interprets the divine will. 2. One who foretells the future. 3. A religious leader. 4. An interpreter or spokesman for any cause. Prophetess not given.

**Prophet** (Unity Meta) A teacher, one who receives the inspiration of Spirit, an understanding of spiritual law, and imparts it to others. A prophet, in individual consciousness, is a thought that is in contact with Spirit, that receives revelations direct from the Holy Spirit; it knows and understands divine law and its working, therefore it warns and instructs the other thoughts. (The prophets of old seemed to stand between God and the people; it was through them that the people received divine guidance.) A prophet (Matt. 21:4) is one who states the spiritual law. The prophets of Luke 16:29 represent divine law. The prophet of John 6:14 is the promise of God.

**Prophecy** n 1. A prediction made under divine influence. 2. Any prediction (Greek: *pro-*, before plus *phanai*, speak = *before speak*).

**Prophecy** vt. 1. To utter or foretell with or as with divine inspiration. 2. To predict (a future event). 3. To point out beforehand. Vi 4. To speak by divine influence. 5. To foretell the future.

**Prophetic**: adj 1. Of or pertaining to a prophet or prophecy. 2. Predicting or foreshadowing a future event.

**Tongue(s)** (physical attributes not listed): n 4. The power of speech. 5. Manner or style of speaking. 6. Utterance, talk. 7. A language or dialect. [Several clichés also not listed.]

**Witch**: n 1. A woman who practices sorcery or has supernatural powers, especially to work evil. 2. An ugly old woman; a hag. 3. A bewitching or fascinating woman or girl. Vt 1 To work an evil spell upon; effect by

witchcraft. 2. To fascinate or charm. Vi 3. Dowse (Old English: wicce, a witch, feminine; of wicca: a wizard).

**Witching**: adj Having the power to enchant, bewitching.

**Witchcraft**: n 1. Black magic; sorcery. 2. Extraordinary influence or fascination.

**Witchery**: n 1. Witchcraft; black magic, sorcery. 2. Power to charm, fascination.

**Witch doctor**: Among certain primitive peoples, a man skilled in counteracting evil spirits.

**Bewitch**: vt 1. To gain power over by witchcraft. 2. To charm, fascinate. Synonym: Captivate, entrance, enchant, beguile.

## Suggested References

Dictionary of the Sacred Language of all Scriptures and Myths (1924) by G.A. Gaskell

Metaphysical Bible Dictionary by Unity School of Christianity

Strong's Exhaustive Concordance of the Bible by James Strong

The Holy Bible, Lamsa translation by George M. Lamsa

Good internet source on the background of religion:

<http://www.religionfacts.com/>

Age of the World:

[http://www.religioustolerance.org/ev\\_date.htm](http://www.religioustolerance.org/ev_date.htm)

<http://www.isleofavalon.co.uk/GlastonburyArchive/>

Appended 2023 note: I searched "Who wrote the Bible" on Youtube and found multiple sources – time to go to school!

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# Counseling

Spiritual Counseling  
Rules for Success  
Teaching  
Responsibilities for Counseling  
Spiritual Diet

Before you start your meditation and study period for this class, take three slow, deep breaths and repeat the following:

*I will in God, I shall in Christ, I am going to  
through my faith in the Holy Spirit,  
take from Thee a part of Your divine powers and wisdom,  
for my unfoldment and development, to do thy bidding,  
if it be Thy will, and to Thee I give thanks, Amen.*

As a representative Missionary, Healer, Teacher or Minister of the field of Metaphysics / Spiritualism in general and of this church (Mission: Aquarius, Inc.) in particular, guidelines could be helpful. At times you will work with those with no knowledge, those with some knowledge, or those with vast knowledge of this field. You must be prepared to meet and to be able to relate to all who approach you regardless of their beliefs, or lack of them, along with their level of understanding. This is a pretty tall order for any field or any individual. Sometimes we can do quite well with this. At other times we feel very inadequate to such a task. What exactly is expected of us? When, where, and by whom? How are we to meet the need or demand? Since we are all human, what do we do if and when we are having a bad day, or we are not up to the task, or we don't have the answers needed?

To be interested in this vast field, we have turned that famous corner in our own minds. We are growing into conscious awareness that life and living and our own personal potential is far greater than we were originally led to believe. We have awakened to or glimpsed a greater reality, each in our own way. We are seeking, reaching, studying and working towards our own personal evolution and connection to that greater reality. We are "on the path", a little groggy still, not always steady on our feet, perhaps a bit concerned about that vast unknown. In spite of the fact that at any moment we may be expressing less than perfectly, we know such perfection or knowing and being is ours... if we are willing to put forth the effort on all levels to grow into that spiritual perfection. It is a bit spooky to emerge from an unconscious slumber and safety of the "knowns" of life only to risk those knowns and the safety implied by our

ignorance. For once we know it out there, it is not possible to retreat into not-knowing. Once we know there is more, we have to explore that “more”, or live with the knowing that we merely “exist” and do not “live” up to our personal potential or to life itself. *Seed thought: Today I must “know” and not merely “believe”.*

If we wait until we are “perfect” to heal, to teach or to counsel, we may never get to contribute anything of ourselves back into the overall system. We must offer who and what we are and what we have or know into the “now” for ourselves and for others. We can act in our present state of evolution, knowing that we have more evolving to do. We can be pleased with who we have become and are becoming, and give the best of what we are and know today. We must know that if a person or situation is in our presence, it is “ours” with which to deal, to the best of our current, forever-changing ability. This means on your worst days as well as your best, even when you feel less than spiritual or less than evolving, occasionally less than human, that you do the best you can for all you encounter, with who and what you are at that moment. Whether you feel “up to” the encounter or experience is irrelevant; it is yours to do with as best you can. If you are open to your own growth, you will know that all whom you encounter as people or as experience are also your teachers. This should help you gain some objectivity on the experiences and the relationships that develop. We give and we receive. You cannot allow the Spiritual energy to flow through you in behalf of another and not yourself be touched by that same energy! Such Spiritual energy influences all it flows through... you included.

Those who come to you will be in all stages of growth and awareness, so be prepared to accept them wherever they seem to be. You do not have to agree with them or participate in what or who they are. But you should not judge them or enforce your opinions of them on them. You are capable of being a Guide, Teacher, Healer, or Minister without judgement. This is a tall order, so be prepared to stretch yourself to grow into the capability. What if the person in your presence has never done anything like this before? What if the person in your presence is so advanced you are somewhat in awe of their level of awareness, perhaps because it is beyond your own level? What do you do?

A person knocks on the door of awareness, and has no idea who or what will answer, or even if there will be an answer at all. The door swings open and they face the unknown. You have been there; you turned that corner in your mind at some time in the past or you would not be reading this material. That first reaching out into the unknown may be tentative, apprehensive, uncertain. Are we losing our minds or our grip on reality? Have we somehow blundered into the devil’s parlor? Reportedly, “when the student is ready, a teacher will appear”. Who is that person who has

answered our knock? Is their welcoming smile genuine? Is this fiend or friend? Are they as wise and as spiritual as I imagine, or as they would have me believe? Are they real? “Toto, I don’t think we are in Kansas,” Dorothy declared in the Wizard of Oz when she left her world of black and white and entered the realm of cinematic graphic color. We feel that way when our black and white unconscious thought awakens into the color-rich world of Spirit. Be empathetic, caring, gentle, supportive, encouraging, and patient with those who seek.

Several years ago, my study group had an open house to share their growing with their friends. A man at the gathering avoided meeting me, so much so that I commented on my inability to get anywhere near him. My student laughed and said, “Oh, I told him you would turn him into a frog.” I am talking about a grown man here, one who was so intimidated by my possible talent for shape-changing that he was taking no chances. What’s more, although I encountered him several times out in public, he kept about fifty feet between the two of us at all times and I never did meet him. Now it sounds funny repeating the experience, but think of what went on in that man’s mind. It is possible that type of fear or lack of understanding might be playing beneath the surface of any initial communication. Listen not only with your ears but with your psychic sense. Be gentle.

Again, several years ago I received a phone call from some friends stating that their teacher was in town and would I like to meet her? I had heard such wonderful things about this woman who was so well loved by her students. I really liked her students, so I was eager to meet their teacher. Since they were already on the road, they decided the meeting would take place at my home. I answered a knock at my door, and I invited them in. I came face to face with the most spiritually profound person I have ever encountered (still true at this 2023 editing). She was standing by the car about fifteen feet away. In her face and surrounding her was spirituality itself, profound peace, clarity, an encompassing compassion and understanding, all in a single overwhelming moment. My immediate instinct was to drop to my knees in her presence, which I did not do (but now wish I had). I was awed to invite her and her group in. She spent a few hours with me, plus I attended a meeting with her group the next evening, and then she was gone from my life. She had left such a profound impact on me that I am still moved to tears when I think of her. She was spiritually where I would like to be one day, hopefully in this lifetime. I wrote to her for a couple of years and then we lost each other somehow.

One evening I received a phone call from her. She was in an airport in Texas and asked me to send her physical healing. ME send HER healing? I couldn't imagine how I could help her! She told me I could if I chose to (and I did choose to). She reminded me that if you spend ALL of yourself on developing your spirituality and ignore the physical self, you will pay a dear price – which she was apparently paying. I felt not only willing but honored by her request. We are not in a position to judge another's need or our capacity to supply that need. Levels do not matter, a willingness and an openness to be a channel and a clear focus for the desired results, coupled with non-judgment, is all that is needed. Do the best you can with what you have and are. Leave the rest up to Spirit. If something is put in front of you, it is yours.

Sometimes we do far more with a person or situation than we ever know. In the very first circle / class series I conducted, one student was so negative that she pulled on the rest of us. To the degree that was possible, I buffered the rest of the group and personally took on her negativity. Remember that I was a novice teacher, so the onslaught of her negativity over the period of two hours would decimate my energy. I had to sleep in the car on the way home to recover, with someone else driving, just in order to clear my own field. Our class had wonderful results in the two years I taught them. At moments, I thought about inviting this woman out of the classes. However, the knowledge that we are all in our right places stayed strong in my mind, and so we continued. During that whole period, I never felt as though I contributed one iota to the good of the woman and wondered why she kept coming to class.

Fast forward a few years. She called me for a reading, which I performed, glad to see her again after so long. The reading went well, and she was at my door ready to leave when she turned and thanked me for all that I had done for her in those early classes. I was dumbfounded and mentioned that I had always felt I had not contributed to her in any meaningful way at that time. She then proceeded to teach me a valuable lesson... don't judge experience with your limited personal viewpoint. She said, "On the contrary, I would not be alive today if it were not for those classes. Those meetings were the only thing in my life that kept me from committing suicide." It seems as though her negativity was far worse than depression and desperation, it was suicidal.

*What we did together as a group, including the draining of my personal energy and my personal sense of futility in reaching her (and also my faith that she was with us purposefully), gave her enough to hold on, one week at a time.*



Had she not come back and said so, I never would have known that what I saw as my consummate failure was not truly a defeat. I never saw her again. Spirit used her and our joint experience to teach this teacher a valuable lesson.

All types, all kinds, all circumstances, ignorant or knowledgeable, suspicious or acceptive, negative or positive, unwilling or willing, rushed or patient, stressed or relaxed, just give them the best of who you are and what you have at that moment. Who and what you were yesterday is gone. Who and what you will be tomorrow is speculation. People and circumstances will experience you as you are in the now. You may not always be at your best; none of us are every moment of every day. Sometimes our growth seems like two steps forward, one step back, but we *do* progress. Don't judge yourself or your ability to help another person or circumstance. Don't judge the results of what you do or don't do; there are unseen elements that both influence or modify any results. Be willing to give what you have and what you are at that moment, without reservation, judgment or dependency on results. Give of yourself to the work of Spirit, and let Spirit do what can be done – and let Spirit take the credit or the blame. That is also called “Let go and let God”.

Following are the guidelines given by Harriet to our class for developing Missionaries:

## Rules for Success

*“Keep yourself physically fit and industrious. God gives the birds their food but does not put it into their nests!”*

*“Remember that your appearance is the letter of introduction, and the first and lasting impression is usually given when the client sees you for the first time. Remember soap and water are cheap.”* (Harriet really did teach this!)

*“Be sure that your face wears a good expression... SMILE! Be cheerful. This is evidence of a clear conscience and gives you a stamp of honesty. It also puts your client at ease. Be the first to say, “Hi there!”*

*“Convince your client rather than persuading them to accept you. The first statement made by you to any client must be one they can't help but believe to be true. The truth will always set you free. You must believe in what you say, such as, ‘Whatever is given to me is given to you.’”*

*“Some say that the way to a man’s heart is through his stomach, but the greater number agree that it is through his vanity. It is human nature for people, men and women alike, to enjoy the feeling that others agree with them, approve of them, care about them, and respect their views.”*

*“Take advantage of this. Display a genuine interest in the things that interest those about you. Be tolerant; don’t try to force your views or opinions upon every chance acquaintance. Don’t try to make them agree with you as they have their own viewpoints, which are just as sound to them as your viewpoints are to you.”*

*“Self-interest is strong in every human being; therefore, let your attitude be ‘my service and your success’. True success comes from helping others. Above all, don’t use the word ‘I’ too often in your speaking; be the servant.”*

*“Don’t try to impress acquaintances with your knowledge, your experience or your sophistication. Be natural, be yourself. And above all, be sincere. Don’t force conversation, as some people do like a moment of silence. Don’t gush over every little happening. Be very gentle and helpful.”*

There is a great deal of practical information in these few statements. Let’s look at them for a moment.

All the gifts of Spirit are ours to have and to be. We must actively participate, develop and use them. They are free for the having, but we must invest ourselves in some way.

For example, we have no desire to tell you how to dress or act. If you wish to put people at ease, you will not usually accomplish your objective by confrontation. It is very important that you be yourself, natural and unaffected. It is equally important to realize that bizarre dress or actions may alienate those you wish to put at ease. Please also bear in mind that you individually, as a Teacher, Missionary, Healer or Minister of this church represent all of us and the church collectively. Collectively, we ask you to remember this in your dress, behavior and experience as you act in our group name.

Remember, those you meet may be timid or apprehensive, or you may be shy or reserved yourself. It is your responsibility to reach out to welcome them and put them at ease. Smile or be gracious and pleasant to alleviate their concerns. You don’t have to play the clown or affect silliness, just help them over the introduction. I wish a beautiful smile always means sincerity and genuineness, but I’ve not always found that to be so, having met some rascals. YOU must be genuine and sincere, and YOUR smile

will also be genuine and sincere. YOU know there is nothing to fear, that you do not turn people into frogs or cavort with the devil. BE the truth and speak the truth; and convey that sense of truth whenever and wherever possible.

Convince rather than persuade. Think of a silver-tongued orator or a snake-oil salesman. They are persuasive. Are they truthful? Do their results match the promises? Be sure that YOU are genuine. It is better to say “I don’t know” than to grandstand. You do not have to possess, nor should you claim to possess, extraordinary wisdom or hidden knowledge. Be happy with who and where you are in your own development. Trust that good Spiritual motivation, coupled with consistent and persistent effort on your part to advance your personal awareness, will bring you to wisdom. Affirm your Spiritual guidance by the highest possible source, and then trust that you are guided by that source.

You might refer to yourself or your experiences as a metaphor to illustrate a point or to emphasize with your “other”. But remember what you are attempting to accomplish: to read for, encourage, teach or help. Sometimes we get so involved in our own stuff or story that we forget the mission. We do learn a great deal by listening. A student suggested we have two ears and one mouth for a reason. We should talk and listen in that proportion. I am so talkative that I continually have to remind myself of this. Before you begin with an “other”, place yourself in Spirit’s guidance and declare the good of the “other” to be your highest priority. To the degree that is possible, let go of the self and ego for the moment. Another moment belongs to you, this moment belongs to the “other” and to Spirit.

## Teaching

Obviously, it is important that you be qualified to teach specific subjects. You may “share” what you know or have learned at any stage of your development. How are you going to teach? Verbatim from a written manuscript, ad lib, or note cards. Do you need a blackboard, flip charts, audio-visual equipment, podium, tables, water? Will you be recording? Microphone or loudspeaker? Will you speak to a few (such as a living room group) or many (several hundred)? Radio, TV, media? Will you be standing or sitting and for how long? Standing for long periods of time is tiring. Sitting, unfortunately, is a duller, less stimulating approach.

General guidelines at the beginning of a class help to set the stage for the balance of the class. What are you offering, and in what way? What sort of behavior do you expect from your students? Do you prefer to take questions during your teaching or at the end of class? Smoking or non-smoking? Tape recorders or not? Breaks or none? Note-taking?

Homework? Try to answer common questions at this point to prevent interruptions later in the class. To break the ice, and if appropriate, get each student to give their name or a brief description of why they are taking the class and what they hope to accomplish.

Start on time. If you form a habit of starting late, your students will arrive later and later. Once begun, late starts become a difficult habit to break. Late starts also penalize those students who arrive on time and then create problems with classes ending on time.

Pace what you say; be sure you have enough material to fill the time allotted. Cover each subject thoroughly and be sure your students understand each area before proceeding. If you progress faster than their comprehension, each succeeding new topic puts them farther behind. It is better to cover fewer areas competently than many areas superficially. While encouraging interaction with your students, do not allow conversations and endless questions to throw you out of timing. If you have one student holding up the balance of the class, offer to get with them at a break or a later phone call, or ask a student who does understand to aid them as you continue with the class. The more advanced student could also help at a later time AND this allows the pending teacher to practice while still learning. Turn a problem into an advantage.

Examples, both hands on and show and tell are excellent teaching methods. Preferably, you will be teaching to one level of awareness or comprehension at any one time. It is possible that in one class you will encounter those who are rank beginners, those who have a working knowledge, and some who may be very advanced (at times, more so than the teacher). It is not easy to develop a style of teaching that encompasses so many levels. You must address yourself to the lowest level while not completely boring the upper levels. You must also address yourself to the upper levels, without completely losing the rest of the class.

Be very direct about the problem. Ask that those students who are more advanced in their understanding be patient until the entire class grows towards commonality. You must first address the lowest level of understanding. Choose a systematic approach, one that briefly lays a foundation or base for that which is to come. Never assume that your students know what you are talking about. Explain everything, or at least question if you should explain it.

Ask your advanced students to sit with and aid those who are less developed. Don't allow the smart ones to get bored – give them something to do. Let them participate with you as helpers. Do NOT encourage free chatting, as it is very disconcerting to have several conversations going at once... say so. Also, those who are talking are not listening, and you will be constantly re-teaching missed information.

While encouraging their help, do not let the more advanced students take over the teaching or constantly interrupt your presentation. State a firm, "We will have to hold off on any more questions in order to complete our material," or an equally firm, "Time for questions will be allowed at the end of the class." Occasionally, advanced students will decide they can present an answer better than you can. Nip this in the bud or it can become a problem. While participation can be encouraged and even welcome, it is up to you to retain control of the class. You do not want to curtail good information, but it must work well within your class atmosphere.

A good relief for a constant talker is to stop talking yourself and just stare at the talker. In a few moments, the entire group will stare at them along with you. In a few more moments, the talker will realize the entire room is staring at them. At that point simply say, "What you are doing seems to be far more interesting than what we are doing, so we would like to join you." This is usually sufficient. What if not? Should the talker decide it is time to take over the floor, simply ask the balance of the students if they would prefer that the talker finish your teaching. They will usually not want this and should say so.

What if there are several constant talkers who don't seem to have any manners? Women are particularly bad in this scenario. Simply state, "I find it very difficult to try to talk over so many voices. This class is being disrupted. We can take a break, if you prefer, so you can get your talking out of your system to allow us to get back to our intended work." Usually, the balance of the class will NOT want the break or the interruption. You can take the interrupters aside at a break time, indicating that they are being disruptive. If interruptions continue, you can put it to a vote, "Do you want me to teach and finish this class or don't you want me to teach and finish this class." As you progress, you can open the class to their "take" on a subject. Try not to punish the bright ones for being bright.

# Responsibilities of Counseling

Attached with this lesson plan is a copy of an article written by me in 1980, published in "*The Esoteric World News*", Jan / Feb 1981 edition. A little background of the writing of this article is important before we look at the issues involved in the article itself.

I began my conscious Spiritual development in 1970. One of the first methods to access esoteric or spiritual information I developed and used was "automatic" or "spirit" writing. Originally, this developed as a result of my sitting with a pencil and paper and waiting for something, anything, to happen. This stage lasted about a month, and finally something happened. My hand, holding the pencil for what seemed like at least the thousandth time started to move, at first randomly, and then with purpose and direction, eventually forming words. In fairly rapid progress, I moved from random, sketchy writing to flowing, sometimes profound messages and actual dissertations. When simply allowing Spirit to guide my writings, I received deep and meaningful passages from the personal, up to and including, cosmic evolution. When asking specific personal questions, I received much briefer and speculative answers. After about three years, I stopped doing this exercise as I became busy with other spiritual exercises. Over the years, I have occasionally written, but without the depth and content of the original free-flowing messages. Also, over time, I quite freely went from pencils, to typewriters, to computer keyboards. Once the ability turned on, it naturally developed through the physical techniques available.

During the following years, unconsciously, an unusual gift of writing developed. I did not realize the changed form of Spirit writing for some time. I would be sound asleep and would be awakened, usually about 3 AM, wide awake, with the strongest urge to write. I had no idea what I wanted to write about, only that I *had* to write. When I write personally, I do a lot of editing, changing the order of the paragraphs, re-writing passages, adding or deleting, etc. When I wrote at 3 AM under what I believe was Spiritual direction, an amazing difference occurred. The subject selected itself. I wrote the entire message or document at one time, without stopping. The originals, which I did preserve, were letter perfect; not an "i" was left undotted nor a "t" left uncrossed. Punctuation and paragraphing was exact. When the writing was finished, I simply went back to bed.

Rather than the original pencil form of Spirit writing, I seem to have developed another method. Usually, the Spirit directing the writing uses my personal experiences quite freely but puts the material together in a way I did not initiate or anticipate. I feel these messages are Spiritually

directed or authored and that I simply hold the pencil and provide the paper. "Responsibilities of Counseling" is one of those spiritually directed writings. I have had the privilege several times. You will encounter one other of these writings during the course of the Ministry. And now for the article.

## Responsibilities of Counseling

By Rev. Marilyn Muir, PMAFA  
Fort Lauderdale, Florida

As a professional Astrologer, minister, counselor and teacher, I spend the larger portion of my life involved with people seeking guidance on every conceivable level (and some not so conceivable). These people range all the way from total innocence of the type of guidance (and trash) available in the metaphysical/occult/Astrological/spiritual field — to experienced seekers of truth or enlightenment. Some are professionals in this field themselves, yet appreciate the insights that another, perhaps more objective mind can offer.

What has come to my attention repeatedly — so much so that I determined to discuss the subject with you — is the need for some basic guidelines for the "seeker" as to his selection of a "reader". There is no way that a list of rules can be compiled — for each "reader" and each "seeker" will have their own set of standards to guide them. So let's avoid the word "rule" and dwell on "helpful hints".

As in every field of endeavor known to man, our specialty has its share of quacks, or nuts, as well as capable, sincere, qualified counselors. There is no way to prevent unqualified, insincere or negative readers from offering their services to an unsuspecting public. We are guaranteed the right of religious freedom by our United States Constitution — that includes those people we do not necessarily agree with.

Those counselors who are ethical, sincere and capable have long paid the price for the shenanigans and adverse publicity generated by the "nuts and quacks" in our field — and I suspect will continue to do so. We must maintain our effort to restore credibility and trust in our work in spite of the occasional setbacks encountered.

We must, as counselors, maintain our integrity and sincerity in spite of the allure of the "quick-buck" or "sensational publicity" possible in our field. We must keep ourselves centered in the desire to be of service and not go wandering down the path called "The Ego Trip". That's a tough road to travel for a human — which all we counselors are.

If we were able to slowly educate the public who seek us out, perhaps we could advance not only the cause of the light-seekers, and the public awareness of what we offer, but our own credibility.

The Age of Aquarius is upon us — an age of cool, detached, scientific, objective thought — as well as the "brotherhood" concept. Blind faith, dogmatic belief systems, and emotional/hysterical philosophies are slowly giving way to an age of reason. More will become aware of the insights and awarenesses available to each of us. Each man will eventually learn to be his own counselor — and the race will evolve. We have over 2000 years to learn the lessons of Aquarius, so such a thought is not unattainable.

How do we educate the public? By doing your part, right where you are, with those you come in contact. Slowly but surely, one person at a time, we can help the public help themselves.

The majority of "seekers" fall into two categories: (1) the curious, (2) the troubled. We are equally responsible to give the best of our ability to either group. As to the curious, there is an old metaphysical saying that "when the student is ready, the teacher will appear". Are you then the teacher? When that person knocks on the door of enlightenment, are you the person who opens that door? Approach the curious with humble gratitude for the

opportunity given you to help that person turn that invisible corner in their mind. Perhaps you will be an instrument in their spiritual rebirthing!

Is your "seeker" troubled? Then compassion, empathy and objectivity are demanded of you. Now all your training or meditations, or capabilities must be fine-tuned to the needs of the individual you are counseling. You must become a tool for their solutions, yet not allow yourself to be a crutch. You must support them through your empathy and understanding, encouraging them to make their own decisions — not make their decisions for them. You must help them to understand life has order and meaning — that they are not being used for target practice by an unjust God. I did say this was a tough road! And it's looking suspiciously like a tightrope, requiring the ultimate balancing act of *you*.

Help your "seeker" understand that:

- (1) You are a tool, not a crutch. Your function is to increase his awareness of his circumstances. He is the captain of his own ship.
- (2) You are human — therefore fallible (hopefully not too often). You have erasers on all of your pencils. You will give your best. You are also in school learning how to attain perfection. You are not perfect as yet.
- (3) Life does have rhyme, reason and purpose. All experience contributes to our growth — even the experiences we don't like. "Coincidence" is a fallacy.
- (4) However a reading is approached, using whatever tool or technique, the reading must come through the mind and personality of the reader. Any reading must be colored or shaded by the belief system, prejudices and opinions of the reader. The only exception I can determine is a reading from deep-trance (which is rare). The reader will find it difficult, if not impossible to totally shut out their own conditioning.
- (5) Not all people in our field are ethical and capable. The "seeker" must use their common sense and develop their own instinctual reactions when seeking advice. In the commercial market-place the phrase is "Caveat Emptor" — "let the buyer beware". The "seeker" is the "buyer" and is responsible for their own gullibility.
- (6) Fair compensation for time and effort expended by the "reader" is justified. You cannot put a price tag on spiritual enlightenment. Since our society places monetary value on services rendered, the "reader" is entitled to compensation as is any other person rendering service or goods. Fair compensation does not mean exorbitant,

nor does it mean the "reader" must maintain his existence at the poverty level. If the "seeker" feels the fee structure (or donation) is unfair, let him refuse to pay (before the work is performed) and seek his counsel elsewhere.

(7) Ego abounds in this field as it does in all others. Not all "readers" are able to deal with their own ego structure or problems. Should a "seeker" observe an ego trip on the part of the "reader", be cautious in accepting the advice given. A truly aware counselor will *not* impose undying fidelity and loyalty upon the "seekers". An ethical "reader" will *not* gossip or degrade the character of others publicly. An ethical "reader" may withhold endorsement of another but should not slander or attempt to annihilate the public trust. As in all things, there will be times when your own value system demands you, as a conscientious counselor, take a stand against blatant or obvious misuse of the field. Be very sure of your facts — you are always responsible for your actions.

(8) Fame or notoriety does not guarantee capability, ethics or sincerity. This statement is not intended to declare all famous "readers" are insincere or incapable. Fame is usually (but not always) built on results. Again, the "seeker" is responsible for his own gullibility. Seek quality.

(9) The "seekers" must learn to be objective about the information they receive. A "reading" should *not* cause the "seekers" to run out and do what they have been told. The "reading" should outline the probably manifestations of the activities in progress. The "seekers" are in charge of their own lives. The "reading" should be accepted in the light of possibilities and objectively reviewed in terms of actual manifestation. Only then will the "seeker" be able to determine the accuracy of the "reader", and the value of the service.

How easy it is to incorporate such principles or "hints" into our conversations — I do. This has been an evolving concept for me, and will change as I grow. Perhaps in its present form it is workable for you. Perhaps you need to add to, subtract from or rework. The words are not as important as the idea. Please feel free to borrow the concept — and please feel free to contribute your additions and suggestions to my evolving awareness. We grow best by sharing ourselves with others.



# Diet

In our first class we outlined the denials and the purpose behind those denials. I will not repeat the material here. However, I do have some additional thoughts about your diet, physical and spiritual. One item mentioned was to eat lightly prior to our class. When the stomach is full of food, much of your bodily energy is diverted to the process of digestion. Less energy is available to do all other bodily functions. We do get sleepy right after a heavy meal, especially at the end of a busy day. When your stomach is empty or has been only lightly filled, more of your energy may be directed to other or specific purposes, such as this class for your Spiritual development.

Also, it is not wise to eat heavily prior to meditation. During meditation, all bodily processes slow down. It is even possible to go to sleep during the meditation, which doesn't really hurt you or your meditation. However, you are *not* meditating if you *are* sleeping. Also, since digestion requires so much of your energy, and you've slowed all your functions down with the meditation, it is possible for your stomach to regurgitate its contents, uncomfortable and potentially dangerous. This can also be true when going to bed with a full stomach, particularly in a prone position.

It is not the intention of this church, the class or its teacher to determine your personal diet. Diet, physical or spiritual, is solely the choice of the student. We previously mentioned vegetarianism. Many people feel morally, ethically, and several other “-allies” that the eating of “gross animal flesh” lowers their vibrations and spiritual development. Many feel that we are caretakers of the animals and vegetation of the Earth and should not be consuming our “charges”. Many quote the Bible as mentioned in last week's Bible quotations. As given, you can see how you can use passages to argue either side. Further passages state what you can and cannot eat and how it shall be prepared and processed. Deuteronomy is the Old Testament book on the laws of behavior. Orthodox Jews eat only Kosher foods prepared in accordance with those instructions.

It is true that animal meats available to the general public are killed and prepared in less than ideal circumstances. Confusion and hysteria are normal in this industry. Animals which are butchered in confusion and hysteria could have that vibration as part of their flesh, which is then

consumed by humans. Animals prepared “kosher tyle” are processed in a much calmer and humane way. The student should consider these alternatives when the dietary preferences are established. It is NOT a subject this study intends to demand of the student.

It is a good idea that the consumption of meat is light or taken several hours before attempting Spiritual work or healing. Your physical system needs to be lighter the day of class, making it easier to focus on our non-physical intentions. A “light” system allows more energy to be focused on our personal purposes; however, that has more to do with timing the consumption of ALL foods and not just meats.

More important in whether or not to eat meat is the physical need of the person, the demands of their environment and activities, and dietary and nutritional considerations. There are many healthy vegetarians because they know what they are doing. They know how to combine their foods to obtain and maintain proper nutrition and balance. There are also unhealthy vegetarians (I know because I was one) who think they know what they are doing and unintentionally damage their bodies. balance this information with healthy and unhealthy meat-eaters. There is no one answer, every person is individual, and their needs and responses are individual. Proper health and nutrition is primary, and that is both individual need and individual choice. Vibrational level is equally important – that is our intended message. It is best to live a long productive, healthy life in which to do your spiritual work.

Spiritually, it is important for the student to maintain a balance between acid and alkaline in the body as this balanced state is conducive to development. Since our western diet is unusually high in acidic foods, we probably need to lean towards the alkaline side to keep that balance. Balance is the key to perspective. Moderation in all things (not just diet) is the ideal.

Drugs, alcohol, even some medicines, psychedelic drugs, etc. can distort your consciousness, provide a false euphoria or become addictive or dependency-oriented and are to be avoided. For instance, a needed medication might make you dizzy. The jury still seems to be out on marijuana; the research, laws and the opinions are in flux. This does not mean you should become a preacher for or against the evils of.... It means only that you should use wise judgement and self-mastery for your personal consumption.

Fasting is another questionable area. It does seem to have a cleansing effect on the body and the Spirit. Many people who have fasted properly for several days report a heightened awareness and high energy levels. But as all other areas of life, there is a proper way to achieve this, and there

are very many ways to do it wrong, to make yourself sick, or to damage your body. Our healing classes do get more involved with diet, nutrition and fasting. We will leave the subject where it naturally belongs... self-healing.

We are more concerned with your emotional, mental and spiritual diet in terms of your spiritual development. What you put in your mouth in the way of physical food is not really going to destroy your soul. But, what you intake, digest and absorb may also affect your spiritual growth. We suggest you think seriously about your emotional diet, the circumstances and the people you surround yourself with, the experiences you have, your feelings and reactions to those people, circumstances and interactions, your fears, guilts and prejudices. All of these are vital to the development of your spiritual nature. We further suggest you examine your mental diet, your input and output on a mental level, your thoughts, ideas, words and actions. What do you do with the information you receive? How do you process it? How much garbage do you have stored in your mental computer? What is your general mental attitude? If you recognize faults or problems in yourself, what do you do about it? Are you negative or positive in outlook, or are you positively negative as many people are?

And last but not least, where are you in terms of Spirituality? Are you judgmental? Of yourself or others? Are you stuck or growing? Are you moral and ethical in your own actions or would you rather condemn the lack of it in others? Are you kind? Understanding? Gentle? Helpful? Remember that what goes into you, regardless of the source or level, is difficult to control at times. What you do with it once you have ingested it is the real question. Is the internal more under your control? What comes out of you physically, emotionally, mentally and spiritually must be under your control because it determines your state of Spiritual awareness at any time. This influences your future on all levels of being.

Recognize that as you develop spiritually, your system becomes more sensitive. People, places and circumstances that were comfortable to you at one stage of your growth, will not necessarily always be comfortable to you a little further down the road. You will outgrow people, relationships and experiences. This does not condemn where or who those people are, only that you have moved on. Bars, public places, loud or aggressive experiences can become very uncomfortable. This can stem from spiritual as well as physical maturity. You will be growing and changing. You must allow for that growth and that change.

# Questions - Spiritual Paths Lesson #2

1. How do you know when you are ready to heal, teach or counsel another?
2. What do you find important as guidelines for success? You do not have to limit your answers to the information given in this lesson.
3. What are YOUR general guidelines for spiritual counseling? How do you see your personal responsibilities?
4. If you were asked to write guidelines for representatives of our church, what do you consider of importance?
5. How do you feel about teaching? What method would you use?
6. What is your spiritual diet?

# Inner Communication

Conscious / Subconscious / Superconscious Minds  
Realization / Desire / Action  
Programming  
Instincts / Identification / Classification  
Body / Mind / Imagination  
Art of Holding Your Friends  
Memory Training

Before you start your meditation and study period for this class, take three slow, deep breaths and repeat the following:

*“I will in God, I shall in Christ, I am going to  
through my faith in the Holy Spirit,  
take from Thee a part of Your divine powers and wisdom,  
for my unfoldment and development, to do thy bidding,  
if it be Thy will, and to Thee I give thanks, Amen.”*

Probably the single most important item in the development of our conscious awareness is our ability to find our answers within. As we recognize the great unity behind all life (God) and begin to eliminate the sense of separateness, we realize the answers were within us all the time. The whole purpose of the evolutionary process is self-actualization. At the moment we know, without a shadow of a doubt, that we are one with God and all life, we become self-realized beings, free of karmic implications. Our only real purpose in life is to attain that state of realization by whatever means we choose. Since life is infinite in its expression and duration, we have all the time (duration) we need to use whatever techniques we choose (expression) to attain the goal (at-onement-with-God). All methods are right, all growth is right, everybody is right... at least for them. Some of our actions complicate and extend the path, but there really is no “where” to go except within God because God, in order to be God, is present everywhere.

So, the search, the path and the goal (God) are all within each of us. What we are searching “for” we are searching “with”. God has never been separate from us. God is everywhere present, here and now. The primary lesson is not in reaching the goal. The primary lesson is the process we use and the awareness we develop. How many times have you worked very hard and been challenged by a project, only to find a letdown and

lack of orientation as soon as the project is finished and the initial exhilaration of finishing a job has passed? How many people have said that the challenge meant more to them than the win? Does this mean we don't like to win? No. It only means that stretching ourselves past our known capacity is the challenge, the process, "the Path", and is where the real content to the situation exists.

Since the answers were and are within, it would be a good idea for us to begin our search by turning within ourselves. A clear objective view of our inner workings is in order. We can help ourselves by seeing ourselves as we really are, with no rationalization, justification or judgment of who and what we are or are not. Only by such clarity and objectivity can we gain the ability to "clean house". We can then redirect our development along spiritually aware and growth-oriented lines, in the most positive direction possible.

We have three parts to our minds, two of which are commonly known (the conscious and the subconscious), and one of which is almost mythic in concept (the superconscious). Let's use the analogy of an iceberg floating in a sea of water. Icebergs are enormous mountains of frozen water, only a small percentage of which is visible. Percentages of visible vs submerged are dependent upon whether they are freshwater or saltwater icebergs. For our purpose, we will use an average of 1/7<sup>th</sup> visible, 6/7<sup>th</sup> submerged. This is similar to the analogy of our conscious (visible) to our subconscious (submerged) mind. Note the words subconscious and unconscious tend to be used interchangeability, but this is not necessarily technically correct. I am not a psychiatrist, so we will use both words as one function to help us understand the difference between *conscious* and *not conscious* mind.

Because our conscious mind is what we use on an everyday basis, most refer to this as our total mind. Most of the world exists in a state of external, conscious activity dependent upon their five physical senses. I like to describe this physical mind as octopus-like, a 2 ½ pound mass of gray matter with five tentacles with which to sample physical experience. If the world does experience subconscious, internal information, it may be denied, or labeled as schizophrenic in nature. Many are intimidated by such subconscious experiences or the label applied by the mass mind.

Think about the relative size of the conscious and the subconscious, 1/7 to 6/7. By comparison of size, the subconscious is enormous and yet most of the world denies or ignores its presence, equating the whole of its mental capacity to 1/7<sup>th</sup> of its possibilities. What a waste! We are far more than our conscious minds, we are also our subconscious; and when spirituality awakens, we also have access to our super-conscious. What about those who live in the subconscious?

Psychic, artistic, empathetic, sensitive, imaginative... those are the words that would be used to describe a person who is in touch with or lives chiefly in the subconscious realm. Most of these phrases are pearls of great value, very positive. There may be some who don't have a good grip on external reality, living too much in the subconscious. If the subconscious becomes too active and is not in harmony with the conscious mind, serious psychological disturbances could take place within the individual. These individuals could become erratic, over-reactive, deny reality, and escape into illusion. What should be a gift could become a burden or a disaster. Embracing all possible uses of the mind, conscious and subconscious, would be ideal. However, because of multiple reactive possibilities, we need to be in touch with our subconscious in a somewhat consciously controlled way.

It is possible to do just that... to stimulate the activity of the subconscious in a conscious way, harmonizing and blending the best of both. This harmony of parts would create a greater whole. Just as the iceberg is really all of its parts, visible and submerged, so is our mind. A mind which operates in such a coordinated way would be far superior to the ordinary partial consciousness, whether externally-driven or internally-driven. When the mind is coordinated, the experience and the life can be coordinated. Who are those who are able to accomplish this super-consciousness? Obviously, a harmonized mind would take them far beyond the normal capacity for experience. These become our gifted. Is there more?

We have integrated the iceberg into a totality. The blending of the conscious / subconscious parts of our minds creates a doorway through which only a few will pass. To stop with the iceberg is to ignore the sea in which it floats. To stop with only integration of our personal mind is to ignore the greater mind or consciousness which is our universe. To pass through the doorway of the cosmic mind, the great sea, we must move past our personal selves to the universal. We then become the mystic or the visionary. This is the ultimate consciousness that we seek to join.

In order for us to achieve this, we must first realize it is possible, desire it to be in our experiences, and then take the steps to produce it in our lives. This is a very tall order. In our initial lesson, I mentioned that those who study Metaphysics and those who attend this type of class have turned that corner in their minds. They have done the first part, the realization of the existence of potential. They are starting to awaken. At first, we are awed by what the realization represents. The usual human doubts set in. Can we

handle it? Are we worthy? Is this real or are we playing with our own heads? Self-doubt, societal pressure, fear of failure, fear of success, fear of unknowns, resistance to change, etc. – all are arenas of conflict which enter into this process of realization.

Once we have worked our way through the confusion and into acceptance, we then work on our desire to succeed. Once we know that we can live better, more productive lives, we start to desire this for ourselves. During this process, we learn about our feelings of worthiness and possible resentment that others “have” and we “have not”. We realize there is a tremendous price tag we will pay in terms of personal time, energy and effort, to say nothing of the change and potential loss of our present lifestyle and associations. Personal growth requires personal commitment. No one else can do your growing for you! Growth implies friction, possibly growing out of or away from certain people, circumstances, or experiences. Those close to us may be intimidated by our evolution and feel their relationship to be threatened. Our action to fulfill our desire is forged in fire; only those who truly have the passion to experience the potential of life make it through this stage.

Now that we realize the potential, and honestly and with conviction desire the experience, the hard work begins. We must take steps to actualize that potential in our lives. Obviously, we have gone through a tremendous re-examination process just to get to this point in our development – but there’s more. One of our first steps is to set in motion a conscious re-examination process of or prior experience and our unconscious programming. We have accepted programming since our first breath, most of it unconscious. Our programming determines our experiences and our reactions to those experiences. Old reactions may not be currently appropriate and must be discovered and reworked or eliminated. We must learn to approach life and experience with a fresh, new outlook. This is a continual, ongoing process for most people. Once you have set your observation and re-examination process in motion, you can go on to other steps, dealing with whatever material surfaces over time. Guilt, blame, judgment, fear, repression or sublimation are all enemies to this process. Our purpose in our re-examination process is to uncover those traits that undermine our efforts or impede our progress. We must assess their effects in our lives and determine what we can do to erase, replace or otherwise nullify any negative effects.

Sometimes the simple understanding of why you have certain traits or reactions is sufficient to eliminate their effects. Sometimes you have to be willing to probe and dig them out. Since they have occupied your mind for a long period of time, this may take a while, or you may go through several stages or episodes to break loose the old program. Keep at it, no matter how long or how many experiences it takes. Don’t give up, persistence



pays off. At times, you can be dealing with many such old programs or tapes simultaneously; this could be a bit overwhelming. Occasionally we need assistance. Don't hesitate to ask. You are not any less spiritual or evolved by admitting that you need a helping hand. A wise person understands their own occasional or temporary limitations. No self judgement is allowed.

Know that nature abhors a vacuum. If you leave a blank spot in your programming, life can fill it in with a random something. Be smart and choose a replacement something. Once you have erased or dealt with an old program, be sure to replace it with a positive program. Or you may get an unexpected surprise!

At times we feel we have dealt successfully with an old program or problem only to have it show up in another form at a later time. Don't feel defeated or unsuccessful; you are learning a new layer or level of the lesson, a subtle refinement. Perhaps you weren't quite as thorough as you had thought. Perhaps there were unrecognized but related or peripheral issues. It is okay – do what you have to do, without personal judgment, to learn this new piece of your personal puzzle. Be thorough, not superficial. If you aren't thorough, it may re-emerge again and again until you are able to fully clear it from your consciousness.

I do know from personal experience that programming positively over old negative garbage is only a coat of whitewash. When you whitewash garbage, you still have garbage underneath that will eventually smell, decay or disintegrate. Identifying your problem area or reaction, and persistently erasing its effect on your life can be tedious and time consuming. While not easy, it is far safer than sublimation of your problems or whitewashing. When you are stimulated externally or internally, producing a negative reaction or response, don't tell yourself you are too metaphysical to experience such negativity. You've just discovered another suspicious area on which to work (perhaps a bad, old tape). Whoever or whatever stimulated you did you a favor. Just get to work on it!

Remember our instincts and our prior conditioning determine much of our experience. Our first and primary instincts as a human animal are survival and perpetuation of the species. Given a primitive and hostile environment, these instincts were necessary for survival. We have a good dose of these drives, unconsciously. The preservation of self, family and possessions, and the reproductive (sexual) instinct are inherent in our natures. When we encounter any experience, we have a tendency to unconsciously react in two ways:

- 1) identify whether we have previously encountered this experience or
- 2) classify according to the pleasure / pain principle.

This identification process determines *old* or *new* and, in a more complex way, *similar*. In other words:

- 1) I have had this exact experience before.
- 2) I am reminded of a previous experience.
- 3) I have never had this or a similar experience.

Identifying the experience as old or similar sets up pre-programmed reactions or responses. Identifying the experience as new sets up a challenge or “facing the unknown” reaction or response.

Once we have identified, we classify by pleasure or pain: “*I am in pain. I was in pain. I know or believe pain is possible or probable.*” Such a classifying of potential experience would create all the appropriate reactions and responses to pain or the potential of pain. Your self-preservation instinct is operating at full power. This is not pro-active, making choices as to your attitudes, reactions and responses; you are reactive, acting out of prior conditioning or experience.

Interestingly enough, pleasure is identified by the absence of pain and not necessarily the presence of pleasure. If I am not in pain this must be pleasure. Think about this... what a ridiculous assumption... as long as I am not in pain I, or this experience, must be good for me. How many times do we act or respond to minimize our discomfort rather than emphasize our pleasure? If I have \$1000, will I choose to repair my roof (minimize my discomfort) or put in a new carpet (maximize my pleasure)? Can you see how one will naturally, logically, go for minimizing pain mostly without ever realizing what we are doing or have done. Again, logically, if my roof leaks, my new carpet would be ruined; but have I given myself pleasure? The rationale is that I have. So why don't I feel pleasure? These are mixed messages to our subconscious.

Most people stop here at this stage and experience life completely by their unconscious reactions. If we are awake and aware, we know this is part of the process, but it is only the first stage. We cannot ignore or erase those primary instincts and should not want to do so. These instincts are related to our will and our desire to survive. They are essential to our survival both as individuals and as a species. Those who succeed in defeating those drives can lose initiative, will, and the urge to survive – and could conceivably become suicidal.

However, we can recognize, identify, and observe the action of identification and classification in our lives. We can do so (identify and classify) consciously and select appropriate responses. We can go beyond this limitation. We can appropriately alter both our programming and our responses.

Positive programming can be initiated at any time and made a part of your everyday life. This can be as an overall life-enhancing technique. Or perhaps conscious suggestions could be given at times as needed. Alternatively, hypnosis, self-hypnosis, subliminal tapes, creative visualizations and meditations, psychology, analysis or self-analysis can all be used to take us those next few steps into an acceptance and a realization of a new paradigm.

So much is available in terms of books, tapes, classes, therapists, and counselors. Don't be hesitant to use any or all of them, both with your students or for yourself. Remember there is no one way to satisfy everyone's needs, and those needs change even within the individual over a period of time. What may be valuable at one point in your development may not be useful at another point. As we go through the Ministry courses, we will explore various techniques.

It is important to remember that persistence and consistency pay large dividends in terms of your spiritual progress. What we must constantly keep in mind is that we *are* mind. We *are* consciousness that has chosen a physical body as a vehicle for physical experience. We are not *just* our body... we are more than our body. Just as we use a car to transport our body, we use our body to transport our consciousness. We must care for and respect our bodies for they are the physical temples of the living God (our personal Spirits). To ignore, abuse, or negate our physicalness is to defeat our purpose for having a physical experience. We have bodies because we are meant to experience physically in this physical world. We are not less spiritual because we are physical. We are physical for a Purpose.

The error is to believe that *all* we are is a body. We can become so involved in this experience that our body believes us and dominates our experience. This is not our body's fault, so it should not be punished or relegated to an inferior position just because our minds got our priorities confused. Our bodies and our physical experience are not evil or rebellious or nuisances. Our bodies are what our minds allow them to be.

Our purpose is to recognize we are a mind inhabiting a body. If we are in control of our lives, our minds will determine our experience. If not, experience will happen anyway. If we consciously make the attempt to

align our inner and outer thought processes, we can improve our lives. As we improve our inner communication, our bodies can improve. Before there can be a “thing”, there must be thought! Example: before there was a physical lamp, there was a concept called *lamp*. If the only existing lamp is destroyed, the concept still exists; therefore, other lamps may be experienced from the initial concept. We must establish our priorities and then live within the order we have established. Our experience will then manifest according to our thought. This can be accomplished in an instant... or it may take several lifetimes. Growth is individual.

In order for us to manifest positive experience, we must be thinking positively. The concept is simple, but it is not always as easy as it sounds. Therefore, don't be afraid to try different techniques – just don't complicate your life with unnecessary clutter. The simplest approaches are often the best. Recognize that as you grow, such techniques may change with you. A paragraph may in turn into a single word. A process may turn into an Acceptance. One of the emerging most valuable assets may have been your greatest antagonist... your imagination. A runaway imagination can be devastating, causing you to “die many times before your death”. A harnessed imagination should be creative, productive, and uplifting. With it, you can create a new personality, a new experience, or a new life for yourself.

Remember, it is not enough to know that the potential exists within you. You must desire to experience it. It is not enough just to desire the potential, you must have the courage to act upon that desire. It is not enough to initiate the action, you must persist until you achieve it. It is not enough to have achieved, also known as “resting on your laurels”, you must have a new realization. And the process goes on and on. Where does it lead? To God, through God, using the God within.

## **The Art of Holding Your Friends**

One of the country's wealthiest men remarked one day, “If I had or could retain one possession, if all else had to be lost, I would ask to keep my friends, as they are the only possession that could never be replaced.”

Most of us want friends. Sometimes we lack opportunity or know-how, or we are too shy and perhaps lack confidence. We, at other times, go out of our way to initiate friendships. Occasionally we will unthinkingly let some little carelessness cost us all that we have gained. You will counsel people in all these stages of friendship, or taken further, relationship. A few guidelines may help to:

- ✓ prepare the person for friendship,
- ✓ initiate and develop friendships,
- ✓ and preserve the friendships that have been formed or will be formed until they have ripened into understanding, mutual respect, and lasting companionship.

### **Attitude**

- ✓ Are you shy, retiring, or insecure? Do you lack confidence?
- ✓ Are you glib, phony, or superficial?
- ✓ Are you aggressive, dominant, or a bully?
- ✓ Are you mothering, smothering, manipulative, or possessive?
- ✓ Are you aloof, condescending, or cold?
- ✓ Are you warm, compassionate, and caring?
- ✓ *Just who are you as a person?*

This is the initial ingredient to forming friendships. There is an old adage that says “*to have a friend you must be a friend*”. You must look inside yourself to determine if negative attitudes or behavior isolates or prevents you from forming friendships. Alienating or avoiding others or refusing to heal thyself will not produce friendships. What do you have to offer another in terms of friendship? Do you need to do some work on yourself to be a friend?

### **Companionship**

- ✓ What are you seeking in friendship?
- ✓ Would you be more comfortable with someone similar to you? Or different from you? In what way?
- ✓ Are you passive, looking for someone else to initiate? Or are you the leader looking for a follower or second banana?
- ✓ Do you want dependency or self-sufficiency?
- ✓ Would you seek common interests? Or those who can stimulate you in other areas?

- ✓ Just what do you enjoy doing socially?
- ✓ In sports, are you an active participant or a spectator?
- ✓ Do you want lots of company or occasional company?
- ✓ Are social drinking, smoking, or chewing tobacco, etc. acceptable behaviors?
- ✓ Spiritual? Mental? Emotional? Material? Physical?

Friendship is a two-way street. You have every right to *get* what you need from a friendship, or to seek another. While what you give should not be predicated on what you can get, there must be balance between that which is given and that which is received in order for there to be intrinsic value. One-sided friendships rarely work!

**Opportunity** If you sit in your home or hide behind your office desk, friendship will rarely come to you. You must be willing to place yourself where meetings for potential friendships are possible. You must frequent those places that invite your kind of friend.

- ✓ If you are interested in theater, volunteer your services to your local theater group.
- ✓ If you are religiously inclined, go to church, perhaps several, until you find your comfort zone; join and share.
- ✓ If you are literary, go to bookstores, libraries, book clubs, or writers' conventions.
- ✓ If you are sports-minded, participate or volunteer at sports venues.
- ✓ If you are professional or success-oriented, join the Chamber of Commerce, or Toastmasters. Or join political, realty, banking, or mortgage groups.
- ✓ If you are benevolent, volunteer time to charitable endeavors.
- ✓ Take classes, join groups, go to concerts in the park, take cruises or trips with travel groups, join self-help or self-awareness classes or groups.

- ✓ Act, don't wish. Read the *what's happening* column of your local newspaper. Find out what's available. Participate. Don't sit home and wonder why you don't have friends.

**How to initiate** Self-interest is strong. To open the door to conversation, get the other person to talk about themselves or what interests them. Participate in the conversation by mostly listening. Many years ago, one of my young children complained that they did not have friends and did not know how to get someone to spend time so a friendship could be formed. I suggested that it was as simple as asking questions such as, "*I understand you did (fill in the blank). How did it go?*" A few days later the same child said "*Mom, how do you get them to shut up?*" Believe me, it is not as easy to slow them down, to allow talking space for you, or shut them off. Self-interest is very strong.

**Deepening of the Bonds** There are times when we meet people and we feel like we've known them forever – and perhaps we have. Those relationships form spontaneously and effortlessly, and we are blessed to have them. Other meetings are disastrous, uncomfortable, almost hostile. Perhaps you've encountered each other in prior experience. Can this be a warning flag that this friendship is not for us? Pay attention. However, a poor start is not always an indicator to run from the encounter. We can form our initial impressions within eight seconds, and at times we refuse to move beyond that first impression.

I am reminded of a person I met many times over a period of years. He was condescending and above any possible friendship as I was not his mental equal. Or so he thought. A few years ago, he accidentally happened to sit in on a talk I gave to a group. I was quite surprised when he came up to me to say hello and to compliment me on my talk. He indicated that he was really surprised that I was intelligent (diplomacy was not one of his better traits). I responded that I was just as intelligent as I had always been, from his point of view of our casual association. I wouldn't really call it a friendship, but it was better from that moment on because he placed me in a "reasonably intelligent" category. From my perspective, I realized his condescension was not directed at me, the person, but that it was an unfortunate idiosyncrasy on the part of a not-very-wise, man.

Placing myself in this role, I met a man who told smutty jokes with sexual innuendo as part of his every conversation, was loud and obnoxious, and a practical joker. You never know what to expect in any circumstance. I was very uncomfortable in his presence feeling myself to be a cut above such behavior (sounds like the reverse of the previous example). I liked his wife enough to bite my tongue and to try to maintain our close friendship. Over a period of involvement, I came to realize his behavior was a desperate attempt to get someone, anyone, to like him. He thought

he was being entertaining. He didn't understand the hostile reactions. Underneath all that bluster, he was a fine human being, and he became a very deep, wonderful friend. He died quite young, and I got to perform my first funeral for my friend. I thank God I moved past that initial first impression and got a chance to both know him and to become fast friends.

For most of us, deep friendships will take time. They need to be based on openness, honesty, individuality, commonality, respect, and maturity. The longest journey begins with a single step. Friendships begin with introduction. One good friend of over twenty years met me while I was hanging up laundry in my backyard. I had a hairnet on to prevent the wind and clothesline of ruining my new hairdo. I must have looked strange to this much more sophisticated person. We made it because she got by that sketchy first impression of me.

Don't discount your immediate neighborhood. Three of my best friends are my brother, his wife, and my sister. I know they are related to me. But they are not my friends because they're related – they are my friends as individuals. I truly enjoy their company and their friendship. We're delighted that we're related, but that has nothing to do with our true, deep, long, and lasting friendship.

### **Preserving the Friendship: Some Guidelines**

- ✓ Give your friends better than a 50 / 50 chance to speak their thoughts. Don't insist on doing all the talking. A friend should give you the same respect. Fewer words may carry more meaning. We learn through listening. Remember you have two ears and only one mouth, so we should listen twice as much as we speak.
- ✓ When we care about another, we identify with each other's emotions. If you give way to anger, tears or negative emotions, remember that you may be causing your friend to be in pain due to your need. Don't lose sight of their involvement as your friend. Your friends have worries of their own to share in good times as well as bad times – a major function of friendship; just don't burden them with your problems.
- ✓ Be very gentle with people, they bruise easily. Remember that constructive criticism is known and remembered by only one of those words: *criticism*. Avoid sarcasm and brutal frankness; choose carefully the words you use to convey your opinion. Words can heal or hurt. Use tact not sarcasm or insults. Remember there is a human being at the other end of your tongue! Few friendships survive brutality.



- ✓ Don't try to remake your friends; you're not smart enough to play God. Everyone has faults, including you. In any relationship, business or personal, there is always the potential for compromise whether it be in character traits or interests.
- ✓ Don't impose frequently on friendships to borrow money, favors, or possessions. Should you borrow, respect their property, and the feelings and the idiosyncrasies of your friend. Ask first, don't presume on the friendship. Return what has been borrowed promptly, in original condition or bettered in some way. Remember to be willing to return the favor. You do not have to keep a score sheet or tally, just don't use your friends. Be as willing to give as to receive.
- ✓ If you seek the advice of your friend, be gracious enough to listen, to evaluate, and to use, if appropriate. Don't seek advice if you have no intention of listening, considering, or using. At times they may offer advice, well-meaning but unsolicited. Occasionally an outside viewpoint is helpful. Occasionally it is unwanted and unwelcome, whether you are the giver or the recipient. Your friend is usually on your side. Remember that you can listen, say thank you, and then keep or discard their advice. If continually or definitely inappropriate, say so; but don't attack. And don't throw away a perfectly good friendship for one ill-considered piece of advice. You would want the same forgiveness for yourself.
- ✓ Don't criticize mutual friends and don't judge. Whoever is not present should not be the subject of gossip as there is no way for them to defend themselves. They shouldn't have to defend themselves against their friends. Plus, your other friends may wonder what you say about them when they are absent. Remember, one day it may be your turn to be the subject of gossip or criticism. How would you feel then? Remember you are always the owner of what you send out. "What goes around comes around!" This is also known as *karma*.
- ✓ Don't embarrass your friends publicly through loud conduct, bad temper, or excessive emotionalism. Don't embarrass your friends privately by feeding your own ego. Friends are fragile and valuable.

Dale Carnegie's book *How to Win Friends and Influence People* can help.

# Memory Training

Most of us have had the embarrassing experience of meeting someone on the street or at a party and have been unable to remember them. We do not know their name, or the place where we first met them, or perhaps even how we came to know them in the first place. Any of us at some time or another have forgotten a friend's name or a frequently called telephone number. Perhaps we shrug our shoulders and say, "I always did have a poor memory." This may or may not be true, but definitely is not a good mental program. Please be aware that every time we confirm that we have a bad or trick memory, we are reinforcing our mental program relative to our memories. We must be careful not to reinforce or program a future bad memory pattern. Chance remarks repeated often enough can become our future programming. When you catch yourself in the act of reinforcing poor recall, be sure to erase that internal message. Do not allow that thought to be entered into your easily programmable subconscious.

Whether or not you have a good or bad memory is irrelevant. Most people can have a decent memory with a little practice, patience, and an honest desire to remember. There are many aids and helps available to assist you in your memory training: books, tapes, courses, etc. We are going to use a practical sense approach for this class.

Test out your memory: think of your happiest moment. Then think of your most upset moment. Notice how much easier it is to remember upsetting incidences. Why? This is because of the depth of the emotion involved. It is much easier to retrieve emotional information because it has a deeper impact on us. Therefore, to improve our memory, it is helpful to associate what we wish to remember with our emotions.

Another good memory enhancing trick is association by humor or visualization practices. Allow your imagination to associate freely and humorously. Restraint might be necessary. At times you can commit a social gaffe by letting your humor run away with you, so do keep control of this. I remember in a business meeting one day referring to a client as "greasy". It was a Freudian slip as that was not the client's name.

Much of our faulty memory is produced because we do not pay careful attention. If we are introduced to someone or you wish to remember their name, give them your full attention. If you are with a person, make eye contact, shake hands, repeat both the name and what you wish to remember such as, "You said you read tarot cards." Pay attention; make the attempt. Most of the time we are thinking about our response or our new direction for the conversation. Stay with the live action. Don't be thinking about what you want to say at the initial stage of the introduction because it is difficult to remember what we were not paying attention to.

Remember also that we have a short-term and long-term memories. We need to make a clear enough impression on our minds to transfer between short-term and long-term memory. Our short-term memories are limited in amount and duration. We can easily overload our short-term circuits and forget. In order to recall over a length of time, the memory must be in our long-term storage and important enough for us to be able to easily retrieve it. Our long-term memory records everything we have ever encountered in our experience. We never truly forget any of it. However, these memories can be so deeply stored that access and retrieval is difficult, potentially impossible. When that occurs, we conclude that we have forgotten.

A good memory is an asset to any person whether its use is personal, social, domestic, business, etc. It is well worth the time you spend to develop a good memory in this Spiritual Metaphysical field. A good memory is even more important as much of the information flow we seek and receive is momentary, fragmented, ethereal, or symbolic. We must be able to mentally record and thoroughly evaluate what we receive in a single flash as we rarely get a second chance to bring the information through. Since we have a split second to receive, we must be able to retain everything about that insight. Our ability to recall is the key to unraveling or developing the information received and that recall should include sight, smell, sound, taste, feel, instinct, etc. This is a very tall order to fill, but is do-able.

To develop the type of memory we are discussing, the ability to retain all the essential ingredients to a “psychic message”, or flash, or meditation image or symbol, the following exercises can be helpful.

- ✓ When you enter a room or atmosphere to which you have not previously been exposed, look around you and consciously observe the room and atmosphere. When you leave the area, stop; try to remember the details of what you have observed and write them down. Not only visual information should be recorded, but all other sensings as well, such as: how big, what color, flooring, furniture, temperature, atmosphere, décor, smell, emotional reaction, unusual items, people, body English. Explore all the details in the same manner for each person or experience. Slowly but surely, you can increase your powers of observation along with your memory.
- ✓ Next, try to do the same process with a room or area where you did not consciously decide to commit the details to memory. In other words, determine how observant you are under more normal circumstances. Notice that as you make a conscious effort to be

more observant and to increase your memory, both your conscious and your unconscious memories improve. Or, you can also take a mental trip along a route completely familiar to you, such as the route between work and home. Travel that route in your mind. How much of it can you recall? Not just the streets you must use, but what is the condition of those streets, traffic lights, lane arrangements, stores and buildings along the route, colors, construction, bus stops, beaches, tourist traps, etc. The next time you travel the route observe the strengths and weaknesses in your memory. Practice this route and other familiar routes. Just remember to pay attention to your driving. Stay safe!

- ✓ There are books, tapes, and classes available to help develop and retain your memory.

As you see. There are many very simple ways to increase your memory, none of which require a heavy financial investment. The only investment you really need to make is one of time, effort, and patience. In our field, your memory is one of your greatest assets. What are you willing to invest for what you desire?

## **Questions - Spiritual Paths Lesson #3**

1. What is your concept of the primal instincts?
2. Define your understanding of identification and classification and their limitations. Explain the subconscious, conscious and super-conscious.
3. How do you relate consciously to your body?
4. How do you handle your negative programming?
5. Outline YOUR ideas for 1) developing and 2) retaining friendships.
6. What area of memory do you feel needs improvement? Which method is best?

# Prayer and Meditation

*What is Prayer?  
Successful and Effective Prayers  
Settings and Tips for Meditation*

Before you start your meditation and study period for this class, take three slow, deep breaths and repeat the following:

*“I will in God, I shall in Christ, I am going to  
through my faith in the Holy Spirit,  
take from Thee a part of Your divine powers and wisdom,  
for my unfoldment and development, to do thy bidding,  
if it be Thy will, and to Thee I give thanks, Amen.”*

This lesson of the Spiritual Paths study course is designed to help understand the fundamentals of prayer and meditation. Both prayer, which is common in our western culture, and meditation, commonly followed in eastern cultures, have the attention directed towards Divinity, the Creator, God (by whatever name we choose). At other times, we pray to or meditate on a semi-Divine master teacher, inspirer, or mentor. Occasionally our prayer or meditation is directed towards a human agency or object. However common their origins, prayer and meditation differ significantly in their applications. Perhaps the key to understanding is contained in the previous phrase “*we pray to or meditate on.*” A dictionary definition is a good place to begin our study and will reveal some surprises. From Websters:

**prayer**: Latin: precarious: obtained by begging; precari: to entreat

- ✓ the act or practice of praying
- ✓ an earnest request, entreaty, supplication, petition
- ✓ a humble entreaty addressed to God, a request
- ✓ a devotional service in some religions
- ✓ any spiritual communion with God (or gods)
- ✓ one who supplicates or prays (noun)

**pray** (originally):

- ✓ to beseech, entreat, implore
- ✓ to beg for imploringly, to ask by supplication
- ✓ to ask earnestly

**prayerful**: an attitude

**meditation**:

- ✓ to consider thoughtfully, to intend
- ✓ to ponder (especially religious matters)
- ✓ planned, deep thought, given to reflection

**contemplation**:

- ✓ to look at with attention
- ✓ to have in view
- ✓ to think studiously

As you can see, dictionary definitions show dramatically different concepts. Since, as budding Ministers, this is what we do and teach, it is important that we clarify our own thinking in order to distribute clear information. Let's look at some keywords in the definitions to set our stage and then examine the main concepts in more depth. The original Latin word *precari* leads to *humble, begging, entreaty, petition, supplication, beseeching, and imploring*, quite specific implications of a lesser creature applying to a greater power. Had you thought of this atmosphere when you prayed or suggested that another pray? The English word *precarious*, while perhaps not specifically contained in the dictionary definition, seems to apply quite well. To beseech, beg, and implore would suggest a precarious position for the one doing the praying. The balance of the definitions of prayer seemed to give a more positive role for prayer in our lives.

The definitions for meditation seem to convey a different attitude on the part of the meditator: considering thoughtfully, intent, ponder, reflection, deep thought, study. Is this method less devotional? Perhaps that deeper examination of the concept of prayer and meditation needs to begin here.

A devotional service in some religions, prayer as adoration or thanksgiving usually would need little instruction. Recognizing the creative aspect of life itself, and unable to specify where it came from, or “who done it”, we look to a divine Creator largely beyond our human capacity to describe or fathom. This Creator could be hostile or benign, demanding or aloof, accessible or unreachable, personal or impersonal, and many other contradictions. At various times in our lives, we may think of the Creator as all of the above and more, in spite of the obvious contradictions. Devotional is the most positive aspect of prayer, whether it be to the known or the unknown. Usually there is a personal outpouring, a spontaneous, sincere, loving, appreciative flow directed to the creative principle, the assumed control point of the situation, or the object or person of inspiration. How can we believe that such spontaneous devotion can in any way be wrong?

It is important to realize that the object of our adoration is very personal and subjective. If your devotion is to a hostile deity who demands blood sacrifice, such spontaneous devotion can cause difficulty for some other poor soul. You may be devotional, sincere and loving, to your deity, but society is not going to understand or accept your actions.

Devotion to a mythological concept or invisible guidance system may fall on non-existent ears or cause the devotee to read guidance or instruction from some vague, coincidental source. Less rigid belief systems such as Metaphysics and Spiritualism can attract well-intentioned but occasionally misguided adherents. Some of us are incredibly I and gullible. A human object of adoration may turn out to have feet of clay. The disillusionment of radio show ministries is a recent example. Have you noticed that bamboozling the congregation or merely not responding to their needs does not lessen the sincere and genuine devotion of the followers? We cannot fault spontaneous adoration, genuine and sincere, appreciative and loving. We can, however, recognize the importance of a worthy and plausible object of devotion, needing objectivity and common sense on the part of the devotee, and a resultant loving, positive activity.

At times such devotion or spontaneity springs from a sense of relief at the end of a difficult life period. A “thank-God-that’s-over” type of prayer. At other times, we are genuinely and humbly grateful for the good in our lives. Remember the old saying, “I complained that I had no shoes until I met a man who had no feet.” When I look at the state of the world in general compared to my life in particular, I am genuinely grateful to the universe for my life. I pray daily in sincere gratitude. We continually internally or subjectively complain about bits and pieces. It is healthy to deliberately dwell on and be grateful for the positives in your life.

*Hymns* are basically prayers put to music. Depending on the words and the motivation for the hymn, it is a positive activity. Words alone can be cold and devoid of results, a mental exercise. Have you ever entered a large church full of people practicing their faith only to realize there is no feeling, no sense of personal involvement? I have. Words without feelings are empty, purposeless, window dressing. When we add the ingredient of feeling or emotion such as in music, those same words fill with power. A few people, involved in their prayer and not just repeating words, can fill that church with devotion and real substance.

It is important to choose positive words. If we fill our minds with self-negating images of unworthiness and then power it with our emotions, our prayers and our hymns can become self-destructive. Remember, adding emotional energy from music can power sterile words into actuality. Be sure those words are positive and constructive in content.

Prayer as we will work with for the balance of this lesson is usually a petition to God, an outward flood of words and / or feelings. At various times, as mentioned, prayer is used for relief, thankfulness, worship, bargaining, pleading, petitioning, want or desire, fear, sympathy, etc. The one common quality to prayer is that WE, in our praying, talk TO God or the object of our prayer. Rarely in prayer do we create a space to just LISTEN.

In some churches, prayer is also used as a form of penance, repentance for wrongdoing, and its subsequent punishment. I can remember as a young child my Catholic Saturday confessional, where I had to admit to every speck of childish wrong-doing (whether real or imagined). The priests would listen intently (or so I was led to believe), to my sins, forgive my childish indiscretions, imagined or real, and send me from the confessional to do my penance, "Say one of Our Fathers and five Hail Marys for forgiveness of your sins, my child." Sometimes the adult version of sin was very confusing. I remember a particularly good week in my life where I could not recall having done anything wrong and it was enough to say so in the confessional. The irate priest kept me on my child knees for three hours doing penance because I believed I was perfect. Bad mixed message here, and not only that I was imperfect. I did not understand why I should be punished much harsher for being a good girl. Did that mean I should be a bad girl because I got less punishment?

Psychologically, the power of confession can also be a wonderful healing. Holding, hiding, agonizing over assumed or actual negative thoughts or actions is very self-destructive. Society also has the right to demand redress or punishments for socially unacceptable behavior. There is a fine line between protecting society at large from the negative actions of any individual, and cruel and unusual punishment. Being outcast from your



particular group was an ancient form of punishment. Being an outcast in a hostile environment would not be something I would want to experience. Bringing balance to society *and* the individual is necessary for a productive and constructive life. Releasing negative thoughts or actions may be essential to the healing process. The judgment and the method involved must be carefully considered.

Currently, with Protestant fundamentalism on the rise, a different kind of punishment is used. Social and economic pressure, social ostracization and control, or public confession and / or humiliation has become common practice. Our American guarantee of freedom of religion occasionally collides with our American guarantee of freedom of speech. I personally have been attacked multiple times in public (their freedom of speech) for my personal beliefs (my freedom of religious choice), which are really none of anyone else's business.

Several years ago, I was set to teach a lunchtime break astrology class for the local office of Southern Bell. Several of the workers wanted to enjoy activity during their lunch break and to learn about Astrology. Plans were made for about a dozen students and a date was set for the session. Born-again Christians in the facility were outraged at the prospect, even though they were not personally involved in the classes. They irately and irrationally threatened to go to management to prevent the class from proceeding. I had no problem with confrontation as it had happened to me frequently with my particular belief system. I did have a problem with putting the long-standing job of the Southern Bell class organizer on the line. I chose to back down so she would not become a sacrificial victim to the religious beliefs of others in her office. I was outraged that the beliefs of a few could overshadow the rights of others who happened to believe differently. Social, economic and business pressure is an incredibly powerful weapon. Freedom of speech and religion were victims here, as well as the disappointed students and one frustrated teacher.

It is possible for prayer, then, to be used as a condemnation or as punishment, outwardly or self-applied. In certain groups, prayer then becomes associated with sin or guilt, a negative and destructive connotation to a supposed act of devotion or worship.

Before we throw away the good in prayer, what could we do as potential ministers to make prayer into a constructive, positive, uplifting experience. Any practice or action that is familiar can be converted into an asset. Because prayer is familiar to our western culture, it is definitely worth doing, cultivating, suggesting to students and clients. We simply need to understand how prayer works in order to get the most benefit from it. Old habits are not necessarily good habits. We should always encourage people to seek connection to their source, but we need to do this with some

common sense and positivity. In other words, our prayer must become effective. How do we do this?

Let's begin at the beginning. Most people pray to a supposedly external source: God, Messiah, spiritual leader – outside us, as if we are unworthy of that inward location. In order to be effective, prayer must not be directed away from us or be separate from us. Prayer must turn inward to recognition of the Divinity within. God as our source, must be accepted as a part of us and not separate from us. If we honor the Creator but dishonor the Creation, we are practicing a very mixed message and totally confusing our place in the universe. Honor the Creator by honoring the Creation. You are part of the Creation. God is all there is, permeating the entire universe and all its contents. There is no place where God is not because God is Allness. Such divinity therefore must reside both within and without.

Many prayers to God stem from our feelings of being a lesser creature, undeserving of good or God's attention. During such prayers, we seek to convince God that IT should pay attention to us and grant our petition. Do you ask or expect your own children to approach you in such a manner? Granted, you want respect and you do want to be asked about decisions involving your children and their activities; but there is an enormous gap between your wanting respect and humiliating your child. Do you think a Divine parent will act less than a human parent? I doubt seriously that we would consider the Creator as Divine if it acted so negatively human.

God does not need to be convinced of our purpose, our sincerity, our deservedness, or anything else. The only party to be convinced is ourselves. We do this convincing dialogue to bring us to the critical state of mind necessary to release our petition into the care of God. That which we seek as God is the superior creative intelligence that is the universe. It knows us intimately. It knows our minds, hearts, purposes, and deservedness – long before we know ourselves. Remember God does not need to be convinced. You are praying to convince yourself that you are worthy.

By the same reasoning, God cannot be bargained with or threatened. To think of God as petulant, disappointed, or angry when we break a promise – or ecstatic, benefic and rewarding when we make or keep a promise, is to have a God that is all too human in reaction. Whatever intelligence designed this universal experience is way beyond this pettiness. Any promises we make are to ourselves. Whether we keep or break our covenants reflects on who and what we are as individuals. God does not have a problem knowing or understanding us. God knows who and what we are. We know when we make, break, or keep our spiritual word. We characterize our own spiritual development in that moment. Naturally we

should always strive for sincerity and integrity to cement our connection with God, to lift ourselves out of a continuous round of physical experience, and to shorten our own journey.

God has no problem with time. We may take all the time we need to achieve our spiritual evolution and eventually rebirth. Since God is all there is, there is nowhere else to go. Whatever happens, however long it takes, God is the only game in town. Since God is infinite, we have Infinity to work it out. Since God is all things and all experience, we cannot truly lose our space or our connection within God. We cannot truly fall off the path we are on without falling into God. Having said that, we can surely complicate our journey and make it so much more difficult, and also longer!

Continuing along this same line of reasoning, penance or punishment by a wrathful God doesn't make much sense. What we do to ourselves internally or externally, or what society does to us as a result of our supposed indiscretions or sins, is usually sufficient punishment. Often society itself metes out judgment. Of course, there's no direct phone line into God to find out if society is right or only thinks that it is. We must also remain aware of the vast cultural differences that may confuse the issue. What is acceptable in one culture may be considered a sin in another culture.

If we seek within to chastise ourselves, to learn from the experience, to elevate our consciousness by humbling ourselves before God, then the use of confession, penance, or repentance can be positive. If we seek to blame, fear, feel good or guilt, embrace martyrdom, or destroy our identity, then confession, repentance, or penance can be very destructive. Why would God want to attack or demolish a particle of itself? God does not need this negativity from us. It is our thinking, our programming, our problem, whether we do it to ourselves or inflict our opinions on others.

When we, in prayer, dwell upon the negativity in a situation, we inadvertently reinforce the problem. We expend our energy, time, and emotion on the wrong end. Remember the saying, "That which I so greatly feared has been visited upon me." We are being positively negative. Soul-searching and seeking to understand a problem objectively, viewing yourself, your participation in, and the possible outcomes of your problem are not the same as negative emotional action and reaction. We must be sure our thoughts, time, effort, and actions are positive and constructive in order to obtain the desired results. At times we exhaust ourselves and our reactions, and mistake that exhaustion for relief. At times we are so embroiled in the problem we can't see the answer, even though it is directly in front of us. Metaphysically, we know the answer is usually contained within the problem. At times we need to get outside ourselves

in one form or another by being detached from it. This could be through working with a friend or counselor or giving it over to God in prayer, “Let go and let God.” Once the solution is presented, we often find that the answer is so simple we wonder why we couldn’t see it previously. Turmoil can be blinding.

In order for prayer to be effective, we must dwell on the situation, the outcome, and the blueprint for success. We must affirm the divine good that is within the situation and anticipate its perfect unfoldment. We must keep our thoughts and our statements positive, thankful, uplifting, and non-judgmental. We must maintain hope and faith in that prayer no matter what it looks like to us in our physical reality. We must affirm the Divinity within ourselves and others. The power that unfolds that situation does so in perfect order. As we pray, we bring ourselves to a full realization of the perfect plan, unfolding perfectly. When that has been accomplished, we can release that experience to God. I never said this was easy, just achievable.

We must dwell in the NOW. The past is done, gone, finished – it is our teacher. To dwell in the past is to throw away our present and our future. To dwell in the future is to dwell on an unknown potential, and to negate the importance of the NOW. To lose the NOW is to create more wasted or negative past to remember later. At this point, the past is unchangeable, and the imagined future may not occur. All we truly have is NOW; a creative NOW to be used to its fullest. This will give us a past worthy of memory and a brighter future.

Even more important, effective prayer must be in the NOW in order for it to manifest. If we pray for a future good, we place that outcome in the future. We may never see it as it may always stay just out of reach. Only when our prayers exercise the NOW will it come into our life in the NOW. “Pray believing that it is done, and it shall be done.” We must create an image, a mental grouping in the NOW, regardless of what our experience appears to be. That allows God, life, and the universe to manifest it as our experience. We must create and then fuel our mental blueprint with our emotions, our passion, and our belief. The Universe does not create miracles using empty words.

Lastly, we must specifically release our prayer. Prayers which are not released remain in the aura and the control of the person who believes they are petitioning God. “We must let go and let God.” We establish the pattern and then allow God to fulfill that pattern. That act of faith in a prayer is the letting go. Our only job after that point is to maintain our positive attitude and reinforce it at points, especially if we have moments of doubt, then to accept our good as it unfolds, with great Thanksgiving. In letting go and letting God we can always rely that God’s will for us is

our highest and best good. We can close our petition with, “Thy will be done,” knowing that our highest and best good will be served. We need have no fear. When we say, “Thank you God,” we affirm that the doing and the deed is already accomplished. Then we TRUST!

So prayer as it is usually practiced can have many flaws, but can be made into an enormously useful asset. The sincerity and spirituality of the person praying is an important function. Prayer by rote, done without feeling can be a cold, lifeless thing. Innocent prayer, simple and direct, coupled with reverence and emotion can accomplish far more. Our mental workings create the diagram, our emotions breathe life into it. When we work with people who need to pray, to commune with God, who desire to bring healing into their life on whatever level, help them to pray effectively.

To synopsize, the ingredients to successful and effective prayer are:

- ✓ God is with us. There is no place where God is not.
- ✓ Convince yourself about what you were praying (God doesn't need convincing).
- ✓ Don't bargain or threaten; be sincere and straightforward.
- ✓ Remember time is not a problem; don't make it one.
- ✓ You deserve your good; this is not an issue. Life was promised to us abundantly.
- ✓ Remember that we are the sons and daughters of God.
- ✓ Don't dwell on the negative (the problem); dwell on the positive (the solution).
- ✓ Make positive affirmations and see perfect action and results unfolding.
- ✓ Be sure your affirmative statements are in the NOW: I am, I have, NOW.
- ✓ Let go and let God.

When we finally have it all together, our life can be a walking, living prayer. We are the living temples of God. As we evolve spiritually, we literally become a hymn to God. That is our ideal. To “pray without

ceasing” does not mean that you must be on your knees in penance. To “pray without ceasing” means to let your life be a prayer, perhaps even a hymn.

## Meditation

The subject of meditation is probably the most widely discussed area in the metaphysical field. Ranging from ancient Eastern philosophies to modern alpha rhythms, from motion to stillness, from verbal to non-verbal, the methods of meditation are innumerable. Our immediate purpose is to discuss the difference between prayer and meditation. We will then explore some various methods and discuss some basic guidelines that will help the student regardless of the method used. We also seek to develop a general understanding of the results of meditation. It is not the purpose of this class or this church to determine that one method is superior to another. As we will realize through his study, the method of meditation must suit both the purpose and the individual. The outcome is our measure of success.

Generally, the purpose of meditation is to turn inward, to discover the hidden world within and to pursue our connection with our Source. For the most part, our lives are continually directed outward, towards external experience. For most of the world, this is all that life is and has, and very little is recognized or experienced of the rich world we each have within. In metaphysics, this external preoccupation is considered to be a form of sleep, illusion or hypnosis, preventing us from full awareness of the internal ability to unfold our divine potentials.

Meditation, as taught in eastern philosophies, has the same attitude of reverence for God as western prayer. Meditation, however, has an automatic turning within, preferably in silence. We sit in silence to achieve union with the Silence. We meditate to act as receiver, desiring input from our Source. In prayer, WE talk TO God. In meditation we encourage GOD to talk TO us. Essentially passive in nature, the meditator seeks to clear the mind of the usual chatter and through that clearing to elevate their consciousness to the highest possible level. We then quietly and with full acceptance of what will come await our connection with the universe, and the “knowing” or illumination in whatever form it takes.

Ideally, meditation is “entering the silence”, “no mind”, “bliss”. While not always easy to achieve, especially for the beginner, it should be the goal towards which meditators strive. Many yoga disciplines and mental exercises lead to this end. There are also many other avenues or applications of meditation. While hitting a home run the first time at bat would be ideal, you may need time to develop this skill. You will make

much use of progressive stages of meditation as you work your way towards your personal ideal. Set intermediate goals in meditation. Build your ability to meditate on incremental small successes. “The longest journey begins with a single step.”

For you and those you teach, don't be afraid to try several methods of meditation in order to find the method with which you or they are most comfortable. Do give quality time and effort to each method before moving on or changing to a new technique. Remember also that methods appropriate to one stage of individual development may not be appropriate to another stage. Methods and outcomes may change, so remain flexible. As you reach or teach, use a slow, steady approach. People who say they fail at meditation can be using the wrong technique for them or just don't give their effort enough time to develop. This is not inner peace on demand, this is “allowing” inner peace to develop. When teaching, don't put an unnecessary goal out of reach of the student relative to the state of their current development. Each person must be treated individually. Tailor the meditation to the person and the desired outcome.

Here are some physical, common-sense, helpful hints to produce an atmosphere in which to meditate.

- ✓ Control the atmosphere of the space. Silence is preferable. Lock your door, put out a do-not-disturb sign or choose a time when you will not be disturbed. Render your phone silent. If you were suddenly yanked out of your meditation by a sudden, loud noise such as your phone, a doorbell, or a sharp rap on your door, it can be disorienting at the very least. It could possibly give you a headache, or it could be even more serious if you happened to be very deep in meditation at the time. My point? Minimize distraction.
- ✓ IF you choose to meditate to music, keep it soft and specific to the purpose of meditating. What seems softly pleasant when you are in your everyday consciousness can sound like a ninety-piece orchestra with megaphones when in meditation. Physical senses are tremendously enhanced when you are in meditation. Minimize distraction.
- ✓ Small animals, while delightful to have and enjoy, can startle you by jumping on you without warning. Put them away temporarily or shut yourself off from them which they may not like. Eliminate scratching, banging, calling, etc. from a pet who commonly gets your devoted attention anytime they want it. Otherwise, be prepared to accept sudden or continual interruption. Minimize distraction.

- ✓ Candles or incense can be lit to provide atmosphere and / or cleansing. To some they are stabilizing; to others they distract. If you are allergic to incense, you would be concentrating on your allergy instead of your meditation. A flickering candle flame can sedate some people yet distract others. Use of such tools depends on the user. Minimize distraction.
- ✓ If there is an incessant sound, such as the drip of a faucet, a hum or a drone from an air conditioner, etc., the noise will be magnified way out of proportion as you meditate. A dripping faucet can sound like a cannon. Occasionally a droning sound will help sedate you. I remember going to the ocean to meditate one evening. The soothing ebb and flow sound of the incoming tide was marvelous, right up until I deeply entered the meditation. The calm and peaceful ocean then sounded like a crashing surf after a storm at sea, definitely not conducive to meditation. Adjust your environment to produce a short-term peaceful meditation space. Minimize distraction.
- ✓ Watch for drafts, air conditioning, heat, etc. These conditions might make you physically uncomfortable as you meditate. Know that your senses are so much finer while in meditation, that ordinary things can be very distracting. If you are thinking about your cold feet, you are not meditating. Minimize physical discomfort.
- ✓ If you sit or lie improperly, you can cut off the circulation to some part of your body. You will then be uncomfortable and concentrating on your discomfort. If, during meditation, you are physically uncomfortable or your nose itches, you must move or scratch. It is better to get over the physical discomfort immediately than to disrupt your entire meditation. Minimize any discomfort or distraction.

I think you can see the purpose of the foregoing instructions: minimize distraction.

- ✓ Keep your spine straight. Sit, lie down, stand up, stand still, walk – all are choices. However, aligning your spine to achieve an unblocked flow of energy is not a choice, it is a necessity. This is one of the most important ingredients for a successful meditation. Bear this in mind as you assume your meditation posture.



- ✓ Short meditations can be done standing. To avoid fatigue, your shoulders should be up and back directly over your hips, with your weight evenly distributed over your heels. Let your shoulders fall as though they were being hung on a coat hanger. It is very common for group meditations to be done while standing in a circle with hands joined. Body fatigue can disrupt your concentration and your meditation. Minimize physical discomfort.
- ✓ Meditations can be done lying down. In fact, many meditation techniques require that you be prone. Remember it is far easier to fall asleep in this position. You may have an excellent sleep, but it will not be a meditation. Keep your head and neck flat, with a neck-only support, not a regular pillow, to keep your spine in a straight line. If necessary, a rolled-up towel or small pillow could also be placed under the knees to ease any back discomfort. If you have to compensate for a pelvic tilt, move the towel or pillow to mid-thigh, just below the buttocks. The last two suggestions were actually encountered while finding a comfortable position. Do not cross your feet or hands unless necessary to that meditation technique. Why? When you cross your limbs, you ground yourself to Earth energy. Do not cross your hands or feet unless such grounding is a desired result. Exception: some meditations require a hand posture; follow instructions for specific results.
- ✓ Sitting is the most position for meditation. On a chair, feet dangling, but on the floor, uncrossed (see above explanation). Use of posture chairs or even a recliner chair is allowable. Or, you can sit on the floor, again with feet uncrossed if comfortable. The yoga Lotus position looks like a crossed leg posture, but really describes a circle and does not ground the energy. Again, use of a small flat pillow can be put under the buttocks to help eliminate fatigue and keep the spine in straight alignment. Sit straight, shoulders over hips. Again, imagine your shoulders hanging from a coat hanger. Head straight and level (set back on your shoulders and not hanging forward) for proper spine alignment. Hands may rest by sides or in lap uncrossed, or you may turn your palms upward in a state of receptivity. Hands facing down are directed towards Earth energy, potentially grounding. East Indian hand positions are called Mudras and should be studied before using as they contain specific instructions for use. Western prayer position of hands (palms together, fingers pointed upward) is common to our western culture. This physical representation helps create a prayerful state of mind using natural cultural conditioning. If in doubt about positioning, study it because we should not use / teach indiscriminately something we do not understand.

- ✓ When you leave your meditative state, come out slowly and gently. It is important to retain the sense of peace, serenity and well-being, and not carry discomfort with you into your everyday life. It is equally important not to jar your physical senses, which could be very delicate at that point. Should you come out too quickly and be disoriented, place yourself back into the meditative state for a few moments. Then return slowly and gently to your fully aware state. The extra few minutes can save you such discomfort.
- ✓ Length of time spent in meditation is not nearly as important as the quality of the meditation. A five-minute quality meditation is superior to one hour of drifting or a silent, internal war. Do not force yourself to sit for a prescribed period unless you are able to maintain the quality of the meditation. It is better to start slow and easy and build up your ability to stay in the meditative state for longer periods of time. Looking at an internal clock is not meditation. Short, consistent, daily meditations are superior to two-hour marathons once every two weeks. Consistency will breed good results.
- ✓ It is not suggested that you meditate over two hours per day; more than that can be a type of escapism. We do not use meditation to escape physical reality but to prepare ourselves to handle this reality in a better and healthier way. People who meditate extraordinary hours every day are spared involvement in life. This is not the aim of our meditation. Yes, there are yogis and masters who spend long hours in meditation daily, but this is a stage of awareness that is achieved gradually, perhaps over lifetimes, and is not suitable for the average man on the street.
- ✓ If your mind should wander during the meditation, gently bring it back to that meditative consciousness. Guilt, blame, and fear are far worse states of consciousness than drifting. When you attach yourself mentally, you are not meditating. Be gentle, understanding and non-judgmental with yourself or with others you are teaching. Don't jar your consciousness; flow with it.

Most of what has been described is common sense, easily understandable. These are not rigid rules to be followed but guidelines to productive meditation. We never seek to tell our students that they must do things our way. Instead, we suggest ways to make their development simpler and faster. There is so much confusion due to all the alternatives in meditation. Our job should be to simplify.

# Questions - Spiritual Paths Lesson #4

1. Outline your understanding of the use of prayer.
2. What are the ingredients or steps to effective prayer?
3. What are the differences between prayer and meditation?
4. What is your definition of meditation?
5. What are the useful helpful hints in meditation?

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# Meditation, Continued

*The Upper Triad's "Commentary on the Esoteric Philosophy"  
The Technique of Yoga-Nidra  
Aids to Concentration  
Some Techniques of Meditation*

Before you start your meditation and study period for this class, take three slow, deep breaths and repeat the following:

*“I will in God, I shall in Christ, I am going to  
through my faith in the Holy Spirit,  
take from Thee a part of Your divine powers and wisdom,  
for my unfoldment and development, to do thy bidding,  
if it be Thy will, and to Thee I give thanks, Amen.”*

As we discussed in our last class on meditation and prayer, there are many forms, methods, or techniques of meditation. This class will study an overview of only some of the methods as it would be impossible to cover all of them. Remember that the ultimate purpose of meditation and / or contemplation is to reach the stillness or oneness with God / Source. All the points in consciousness between normal waking and total silence are valuable. To me, this prose by Michael J. Eastwood sums up the path of meditation.

“The path of meditation can well be compared with the long stillness before daybreak. There is frequently nothing to mark it but a quietly increasing light. The gradual dawning of a new world in our consciousness comes silently. It is a secret inner thing which we can never fully share with others, a silent path. As the spider spins out its own substance the thread it will proceed along, so we through meditation build our pathway out of our own consciousness. It must therefore be an inner silent, secret path which we carve out for ourselves”.

For many years, I subscribed to a monthly publication by a group called the Upper Triad. Their lessons were deeply esoteric and on a variety of subjects, often profound in nature and definitely informative and inspirational. The Upper Triad was a free publication, with donations appreciated. I lost this as a source many years ago, but recently discovered their website, and I recommend it most highly. Following is one of several lessons on meditation.

**A Commentary on the Esoteric Philosophy: #7 Meditation**

published by The Upper Triad (<https://www.uppertriad.org/>):

*There are many varieties and stages of meditation. Some forms of meditation involve the personality; others may involve both the personality and the soul. As an exercise, meditation may include prayer (invocation), visualization, concentration, and/or contemplation. As a spiritual exercise, meditation is a conscious act of participation in being. As a way of life, the meditative disposition is the manifestation of the soul through the conscious personality.*

*The (spiritual) meditation exercise is normally centered in either the heart (mystical, aspirational, or devotional) or in the head (mental). The higher form of meditation is balanced between the head and the heart and involves the intuitive realization of the soul or higher self. Meditation in the heart is preferable until the strong (stable) (mature) devotional nature has been developed. Such a nature is characterized by humility, love, and goodwill; and is accompanied by a serious and sincere spiritual purpose (motive).*

*Meditation is the means by which the personality is made receptive and responsive to the soul. As a result of proper meditation (and discipline), the abstract ideas and intuition of the higher self are brought into the lower mind (and brain). One of the objects of meditation is the integration of the lower self and the alignment of personality and soul, resulting in stability, serenity, spiritual strength, and service (spiritual purpose). Once the rapport of mind and soul has been established, meditation becomes a process of renewal (soul contact) and manifestation (of soul energies).*

*Meditation requires a measure of self-control of the physical, emotional, and mental natures, and should encourage such control. Meditation can be dangerous without spiritual motive, as the resulting stimulation requires adjustment and progress in the spiritual life. Meditation should be prompted by the need to find the Self and to become that Self. The approach to meditation should be well-grounded in common-sense. Meditation should be*

*a comfortable, yet disciplined process, without extreme or excess. Having attained some alignment of soul and personality, the spiritual student utilizes daily meditation to strengthen the spiritual life. The object is to live in the higher consciousness consistently and continually, while simultaneously working through the lower instrument (mind and body). The meditative life does not imply isolation or withdrawal from the outer life; it simply means living a life of wisdom (spiritual quality) without being absorbed in the lower world.*

*There are many formal and informal methods of meditation, both heart-centered and head-centered. Care should be taken to determine the method and application best suited for the individual. Meditation is both personal (individual) and impersonal (beyond the personal); there is no one method that is right for everyone. Meditation normally requires quiet and comfortable surroundings. A candle may be lighted during the meditation, as it has a stabilizing effect and symbolizes the willingness of the lower self to cooperate with the soul. The back should be aligned vertically, and the physical body, the emotions, and the mind (in turn) should be stilled. No meditation should be a passive experience; while maintaining control of the lower self, the mind can participate in the higher consciousness. The meditation period should not be too long or too short. A short daily meditation is far better than a longer occasional meditation. Consistency of time and place is definitely helpful. A daily rhythm of soul-contact is needed in order to be spiritually effective. The experienced (spiritual) meditator learns to carry forth the meditation energy (light of the soul) into the daily life.*

We have briefly covered some elements of meditation in our previous lessons. Once you have minimized any physical distractions and determined your physical position, you are then ready for the meditation itself. We will develop the potential of the meditation experience through gradually evolving into more sophisticated methods. Where do we begin?

We know what we wish to eventually accomplish, and we are ready for the first tentative step towards our goal. Our minds and emotions are chattering like a monkey. It seems impossible to empty the mind and the feelings to achieve serenity and peace. Should we work on both our minds and our emotions simultaneously? Should we work on one at a time? How

do we manage to quiet that internal monkey to find the stillness inside? Telling the monkey to shut up is useless. The more you do this and fail, the more you will be convinced you cannot meditate. Don't use this alternative! The best way to gain control of your chattering mind is to give the monkey something to do.

Let's suppose you were driving a car and the car skidded out of control. The best action you could take would be to momentarily steer in the direction of the skid until you were able to regain control of the vehicle. Think of your mind in the same way. In order to get the chattering monkey to do what *you* want it to do, you work *with* it until you can gain control and redirect the monkey's efforts. So, the first key is to occupy the monkey and make it useful to your purposes. To do this we turn our attention to breathing.

One of the purposes of meditation is to center and clear. There are many ways to achieve this, including focused attention on the breath. As you focus your attention and deliberately relax, your consciousness becomes clearer and you are more centered. Most meditators would benefit from using various methods of breathing or breath control. The simplest form to initiate breath control is to turn your conscious attention to your breathing process. Become the observer, with no attempt to control your respiration. Instruct the monkey to only monitor your breathing. Should the monkey's attention wander, gently bring it back to the observation of the breath. Remember: no judgment, no guilt, no blame. Simply keep your internal monkey's attention on your breathing. This will slow your mind activity and redirect your thoughts. A quieter, more controlled mental activity helps you achieve clarity. For the first attempt at meditation, I would suggest you spend about five minutes practicing this simple, but effective breathing process.

Slow, deep breathing would be the next natural step in the meditation process. Please notice the words "slow" and "deep" in that previous sentence. Do not encourage people to draw short, shallow breaths. We are all shallow breathers naturally and don't need any help in that area. Shallow breaths produce an excess of carbon dioxide in the lower lobe of the lung, allowing less oxygenation of our blood, lower vitality, and slower rate of resistance or recovery. Deep breathing fills the lungs with oxygen and oxygenates our systems on a more gradual, useful level. More oxygen in our system revitalizes us physically.

Excessive intake of oxygen can produce a sense of euphoria, which is not useful for meditation. Such euphoria could cause an accident if the meditator happens to be sitting or standing, or be in unusual circumstances. Short, shallow breaths can cause you to hyperventilate. This simply means you have *too much* oxygen in your system. People who



have anxiety attacks will hyperventilate. The feeling would be like drowning in air. Should this occur with a student, let them both exhale and inhale into a small paper bag for several breaths. This causes you to breathe back in some of the carbon dioxide we all exhale with every breath and, as a rule, balance is restored in a matter of a few moments. Please notice I said a few breaths. We don't want to overshoot our cure and cause oxygen deprivation, turn blue and pass out. Moderation is the key.

In the next meditative stage, we want not only to observe the breath but to add a simple element of control by causing our breaths to be deep and complete, natural and graceful. Do not force yourself or you can defeat your purpose. You are attempting to achieve a very relaxed state of mind, which you will not do if you are internally berating yourself. Fill all parts of your lungs and allow your stomach to rise so the lower lobes of your lungs fill with air. As you exhale, empty all parts of your lungs. When they feel empty, gently push a little more air out. Your lungs will refill with life-giving oxygen, simultaneously revitalizing, relaxing, and clarifying. This will occur in a natural and gradual way and the false euphoria or anxiety will not develop.

Rhythmic breathing is even better for the meditator. Once the deep breathing process is comfortable, institute the next stage of control. My meditation and yoga teacher (and my friend), Pearl van Aalst, taught me a four-part circular breath that was very helpful in my development. As you inhale deeply, naturally, and comfortably, count from one to ?? slowly. No count is right or wrong. Allow the count to be comfortable to the individual. People breathe and count at differing paces. What is right for one may not be right for another. Do not force a count or a rhythm as the student may be uncomfortable. When you are uncomfortable, you are not meditating. Using that comfortable count, pause between the inhale and the exhale. Hold the breath for that same count. Exhale for the same count. Hold for same count. Breathe in this manner for several complete breaths until the pattern is established in your mind. Then add the following thought process to this circular breath.

Know that as you inhale your breath, you are drawing in the life force, the universal energy which the East Indians called "prana". Pause between the inhale and the exhale for a moment and feel that life force spread throughout your body cleansing and purifying. As you exhale, let go of any stress or tension. Tell yourself to relax; allow those stresses, tensions or trapped energy to flow back into the life force, for the good of any life

force that needs that level of discarded energy; nothing is wasted. Pause again between the exhale and the next inhale and allow your energies to balance, and to achieve peace. Breathe in this manner for several complete circular patterns.

There are many more methods of breathing exercise meditations taught through various yoga practices, but they should be taught by someone who understands yoga and the process. Any activity undertaken in ignorance could cause negative results. Certain of the yoga breathing practices should only be done after a gradual buildup of tolerance or within certain physical limitations, such as the age factor. This area of control via breathing includes the well-known head rolls, lesser-known count-cleansing breaths, alternate nostril breathing. and much, much more.

Following is a magazine clipping written by my Yoga teacher, Pearl van Aalst, titled the Technique of Yoga Nidra. This was published by Esoteric World News, {no longer in business} several years ago, before Pearl passed into spirit. Pearl was a 25-year student of eastern philosophy, having studied with many then well-known yoga masters. In this article Pearl simply explains one form of each of Cleansing Breath, Kapalbhati (Bellows Breath), and Alternate Nostril Breathing. The article is simple and explains each process quite well. I would make one observation I noted several years later as to Alternative Nostril Breathing. It apparently is not necessary (for me) to apply any real pressure to the side of the nose with the finger or the thumb. Simply touching the nose lightly can do the job.

**The Technique of Yoga-Nidra**, by Pearl van Aalst

*Yoga-Nidra can be translated as Yoga “anesthesia”. It is a drugless method of alleviating pain and should appeal particularly to those people who object to swallowing medicine for every pain, be it little or big. Yoga Nidra is a very simple procedure and can be practiced by anyone, any time, any place.*

*Sit in a comfortable position with the back, neck and head in a straight line. You may sit either in a chair or on the floor. Take several deep, conscious breaths, visualizing the “prana”... life force and energy... entering your lungs in the breath and being distributed throughout the body, removing all tiredness, tension and impurities.*

*Focus your attention on your physical heart. Get more and more quiet as you can distinctly feel the pulsation of your heart without any mechanical means (such as feeling the pulse). This is quite easy to do. Now feel the pulsation of your heart in whatever part*

*of the body is hurting you. Concentrate on these pulsations, and at the same time feel that part of the body is becoming more and more numb, and that the pain is disappearing into thin air. Continue this until you feel relief. It usually happens rather quickly and should last for a considerable amount of time.*

*Of course, any chronic pain should be attended to and a diagnosis established for its cause. This Yoga-Nidra technique is especially good for non-chronic pain such as headaches, etc. Know also that such pain is caused by fear and tension. When you fight pain, you have two problems on your hands. Try to relax into it if at all possible and see if relief doesn't come!*

### ***Aids to Concentration – Meditation***

*Do you have difficulty in stilling your mind and getting it under control when you are attempting concentration / meditation? I think you will find that this is a universal difficulty, even for experienced meditators. Are you aware that there are some fairly simple procedures which can be followed to help you achieve this control of mind?*

*In the Yoga system, these procedures come under the heading of Pranayama, with the objective of leading to a state of mind which is fit for concentration / meditation. Since the mind is very difficult to deal with directly, in the Yoga system we use the medium of the breath to sort of "sneak up" on it. Breath is said to be the link between body, mind and consciousness. If you try these methods, you will see that it is so!*

*First of all, make sure that your respiratory system is as clean as possible by using a saline solution of 1/2 teaspoon salt to 8 ounces of lukewarm water in a nasal douche [modern neti pot]. Allow a small amount of the solution to flow down one nostril, catch it in the throat, and spit it out [Know that this is a procedure I have never practiced] several times with each nostril. You will feel very exhilarated after this procedure: it feels good! Then sit comfortably on the floor, using a cushion if that helps you, and do the cleansing breath as follows:*

*A) Rest your hands on your knees; take a large inhalation through the nose and gradually exhale the air through the mouth as you bend your body forward over your legs, so that the legs help expel all the air from the lungs. Repeat this three to four times.*

*B) Make the Alternate Nostril gesture with your hand by folding the index and middle fingers down toward the palm and placing the hand alongside the nose. The thumb is used to close the right nostril and the ring finger to close the left nostril.*

*C) Inhale through both nostrils, close the right nostril with your thumb and exhale rather forcibly through the left nostril while bending the body forward over the legs. Use a cleaning tissue... (here).*

*D) Inhale through both nostrils again and close the left nostril, exhaling forcibly through the right nostril while bending over the legs. Blow the nose.*

*E) Repeat this several times until nostrils feel clean.*

*F) Cough and expectorate any phlegm which is dislodged in this manner.*

*Thus far, the procedures have served only to purify the breathing apparatus. Now we proceed to the breathing exercises. The ones I use regularly in my classes and recommend highly are:*

*1) KAPALABHARI (Bellows Breath): To do this, sit comfortably on the floor. Take in a big inhalation and sniff it out forcibly through the nose as though you had a little piece of lint in your nose and were trying to get rid of it. Allow the lungs to fill up automatically (which they will do) between each forcible exhalation. Only the diaphragmatic muscle should move in and out while doing this breathing.*

*Repeat this type of breath 21 times, then breathe in, breathe out, breathe in, lock your chin into your jugular notch and hold the breath for as long as it is comfortable for you to do so. Repeat the 21 pumpings and holding the breath three times at each practice session. Do this type of breathing during the day as it is very stimulating and might disturb your sleep if done late at night. Remain sitting quietly for several minutes after this.*

*2) ALTERNATE NOSTRIL BREATHING: This breathing exercise balances the energies in body and mind, counteracting any lethargy or restlessness. It is very easy*

*and pleasant to do and can be done at any time. It is especially good to do before retiring as it will quiet the mind and ready it for sleep. For Alternative Nostril Breathing:*

*A) Sit in a comfortable position on a chair or on the floor. Make the Alternate Nostril gesture as described in the Cleansing Breath. Keep back, neck and head in a straight line, chest high.*

*B) Breathe in through both nostrils. Close right nostril with thumb and breathe out left nostril.*

*C) Breathe in left nostril, close with ring finger, and breathe out right nostril. This makes one round.*

*D) Continue this procedure ten times to begin with, work up gradually to more rounds.*

*After you are finished, remain sitting quietly with your eyes closed and feel the Infinite Ocean of Consciousness and Bliss in and around your body.*

*I know of no better way to get the mind under control. Try these methods and see if you don't agree.*

An alternative to focusing on the breath would be to focus on the activity of the heart. Allow yourself to feel your heartbeat, to feel the actual function of the heart muscle itself. Feel the effects of that heartbeat as it pumps life-giving blood and oxygen through your body. Feel the rhythm, the flow, the vitality. Be the observer. DO NOT, in your ignorance, change the rhythm or the flow at this point in your studies. I am sure you have read about meditators able to do this. They have studied diligently and practiced for countless hours and they usually know what they're doing before they attempt to interfere. We don't know what we are doing, so don't do it! Observe only, as meditative training.

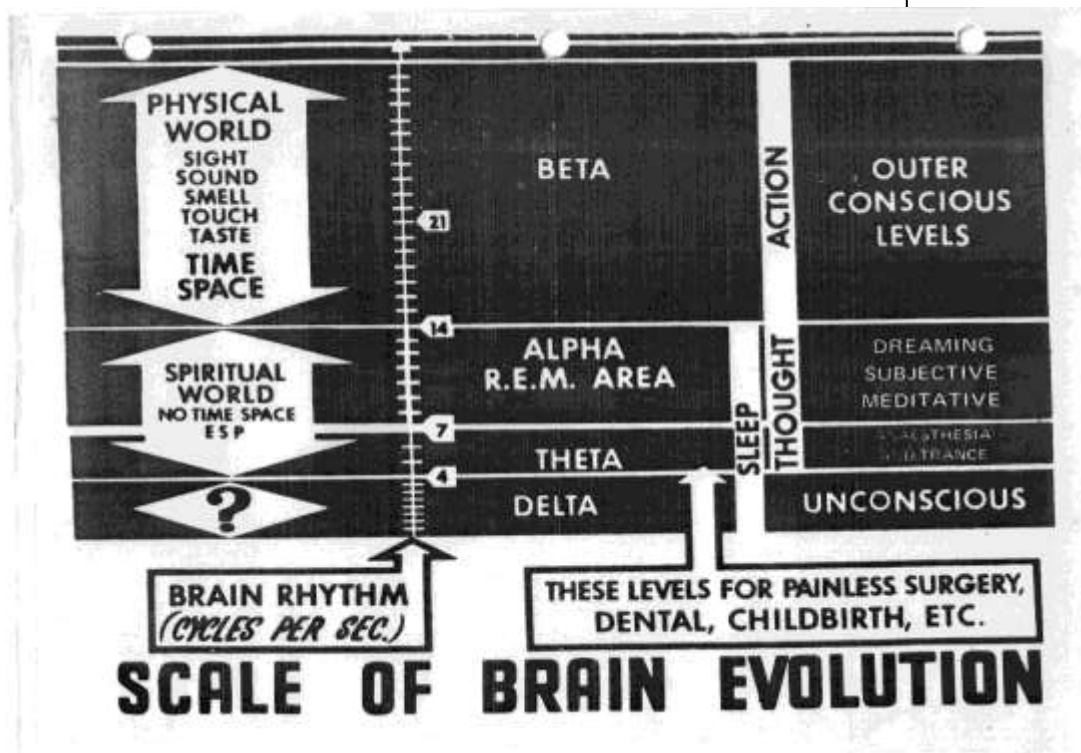
It is suggested that you close your eyes during the breathing or heart focus meditation exercises. While closing the eyes is not necessary to all meditation practices, it does help eliminate visual distraction. The key to meditation is the inner-directed focus of the mind.

Alternatively, one-pointed attention with the eyes open can be a useful tool, such as gazing at a candle, an object, a color, a mandala, etc. Careful selection of such objects or exercises can largely contribute to the eventual success of your meditation; selection does depend on the individual. For some, the flickering of a candle would be a distraction; for others it can aid their focus. It is also possible that staring at a candle flame could be harmful to people with certain eye conditions (such as cataracts, diabetes, glaucoma, etc.). Unless you are a physician, you cannot know such medical possibilities. If in doubt, don't employ, and keep your eyes closed.

If you select an object, it should be at rest, still. Movement, if any, should be rhythmic and should not distract from your meditation. For example, the swing of a pendulum or a metronome (yes, sound can also be an aid to meditation) is rhythmic and sedating. A color wheel, which alternately shows various colors becomes rhythmic within a few moments. The old oil-based lava lamps can be very relaxing when used as a meditation object. If choosing color, be sure to select something restful as not all colors are calming. As you select your meditation tools, remember your overall purpose is to relax to turn inward.

Centering the body physically can occur through physical movement. Rocking the body, tensing and relaxing (called Autogenic Relaxation), Tai Chi, Hatha Yoga, etc. are all physical methods. Some meditations use concentration on certain body areas to achieve relaxation. Focusing your attention on a physical relaxation meditation can help clear your mind and center your thoughts (a prime purpose of meditation). It has been scientifically demonstrated that stress is reduced through such meditation methods as Biofeedback, Autogenics, Transcendental Meditation, etc. Physical healings and cleansings can be effective. Hatha Yoga is a marvelous exercise method and does prepare the consciousness for Raja Yoga or spiritual meditation practices. I would like to point out again that East Indian hand gestures are called Mudras and convey specific meanings. They may be used once you know what you are doing. We will be covering this area of physical relaxation more thoroughly in our healing classes, so I will not go into much detail at this point.

During a meditative process of both the healer and the patient, chakra balance and auric clearing can be performed. Much healing work can be done from this meditative state for those who are absent or those who are deceased. As we progress through this series, we will look at such possibilities.



A very old copy of the “Scale of Brain Evolution” is included in this lesson, source unknown. It is a simple, yet thorough, diagram of the levels of brain activity. First note the positioning of the Physical World, the Spiritual World and that “world beyond our knowing”. The brain rhythm cycles per second are listed along the right of this column. Notice that the more cycles per second, the more we move towards physical activity. The less cycles per second, the more we move towards internal activity, eventually moving into our sleep and unconscious stages. In the middle column, the Beta, Alpha, Theta and Delta rhythms are given. Our waking, everyday whirlwind of activity is Beta level. There are more modern brainwave images available on the world’s largest library by using an internet search.

As we slow our thinking, focus, concentrate, study and turn inward, our brain cycles slow and we enter the Alpha state. Most of the work done by Silva Mind Control, alpha conditioning, visualization, imaging, and other active meditation methods is done in Alpha. This is the R.E.M. sleep area. R.E.M. stands for Rapid Eye Movement, which is common in dreaming sleep, meditation and visualization. As you can see from the diagram, Alpha ranges between fourteen and seven cycles per second of brainwave activity. Most of our initial attempts at meditation will fall into this category, a very useful level of brain activity for controlled thought.

Once we slow our thoughts to between seven and four cycles per second, and focus our awareness even more, we pass into Theta brain wave level, deep meditation. This is the level for hypnosis, deep sleep, and as mentioned on the diagram, painless surgery, dental, childbirth, etc. While I personally have never experienced the dental, surgery, etc. facets of Theta, I have experienced theta level itself. From my personal experience, Theta is not a place to *do*, it is a place to *be*. While I was experiencing Theta, the last thing on my mind would have been activity of any kind: physical, mental or emotional. Theta, to me, is a state of beingness, a sense of connection to the universe itself. I had no desire to think or to do, but only to experience. You are alone in, yet absorbed into, and are a part of, a sea of pure energy; no thought, no movement, no color... just “at-one-ment”.

To go deeper into your mind, or four or less brainwave cycles per second, is to go past the deep sleep or trance state, into Delta level, unconsciousness itself to the conscious mind. Anything beyond Delta would be zero brainwave cycles per second, flat brain activity, physical death.

Our emotional state at times is the area with which we have the most difficulty in letting go to achieve inner peace. It is not easy to get to a clear mental state when your emotions are in turmoil (think of the monkey within). For some it is better to start at the point of turmoil itself to clear the emotional field. Rather than denying your emotions, focus your attention *on* those feelings or emotions to start your clearing process. As you inhale in your rhythmic, circular breath, draw in colored energy. Feel yourself fill with the energy of the chosen color until you can contain no more and the color envelops you, radiating through and beyond you, spilling out into your outer field and experience. Use one color at a time and develop a clear understanding of that one color and its effect on you and your meditative exercise.

Use soft rose for universal love, soft green for balance and general healing, soft golden yellow for enlightenment and wisdom, and iridescent white for protection and safety, a single-color meditation. As you progress, you may develop into multiple colors, preferably in sequence, not simultaneously. Do this in stages. Once you have established some mental and emotional control, you may be able to inhale the rainbow for a full balancing and energizing energy. We will do more with color in our Auras lesson. Our only intent for this class is to offer a method of quieting the emotions.

Soft, gentle, uplifting music is another soothing emotional meditation tool, as is gently stroking a soft animal, a stuffed animal or even a sleeping child or baby. Strident, discordant, angry or loud music will



prevent any relaxation, instead adding to your level of stress. Remember, the music will feed your energy according to the nature of the music. Choose music conducive to meditation.

You can also focus on an energy pattern you mostly *feel*, redirecting your runaway emotions. There is a variety of application, such as the “Spiritual Sun” type of meditation, where you *feel* the Sun in the center of your heart. *Feel* that Sun as warm (not hot), clear, radiating inwardly or outwardly. You can also *feel* color, *see* color, *breathe* color. You can *feel* yourself, your immediate space, your town, country, etc. You can *feel* outer space, guidance, and oneness with the Universe. In other words, focus on the emotions themselves (individually), but only in a productive way... no guilt, no blame, no negativity.

Whether you use a ritual form of sound, or intone single syllables or notes repeatedly, is a matter of personal preference. Various forms of mantras can be used. Mantras may be a single sound, such as “OM” or a pre-set multiple sound such as used in Transcendental Meditation. Hindu or other oriental chanting (such as the Bajans), or western chanting (such as those put out by Summit Lighthouse), or even Gregorian chants may be listened to or participated in. Sounds can be used as a meditation itself or as background to the meditation, such as new age music with harp, lutes, chimes, or the ocean, rainfall, wind, or the popular American Indian Medicine Drum recordings. You may listen or perform, whatever works best for you.

On March 4, 1985, “USA Today” published an interview with the Maharishi Mahesh Yogi, the founder of Transcendental Meditation. T.M. had been a controversial technique. As in many other metaphysical disciplines, the disbelievers are as vehement as the believers. The interview was concise, interesting and informative, giving a simple explanation of the aims and benefits of T.M. A copy of the article was given with the original lesson. I have chosen to remove it from this reprint because the controversies about the group and its leader increased in seriousness. It appeared to be very cult-like, which I chose not to promote. As I remember it, some issues implicated the leader and some issues implicated the followers. As a helpful meditation technique, I still feel that Transcendental Meditation has value.

Guided Meditations are helpful, especially to those who cannot quiet their minds and / or emotions or focus their attention long enough without aid. We will be covering a different “led” or guided meditation in each of the 22 Ministry lessons, as well as the physical healing meditations in the healing lessons. For your immediate understanding, a ritual, a procedure, or words of instructions lead the meditator into

the desired state of consciousness. Some guided meditations are short, light and simple. Others can be complex, deep and lengthy. It depends on the intent and the experience of the meditator as well as the intent and experience of an external guide or mentor in some meditation techniques.

By intent, I mean the goal of the meditator and the purpose of the particular meditation used. Some meditations are designed to be used in a consistent manner: daily or perhaps more often. Other meditations are designed to function in a progressive manner. Each meditative period can lead you into continually deepening layers of consciousness. Two examples would be Inner Guide Meditation and Rainbow Bridge Meditation.

Inner Guide meditations are specifically designed to get you in touch with internal states of consciousness over a period of time as you have the courage to face deeper levels of the self.

Poetry or other prose readings are designed to elevate your consciousness. Effective Prayer as described in our previous lesson is designed to cleanse you of poor mental habits or the powering of the negative in each situation rather than the solution. Any meditation technique which severs the emotional attachments that limit or restrict your life will be useful to you. It is difficult to stay focused in a non-material consciousness when we have gripping emotional attachments.

Alpha training, Biofeedback, Self-Hypnosis or Hypnosis teaches you how to use this altered state of consciousness. Through developing experiences, you may accomplish various aims such as diagnosis and healing, inner guidance, regression, etc.

There is much confusion or disagreement as to whether such practices are hypnotic in effect. Self-Hypnosis and Hypnosis are a more involved, deeper state than the Alpha level. But it is also true that in a guided meditation, a lethargy can be created by the voice of the speaker (their outer guide). The speaker should use a monotone, low pitch to their voice, soothing and aiding their subject (you) to relax. This does border on hypnosis and those who are very receptive may slip into a light hypnotic trance. You must be aware of the possibility of this with your students. Their minds are very open to suggestion and vulnerable at this level of mind. This is emphasized by their implicit trust in you, their guide. Be sure *not* to program responses into them that are not appropriate when out of the meditative state or of which they are consciously ignorant. Protect their trust in you as their outer guide.

Usually, if I am going to work with post-hypnotic or post-meditative suggestions, I tell the student up front what I am doing or going to do. To me, that is fair and honest.

- ✓ I might suggest that “each time you choose to use this technique or level of mind, it will become easier for you”.
- ✓ I also might promote healing and well-being. “Each time you enter this level of mind, you physically rest and relax your body so that you may feel better than ever before. Every day in every way, you are getting better, better and better.” (Emile Coue)
- ✓ I also might suggest, “You will always have personal control over all levels of your mind, and you cannot be guided to any level without your express personal permission.”

Remember, every person has all rights to their lives, in the manner and form they choose, even when we personally disagree. We, as guides, are not their judge, jury or parent. We are there only to assist and illuminate, and also to protect. Should you encounter your personal resistance, shut down that avenue of exploration and allow them to find another suitable guide. While your subject has intrinsic personal rights, so do you. I do not do what I cannot believe in and I would not expect it of anyone else. I choose instead to withdraw and allow them to make their own decisions. Being me, I probably will tell them why I am withdrawing.

Astrologically, there are specific times in which meditation can be used successfully. Full Moon meditations are designed to create a state of receptivity for the influx of Solunar (Sun / Moon) energies at the time of the Full Moon. In a deliberately timed meditation, having experienced the transition of the energy from approaching Full to passing Full at the exact moment Full, the experience was powerful and profound. Don't underestimate something you have not experienced. Choose instead *to* experience and form your opinions for that experience. Repeat at other Solunar events (25 times in a two-year period) if necessary for overall clarity. Each experience can be unique.

Astrologically, your personal chart can be timed for rejuvenation purposes. An old friend, Rabbi Richard Rebeck had a method available. It is based on the Solar return, the Solar Opposition Return and the twelve to thirteen Lunar Returns in any year (25 every two years). According to Richard, most of these Solar or Lunar Returns may be used for rejuvenating one part of your body. The Solar Opposition Return may be used to rejuvenate your entire body.

There are meditation methods available for Astrology, Tarot, Tree of Life, American Indian Totems, and more by using the Inner Guide meditation work.

Meditation states are often preparatory to Astral Traveling, Theta-level meditations (oneness or stillness), and Spiritual Trance work. Expansion, lifting, floating types of phrases are used to free the consciousness from the physical level to experience other forms or extended use of the consciousness. This will be covered in a later lesson.

Circle or group work frequently uses meditation, such as our healing work in our regular church services or healing circles. Groups do not necessarily have to sit in a circle; that is the choice of the leader and participants. Personally, I prefer the circle because of the synergistic value of the energy flow. Symbolically, a circle represents the oneness of Spirit.

Group meditations are best approached by

- ✓ first creating the clearing of the individuals involved,
- ✓ and then the joining of the group energies.
- ✓ The leader should be able to flow with the energies,
- ✓ cementing individual connections
- ✓ and smoothing the energy into a useable form,
- ✓ removing any blockages,
- ✓ and then strengthening the energy,
- ✓ allowing it to assume the shape, direction and form that is to be used.
- ✓ This may be a selected form for a specific purpose,
- ✓ or a form developed or suggested by the energy itself.
- ✓ Energy thus formed may then be directed.

The leader will “lead” the group by suggestions and visualization or practice, such as deep breathing to cleanse and purify. When circular in form, the energy flows from the left to the right, as the left side of the body is the intake valve and the right side of the body is the outflow valve. Once clearing and flow have been established, quality is then powered up, to be distributed as healing.

Once the meditation is completed, allow a few moments of quiet time to be sure every person has re-entered their normal, waking, conscious state. Keep the lights low, voices subdued or quiet, and allow little physical movement. Should someone be uncomfortable, lead the group back into the meditation for a moment and re-exit calmly and slowly.

Ultimately, the Silence is both the quest and the purpose. The following quote is from an unknown source:

*“Meditation is the practice of listening  
For the still, small voice.  
Creating within oneself a vacuum  
In which the presence of God can announce itself.”*

## **Questions – Spiritual Paths Lesson #5**

1. Describe your method of Meditation.
2. Create a Meditation. Experience that Meditation.
3. Describe the results of that Meditation.
4. Evaluate that Meditation.

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# Impressional Mediumship

Definitions  
Clearing  
Recognition of Individuals by Chemicals  
Elements

*Before you start your meditation and study period for this class, take three slow, deep breaths and repeat the following:*

“I will in God, I shall in Christ, I am going to  
through my faith in the Holy Spirit,  
take from Thee a part of Your divine powers and wisdom,  
for my unfoldment and development, to do thy bidding,  
if it be Thy will, and to Thee I give thanks, Amen.”

This lesson will be the first of two on the subject of mediumship. In order of importance, our next lesson properly belongs at this point as it involves the general definition of mediumship. But, because of the homework involved in this particular lesson, it is necessary that it comes first in this two-part series on the topic. Please be aware that we will answer most of your potentially unanswered questions within the next lesson. Our subject for this lesson is Impressional Mediumship. Let's begin by defining, and hopefully understanding, just what mediumship entails. From the American Heritage Dictionary:

“Medium (Latin, medius, middle):

- 1) A position choice or course of action midway between extremes.
- 2) An intervening substance through which something is transmitted or carried on.
- 3) An agency by means of which something is accomplished, conveyed, or transferred.
- 4) Plural, media: A means of mass communication.
- 5) Plural, mediums: One thought to have powers of communicating with the spirits of the dead.

- 6) An environment in which something functions and thrives.
- 7) A means of expression as determined by the materials or creative methods involved.
- 8) Intermediate.”

Websters Dictionary: “The middle; something intermediate; an intervening thing; environment; average; any means, agency, or instrumentality; a person through whom communications are supposedly sent to the living from the spirit of the dead.”

What an incredible set of definitions. We will look at them one at a time using the psychic or spiritualist viewpoint.

- 1) A position, choice, or course of action midway between extremes. I do believe that a medium occupies a position offering a choice or course of action midway between those in physical incarnation and those in the discarnate (no physical body) realms, also known as the living and the dead.
- 2) An intervening substance through which something is transmitted or carried on. As we start to understand the various methods or types of mediumship, we will see the medium as an intervening substance who becomes a method of transmission in one form or another.
- 3) An agency by means of which something is accomplished, conveyed, or transferred. Does this sound suspiciously like messages from the far side? As we progress in our understanding of mediumship you will see just how appropriate this definition is.
- 4) Plural, media: a means of mass communication. Not all mediums operate one to one, Incarnate or discarnate. Some mediums do incredibly well with communicating with the physical masses as well as the non-physical masses (currently think: John Edward).
- 5) Plural, mediums: ones thought to have powers of communicating with the spirits of the dead: self-explanatory.
- 6) An environment in which something functions and thrives. The function of a medium is to provide an environment where the physical can communicate with the non-physical by some means or method.



- 7) A means of expression as determined by the materials or creative methods involved. Just as there are many techniques or materials available to an artist, there are many techniques or avenues available in the psychic / spiritual realm.
- 8) Intermediate: to be between two people / two consciousnesses / two levels of being, two worlds (or more).

Webster's (choosing not to repeat words previously defined):

- 1) An intervening thing. This particular statement can be read on psychic, religious, and spiritual levels. A psychic can intervene on someone's behalf (positive use of the gift) or interfere with someone's life (negative use of the gift). A priest who hears confession or who acts as a supplicant on someone's behalf, a guru, a minister, all intervene. A Christ, Mohammed, or Buddha figure who is deified, intervenes.
- 2) Average: As mediums, some are. Some are inferior, some are superior (normal human traits apply to mediums as well as the man on the street).
- 3) A medium walks in both the tangible and the intangible worlds, learning to give credence and validity to both; seeing them as equally valuable.
- 4) Instrumentality: Once you start to develop mediumship qualities, you are almost immediately aware that you are an instrument of a higher purpose as well as an instrument of communication or connection to the invisible worlds.

Impressional mediumship is probably the simplest form of mediumship and it covers many potential methods and subjects. This is a simplified overview of some of those subjects and methods. We will also look at the additional concept of combining multiple impressionable methods to produce an initial stage of reading. Using combinations within this method can produce very interesting results as to reading both the present and past of an individual. While developing impressionable information you are allowing yourself time and opportunity to tune into the client, opening yourself psychically to their current status and potential future.

We all experience impressions in one form or another, simple "knowings". Mostly we ignore or discount what we receive. Those who accept the impressions they receive and learn to work with them are considered to be psychic or perceptive. Impressions may come as hunches (knowings), intuition, psychic flashes, or general observation. All sources are valid within the context of a "reading".

What we, as developing consciousnesses have to learn and then to teach, is two-fold.

- ✓ First, we must learn to accept the impressions as they come to us.
- ✓ Second, we must then observe those impressions in our experience in order to determine their accuracy.

Needless to say, it would be difficult to be 100% right, 100% of the time. Although accuracy is the validation of a psychic, we cannot, and must not assume, to play God. The most accurate medium ever clinically tested was not overly well-known. His name was Maurice Woodruff, and his psychic testing scores averaged 85% accuracy. What a phenomenal gift he had. He has since passed into spirit.

You cannot become a medium of any type unless you are willing to be open to such a flow of information. You must remember that there could be an initial issue with accuracy as your skills develop. At first, we accept psychic information in whatever form it takes. We then seek to validate that information. The next step is to learn the skill to use such data. We will eventually call this your personal technique or method. Following this general format or flow will gradually improve your abilities and your general accuracy. As most skills do, this may develop over a period of time.

Probably one of the most difficult parts of mediumship is to convey information that makes absolutely no sense to the medium. Since the information is not *for* the medium, it does not *need* to make sense to the medium. The information only needs to make sense to the person receiving the information. This is much easier said than done and is not an easy road to travel for the medium.

Humanity lives primarily in a left-brain world, demanding logic, sequence and order to our thoughts and our information. The psychic world is generally none of the above. It takes time to both allow for and to develop this differing frame of mental reference. Your logic circuits can go berserk and could interfere with the psychic flow. You can find yourself apologizing for seemingly partial or confusing messages, which later turn out to be perfectly coherent to your recipient. I call this *psychic growing pains*. Example: In learning Psychometry, I held the watch of a man (a stranger). The watch had a heartbeat; nothing else emerged. I told the man all I was getting was a heartbeat, strong and steady. He was quite pleased; I was quite puzzled. He explained he had just had open-heart surgery and that a strong, steady heartbeat was very reassuring. Color me successful (and surprised) in that first attempt at Psychometry!

In the initial stage of psychic development, it is essential that any information be acknowledged and preferably verbalized or written down. Information not transmitted or acknowledged can remain as a block in the information channel of the medium. This, in turn, may block other information from coming through. Information needs to be acknowledged and presented no matter what the information is. Allowing the client to determine if the information is applicable or valuable keeps the medium's channel open. Clarity and validity should come as you progress, and as the information is assimilated by the client.

**Clearing** It is very important that you be clear yourself at the time you are entering anyone else's field. You should always be "bettering" your client and *not* contaminating them with your own nonsense. You need to know that whatever is going on in your own life should not interfere with your reading of another's life. You read through your own energy field as a largely unrealized filtering device; be sure it is clear or non-interfering. Before you begin, simply consciously clear your own field.

It cannot be overemphasized how important it is to relax and allow psychic information to flow. This is not usually something that can be forced. It is not possible to relax when you feel like you have run into a blank wall and yet are expected to perform. When trying to obtain and deliver a reading for someone, various initiating techniques can help you tune in quickly. That way you can relax and allow your perceptions to attract more vital information. As the old saying goes, "You must walk before you can expect to run."

Let's discuss some of the various ways observational information may come to you. Do not tell the recipient what you are doing, as it could alter their natural process. You want to connect to *them*, that which is being read.

- ✓ When any person enters your field of awareness. you can notice how they walk, talk, dress, their choice of colors, how they use their hands, body English, general mannerisms, demeanor, etc. For example, in reading you would not usually tell a wildly-dressed person how conservative they were. Conversely, it is also conceivable that such a dress masks a person with little personal confidence, an outward show for an inward dilemma.
- ✓ A person who touches themselves constantly is reassuring themselves of their physicalness; but alternately could possibly indicate narcissism.

- ✓ Tune out any distractions, focus and allow yourself to *feel* their presence.
- ✓ As you allow yourself to attune to them and to enter their field and their awareness, much information that pertains to them can come through to you quite naturally and effortlessly.
- ✓ You may touch the person by shaking hands or hugging; again, only if they allow physical contact.
- ✓ You can make small talk with them for a couple of moments.
- ✓ Make eye contact, if they will allow it; some may avoid eye contact.
- ✓ Going a step further into psychic awareness, you can tune into their voice vibration.
- ✓ You can align yourself with their breathing patterns simply by inhaling and exhaling with them, imitating their breathing pattern.
- ✓ If you are capable of even the rudiments of handwriting analysis, use that skill. You can ask the person to write information down for you such as name, birthdate, question, etc. Again, do not tell them you are “reading” their handwriting as they may change it unconsciously. You want contact with the real *them*.
- ✓ If you don’t know handwriting analysis, their written message can become an object for Psychometry. They have unwittingly transferred a personal imprint to you which may contribute positively to your reading. This is called *billet* reading.
- ✓ Psychometrically, you may also hold a personal object (theirs) that provides their personal imprint.

These are a few of the many ways you can receive initial impressions to allow a beginning point to the attunement and potential reading. It would be impossible to cover all the possible ways in this or any other set of lessons.

Following is the technique Harriett taught her students to open the door for a new client. You may allow this technique to provide you with that initial ice-breaking capability, freeing your consciousness to tune into the psychic flow for the deeper part of the reading. Learn the characteristics of the elements and chemicals thoroughly, particularly how to physically recognize them and their possible combinations until it becomes second

nature to you. In this technique, visible group characteristics are used to provide a beginning point. Such grouping is not intended to categorize individuals.

## Recognition of Individuals by Chemicals

In much of ancient occult literature, there are many natural groupings of people, circumstances, and activities. Numerologically, there are groupings by twos, threes, fours, etc. Astrologically, there are groupings by elements, modality, gender, etc. Symbolically, there are groupings by geometric shapes, colors, and so forth. Ancient astrologers saw the world as defined by a combination of the four elements of fire, earth, air, and water. Ancient Chinese occult practices used five elements of wood, wind, water, earth, and iron. This chemical method and the following element method are similar such groupings.

The premise is that you can immediately recognize five general types of people by appearance and initial mannerisms. Through such recognition, you can know and deliver as a reading certain character traits. Inasmuch as the chemical seems to be representative of the ectoplasm or energy field surrounding people, some of every chemical should be present in every person. It is quite amazing that you can readily recognize the types quite easily in about 75 to 80% of the world at large. In such instance, you can quote chapter and verse of the following information as it relates to an individual.

About 20 to 25% of the world at large does not categorize quite so easily. Instead, this smaller group seems to be made up of subtle combinations of various chemicals. In those instances, you will need to determine which of the chemical combinations predominate while reading a blending of that combination. One will be primary and the other(s) secondary.

### Carbon Type

*How to know them:*

Carbon people are always fleshy, have a good sense of humor and smile readily. They have a round face, and in many cases have a double chin. These people are called the “hale and hearty type”. It is seldom that they see wrong in anyone they meet or have dealings with, trying always to see the best in everyone. They are blessed with a free-hearted nature. They have no trouble in making friends and seem to keep their friends over a long period of time.

*How to entertain them:*

Carbon people are very easily entertained. Their nature allows them to respond to the spirit of good fellowship. They can fit into almost any party. They are excellent public mixers; most anything goes with them. They enjoy something that will take their minds off the heavy burdens of their work. Often, they will wish to talk over their work situation with an understanding person.

*How to work with them:*

Carbon types have many virtues in the business world. They work hard and take their work seriously. They put their all into everything they do. They usually can obtain work anywhere because of their willingness and the seriousness they put into their endeavors. This alone gives them the ability to work with almost any person. They make very good cooks, printers, salesmen, or hotel managers. They are slow to anger. When they give in to their anger, it takes a long time for them to forget it. They have the ability to lead but would rather be in the background.

*Their likes and dislikes:*

Carbon types dislike grouchy people, and even worse, people who can't see the brighter side of things in general. They don't like to listen to other people's troubles, nor do they like a lot of fuss and bother. They like nice things to wear but prefer to feel comfortable. They must be neat at all times. You must accept this type as you find them, and you will get along very nicely. Don't ever lie to this person, because a lie is the worst sin of all. They will never forgive you if you deliberately deceive them. They are capable of great devotion and love for home, and they always will work for their families and their relations.

## **Potassium Type**

*How to know them:*

The true potassium type is always in the field of action. As young men, they will be as focused as football players. As men and women, they will concentrate on other relating competitive sports. In adulthood, they will use their competitive energies in things like fishing, hunting, bowling, or golfing. They are marked by their square shoulders. The physical appearance seems to taper from head to toe. They are usually large in build and square in jaw. Their whole appearance speaks of strength and power under perfect control.

*How to entertain them:*

The potassium type is not one to play tea party games or to sit still and work on a crossword puzzle. Their system demands power and action. They need to be doing activities that show their strength. For people such

as these, you can plan out-of-doors activities or sports that require skill or strength. They seem to have an extra store of energy. Do not under any circumstance expect them to indulge in any form of gossip or to sit in on an afternoon coffee klatsch. The host would do well to ask them to cut the grass, move the furniture, or go on a hike; anything to show off their strength and power.

*How to work with them:*

Potassium men and women are best suited for government work or civil service. They have good business heads. They are not afraid of hard work. No matter what strength it takes to do the job, they want to get the job done. They are dependable, efficient, perfectly capable of shouldering any responsibility or burden beyond the average individual. They are very calm in any emergency or spur of the moment decision. Undercover agents, Secret Service men, bookkeeping, and perfect secretaries are to be found in this type. They are considered the very best. They are diligent in their thought and reliable in their work. They have great success in any type of work where their boundless vitality can be used.

*Their likes and dislikes:*

The potassium type thoroughly dislikes flighty people, foolishness, and any action without planning. They detest activity that accomplishes nothing. Their pleasure lies in action, in overcoming obstacles, in direct competition with others, or where their strength and need for perfection can be used.

## **Phosphorus Type**

*How to know them:*

Phosphorus people are small in stature, slender, and graceful in their builds. They are very quiet and reserved in their manners, often misunderstood because of their quietness. Frequently they will be found alone with their thoughts and ideas. They are gifted with unusual minds and are capable of bringing out unbelievable responses in others. They never hold a grudge, but also never forget an injury. They often sit alone with their problems, never seeking the help of others. They are slow to anger and are often very slow to give out any expression. Once they tell you something, you can depend on it.

*How to entertain them:*

Phosphorus people will find their own entertainment, at times by reading a book or with anything that offers quiet relaxation. These people like the quiet things of life, such as religion, music, art, and literature. They don't go in for nightlife, drink, or gossip, and hate idle talk. They are very often

gifted with keen insight. They enjoy doing things for others and never ask for anything for themselves. It is an insult to them if you insist that they take money for a favor they do for you. They never seek any glory for what they do; they simply enjoy doing nice things for another's benefit.

*How to work with them:*

Because phosphorus is not one to express themselves or speak their thoughts, you will have to have great patience and understanding. You must have a great deal of forethought and tact to deal with this type. Their deep thinking goes to the very core of things. In any work they do, it must be done to perfection before they are at all satisfied. They have excellent minds for reasoning and research work. They like to think their work out for themselves, taking proper time to do the work that must be done.

*Their likes and dislikes:*

Phosphorus people dislike flattery, worldly lust, and lies. They like the peaceful things in life. Often misunderstood by others, they may have difficulty expressing their thoughts or feelings. They don't like the limelight, especially when unexpected. They could demand the limelight as they have every qualification for it. They are gifted in many ways. They can have brilliant minds and keen insights enabling them to make quick decisions on important matters with speed and accuracy. Considered very intelligent and well-read, they enjoy the spiritual things in life. These people believe "you live your life and I will live mine", and they usually will do just that!

## **Sulfur Type**

*How to know them:*

The sulfur type is emotional and as explosive as dynamite, as changeable as the wind. They are extremely careful of personal appearance and are graceful in their movements. They are charming and responsive to every mood. These people live in excitement and action and crave dynamic activity. When they become moody one minute and indifferent the next, the unrest is mostly within themselves.

*How to entertain them:*

The host need not have any worry entertaining the sulfur type. They are perfect entertainers and are capable of providing their own entertainment or amusement. They dislike and try to avoid a single dull moment. Keep them ever alert and in action with variety and excitement. They are always looking for new things to do. They are easily bored with any routine. You can depend on them to keep any party going once it is started. They are continually on the move and never wear out their welcome. Wherever they go, people just don't want them to leave.



*How to work with them:*

Sulphur's sensitiveness to movement, their variety of experience, and their ability to feel the emotions of others, make them born entertainers. They are gifted with outstanding personalities and with great charm, and understanding this enables them to make friends easily. They are the original "IT" people of the world. The spotlight is often on them and they respond to it gracefully in every way. They're born to face the public and make a lasting impression. They can at times be volatile and short tempered, but they get over it quickly.

*Their likes and dislikes:*

Sulphur must have action, or be in the limelight, or be with a group of people most of the time. They dislike being alone at any time, and are happiest when active and busy. They just don't like to be idle. They must have attention and affection always and never like to be shut out of activities. Give these people things to do and places to go where there is action and you will keep them happy. This type will let the serious side of life stay with those who enjoy it.

## **Calcium Type**

*How to know them:*

Calcium can quickly be spotted by their outstanding bony structure, as that is more strongly developed in this type than in any other. Usually taller than the average person, they have a commanding appearance. Their faces are markedly thin with pronounced cheekbones and a square, determined chin. Deeply etched lines around the chin, nose, and eyes are a trademark. They are deliberate in all of their movements, slow to smile, and slow also to anger.

*How to entertain them:*

To host a calcium type may offer a problem. Usually they are called salt-of-the-earth types but are frequently misunderstood. Their naturally reserved nature is often taken for coolness. They are slow to speak or give out their opinions and they make friends very slowly. When they do make a friendship, it will last a lifetime. They can excel in any game where slower thinking gives them the advantage. They are often found by a quiet river watching the sunset or enjoying a waterfall. What brings calcium types satisfaction are quiet natural things which can be absorbed and enjoyed. They enjoy quality, quiet solitude, and the finer things in life.

*How to work with them:*

While calcium isn't comfortable in a large group, they do like serious-minded people such as engineers, accountants, draftspersons, scientists, and doctors. They are deep thinkers, calm, self-reliant, and honest to a fault. They work smoothly without fuss or bother. They tend to be over-

positive once they have made up their minds. They are slow to express their feelings or emotions. They are loyal to a friend and never betray a trust. They are dependable and any employer can always count on them.

*Their likes and dislikes:*

Because this type is so sincere, they will demand it of others. They will have no part of dishonesty or distrust. Once they find these flaws in another person for any reason, they will consider that person to be guilty for life. Because they are slow to speak, they dislike a forced conversation. They hate any flattery, but enjoy music, art, good literature, and find great pleasure out of doors with Mother Nature. They enjoy sitting for hours to straighten out a problem that requires patience, deep thinking, and meticulous attention.

## Characteristics of Elements

Before we begin this section, please let me warn anyone with astrological knowledge that this is *not* classic astrology. As a matter of fact, Harriet was not an astrologer, but I am! The method presented here can be confusing to any astrologer. To the degree possible, disregard your knowledge of the subject. Take the material at face value - it does work.

People born within our yearly calendar come under the influences of one or two of the four elements of life: fire, earth, air, and water. Within the twelve-month calendar, these elements occur regularly every three months and are divided as follows:

|       |  |                            |
|-------|--|----------------------------|
| Fire  | March 20 to April 19<br>November 20 to December 19 | July 20 to August 19       |
| Earth | April 20 to May 19<br>December 20 to January 19    | August 20 to September 19  |
| Air   | May 20 to June 19<br>January 20 to February 19     | September 20 to October 19 |
| Water | June 20 to July 19<br>February 20 to March 19      | October 20 to November 19  |

You read as an influence all the days of the month in which a person was born. Any person born within the first nineteen days of any month has an exclusive emphasis of one of the elements, according to the table. The reading for such a person would be relatively uncomplicated.

A person born in the last part of the month beginning with the 20th will have a combination of two elements as an influence. For example: I was born October 31<sup>st</sup> so 1 to 19 October is in the air element, 20 to 31 October is in the water element. I personally would then have 19 days of air and 12

days of water for my personal makeup. Since my birthday itself is in the water element, that will tend to be the most visible. The air element is submerged, but still is the larger part of the makeup. This would mean that, for me, you would read both the air and the water material, allowing water to be most visible, but for air to also be a strong influence.

As we read the definitions of the elements, read both one element and element combinations to help you determine the general influence on the individual. When you find a person who possesses a combination of two of these elements, you must be ready to recognize how the individual might relate to them. There may be an even blending or there may be a suppressed trait from the two. Of course, in each reading, you will also be required to read their corresponding chemical. Once the general readings are understood and memorized, lots of information is generated quickly and easily to anchor your impressions.

**Earth** people have to stand up and be counted. They have the ability to do many things well, preferably one thing at a time. They must maintain the faith of a farmer in order to materialize that which they wish to achieve. Their efforts are like seeds that take time to grow. They can truly accomplish many things once they set their minds to it. These people most of all tend to do well in civil service work, as well as having tendencies towards music or art.

**Air** people are quite restless and frequently change their direction and aim in life before finally settling down. Once settled, they can become excellent family types. Although they can excel in many varied vocations, they tend to do well in civil service work, as well as having tendencies towards music or art.

**Water** people: in order to achieve contentment must be their own boss. They are versatile and can hold their own in any type of work or business. They have a deeper than average love for the water, and many tend to be superb cooks. They are often found in some form of business and have a natural ability that enables them to deal with people and the general public. Left to their own devices, they easily find their own level. They may be contained, but not controlled.

**Fire** people are most dynamic in all their dealings. They are easy learners and enthusiastic go getters. Quite often they are found in the limelight. They have a difficult time accepting the limitations they have as they have an inexhaustible amount of energy to give to a situation. They make friends easily and are demonstrative. These people are not good to argue with as their anger can become intense.

## Questions – Spiritual Paths Lesson #6

Please use your own words to form the answers based on your personal understanding. Using people you know, select one of each of the chemicals and one of each of the elements to practice identifying individuals. Determine what you would say to each one during a reading based on your understanding of the chemicals and the elements.

- 1) Choose one chemical this week, and one each subsequent week for the next four weeks, and describe the type. How would you identify them, and what would you say to them during a reading?
- 2) Choose one element this week, and one each subsequent week for three weeks, and describe the type. How would you identify them and what would you say to them during a reading?
- 3) If a person were born Aug 28<sup>th</sup> and were a sulfur / phosphorus type, what would you say to them during a reading?
- 4) Based on your own abilities, natural or developed, what other impressional-type reading techniques would you bring into your readings? Describe them briefly.

# Impressional Mediumship, Continued

Psychic Gifts of Spirituality  
Mediumship Techniques  
Miscellaneous Definitions

Before you start your meditation and study period for this class, take three slow, deep breaths and repeat the following:

*“ I will in God, I shall in Christ, I am going to  
through my faith in the Holy Spirit,  
take from Thee a part of Your divine powers and wisdom,  
for my unfoldment and development, to do thy bidding,  
if it be Thy will, and to Thee I give thanks, Amen.”*

In our previous lesson, we began to develop the concept of Mediumship. This lesson will continue developing that concept and will also look at some of the various qualities which can be evidenced by such Mediumship. Recapping the definition of a medium briefly:

A Medium is a go-between, a person who is capable of serving as a bridge from the physical to the non-physical dimension.

That merging between the physical and the spiritual can take many forms, more than we can explore in this single class. Do you have to be born a Medium? Or, can you develop Mediumship through study, application, or experience? Obviously, to be born with a talent operational or close to the surface would make the development of any inborn talents, psychic or otherwise, much easier to access. An artist or a musician with innate talent develops much more easily or quickly than a person who must first learn the art or music by rote or by developing his / her technical skills. There are times when ease of effort becomes a turn off, because the attention span suffers. Many of us have met talented people who take their talent for granted and do very little to develop or exercise that talent. All can learn, at least to some degree, depending upon the openness, willingness, and diligence of the student. Proficiency becomes a by-product of their attention and practice.

In some, psychic abilities or gifts seem to be inborn - such as being born with a veil, which is a thin membrane covering or cowl over the face of the newborn baby. This was thought to be an indication of a natural-born psychic. Such gifts may be immediately evident as in the precocious or gifted child, or latent, as in the bulk of humanity. These latent gifts may spontaneously blossom under moments of stress, illness, or inspiration; or may be developed through training techniques and experience. Those are people who are drawn to us and our field.

Even those with evident psychic gifts can benefit from training. At times these psychic gifts may not be within the control of the person. This can be devastating to the owner / operator. Runaway or uncontrolled psychic energy tends to overwhelm the operator, and it is not always to their benefit. To be truly effective, any psychic ability should be under the direct control of the psychic. We want this to be a psychic *gift*, not a burden. Psychic gifts must be harnessed and made serviceable in order to be of benefit to the person or to those who are to be influenced by such psychic gifts. In the early part of my study and development, I encountered those who had to be helped to gain some control over their gifts, the ability to turn them on and off at will.

Some gifts or abilities are easier for a person to develop than others. Those closest to the surface, latent, talents can be more available. Some may have one gift develop more strongly or more completely than others. Some may develop multiple gifts over the period of a lifetime. Because of the question of availability and access, many times we develop gifts we were not seeking. Also, because of availability, the gift we may be seeking can elude us. Think of yourself as an onion with many layers. Obviously, the layers closest to the surface are the easiest to expose. However, all the layers are essentially the onion itself. Those psychic or spiritual gifts closest to the surface of consciousness will develop the earliest and the easiest. Personal preference is not the only outcome possible.

What is the difference between psychic gifts and our Spirituality? I will emphasize throughout all our studies that to seek our spiritual connection with our own source, God, is to inherit the Kingdom. Since we are all the children of God, the Kingdom is all that God is, including the gifts of Spirit. There is quite a difference between what is Spiritual and what is purely psychic. The difference is in our motivation. We do not need to pursue the development of *psychic* gifts separately. To pursue the psychic realm as an end in itself may result in getting caught in the glamour and illusion of that realm. Popularity can seduce. Set your goal as the highest possible Spiritual attainment, and all the gifts of Spirit are yours. Aim for your highest and best!

In 1st Corinthians 12 of the Bible, Paul states:

- 1 *Now concerning spiritual gifts my brethren, I want to remind you*
- 2 *that once you were pagans and, without exception, you were carried away by dumb idols.*
- 3 *Therefore, I want you to understand that no man speaking by the spirit of God calls Jesus accursed; and that no man can say that Jesus is the Lord but by the Holy Spirit.*
- 4 *Now there are diversities of gifts, but there is only one Spirit.*
- 5 *And there are diversities of ministries but there is only one Lord.*
- 6 *And there are diversities of powers, but it is the one God who works all things in all men.*
- 7 *But the manifestation of the Spirit is given to every man as help to him.*
- 8 *For to one is given by the Spirit the word of wisdom; to another the word of knowledge by the same Spirit.*
- 9 *To another faith by the same Spirit; to another gifts of healing by the same Spirit.*
- 10 *To another the working of miracles; to another prophecy; to another the means to distinguish the true spirit; to another different languages; to another the interpretation of languages.*
- 11 *But all of these gifts are wrought by that one and same Spirit, dividing to everyone severally as he will.*
- 12 *For as the body is one and has many members, and all the members of the body even though many, are one body, so also is Christ.*
- 13 *All of us are baptized by one Spirit into one body, whether Jews or Armenians, whether bond or free, and we have all received through the one Spirit.*
- 14 *The body is not one member, but many.*

(Please read and study this chapter!)

- 25 *That there may be no discord in the body, but that they may care for one another, all members should be equal.*
- 26 *So when one member is in pain, all the members suffer with it; and if one member is honored, all the members will glory with it.*
- 27 *Now you are the body of Christ and members in your respective place.*
- 28 *Where God has set in his church first apostles, after them prophets, then teachers, then performers of miracles, then those who have the gift of healing, helpers, leaders, and speakers of diverse languages.*
- 29 *Are all apostles? Are all prophets? Are all teachers? Are all workers of miracles?*

30 *Have all the gifts of healing? Do all speak in diverse tongues? Or do all interpret?*

31 *But if you are searching for the greater, I will show you a more excellent way.*

Continuing in chapter 14:

1 *Follow after love and desire Spiritual gifts; above all that you may prophesize.*

Please read this complete chapter.

Paul states very clearly that all gifts are of God and equal, as all parts of the body are equal. But he also suggests that you earnestly seek after the gifts, then gives a sequence of stature. Yet the admonishment states that all the gifts are desirable and are to be used for the betterment of all. As we seek and develop our Spirituality, our Spiritual gifts will emerge. Since we are all “of God” the Spiritual gifts are available to all of us. Any of us potentially can become mediums or healers, etc. However, many will choose to deny these gifts to us and to themselves.

Many who have (or develop) gifts use them sporadically or in a hobby-like manner. Remember always that the Spiritual realm is not a playground or toy and should always be treated with respect. This does not mean you must be deadly serious, but always respectful. Those who develop, practice and fine tune their abilities can become what is referred to as *psychics* and can read professionally for others. However, inept, corrupt or fake practitioners can also operate in the psychic field. All of the human frailties are owned as much by psychics and mediums as they are by rest of the world. All of us bear the brunt of falsity. Yes, our field is far more subject to skepticism and ridicule by many. There is not much we can do about the fakes and the damage they do. Unfortunately, we may be assumed to be guilty just by association. This can get uncomfortable in many countries and religions.

## Mediumship Techniques

First let's look at several of the general forms of Mediumship, and then we'll look at the general means of developing those Spiritual gifts.

**Clairvoyance** French in origin, *claire* (clear) *voyant* (seeing): the ability to see spirit or symbols. Such seeing may occur when the eyes are open or closed. The seeing may occur externally, as when seeing a vision and / or a spirit, or internally, within the mind. The latent ability to see



seems to blossom spontaneously in some during aura study, almost like a door opening. While often referred to as a sixth sense, this is in actuality an extension of our vision into the non-physical realm.

**Clairaudience** (clear hearing): The ability to hear spirit or the non-physical realm. The sound may originate externally, such as hearing your name called, trumpet work, rapping noises, etc. Or you may hear internally, like a voice speaking to you. It is possible over the centuries that potential psychics have been diagnosed and treated as psychotic, or perhaps schizophrenic. Many people have experienced hearing their name called when no one is physically present. This is a common experience rather than an additional sixth sense. It is an extension of our hearing into the non-physical realm. In deep meditation, a steady tone is sometimes heard by the meditator. In Hindu literature, this is Nadam, the sound of the universe. My personal hearing experience is inside my head. And the universe has several tones!

**Clairsentience** (clear feeling): The ability to discern non-physical or Spiritual energies through our additional three senses other than the seeing or hearing previously described. To know without words, to sense, to feel, to taste, smell, or touch; again an extension into the non-physical realm of our various sensing apparatus. An extension of, but not necessarily a separate, 6<sup>th</sup> sense.

**6<sup>th</sup> Sense?** I have described extensions of our usual senses rather than a hitherto unknown 6<sup>th</sup> sense. Let me give you an example. My youngest daughter worked for a security company. The company installed microphones in various establishments which were activated by the home or business owner upon leaving their property. The company employees were taught to listen for sounds or noises in the supposedly empty buildings. Possible break-ins were reported directly to the police. In the security office, there were banks and banks of small speakers all monitored by one person. Through practice, the listeners were able to hone their sense of hearing to not only pick out which speaker was active, but they could actually direct the police to specific locations in a building the listeners had never entered. In a brief time focusing on their extended ability to hear, the listeners were able to know the difference between high and low, window or door, etc. to help the police locate the intruder in a distant property. An amazing technical skill, consciously developed.

Now allow that skill to cross into the non-physical realm. The listeners had no special skill, no ability to hear beyond the norm, nothing beyond my or your capabilities. They merely listened more intently and allowed themselves to listen beyond their normal limitations. There are those who

are able to listen beyond the physical into the non-physical, just as there are those who are able to see, feel, or smell, etc. beyond the physical. This is not an extra sense given to a chosen few. This is an extended ability of a sense as given to us all. We can choose to develop our skills!

**Aura Reading** Using and practicing the methods to be taught in our Aura class, a medium may use the individual's auric field as a point of contact into the person. This can be used by whatever method chosen. This is an introductory overview statement only. We will be studying the Aura itself in our next lesson. An example might show one use. When doing a platform reading for the individuals in a church service, I could see lots of orange trees in one man's aura. That is not specifically a message, but a connection. When I told him what I saw, he remarked that he owned multiple orange groves (we were in Florida). This tiny observation in his aura offered a connection point into the man's energy, a place to begin.

**Akashic Record** Reading Soul memory (past, present, and potential future) is the ability for some mediums. Soul memory of an event, an individual, a species, a planet, and more is called Akasha (a Hindu term). It is possible for some psychics to tap into Akasha and read any memory. A medium may be in touch with individual or collective records. A medium may be gifted in one of the time areas and not the others. It is wise to point out at this point that time is a chosen measurement for the physical realm. The non-physical realm may be timeless or beyond our linear concept of time. Psychic predictions based on time can be very difficult to accurately pull from the timeless realm into the timed physical dimension.

**Healing Reading** Healing energy is available to us all, but most are unaware of its existence. Ideally, a healer works as a channel for the universal healing energy by placing themselves in a state of receptivity to that energy. The healer must be able to maintain personal balance so the universal energy may flow to balance the energy of the patient. Such healing energy is limitless and always present in whatever degree necessary. A healer may also serve as a step-down transformer for that energy. At times, the gift of the healer may be used for diagnosis. A healer can also be referred to as a healing medium. While in the healing connection, knowledge or messages are possible. Healing will be discussed more fully in later lessons.

**Dreams** We must all sleep to allow rest and recuperation of our bodies and our psyches. During our sleep we *must* dream to allow the release of experience and concerns on all levels of mind and body. Most dreams are the unraveling of our conscious and subconscious minds. A smaller percentage of dreams can be prophetic in nature. The ability to remember

and to channel dream prophecies is another Mediumship gift. We can learn to encourage our dreams and to work to enhance our lives. Dream therapy is an important developing field and a marvelous ability to encourage in your students. We will develop this theme further in a future lesson. (Also see: Dare to Dreamscape: <http://www.marilynmuir.net/articles/dare-to-dreamscape/> )

**Telepathy** is usually defined as the ability to know, to enter, or to read another's thoughts. What is not usually included in most definitions is the ability to *send* thoughts or impressions. Telepathy includes both the sending and the receiving of mental information. Usually a person will be an effective sender or an effective receiver. In my experience, it is not usual for a person to do both sending or receiving equally well. The receiver is what is generally acknowledged or meant when discussing telepathy. Both are relevant.

**Trance Medium** (rare): Allows Spirit to completely take over his / her consciousness to have full use or control while the medium's own personal consciousness seemingly vacates and waits elsewhere. In other words, the medium relinquishes control of their own consciousness. The medium seems to not be in charge of their own body and an allowed other entity is in residence for a short period of time - again, temporarily. This spirit entity has a tenuous hold, at best, on the consciousness of the medium and their body. The key to trance work is the willingness to let go of the consciousness.

Circumstances should be controlled. An entranced person should not be physically touched or startled as it can cause physical or psychological shock to the medium. Avoid such things as a sudden bright light or noise. Physical conditions should also be controlled to minimize distractions and potential shock. The medium may either sit up or lie down; standing might not be a good idea due to issues with balance. Physical activity is possible once Spirit consciousness has been established. The trance medium will return to normal consciousness within a relatively short time. Having said that, with certain full trance mediums, a few hours of trance is not unusual.

An experienced medium will encounter few psychic problems. But a beginner might encounter such problems, so it would be wise to have a healer or an experienced, psychically-aware guardian present to handle potential problems. Prevention is definitely better than cure in this and almost every other instance. If physical or psychic problems should arise, speak softly to the Medium calling him / her back to their body. This is usually sufficient. More rigorous methods of returning the medium to their own body should only be done by a trained person, the psychic guardian suggested, or a healer. Full trance Mediumship requires personal discipline.

Because the normal use of consciousness has been suspended temporarily, the Medium may have no conscious awareness of what has transpired. Edgar Cayce was an excellent example of a Trance Medium. Please be aware that this Mediumship gift can occur spontaneously. In more rare instances, there are also those, who through deep meditation or astral travel, naturally develop the gift of trance.

**Channeling** There are many who believe full trance mediumship, which allows Spirit the use of the medium's consciousness or physical body, can be experienced but without the necessity of the medium giving up awareness or conscious. This is known as channeling. The medium may be used to directly impart knowledge of or information of a personal or an impersonal nature. Physical activity might accompany the entranced state depending upon the circumstance. Conscious memory of the information channeled may or may not occur. Such partial or complete Spirit control can occur in healing work. Total control could become physically visible. We will discuss this in our definition of Transfiguration. A general state of psychic or Spiritual receptivity may easily lead to the semi-trance state. Upon regaining personal control, the Medium may experience a moment of disorientation. Give them a moment to balance the transition before touching them. I have never seen difficulty in making such a transition back into your own body and consciousness, but it is possible. Healing energy would be the remedy if required.

**Cabinet** work is presently quite rare, but was very popular at one time. The practitioner goes into a tall wooden cabinet built expressly for the purpose of the entranced medium. The entranced medium did his or her work from within the wooden cabinet to both control and focus the energy. Once the energy was gathered, the medium might choose to remain within the cabinet to work or would step out of the cabinet in an entranced state. While this was a good stage presentation thought to increase the believability of the medium, it also was a protection for the practitioner and a physical method of harnessing the psychic energy. It was once quite popular.

**Impersonation or Transfiguration** occurs when a spirit form uses the psychic energy of the medium to present its own form. The face and body of the medium can take on the appearance of another spirit, perhaps from a past life, or at times a guide. Your personal psychic energy is called "*ectoplasm*" and can be temporarily gathered at various points of your body and manipulated spiritually into various temporary forms. Usually, it will form over the face and body of the medium. It is possible for it to

take the form of a separate entity. At other times, the ectoplasm itself or the Spirit control is visible as a covering of white, iridescent light all over or encasing part of the medium. This and channeling are two of my personal spiritual gifts - occasional, unexpected, not under my direct control.

From the Bible, Matthew 17:

- 1 *“And after six days Jesus took Peter and James and his brother John and brought them up to a high mountain alone.*
- 2 *And Jesus was transfigured before them and his face shone like the Sun, and his clothes turned white like light.”*

The description sounds like what we described above: Jesus shone like the Sun, and *white as light* indicated his Transfiguration when the concentration of his personal ectoplasm (energy) was visible to his three companions. In my more than fifty years of learning about and investigating this Spiritual experience, the three disciples served as a battery for the use of Jesus in the manifestation that was witnessed on that high mountain, and this is regarded as one of his miracles. In studying the New Testament, you will note that, in most of the activities defined as miracles, a group of disciples or followers was in attendance. These were highly developed, spiritually-motivated followers taught by the Master Jesus.

In development circles, often the energy of the group is used as a battery to develop overall group skills as well as the abilities of a single Medium. Also, when I was developing, a skilled Medium exhibited regularly with their personal group. That group seemed to dote on every word of their Medium. It is possible such an entourage acts as an unconscious battery for the practitioner. All benefit from the joint action, but one person comes to the forefront. All are necessary.

**Materialization** occurs when the ectoplasm or psychic energy of the medium or the group is used to physically define the form of a discarnate or a guide. This will usually take place outside and away from the physical body of the medium. Continuing our previous biblical quote:

- 3 *“And there appeared to them Moses and Elijah.”* [As they were distinct figures, they must have appeared separately. Proven by the following comment:]
- 4 *“Then Peter answered saying to Jesus, ‘My Lord it is better for us to remain here and if you wish, we will make three shelters here one for you and one for Moses and one for Elijah.’”*

This is a definite impression of solidity when you offer physical shelter to a non-physical Spirit body. The importance of mental control is evident in the next passage wherein a bright cloud overshadowed the group with a voice indicating Divine pleasure. These highly established disciples became frightened and hid their faces throwing themselves on the ground. Jesus spoke to reassure them.

8 “*And they lifted up their eyes and saw no man except Jesus alone.*”

Their fear (not Jesus, who was not afraid) illustrated their lack of understanding of the energies present. Their personal responses unraveled the materialization and the Spiritual presences. Fear is never your friend when doing Spiritual materialization work.

Materialization can be very defined to the point of solidity depending upon the gift of the Medium. A finer, less defined form of Materialization is called *Etherealization*. Spirit contact made through Materialization or Etherealization are usually very cold to the physical touch or awareness.

**Apport** At times physical objects may appear or disappear during Materialization. Such objects are called apports. A medium who is capable of such material manifestation is called a Materialization Medium.

**Trumpet Medium** is a Medium who uses a trumpet for augmenting audible sound. The trumpet should be lightweight, such as aluminum, and is usually in three sections and collapsible. The trumpet may be coated in fluorescent paint for better visibility since dim lighting is best for both the experienced and the beginner practitioner. Concentration is a must. To begin, the horn should be lain on its side, not on its end. Using the energy of the Medium, spirit sounds, voices, or taps may emit from the trumpet, which serves as a magnifier for the sounds. The medium may or may not be entranced. The trumpet may or may not levitate. This is becoming rare as it is physically demanding on the Medium.

**Pendulum** A weighted object on a line may be used to draw subconscious or unconscious knowledge to consciousness, which is about 90% of the information received. The pendulum might also be used to contact spirit, which is probably 10% of the information received through such practice. The line and the weighted object may be of any material, though a particular material may be used to obtain specific results. Generally, the single line should be ten to twelve inches long and the weighted object should be heavy enough to keep the line taut. Instructions for use will not be given in this course. There is one caution about the use

of pendulums that I will inject at this point. The pendulum is used primarily to contact subconscious levels of awareness. These levels have been largely knowingly ignored up to this point. Accuracy and validity of information have to be carefully developed as the subconscious will tend to play a child's game until it is convinced that you are serious and committed to learning only accurate information.

**Psychometry** is a method of reading using the sense of touch, *Clairsentience*, as a focus for the psychic abilities. Usually this consists of touching or holding an object worn or used by an individual such as glasses, a ring, etc. The medium will use the physical contact to establish a psychic link. It is also possible to create the same psychic link through the use of a photograph. And a photograph can also be used to read the aura of an individual. Preferably, the photo will be of a single person to isolate the reading for one energy. Can skilled mediums read from a multiple photo? Possibly, but that is perhaps more rare.

**Billet Reading** is also a psychometric method which consists of touching or holding a piece of paper on which an individual has physically written. This was a very popular technique.

**Table Tipping or Rapping** is good for demonstration of Spirit and to have fun; but makes for a difficult means of Spirit communication. The equipment includes four open-minded and willing human participants, a lightweight table with a large smooth unobstructed surface and a distraction-free environment. In a quiet, focused atmosphere, the four people will place their fingers very lightly atop the table asking Spirit to indicate its presence. After a few moments in which the energy is built up, the table will usually proceed to move around physically or will rap one of the table legs on the floor. Simple yes / no answers are possible with the rapping sounds. More complicated questions or answers are usually difficult at best. It was very popular many years ago, but not so much anymore.

**Ouija Boards** use a physical apparatus to make the Spiritual contact. I have seen it in several forms, but the principle remains the same. The alphabet, numbers one to ten, yes, no, maybe, and goodbye are spaced on a large flat board. A planchette or heart-shaped disc on three small button-type feet, is centered on the board. Two people lightly place their fingers on the planchette and ask for the presence of Spirit. Without conscious movement on the part of the participants, the planchette should begin to

move, usually in a small circle at first, and then with the circle gradually increasing in size. Within a few moments, the planchette and its controlling Spirit will begin to spell words or answer simple questions using the point of the planchette. It is usually a good idea to have a third person serve as a scribe to take notes. That third person should not be touching the table or the planchette to maintain a clear channel.

With practice, quantities of information are possible. Accuracy does have to be monitored carefully, and there should be an unwillingness on the part of the participants to accept inaccurate information. Again, with practice, one person may be all who is necessary to operate the board. Eventually, the board may become unnecessary as Mediumship channels have been established and direct voice or instructional abilities have developed. Ouija Boards have been the starting point for many channels, such as the Seth material. Subconscious or unconscious information is possible, but that likelihood is reduced because two people usually operate the board or mechanism.

This Ouija concept was my personal beginning point of Spirit contact in 1970. I did not have a formal board but had learned a substitute paper system using the alphabet, yes, and no on small pieces of paper laid out sequentially and I used an inverted water glass as a planchette. Worked for me!

Most Spiritual exploration is quite safe with an occasional questionable technique or point. Ouija Boards have been an area of public panic about potential psychic harm. I have not found this to be true. Like all psychic exploring, you always start from a positive Spiritual framework and insist that any guidance and information be truthful, positive and Spiritual. Anything questionable should be either avoided or used in very controlled circumstances, always within the white light of the Christ!

***Spirit or Automatic Writing*** operates on a similar principle as the Ouija. The writing mechanism of a person is partially or totally controlled by a discarnate or the sub- or unconscious of the individual. Any writing or drawing may be initially hard to read, but should improve with practice. The writing may change as various entities operate through the medium. Foreign words or phrases may be received, usually indicative of a purer form of reception. It cannot be preplanned to write in a language you have not studied or do not know. Again, due to the nature of the openness of the mind of the Medium, standard safety precautions as described above should be taken. Accuracy must be insisted upon and monitored carefully.

In any activity where spirit is invited to encroach or assume the consciousness of an individual, safety of the Medium is of vital importance. Only the highest quality Spirit or guide should be invited or



allowed into the presence. Only the highest quality information should be accepted. You must never involve drugs, alcohol, or marijuana in activities that open you to the astral plane as there can be a real danger, innocently invited.

Anytime a guide, teacher, or spiritual mentor tries to make decisions for the Medium or the group, is autocratic, threatening, or requests negative actions, run (don't walk) to the nearest exit. Terminate any contact, do a full cleansing / healing, voiding any and all future contact. These activations are not Spiritual guidance but are intrusive and definitely not the activities of the highest possible guides and teachers that are available to you. The astral side contains all types of characters and you must choose those with whom you interact.

## *Miscellaneous Definitions*

*Déjà vu*: Hunch, premonition, suspicion, a feeling that something is about to happen.

*Intuition*: immediate knowing or learning of something without the conscious use of reasoning, instantaneous apprehension, instinct, recognition, insight.

*Precognition*: *pre* means before plus knowing or awareness, presentience. See also *premonition*: pre before warning, or fore-warning.

The proper way to approach Mediumship would be to spend time individually on each category. Since the purpose of this class is to develop your teaching ability, we have had to reduce the overall instructions to the category of general aids to develop any or all of the gifts. Any of the methods of deep breathing meditation or study, or astral travelling are useful on an individual application basis.

Keeping yourself psychically fit, in a good state of mind and awareness, lessens the potential of physical or psychic problems. The spine should be aligned for proper energy flow. Physical comfort should be provided. The eyes may be either open or shut to suit the method. The mind should be quiet, clear, and receptive. The physical and psychic environment should be positively controlled as previously discussed, distractions eliminated or minimized, lights dimmed or darkened. Nighttime, once the helter-skelter activity of the day has wound down, is the traditional time of day used by Spiritualists to develop Spiritual gifts. Consistency of effort is necessary.

While maintaining an at-one-ment with the Source, God, or the Universe, you are stretching your normal senses to transcend usual physical barriers or limitations. This takes motivation, sincerity, and lots of practice. Simple things such as rolling the eyes upward towards the brow can help induce the alpha state. Another simple method would be to use a mirror and to focus your eyes on a spot just above the top of your head to try to look through and beyond the spot. Looking directly into one's eyes for a prolonged period is not suggested as that is a questionable danger zone.

Once the information or knowledge starts to come through, your practice in memory training will pay off. Information which cannot be retained for conscious application has limited use. Remember also that you cannot be an effective channel and expect a good flow of information if you leave the channel blocked with information you have received and not given out. You must keep your channel clear.

Mediumistic abilities are often developed through groups as has already been mentioned. The group can serve as a common energy battery. The members of the group must be positive and have similar spiritual goals or motivations. Ego, jealousy, or envy must not be allowed to develop. All should rejoice in the development of one *if* that is what occurs. That one who develops should retain a sense of thankfulness for the gift of the group to its development. When ego or jealousy get involved, Spirituality, which should be both the motivation and the goal, can get eliminated. Circles are predominantly used to develop Spirituality, but there are other forms. Patience is the key to group development.

Once a Medium is developed and the information is flowing, the Medium must seek clarity and accuracy. No matter what information is received or the form it takes, the Medium must remain calm and deliver the material in a useful manner. The Medium cannot claim the glory for the information as all of the gifts and the Enlightenment is of God. Neither can the Medium claim any blame. To accept glory or blame is ego consciousness. The medium must refine the gift, always remain humble in its presence and give freely so that others may benefit Spiritually. Responsibility and sincerity are prerequisites to a Spiritual Medium.

# Questions – Spiritual Paths Lesson #7

- 1 Who can or cannot develop Mediumship? Is equipment necessary or helpful?
- 2 What Mediumship qualities do you possess? In chronological order of conscious awareness, when and how did they manifest? What gifts do you hope to develop?
- 3 Pick one Mediumship gift. Outline how you would develop that gift in yourself, in a student, in a group.

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# Auras, Colors and Chakras

*What is an Aura?  
Demonstrating the Presence of the Aura  
Kinesiology  
Qualities of Auras  
Colors  
Chakras*

Before you start your meditation and study period for this class, take three slow, deep breaths and repeat the following:

*“I will in God, I shall in Christ, I am going to  
through my faith in the Holy Spirit,  
take from Thee a part of Your divine powers and wisdom,  
for my unfoldment and development, to do thy bidding,  
if it be Thy will, and to Thee I give thanks, Amen.”*

Most people believe that we live, move and have our being within the confines of our skin, our personal outer limit. Those with even a slight degree of sensitivity know that we are far more than we appear to be, and that each of us encompasses much more area than we physically occupy. That part of us which extends beyond our skin, although not visible to our ordinary vision, is referred to as an *aura*. The aura is extremely subtle, ethereal and fine and may be perceived in multiple ways. The aura is not a single thing, but comprises many layers or levels, and it is in a state of constant flux or change.

Auras are not limited to humans. They can be perceived around plants, animals, and inanimate objects. To some degree, both animate and inanimate objects do have auras - some are rudimentary, some are more advanced. Everything has an element of life force to it, because everything that exists is within and comprised of that which is God, the primary life force. The degree of life force is determined particularly, but not exclusively, by consciousness. In other words, the higher the state of consciousness, the more dynamic the energy surrounding that consciousness, whether that consciousness be human, from which we tend to judge our experience, or non-human, organic or inorganic.

For example, evolutionary states of development contribute to the auric field within the mineral kingdom, beginning with rock, sand, or mud with rudimentary energies. There are mineral kingdom developmental stages such as sophisticated crystalline structures with enormous, powerful and beautiful auras.

Auric studies with animals show the life force demonstrated with auric fields as well. In the animal kingdom, wild animals evidence a completely different aura than domesticated animals. Those animals who are in constant interaction with humans show a difference in awareness, and their auric fields reflect that developed awareness.

Within the plant kingdom, the diversity of trees, bushes, grass, edible and inedible plants, to name a few, give a diversity of auras. Weeds differ widely from cultivated plants or food sources. If you have ever walked in a relatively untouched forest or nature preserve, you can feel the peace and serenity of the woods. At the same time, you may have been aware of an enormous presence and life force inherent in that preserve. Trees, bushes, and grasses are sentient. The woods are alive with energy. It is proper when entering such a space to respect that space and ask for permission to enter. Upon leaving, a thank you for such entry is courteous.

In humans, physical vitality, exaggeration, exhilaration, or sudden spiritual awareness can contribute to a moment of auric intensity. Regardless of the earthly kingdom involved, each phase, stage, or pattern of growth within that kingdom determines the intensity, the size, and the colors of an aura, reflecting the current state of that growth.

The aura of an object also varies in size and intensity possibly due to the size of the object. Even science realizes that a body such as our Earth influences a far larger area than its physical presence. Science has a different name (read: label) for a planetary aura. The Earth's aura is called the Van Allen Radiation Belt. Look in any high school science book and see the lovely scientific rendition of Earth's aura.

Astrologically, this is referred to as the *orb of influence* (*orb* for short). If a human aura extends 2-1/2 to 3 feet around the person, can you imagine the size of the aura of a planet or a star? A few years ago, "*National Geographic*" magazine printed an awesome sketch of the radiation surrounding Jupiter as it was affected by the Solar Wind. The Solar Wind represents the force or energy emanating from the Sun located approximately 483 million miles away from Jupiter. Try to imagine the Solar Aura which holds sway for all contained within the system all the way out to the heliopause. WOW!

That most people do not perceive or see the aura is largely a case of ongoing conditioning or negative programming. Children readily see auras and sometimes are literally punished or reprimanded if they mention it. It doesn't take long for parental, societal, or peer pressure to eliminate the aura from their awarenesses. However, just as readily, children can almost instantly see or perceive the aura once they are given permission to do so. Damage done to children by prior denial is quickly and easily reversed. It is harder for adults to quickly perceive as the negative programming *not* to perceive is more deeply rooted.

Those who perceive the aura naturally are usually unaware that others don't see it or don't know that it exists. They are usually and sometimes rudely informed that they are crazy or seeing things. The higher the degree of sensitivity of the individual, the easier it is for them to perceive the subtle bodies and diminish prior negative programming. This is a general statement; remember there are always exceptions to any rule.

Think of the older religious paintings with the halo or nimbus around the heads of the figures. Artists easily perceived the light auras on their subjects and painted it on their canvases to denote spirituality. They painted what they saw. The aura around the head can be quite strong.

Have you ever noticed an animal gazing intently and alertly at a supposedly vacant spot? They are responding to non-visible energy. That usually spooks their human observers. One of my cats loved to play with the invisible energy created in the peak of my personal five-foot pyramid. Can you picture an ordinary house cat, standing on its hind legs stretching and reaching for the invisible energy at the peak inside the pyramid? Awesome sight! Just because an energy is invisible to you does not mean it is non-existent. By enlarging your perception, that energy field becomes perceivable and possibly measurable.

Just what is the aura? It has been described as your radiant energy, your personal surround, the various subtle bodies surrounding your physical body. In Psychology, this is known as Proxemics\* or your bubble of personal space. Definitions could be endless. Most people have experienced an intrusion into their own aura (personal space); but have not realized the nature of the experience or put the label "*auric*" on the happening.

How many times has someone silently approached you from your blind side? Their intent was to either surprise you, or perhaps they were just unaware of your not knowing. Perhaps you jumped, or were startled, or turned around, even though they made no sound or had not physically touched you. When a person enters our personal bubble of space, our aura, some can sense their presence. When I was a teenager and before I

encountered the metaphysical realm, my friends would awaken me by simply staring at my inert and sleeping body. Within seconds I would sit straight up, looking at them directly. They used to laugh at such sensitivity. Little did we know!

Watch people in elevators or in crowded situations. They can be incredibly uncomfortable as others press close to them and actually enter their auric space. Think of the phrase. “Don't invade my space!” Does it simply mean their room or personal property, or can it literally mean their personal space, their aura? Proxemics.\* <https://dictionary.apa.org/proxemics>

A few simple exercises can demonstrate the presence of an aura, whether or not it is visible to the participants at that moment.

- 1) Have two people sit or stand facing each other. Instruct one to have both palms up in front of them. (Do not lean on the elbows.) Instruct the other person to place both palms facing down about three to four inches over the palms of their partner. They should not physically touch the palms. Have them focus on what they're doing. They may also shut their eyes to minimize distractions, but it is important that they maintain the distance between each set of palms and not physically touch. We are not testing physically, so actual touch negates the results. Allow them to *feel* one another's energy (not touching). For me, it is like very fine electricity. At times, such energy is easier to perceive by its absence, so have them slowly move the top palms to the sides, breaking the contact, and then slowly move their palms to re-establish the contact, feeling the changes of and to the energy flow. Be sure to have them identify or account for natural air currents in the room, environmental conditions, and normal body heat radiation. *Note: cold hands are not as easy to perceive or emanate energy for others to perceive.* Once sensing has been established, have them experience one hand at a time: right to left, right to right, or left to left. Have them note the differences. Occasionally a person will be unable to feel the energy. This is temporary. Encourage them to practice and to relax. This is not an act of will; it is an act of allowing perception. Over time, practice does help.
2. A variation on this exercise is to have one person hold their own palms facing each other about four to five inches apart, and have the other person *very slowly* move one of their hands up and down between the facing palms, feeling the energy changes caused by entering and exiting the auric field. If the hands are too far apart, the energy may be too subtle to feel. If the hands are too close



together, the hands may physically touch, which defeats the purpose of the test and does not demonstrate the presence of an aura. Be aware that both people have auras contributing very subtle energy. Pay attention!

3. Three volunteers are needed for this experiment. Standing one foot apart, place two of the volunteers facing each other (persons one and two) with person three facing the back of person two, about two feet back. Try to do this experiment without telling the participants what to expect so that you do not condition their responses. Once it has been demonstrated without pre-conditioning, then you can allow the group to experiment with one other as you monitor and instruct. For the three volunteers, give private individual instructions. First note that in order not to pre-program their reactions, they must trust the process to unfold. The instructor stands back, away from the grouping, so as not to have the instructor's personal energy interfere. Instructions:

Person 1) "You will stand quietly with your hands at your sides and just be you. Don't do anything in particular. Just keep your eyes open and observe, but be ready to catch person two (in the middle) if and when necessary. Don't allow them to fall."

Person 3) "Stand quietly about two feet behind person two in the middle. Keep your hands by your sides and observe. Nothing In particular is required, but be ready to catch person two (middle) should they rock backwards towards you. Don't do anything in particular, just don't let them fall."

Person 2) "Just close your eyes and let your hands fall by your sides. Take several slow deep breaths and relax, drop your shoulder tension, and trust in the process."

The person in the middle (person two) should start rocking forward and backward after a few moments. As they feel themselves rocking, they may have a tendency to try to compensate to balance themselves. It is hard to trust an unknown process, with people you don't know, with your eyes shut, and thinking you might fall. Assure them that they are just fine, just to relax and allow themselves to let go. Most people will fall forward or backward almost immediately; some will just rock. Either result demonstrates that you can be affected without physical touch.

Except for catching, no hands have been used to direct energy at this point. For a variation on this theme, you can have the number one person put their hands up in front of them palms directed towards the person in the middle, which directs their personal flow of energy (makes it stronger). Anticipated motion can happen faster. The number three person should keep their hands by their sides except when playing catch!

If the middle person rocks forward and the two (one and two) come together, there is a north / south polarity formed similar to the poles of a magnet. If both are positive or both are negative in energy flow, they will tend to repel each other similar to the North to North or South to South poles of a magnet. In this instance, positive and negative are simple energy descriptions and not references to good or bad. The reason person three is there is for safety reasons. The extra distance between these two prevents distortion of the attraction or repulsion between persons one and two. The instructor is far enough back not to interfere as well, but close enough to monitor safety.

You can imagine my surprise when, during one demonstration, person number two was literally shoved out of the center (their description), and persons one and three fell towards each other. No instruction I had encountered had ever suggested it was even possible. But it did happen - only once in my personal experience. Why? Persons number one and number three had a strong personal, magnetic attraction and their energy removed the obstacle by shoving the interfering energy out of the way. Color the teacher surprised!

**Kinesiology Testing** Kinesiology itself falls into the Chiropractic realm and requires a hands-on legal license to perform. I took a “Touch for Health” introductory workshop in 1980 that gave a full description. The procedure being described does not entail manipulation of the physical body and has been adapted for testing purposes.

**Simple Muscle Test** Place one of the test person’s arms straight in front of themselves to isolate one muscle for testing. (Do not test halfway to the side, as it instead tests a group of muscles.) Stand alongside the person on the side being tested; do not reach across the body. With two of your own fingers, press down on their extended wrist. Ask them to resist your pressure on the top of their wrist. Use two fingers only. This is not a test of strength. Do not jerk. Simply determine their normal resistance.

After each muscle test, have them lower their arm so their extended arm does not tire. Do not switch sides in the middle of this test, you need to compare apples to apples. Use this procedure for steps 1, 3 and five.

**Weakening and Strengthening Illustration:**

- 1) Using the very simple muscle test as just described, determine the normal tensile strength of a single muscle (usually the arm). Relax and then lower the arm. This is natural for a person.
- 2) Once determined, run your extended hand like a knife down the front of the person from forehead to top of pubic bone, about four to six inches away from the body, but not touching.
- 3) Retest that muscle, which should be noticeably weaker. Relax, then lower the arm.
- 4) Run your flat palm up the front of the body, pubic bone to forehead, four to six inches away from the body, and not touching.
- 5) Retest the arm muscle, which should be restored to normal or even strengthened. If it is not fully restored, lower the arm and repeat step #4 then step #5. Once finished, relax and lower the arm to prevent further fatigue of the limb.
- 6) Explain what you have just demonstrated. Do not repeat testing on any single person. This is to be used for illustration only.

Step #2 is a very temporary draining of their body energy. Their body will normally readjust itself within a few seconds, so don't delay the test in step #3.

Step #4 is a restoring or re-sealing of the aura. Always restore when demonstrating and be sure by re-testing (#5) that such restoration is solid.

Step #6 **Do NOT abuse this teaching experiment.** Karma! Explain that this is not a game to be played with; that each must use the knowledge and the test wisely as they are responsible for their own actions (called karma). It is important to always leave the tested person equal to or stronger (better) than they found them.

**Floor Exercise** Place two people about ten feet apart facing each other. The space between them must be a clear. Have one stand quietly, arms hanging down to their sides. Have the second person put their hands up at chest height, palms facing outward, close their eyes and very slowly walk towards the other person. When either person notices an energy change, ask them speak up. Have them stop and open their eyes. Notice how far apart they were when they felt the energy change. Should they close within two feet of each other without indicating they felt the energy shift, don't let them collide. Have them stop, open their eyes, and try again. They missed the shift in auric perception. This is not failure, and it does not mean either person has no energy. This shift in perception of energy is very subtle and can be easily missed. Practice helps - just don't let them collide, even in slow motion.

**We have experienced the aura. How do you see the aura?  
Your own, others, objects?**

Dim lighting with a simple background is preferred to reduce distractions. Dim lighting reduces shadows and that helps. It is important for the see-er not to shift or move their eyes once the aura appears, as it will instantly disappear. Should that occur, simply begin again. At times, allowing the eyes to be somewhat unfocused helps to perceive the aura.

1) Hold your own hands directly in front of you palms facing each other, four to six inches apart. Do not rest on your elbows. Simply relax and stare at the space between your hands. Your own aura will form around the outside and inside of your hands. It will appear usually as white light although color is possible. To me, the energy reminds me of heat waves rippling off of a hot highway. Perception is individual, and my personal description is only one of the visuals possible. Resist the temptation to shift your eyes to look at your aura as it will disappear. It is like you are seeing with your peripheral vision rather than your direct vision (my personal description). Observe. This is your own aura! YOU are a light being!

2) Set up a mirror a few feet in front of you (size is determined by convenience). At least your head and shoulders should be viewable. Look directly at the third eye region in the middle of your forehead between your eyes, slightly above the bridge of your nose. This is convenient, and not necessarily mythical. Your own aura should naturally form around your head and body. Do not shift your eyes as you will have to begin over. (Remember the

previous note about peripheral vision, my explanation.) View and observe. Do not overstrain your eyes. If you feel strained, stop and try it a different time. When using a mirror to view, do not stare into your own eyes as described in the previous chapter. That is advanced work and must be conducted in a protected atmosphere.

3) Place a person, plant, or animal against a plain background, and dim the lights to reduce shadowing on the background. Whenever possible, minimize distractions. Remember the viewed object must remain stationary, so the choice of a sleeping animal makes more sense. Make yourself comfortable about three or more feet directly in front of the object. Once you begin, you will not want to move around.

If viewing a person face forward, relax and turn your gaze towards the third eye region of the brow previously described, or two to three inches in from the outer edge of the object. Holding your gaze steady and unblinking, gently stare at the spot selected. You can allow your eyes to slip out of focus slightly. Remember this is not an act of willpower. It is a process of relaxing and allowing. Your eyes will attempt to physically defend themselves by blinking, shifting, watering, feeling full of sand, or the greatest body trick of all, your whole vision will go black. Don't panic - your vision will restore. This particular trick also has the interesting sidelight of making you believe the object has just vanished. It did not. This is an eye-defense mechanism. If you relax and hold your gaze steady one of four things will occur:

- 1) You will see the aura surrounding the human head in particular, and the whole body in general, in soft white or colored light.
- 2) The body can become iridescent light such as the bodies in the movie "*Cocoon*". This is the light body surrounding the physical form as pure energy. I have seen it multiple times. Should this occur, know you have been privileged to see their "Light Body".
- 3) Another face can form over the face of this subject, which may be a guide or a past life.
- 4) Another variation on this particular exercise is to dim the lights and use a red flashlight under the chin of the person being observed. The flashlight is turned upward towards the face. This has a very eerie quality, but produces extremely rapid images and image changes.

In the auric field, you may see forms or faces. In this instance, you have just bypassed seeing the aura and gone directly into Clairvoyance. If a person has the potential of seeing into Spirit, trying to see the aura can cause the Clairvoyant ability to spring into experience. Due to less programming, this happens easily where children are involved.

Remember, practice breeds proficiency. If you want to do anything well, you must invest something of yourself, also known as time and effort.

Now that you have seen the aura, what do you do with it? Personal interaction, sensitivity training, healing, reading, and however much else you can and hopefully will develop through practice on your own or with future studies.

**Personal Interaction** Since the aura reflects the constantly changing moods or attitudes of the individual, it is extremely helpful in terms of personal interaction. Note of caution: this like all other gifts should always remain in the control of the person. To be unable to turn off any ability that is not appropriate to a moment would be a constant distraction, to say nothing of the potential for ruining relationships.

Your emerging spiritual gifts need a controlled arena in which to unfold. Meditation or studies or any passive, receptive activity provides such an arena for growth. Through meditation, the aura can be cleansed, restored, healed, and respected. To be too open in your aura may cause you to absorb negativity, and that could be difficult to handle. To close it and forget to re-open it can isolate you. This could mean you must move around in your own psychic garbage. Normalcy is the key to a healthy aura.

**Cleansing your own aura** periodically is a good idea. You can do so when you shower simply by declaring that your physical and your subtle bodies are being cleansed. Use the cascading water as a symbol for the act of cleansing.

**Healing** Since the order is in layers or sections, various areas may be read individually. The aura area closest to the body, about eight inches deep, is the health, so this is the area for healing work. Colors, dark spots, holes, ripples, symbols, etc. all convey messages as to the health of the individual. Healing and / or balancing may also be done on the chakras; however, this is beyond the scope of this introductory class and takes a skilled auric healer.

**The Etheric Double** is a 1/8 to 1/4 inch dark “outline” surrounding the body between the physical body and the light body. This is the matrix or webbing that connects the physical body to the aura or light bodies. If the etheric double is torn or damaged in any way, there may be energy leaks and the potential of physical or psychic damage needing repair. Again, a skilled healing is needed.

**Reading** Again, once proficient at seeing the aura, many symbols, colors, impressions, etc. can be observed and read. Through study, past, present, and potential future of the individual are all contained within the auric field.

In a far larger sense, the aura of the Earth contains the past, present, and potential future of the Earth and all its inhabitants. As previously mentioned, there is an increasing-in-size auric field around the solar systems and the galaxies as well. This sea of memory is called Akasha and some gifted individuals can read the Akashic Records.

The aura reader must remember always that you see or read someone's aura through your own aura. Take that into consideration when reading. You should be personally clear when you work. Your job is to elevate and not complicate.

**Can't see the aura?** Usually the main reason people cannot see an aura, other than physical handicap, is that this is an act of relaxing and allowing, not an act of will. Trying too hard can cause failure. Relax and enjoy.

**Lack of an aura** can indicate imminent death. Everyone has an aura. When death is pending, the spiritual essence can withdraw prior to the event, leaving only a life support mechanism. True death occurs when the silver cord that connects the physical and the subtle bodies separate. I have seen the silver cord twice... it does exist.

**Colors:** The aura is comprised of many layers or ribbons of constantly changing color. To be proficient in an aura reading and healing, the symbology of the colors must be understood. Color follows a very logical order which, once understood, is very easy to follow. These color definitions are archetypal and can serve as a basis for your own color interpretations. Remember, your impressions are very personal. Trust your own intuition.

**White** is all color before it is refracted or broken down into its component parts. It is the color of Spirit, unity, protection, the Christ Consciousness - all before it becomes any one thing. This is not a specific healing color but can act a cocoon isolating the individual. If using during a healing, wrap the individual or the situation in a chosen healing color first, then protect or wrap it in white light.

If you focus white light through a prism, it breaks down into the seven colors of the rainbow. If you refocus the rainbow through a second prism, it again forms white light. So white light contains all the colors. Remember also that we see color by reflection. Whatever color we see is what is reflected, while all other possible colors are being absorbed.

There are three primary colors and four secondary blends. The primaries (red, yellow, and blue) combine to form the secondary blends. Remember the red end of the spectrum energizes and the blue end of the spectrum sedates.

### **Primary:**

- ✓ *Red* is pure physical energy, vitality, primal energy, enthusiasm.
- ✓ *Yellow* is mental, intellectual, stimulating, conversational, uplifting or buoyant.
- ✓ *Blue* is mellow, sedating, emotional, gently healing in nature, the beginning of spirituality.

### **Secondary:**

- ✓ *Orange* is a combination of the red of pure raw energy and the yellow of the mind. Its definition is ambition, pride, organizing ability. It is goal-oriented.
- ✓ *Green* is the center or pivot color of the rainbow, a combination of the blue of emotion and spirituality, and the yellow of the intellect. As the center, it represents healing, balancing, growth, abundance, and money. If in doubt of color choice, use green.
- ✓ *Purple*, sometimes referred to as *indigo*, is a combination of blue and red, but more towards the blue side. Blue starts the spiritual end of the spectrum indicating deeper interest. The red adds activity. Deep purple (more blue than red) is deep spiritual / meditative energy.



- ✓ *Violet*, as it is stronger in red tone than deep purple / indigo, infuses more action into the spirituality. This is working spirituality, dynamic and expressive. It is the ray that humanity is working on at present, the 7th Violet Ray of transmutation. Transmutation indicates the existence of something that is being transformed. This color cleanses and transforms negative or mis-qualified energy.

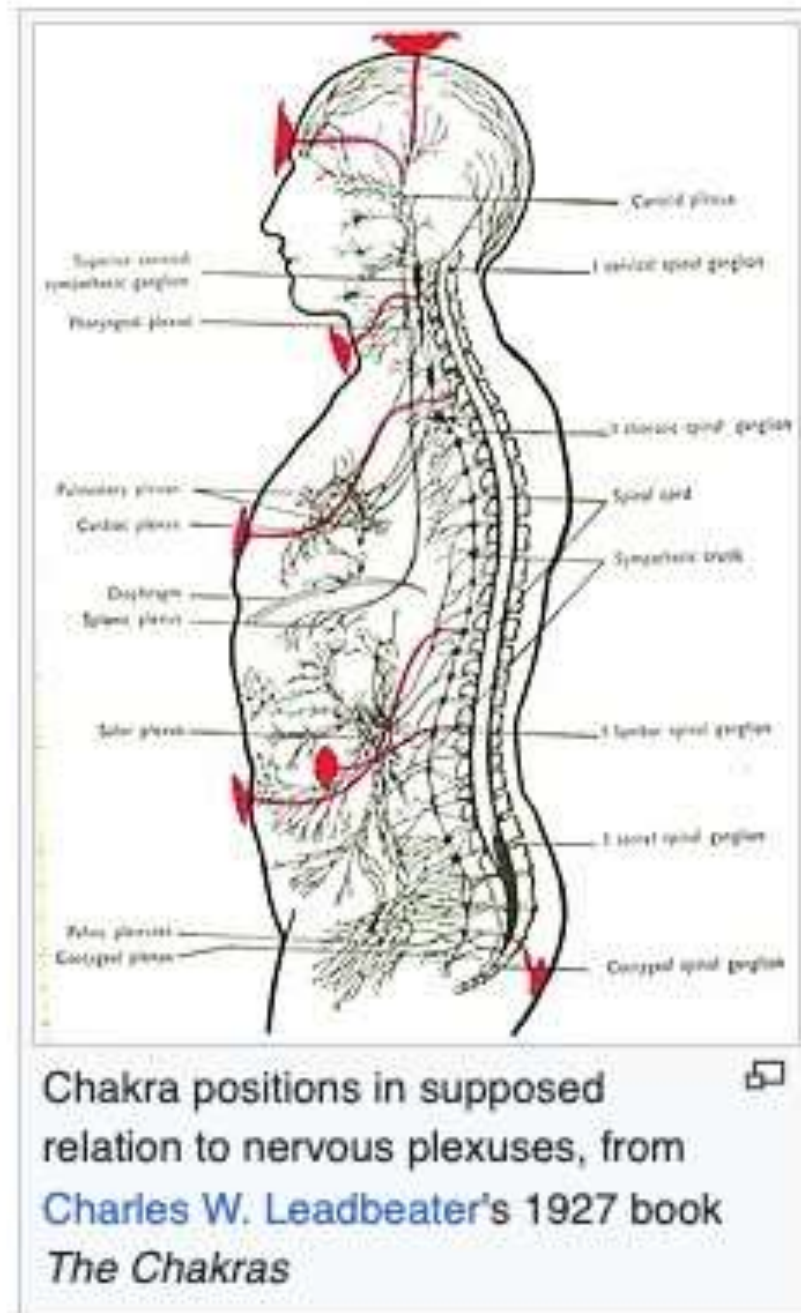
### **Tertiary:**

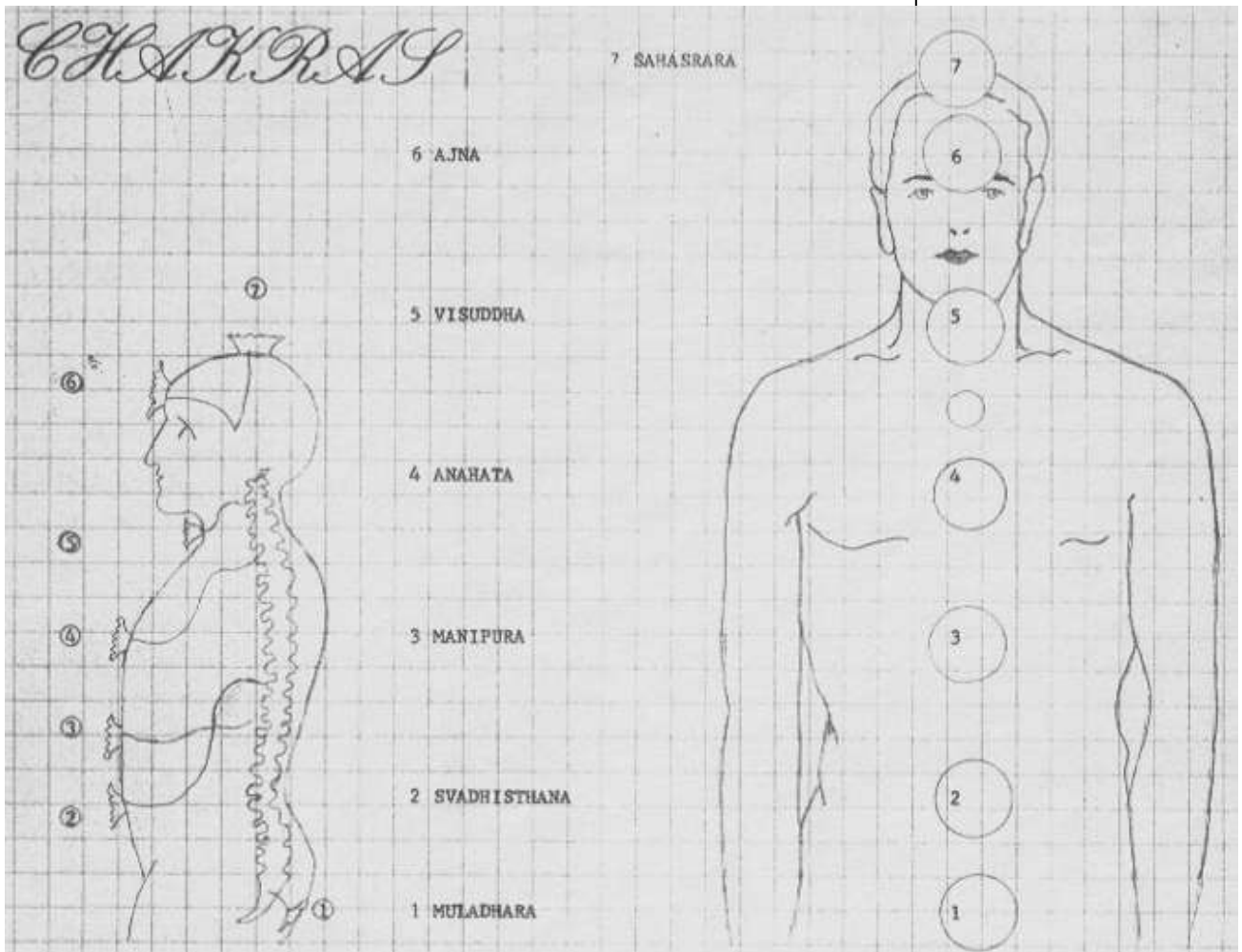
- ✓ There are many shades, tones or hues, or combinations of the seven colors. Remember that the brighter and clearer the color, the more positive the energy represented. Lighter shades convey lighter expressions and deeper shades convey intensity.
- ✓ Muddy or murky colors can indicate problems, mild or severe. For example, brownish indicates negative materialism or greed, greyish for melancholic and depressive, blacks can be hostile and brutal. Reds can be sensual or angry, etc.

### **Extremes of energy**

- ✓ Deep rich warm brown is earthy and practical.
- ✓ Rich, bright grays, lavender or blue are meditative or mystical.
- ✓ Light pink is a soft, personal, one-on-one love color.
- ✓ Deep rose pink is unconditional love, or love on a universal scale.
- ✓ *Gold* and *Silver* are not actually colors, but iridescent or electrical shimmers on yellow and white, and at times lighter blues.
  - ✓ Silver is often seen when the Christ light is present.
  - ✓ Gold or iridescent yellow represents God's wisdom. Remember that information yellow leads to knowledge, which leads to wisdom, gold or God's light.
- ✓ Black is the total absorption of all color, giving nothing in return. This is why it is considered to be negative. If seen in the aura, it can indicate hatred, malice, evil, or black magic. It is an energy best left alone because we do not initially have the understanding or ability to handle it. Interestingly enough, we will all eventually return to it for it represents the primordial sea, all before it became any one thing. From the Bible, "And God said let there be light."

What was there before there was light? If you realize that light emerged out of darkness by the Word, then we will all at some point have to face our own darkness. Facing our own darkness mystically is referred to as *The Dweller on the Threshold* initiation.





## Chakras

Chakra is a Hindu Sanskrit word for the energy vortices or centers within the auric field. They are anchored in the etheric double or envelope, not in the physical body. There are seven main chakras that run down the centerline of the body, and many other minor chakras in other areas of the body. The only material we will introduce here are the seven main chakras. There is much excellent material available for chakra study. I highly recommend *Energy Ecstasy* by Bernhard Gunther. These chakras are visible in the aura as whirling colored discs. Each serves a specific purpose or governs certain functions in the individual. When clear, unimpeded, and functioning normally, they are the energy input stations.

The first or Root Chakra is located at the base of the spine deep within the body. This is known as the seat of the kundalini serpent fire and is the sexual / spiritual energy.

The second or Navel Chakra, sometimes called the Spleen Chakra, is located between the pubic bone and the navel. The navel is used to locate the center and is responsible for the survival instincts. It also has influence on the sexual reproductive cycle. On the physical level, this chakra governs the balance and interaction between the other chakras.

These first two chakras govern the survival and perpetuation of the species instincts and seem to be intertwined as to definition. If either or both are not functional, the individual's will to live is seriously afflicted. I have encountered this at a moment of life-or-death crisis in healing.

The third, or Solar Plexus Chakra, is located just above the navel at the midsection of the stomach, and influences our adrenal glands governing our emotions and will power. When we get emotionally upset, we feel as though we have been hit in the pit of our stomach. Most of the world seems to be centered in this chakra. Psychically, this chakra governs our emotional or psychic sensing.

The fourth, or Heart Chakra, is located in the center of the chest near the physical heart. It influences both the heart and the thymus gland, our immune governor. Its purpose is unconditional love and compassion. This is the major chakra lesson of the Earth plane at this time in our growth and development.

The fifth, or Throat Chakra, is located at the hollow in the throat and is the center for self-expression. It influences the thyroid gland and the entire nervous system and metabolism. This center is particularly active in psychic gift development and related to communication, such as teaching or psychic counseling.

The sixth, or Brow Chakra, is related to the third eye region of the forehead governing our visualizations or spiritual envisioning process. It is connected to the pituitary or governing gland, the pineal gland, and the corpus callosum in the brain. When active, it relates to the opening of the third eye and the psychic gifts related to vision.

The seventh, or Crown Chakra, is centered near the fontanelle or baby soft spot at the top of the head. This represents the inflow of cosmic awareness and enlightenment. Wisdom is the function, and the individual is connected to higher spiritual sources through this chakra.

The chakras can be opened and closed by the directed will, but this should not be done in ignorance. They should not be forced or held open indiscriminately, as you may be setting experience in motion for which you may not be equipped. They should not be closed as you are shutting off the vital spiritual energy flow.

None of the chakras should dominate. All should be functional and balanced as to energy input and flow. Metaphysicians have a tendency to try and develop the four higher centers at the expense of the three lower chakras. The key to awareness is balance. When healing chakras, we clear, repair, and restore the chakras individually, and then balance them to one another. This will take some practice and some learning.

This is a rudimentary lesson only. The whole area of study is worth a large investment of your time and personal effort.

## **Questions – Spiritual Paths Lesson #8**

1. Practice each exercise covered with a student. If a student is not available, practice it with one of your fellow students.
2. Journalize your experiments. Choose one experiment and evaluate.
3. What would you add or alter in these experiments?
4. Meditate on the colors. Give your personal understanding - each of us are unique.

I am not a dedicated student of Hindu philosophy and traditions. I have a layman's knowledge and more than fifty years of experience in personal application. Rely on the best possible Hindu sources and experienced practitioners available. As of this 2024 proofing, Wikipedia does have a detailed article with lots of images to help understand. I noted that it has been challenged by readers, so approach it with caution. <https://en.wikipedia.org/wiki/Chakra> Again, I like Wiki's sourcing at the bottom of their articles.

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# Dreams

Conscious and Unconscious  
Dreaming  
Research  
Dream Content  
How to Remember Your Dreams  
Dream Diary  
Dream Dictionary  
Doing More with Your Dreams

Before you start your meditation and study period for this class, take three slow, deep breaths and repeat the following:

*“I will in God, I shall in Christ, I am going to  
through my faith in the Holy Spirit,  
take from Thee a part of Your divine powers and wisdom,  
for my unfoldment and development, to do thy bidding,  
if it be Thy will, and to Thee I give thanks, Amen.”*

When you work with any part of the dream process, dream therapy, dream diary, etc., you need to remember there is ongoing extensive research constantly changing and expanding this field. The material I give you at any moment can be obsolete by the time I finish writing, because research that I have not encountered has or is occurring. I have taken several dream workshops, personally done these exercises, and have read a ton of material trying to stay current, but there are only so many books, methods, or experiences I am going to encounter, read, or absorb. Remember as well that I am a seeker and not a psychologist; my experiential knowledge outweighs my technical knowledge. You should periodically update your knowledge in this field.

Because I am going to use several phases throughout this lesson, let's spend a few moments defining those phrases to eliminate any potential confusion. Following is from the American Heritage Dictionary:

- ✓ *Dream*: a series of mental images, ideas, and emotions that occur during sleep.
- ✓ *Daydream*: a reverie; a wild fancy of hope, joy; an inspiration, ambition; one that is extremely beautiful, fine, or pleasant.

- ✓ *Dreaming*: to experience a dream; to daydream; to conceive or imagine; to pass time idly or in reverie.
- ✓ *Dream up*: to invent or concoct.
- ✓ *Dreamland*: an ideal or imaginary land.
- ✓ *Daydream*: a dreamlike musing or fantasy.
- ✓ *Sleep*: a natural periodic condition of rest characterized by unconsciousness and lessened responsiveness to external stimuli; a condition, as of inactivity or unconsciousness.
- ✓ *REM (Rapid Eye Movement)* occurs during sleep, to the closed eyes indicating active dream sequences.
- ✓ *Conscious*: having an awareness of one's own's existence and environment, be capable of complex response to environment, not asleep, awake; subjectively known; intentional, deliberate; from Latin "conscious" knowing *with others* (please note collective).
- ✓ *Subconscious*: beneath the threshold of consciousness.
- ✓ *Unconscious*: one [area of consciousness] not accessible to the conscious part of the mind; temporarily lacking awareness; not informed; without conscious control; involuntary; the part of the mind that operates without conscious awareness, and that cannot be directly observed.

And this is from the Encyclopedia Americana (paraphrased definitions):

- ✓ *Dreams*: sequences of images that are experienced by the mind during sleep. Scrutiny and eventual research began in the late 19th century.
  - In 1913, Neurologist and the Father of Psychoanalysis, Sigmund Freud, published that dreams have two principal functions: 1) to attempt to fulfill repressed unconscious wishes, mainly sexual and aggressive in nature; and 2) to guard sleep since expressions of such drives can arouse anxiety. Disguise of the dream elements in symbolism may occur and disturbance of the sleep patterns usually occurs. Freud believed that most dreams were unpleasant; that dreams were the royal road to the unconscious, and interpretation was a psycho-analytical tool.



- Psychiatrist and Psychoanalyst Carl Jung further believed that dreams originate in inborn thought patterns or types of a racial unconscious common to all mankind. Jung believed that dreams attempt to reveal rather than conceal what is in the unconscious mind. As the revelation is imperfectly realized in the dream, all possible meanings must be used to uncover the message hidden in the symbolism. Jung used mythology, comparative religion, and history as additional interpreting tools.
- ✓ *Conscious*: Experiential, aware, ongoing mental process involving feelings, ideas, thoughts desires, etc. By introspection, a person may gain knowledge by a breakdown of their mental processes and sensory input, thought, concept, etc. Degrees of awareness are measured beginning with coma through sleep, awake, alert to danger, etc. Exactly when consciousness enters a developing organism is not known. Clinical evidence points to the Cerebrum as the focal point of consciousness, but thus must not be confused as the mind is not located in the head. A thought can be examined; but must not be mistaken as a thing.
- ✓ *Subconscious*: (pre-Freudian) a figurative way of designating the less clear or peripheral aspects of awareness, which frequently bewilder the conscious mind. Freud defines three levels 1) conscious (experiential or visible), 2) fore or pre-conscious (just beneath the surface, (sub-) and 3) unconscious (inaccessible due to incompatibility of thought).
- ✓ *Unconscious*: all the mental determinants that are not directly accessible to the awareness of the individual dreams are said to illustrate the dynamics of the unconscious. Freud sees all behavior as determined and goal-oriented, consciously or unconsciously, that nothing occurs by chance. Instinctual drives and repressed ideas seek expression. Jung sees two areas of unconscious: 1) personal (long forgotten occurrences), repressed, unhappy memories, and 2) collective racial experiences, common evolutionary ascent themes, archetypes.
- ✓ *Superconscious*: (my definition): that in which we live and move and have our being; that spiritual or transcendent part of ourselves that knows its connection to the universe, to God, to our Higher Self, our Christ Self, in which we seek union through our spiritual growth.

Eduard von Hartmann advanced a metaphysical theory of consciousness. “An intelligent purposive unconscious will direct the universe.” Inanimate objects are directed by the universe and are basic unconsciousness. Animals are directed by unconscious instincts, never (?) to become consciously aware. Man is able to comprehend principles, so man has consciousness. Any mechanistic view of life will fail because it ignores the subjective influence of the unconscious.

## Conscious and Unconscious

As noted in our definitions, mind or consciousness is divided into two broad categories, two very important distinct parts of our mind - our unconscious mind and our conscious mind. Unconscious is generally used to define that part of our mind which we cannot experience as conscious, while the sub-category “subconscious” refers to that which lies just beneath the surface of our conscious mind. Both subconscious and unconscious seem to be applied to the less outwardly conscious part of the mind. Sub- seems to be accessible at least part of the time, while unconscious is not that readily accessible, surfacing in rarer moments.

Our conscious mind is a very tiny percentage of the total. We are walking around, talking, listening, and experiencing our everyday factual mind right now. This is the mind that we believe gears and determines our entire life. We believe we are conscious, volitional, decisional, people and that what we are thinking with is all we have. Our conscious mind is only the tip of the iceberg, the analogy we are using to describe the parts of our total consciousness.

An iceberg is a massive floating chunk of ice that has broken away from a glacier. In spite of how large it may appear, the bulk of the iceberg is hidden beneath the surface of the body of water in which it floats. The, at that time brand new, unsinkable, giant ocean liner Titanic hit an iceberg and sank even though the tip of the iceberg was visible to the crew. It *was* dark when this occurred. That danger came from the hidden bulk of the iceberg beneath the level of the ocean.

Our conscious mind is externalized, visible as the tip of the iceberg, but is proportionately very small. The hidden bulk of the iceberg would then represent our sub- or unconscious mind with its potentially more subjective or internalized impact. To be truly functional and to reach a super-conscious state, we must merge our outer self with our inner self. Synergy suggests that such a union would exceed the sum of the parts. So, our superconscious would then represent the entire iceberg (both parts described) plus the sea from which it came and in which it floats.

Our spiritual development job is to merge the two areas of consciousness to hopefully achieve the larger dimension called the superconscious. We can call this process psychic, meditation, the dream state, biofeedback, hypnotic regression, etc., all labeling. We can label the means of connection and take any path we choose, but the end result of any and all of those kinds of activities is thought of as a union between these two functions of consciousness. In this class, we are attempting through our dream work to help make conscious that which is just beneath the surface. We may be able to develop more or deeper consciousness as we learn and grow.

The unconscious has multiple functions and I'd like to mention a few. The unconscious is the part of us that makes our body work, that knows how the mechanics work such as to make the blood flow, to walk, to use our body to digest food. None of this is done consciously. I don't have the foggiest idea how to instruct my body to digest my dinner. My unconscious mind does this automatically. I can make conscious, positive affirmations as to my general health and well-being. Other than that, I have no business involving myself consciously in the automatic running of my body. If a problem arises, that problem will have to be dealt with consciously. If I'm smart, my conscious mind will mind its own business and not interfere or play games with its well-being. I think of this part of our mind as the body mind.

What about our fantastic memory capacity? There is a part of us that is pure memory bank - like a great big storage complex with almost infinite capacity soaking up all sorts of information coming through all our senses and experience. Think of your unconscious as a great big sponge, soaking up all it encounters, but which does not know the difference between dirty water and clean water. Sponges do their sponge function, which is to soak up everything that comes within their reach, indiscriminately. The function of the conscious mind is to stand as a guardian at the door to the unconscious, as a monitor or filter providing the means to discrimination. It is this conscious mind which determines whether or not the information received, generated, or experienced is valid.

While the conscious mind is linear, logical, sequential and is ruled by accepted norms of society and experience, the unconscious is not. The conscious mind is monitor and selector, deciding which is or is not a good thought. "That thought makes no sense; there's no such thing as a purple giraffe." The unconscious mind is not bound by such rules. The unconscious mind doesn't care if the giraffe is purple as it can experience a purple giraffe, a pink elephant, or whatever else it wishes because the

unconscious uses pure imagery and is not limited to the knowns of the visual world. It can image anything it wants, in any color. It can piece together a Pegasus, a Unicorn, a Cyclops, a purple giraffe... anything it wants, any time it wants.

The much smaller conscious mind can be overloaded or stressed out and has to have periods of rest so it can unwind and clear its memory banks. The unconscious mind with its much larger storage and free association ability does not need the rest. When we go to sleep, it is our conscious mind that sleeps, our monitor. With the monitor asleep, the unconscious mind does anything it darn well pleases, it can play, unfettered. Sleep stills the conscious mind and lets the unconscious roam freely through our dream state.

Have you slept with your radio or television on? You need to remember that your unconscious mind never sleeps; it is a sponge at all times. If you go to sleep playing the radio or television, it is only the conscious mind, your monitor, which goes to sleep. Your unconscious mind, the sponge, hears everything. With the monitor of validity of input asleep, your unconscious does not know the difference between good and bad information. Have you ever listened to radio call-in shows? Do they always express your personal opinions about bigotry, violence, or fear? Do you suppose news reports on the hour and on the half-hour are about violence or stress in the world? Have you ever awakened distressed and upset and not know why? Your unconscious was getting direct programming without an awake and aware monitor... one that leaves no conscious memory.

Subliminal tapes and sleep teaching are used extensively in our field. Do you know and agree with what's being programmed? Should you play the tape for your conscious mind (the gate keeper) first? I do! Instrumental music is not a problem but what about the lyrics? Do you agree with everything that's been written as lyrics. In the 80's, there was a lot of controversy about subliminal satanic and societal messages on heavy metal recordings. Do you choose for something like that to be etched on your unconscious memory, without your conscious knowledge? Make conscious choices.

Right / left brain research has shown the right side of your brain is capable of reading upside down and / or backwards, and hearing both subliminal and reversed messages. The right brain is conceptual, such as time and space. The left brain is order, logic, structure. There is bridging between the two allowing information to pass between. Much of this was explored in the development of left- / right-brain educational practices. The first book that I know of about the right / left-brain function was *Unicorns are Real* by my old friend, Barbara Meister Vitale.\* Through meditation

practice, we encourage such bridging. Good programming helps that bridging. If you decide to play such tapes, place the sound near your right ear for more direct and effective input.

\*Barbara Vitale has also written *Free Flight* and *Beyond Imagination*.

## Dreaming

Many people feel they do not dream, but everyone must dream. Those who say they do not dream simply are not remembering their dreams. It is an absolute necessity that we have REM sleep, the active dream state. Clinical testing has shown that any person who does not have REM sleep does not remain functional and eventually goes insane from an inability to unload and unwind their minds. People who are functioning normally must dream. Their problem is not a lack of dreams or dreamtime, but a block in their recall - for whatever the specific reason.

The largest percentage of our dreams can be negative, called nightmares. If all you could remember were frightening dreams, your survival instinct might suppress or block the memory of *all* dreams, leading you to believe that you do not dream. Many people have a recurring, sometimes frightening dream, which is the only dream remembered. If such repression is happening, two important issues must be corrected in order to become aware of your dream time and to recall your dreams. First there should be a reprogramming of your subconscious mind that not all dreams need to be repressive and that some can actually be beneficial to you. Start with that point because reprogramming can take some time. Once that has been instituted, you would need to determine the root of the problem in your negative dream sequences. You may be able to do this yourself, but it is also quite possible you will need assistance. Some underlying causes are quite simple, others can be very complex and psychologically threatening. While I encourage self-help, don't deliberately unleash an internal hairy beast without knowledgeable psychological assistance. If you in any way feel threatened when broaching the negative dream arena, ask for competent help.

## Research

***REM (Rapid Eye Movement)*** in sleeping was observed by researchers as early as 1953. Bursts of REM would occur about four to six times each night, starting about one hour after the beginning of sleep, and lasting five to ten minutes. Successive periods occurred about every ninety minutes, getting progressively longer until they last approximately thirty minutes. At various stages of the research, it was thought that dreams were

shorter, perhaps one to three minutes, and a long dream lasted only three minutes, even if it seemed like 45 minutes. Now that they've done more dream research, the conclusions were that we dream in cycles of approximately ninety minutes on and ninety minutes off.

Researchers would awaken the sleeper during REM and ask if they had been dreaming. Subjects would relate the content of those dreams and then go back to sleep. If awakened randomly or purposefully outside of REM, the subject could not usually remember their dreams. Research with EEG (Electro-Encephalogram) equipment that measures brain waves through electrodes attached to the head, led to the establishment of brain wave pattern statistics. Non-REM sleep has slower, high voltage brain waves. REM sleep has faster, low voltage waves similar to our waking state. During REM, breathing and pulse rates are more irregular, suggesting emotional disturbance. Relaxation of head and neck muscles occur, and in men, partial or full penis erection can occur.

About 1/5 of adult sleep is REM, higher in infants, lower in the elderly. Animals also experience REM sleep. Through research, it is known that we dream both in and out of REM periods, possibly continually. Recall is the dilemma, and conditions for recall are more favorable during REM. REM is no longer considered an objective sign of all dreams, only those of easiest recall. Everyone dreams every sleep period. Those who cannot recall dreams will, if awakened while in REM.

There are cycles to our dreaming, and some dreams are remembered more easily or vividly than others. Some dreams are remembered more easily according to where they are placed in your dream sequence: your first dream after going to sleep, a recurring dream pattern around 2:00 AM, or early in the morning before you awaken, etc. All recall and particularly recall of color in dreams is best if awakened during the dream, not at the end of the sleep period. Technicolor dreams are more easily remembered. It is possible that all dreams are in color with color just not remembered. Clinically, no meaning had been determined between color and personality traits at the time of my study.

A major concern with dream research past the technical point of measuring the dream cycles is the influence of laboratory conditions. Away from the natural conditions of a personal home environment, the first few days of testing in a laboratory setting revealed laboratory content prevailed in the dreams, gradually returning to normal content. Even when returned to normal, the dream content was more prosaic than encountered naturally. My own feeling (not necessarily knowledge) is that if you reduce the external stimulus that we all encounter naturally and replace it with laboratory conditions, all of us would have less-exciting dreams.

**REM Deprivation** We have an overriding need to sleep and to dream. Dreams seem to act as a safety valve discharging tensions from “unfulfilled aspects of our personality” (Freud), or “neglected aspects of our personality” (Jung). Aside from researching the cycle quality and content of dreams, studies were done to determine the need for the dream state and how it affected waking behavior. Subjects were awakened when in REM and deprived of the REM state. Three results occurred:

- 1) Number of REM periods increased, creating a need to awaken the dreamer more frequently.
- 2) Deprivation of dreams resulted in disturbed waking behavior. Abnormal changes in the psychological makeup and the expression of an individual were revealed, which could eventually result in insanity.
- 3) When finally allowed to sleep undisturbed, the proportion of time in REM gradually increased for several sleep periods until the dream deficit was made up; personality abnormalities lessened. This was an unresolved area of research during my early studies.

## **Dream Content**

As previously explained, REM sleep is an essential part of each person's life, regardless of whether or not dreams are remembered. The conscious mind must rest and unwind in order for us to stay psychologically healthy. Much of what we call dreams is the unwinding process, a replay of experience, plots and subplots of our stresses, worries, guilt, fears, etc. Without this unloading process, we could not maintain our sanity. Much of what we dream is negative. It is possible for our subconscious to block the memories of the dreams as a survival mechanism. It is the lack of recall, not the lack of dreaming, that causes people to believe they do not dream.

With this unwinding, you can experience a potpourri; at times flashing of bits and pieces of memory and experience which can be connected randomly or purposefully. At times, this is difficult to understand. Full memories and coherency may surface allowing us a direct viewing port to our experience. Not all of what we dream is the unwinding process. Our unconscious is totally in control of our experience during dreamtime. It is the part of our mind that does all the work of running our body and our affairs since it is the part of our minds that is connected to all our life experience. It can use our dream state to communicate with us about any and all areas of our lives. Our dreams can be specific, direct, and literal -

as well as instructional. Since our unconscious can freely associate without rules, it can also use metaphor or analogy to induce or reduce any sense of threat. Therefore, dreams may be symbolic rather than literal. Such use of symbolism requires interpretation.

Multiple purposes can be evidenced within a dream. Some of it is the body working on its physical self, setting up images that match whatever it is doing physically. For example, physical pulse beats could be illustrated as flashing; a visual symbol within a dream for actual physical activity. A physical itch could translate in a dream to shaking, or moving, or bugs crawling on your body. Again, a visual image of a physical process. If you have to go to the bathroom, the symbols may be of water. Also, our dreams can be so real that we confuse physical reality with the dream. We can have accidents in our sleep because we are unconsciously convinced we are in and using the physical bathroom. Sleepwalking occurs while we are asleep, with our waking consciousness in the off position. It is then our unconscious that moves our body.

If asleep when it is raining, it would not be surprising if water dreams occurred. A constant dripping faucet or a similar rat-a-tat sound could cause your dreams to incorporate or model such sounds. You could have the symbol or ingredient in your dream, wake up, and not connect the fact that it was or had been raining into the content of your dream. I used to live in an old country farmhouse. When it rained, it sounded like someone was dropping nails on the roof. Since the roof was sloped, there was little distance between where the rain was hitting and where I was sleeping. So in my second-floor ancient bedroom, the sound of the rain was specific and probably influential. I learned to sleep through the sound, but it could still have been incorporated into my dream symbology.

Since everything you have ever experienced is stored somewhere in your gigantic memory, your unconscious, all of it is accessible in the dream state. All you have experienced through your total lifetime, from all senses and sources, conscious or unconscious, is stored within your memory. So, your unconscious certainly has a variety of experiences from which to choose. Using a computer memory analogy, since computers were constructed using the human brain as a model, let's say you have gigabytes of memory space. Some of that memory is on the desktop and easily recalled (conscious). Most of the memory is on the data disk, recallable if you know how (unconscious). You also could have data disks that have been misfiled or just confused in the process. I know that is a common happening in my computer storage files.

One of my clients was a troubleshooter for typesetting matching programs which occasionally got lost in the huge machine memory banks of old computers called hard drives. Her company had her locate, access, and



repair such programs bringing them back online for the use of their “master”. Does this sound similar to the job of a psychologist? Memories exist to which we have no conscious direct access. A trained therapist can help us locate, access, and repair those parts of our consciousness, healing our lives in the process. Perhaps you own programs that have never been used; I have several of those. These memories also exist but are not always accessible (unconscious).

There is a theory that everything you have ever experienced in all of your incarnations, physical or otherwise, is stored in your memory. *Reincarnation*... a fascinating word. For a moment, let us assume that there is validity to reincarnation - that we do have multiple experiences. These experiences may or may not have been physical. I have never seen a rulebook that says all experiences of a soul or spirit must be physical. As a matter of fact, since there is no rulebook, our concept or theory of how reincarnation works may be way out of line. If reincarnation is true, we could have deep hidden reservoirs of memory of those prior lifetimes and experiences. If those memories exist within our memory banks, could they surface periodically through our dreams?

In other words, if we are talking about a replay of memory while asleep, which memory is it? Is it the memory of experiences from this life? Or the memory of experiences from other lifetimes? If your dream takes a piece from your waking reality and marries it to a piece from a past life, you're liable to get something that makes absolutely no sense at the time it occurs. Or, it perhaps will create an incredible insight. You could make a connection that is so valuable, one that could not have occurred in your waking consciousness. Why? Perhaps because we do not have the volitional ability to make those connections at this point in our development. Instead, they burst upon our awareness while we are asleep. We are learning how to consciously make those connections. Dreaming is one of the tools at our disposal.

A small percentage of our dreams involve future projections, prophecies, and warnings. Your inner mind is in tune with and aware of the general progression of your life. It knows where you've been, what you've set in motion, where you're going, and generally what should happen when you get there. If I have a need for something that is located in Miami, make plans to go to Miami to fulfill that need, and start on the road to Miami, there's a really good chance that I'm going to end up in Miami. Why? Not because it is fore-ordained, but because it is sequential. If I get on the road to Miami and I proceed without interference, I more than likely will get to Miami. This is a natural projection of your mind, without being psychic or prophetic. But it could easily be misunderstood as psychic or prophetic.

Occasionally dreams know the future. This is called dreaming true. There's a part of us that is not only future-oriented as explained by projection, but may also be prophetic. It is possible on my trip to Miami that, unknown to me, an unexpected variable can occur. Due to a previous accident, I could run my car across sharp objects and get a flat tire which is annoying at slow speeds and dangerous at high speeds. My plans for Miami just got drastically changed by a previously unknown variable. To be aware of such a variable prior to the experience falls into the category of prophesy or fore-knowing. If I dream of the danger, I am fore-knowing, and my dream is trying to warn me, directly or symbolically. If I heed the warning, I may prevent or at least minimize the problem. Would my acting on the warning negate the prophesy? If I save myself from a potentially dangerous situation, do I care if the statistics validating psychic phenomena lose a point? At times we are able somehow to allow for those variables and to know what will occur. Since you do not know those variables prior to their occurrence, that suggests a prophetic quality to the dream.

Understand the difference between a natural progression towards the future, which can be unconsciously known and projected, and a capacity to be aware of variables outside your personal knowing. You know you are on your way to Miami (projection). Your plane gets hijacked to Liverpool (variable). These pre-knowing or prophetic experiences are potentially available to everyone. Will everyone note the difference between possibility and probability? We all have the potential. Few of us will experience it; not because we can't, but because we don't or won't.

Dreams have been found to be cyclical in nature following the natural progression found in nature itself. For example, certain types of cultural dreams occur during certain seasons of the year. Betty Bethards in *The Dream Book* indicates such a seasonal cycle and dreams. Spring to fall dreams are accelerated learning process. October, November and December, dreams are more integrating in nature. Winter to spring dreams vividly emphasize spiritual or inner growth.

Bethards also indicates dreams are clearer and stronger from five days prior to and through the Full Moon. Why? The time of the Full Moon is the most emotionally charged period of the month. Dream research does indicate more vivid content, impact, emphasis, and colored dreams at that time.

Studies with children or pregnant women indicate a natural dream progression and archetypal symbology relating to their physical life progressions. The youngest child able to report their dreams would probably dream about eating, safety, physical comfort; then would progress to small animals, toys, parents, siblings, or other additions to their

personal environment. About age three they start dreaming about scary things. When four and five, they dream about doing more external social interaction. Our dreams reflect such progress. Around age six or seven dreams turned to peer groups, teachers, or school activities, etc.

A similar sequencing was found in the dreams of pregnant women. The dreams of the early stage of pregnancy contain many phallic symbols. Next to develop are dreams of rain cycles, watering the earth, growth, and fertility symbols. A whole nature progression unfolds throughout the pregnancy. Not only did similar dreams occur to the pregnant women in the studies but these similar dreams occurred within certain months of the gestation period suggesting very natural sequences and symbols. The dream research described was very interesting, especially with these special groups of children or pregnant women. Research is conducted by controlling the sleep environment and attaching electrodes to monitor the brain waves so the monitors can see when the REM dream state is occurring. The monitors awakened the sleepers, asking them to state / report on the dreams. They then allowed them to go back to sleep until the next dream cycle began.

Research also indicates that males dream more about other males than females, have more aggressive dreams about males, and more friendly dreams about females. Females dream equally about males and females, with equal proportions of aggressive or friendly dreams towards both sexes. In the male mental patient population, there was a higher degree of hostility towards females.

## **How to Remember Your Dreams**

Your subconscious knows (or believes) that you don't care at all about what it thinks. You have ignored this part of your mind for most of your natural life. You have never been interested. There is no way your subconscious is going to be conned into believing you are interested now. Convincing your subconscious that you are serious may take some time. Your subconscious, which supposedly reasons at the level of about an eight-year-old child, will doubt your sincerity.

Please do not start this unless you plan to be consistent. Why? Because if you start this and don't finish, you will reinforce your subconscious belief that your conscious mind has no real interest in what it has to say. This will make it much more difficult when you attempt to get in touch in the future. "See? I knew it wasn't interested. It was all good talk and a good game." Each time you reinforce the pattern that you are not interested, you make it that much harder for the subconscious to release the information.

Why? Because it just doesn't believe in your interest. We are attempting to reprogram this roadblock. Once you start, stay with it! OR wait to start until you CAN stay with your re-programing. Consistency of effort will pay off!

Take care of the physical part of remembering first; just stay simple. Create a way to record your dreams. Pencil and paper alongside the bed is one way. A microphone leading to a tape recorder (if you still have one) hooked up and ready to operate and put under your pillow is simple. There are more modern versions. Just be careful and don't strangle yourself because you've put wires in the bed with you. Make it easily accessible; you do not want a lot of physical motion involved to record your dreams. Don't struggle to turn on a light, ambient light is sufficient. Do not fumble around too much. Do not get out of bed. You don't want to jar yourself awake. Just be prepared for the potential of recording your dreams, and as simply as possible. You do not need to turn on a light as you do not need a detailed or verbatim description of a dream. Choose a few key words to help you reach back into the dream when you awaken. This talent will improve with practice and will not disturb your rest.

**Priming the Pump** Set a glass of water next to your bed. Be sure you have run all of the little last-minute errands we all do. To the degree that you can, minimize the potential of getting out of bed. Once you are in bed, for the last time, drink half of the glass of water while telling yourself, "*I want to remember my dreams. I am going to remember my dreams.*" (I want to... I'm going to.) Water is the symbol of psychic energy. Dreams are a psychic-level activity. When you drink the water, you are literally using symbolism. The unconscious understands, equating water to its own state and activity. If you should awake in the middle of the night for any reason, make brief notes as to dream content. Again, this will improve with practice. This borderline activity illustrates how the conscious can contact the unconscious or the unconscious can inform the conscious. This merging point is the sub-conscious. You are developing a skill. Practice!

Let's say you awaken because you're thirsty or you have to go to the bathroom. Do not drink your existing half glass of water; it has a specific purpose for its use. You must make dream notes before your feet touch the floor. When you are awakening, you are more unconscious than you are conscious. As you get past that wakeup point you become more conscious. Putting your feet on the floor causes you to become more fully conscious, and you can lose much of the dream content. Whenever your feet touch the floor, a high percentage of your dream is lost. Whatever you need to do physically, record your notes first, doing as little physical motion as possible to stay in the subconscious state for as long as possible.

When you awaken in the morning naturally or by alarm (I don't like to awaken alarmed!), make whatever notes possible on your dreams. Drink the remaining half glass of water stating, "*I want to remember my dreams. I am remembering my dreams.*" (I want to - I am.) Within a few days, in a gradually increasing way, you will be able to remember your dreams. At first it may be only bits and pieces, but the recollection process will improve with practice.

At times, it is easier to remember a dream back to front. Write down the last thing you remember and gradually work your way backwards into the dream. The last thing dreamed is often the easiest to recall.

## Dream Diary

Aside from the cursory notes you will do at your bedside, you will want to transfer your notes to some sort of dream journal. At the end of this lesson is a sample of a dream log. While your journal does not have to be in this particular form, do note the various facets of the dream to consider, including smells, taste, body sensations, environmental conditions, etc. All of these contribute to your dreams and should be noted. Log one dream on a page and date the entries. I would suggest a loose-leaf format so you may add or remove pages at will. Use several colored pens. Select an ink color to record your actual dream content as accurately as possible, including everything you can remember, deleting nothing. Do not include any opinions, questions, etc. developed after the dream in this initial record or in this color ink.

Allow room to add such notes, theories, opinions, questions, etc. along the side or at the bottom for each dream using a second colored ink. (This is why I suggest one dream per page.) Do not mix the dream itself with the interpretations, as several interpretations are possible. Different colored ink allows you to keep the dreams pristine and separate from their interpretations. Should you later recall more pieces of the actual dream, enter them in the original dream ink, noting the later recall. As your life progresses and actuality reveals itself, keep notes using a third color ink as to the reliability of your notes, the dream's quality or prophecy, repetitive symbology, etc. Of particular importance is a recurring symbol or theme. The more you work with your material, the better the material will get. Once your unconscious is convinced that you are interested and paying attention, it will give you more and better information through this subconscious connection.

# Dream Dictionary

Once you have established a working relationship with your dreams and information is flowing and understandable, create a Dream Dictionary. Again, loose-leaf is best. Create it in alphabetical order using subject or symbol, cross-referenced as necessary. You do not have to write everything out multiple times, simply cross-reference. You will discover you have a rich inner world and a whole new language within you that is very personal. Your symbols are uniquely your own and must be applied specifically to the experiences of your own life. That is why it is suggested that others may not be able to interpret your dreams as accurately as you can interpret your own. Symbology is different for each of us. Some parts, such as color, can easily be grouped. Even then, red can mean one thing to you and another thing to another person. More rarely, people can be truly gifted with the skill of interpretation. If you are lucky, you may encounter such a person. If not, you'll have to learn to interpret your own dreams and symbols. As you grow, your symbols might change. You change over time, so it is possible for your personal symbology to change. Work with new meanings that seem to suggest themselves.

Two friends of mine are outstanding with interpretation; their skills are quite different. One is very psychological, able to work with pure symbolism and from the perspective of human experience. The other uses “plays on words” or literal translation of the words. For example, recently, a mutual friend actually blew the head gaskets on their car. A literal translation of the words *blown*, *head* and *gasket* on the car fit well into a mental explosion of a karmic nature experienced at that time that included the explosive break up of a long-term, very negative, manipulative, binding, and extremely karmic relationship. This is an excellent example of translation of words and symbols.

## Doing More With Your Dreams

Allowing your unconscious to give you the information as it desires is the most common dream function. However, you can do more with the dream state. For example, you can answer questions or solve problems using your dreams.

- ✓ You can choose to have your dream state work on an area that needs resolution.
- ✓ You can ask for clarification of a previous dream.

- ✓ You can ask to be symbolically shown a relationship or a problem, and the way to affect a positive outcome.
- ✓ You can make contact with non-physical entities, guides, or teachers, from the past, present, or future. (Yes!)
- ✓ We have a questionable relationship with time. The jury is still out as to whether we fully understand it. (Another whole avenue of research).

Potentially, you have no limitation once you are fully in touch with this process. The only real limitation is what you might self-induce. You simply declare, "*I will know the answer to my problem or situation when I awaken.*" You may have to repeat the affirmation for several sleep cycles, but persistence pays off.

- ✓ At times, the dream answer is specific and other times answers are received in symbols and have to be interpreted or worked on.
- ✓ It is also possible for answers to be received in everyday actions or experiences.
- ✓ Insights can occur and perhaps you don't know how you know, but you do know your answer or what to do.
- ✓ A stranger could walk up to you and give you your answer.
- ✓ A newspaper article or overheard remark can be key.
- ✓ The variety of resources is infinite.

In a prior dream class a student asked, "Can my brain pick up on the brain waves of someone else?" Well, this falls more into the category of Telepathy. IF Telepathy is real, it could possibly occur in the sleep state as well as in the awake state. I believe that when we are in each other's psychic space or aura we have a psychic transfer of energy going on. Whether that qualifies as a brain wave transfer, I'm not sure. I do know there is psychic flow. Let me relate two personal experiences that will illustrate my answer to the question as we are getting very theoretical.

I stayed overnight at a male friend's house because I got too tired to drive back from Miami. Since he had a very small apartment with only one mattress on the floor, we had to get into the same bed. Nothing romantic, just physical exhaustion. We were both lying on our sides with our backs facing, probably a foot apart. Since he wasn't as sleepy as I was, he was going to do healing work on himself for a while. He was trying not to

disturb me. He gently lay down to meditate and work on himself. I started feeling his entire spinal column generate energy radiating into my spinal column. I was so tired my intention was to go to sleep, but it was a little hard to ignore this powerful generation that was going on behind me. I said, "Do you feel that?" He replied, "That is incredible!" He was feeling it also. Even with a foot or so between our two spines, there was an almost electric transfer of energy. Psychic?

Is it possible for brain waves themselves to be transferred? I have been able to mentally affect people at a distance. For example, during a one relationship I was able to awaken my partner from a sound sleep 1300 miles away, and he knew it was me. As a matter of fact, he would call me to tell me he could feel my presence. In some of those instances, I had awakened him when I was either awake and also when I was asleep and remember dreaming of him.

**Continuing Dreams** Will a dream once ended ever continue? Well, it is well known that dreams repeat themselves. We call them recurring dreams or themes. Normally dreams are individual, not usually repeated or continued, but exceptions do occur. How many times have you awakened partially, then fallen back into the dream that you had been dreaming? I have.

I know nightmares do at times repeat themselves. Some of our most important psychological dreams are of a recurring nature and many times are stressful. I have even had the funny experience in a dream of seeing, just as I awakened, a small billboard on a stand (much as those used to announce coming attractions at the local theater). In very large letters were the words "*to be continued*". Needless to say, I woke up laughing.

Be aware that when you are physically moving around or put your feet on the floor, you draw yourself into full consciousness, possibly erasing or losing your dream content.

**Lucid Dreaming** is awareness of a dream while dreaming. This is one of the most advanced states in the dream process, when you actually know you are dreaming while dreaming. Once this awareness is achieved, the dream can then be subject to the personal control of the dreamer. Pay attention. This dream is a mile-marker. If you don't like the subject of the dream, refuse to accept it and replay it until you can be comfortable. If you don't like the way your dream is progressing, change it. If you don't like the ending, do an instant replay and change it. You are not required to be uncomfortable or frightened. This skill would be particularly useful if you



were in a nightmare. If you feel beyond your depth or capacity to control any dream content yourself, bring in reinforcements. Your inner landscape is heavily populated, so it is there if you need it in the form of symbols, guides, or teachers.

***Motion Dreaming*** Often we have flying or swimming dreams. This happens because, as the conscious mind falls asleep, the subconscious part of the mind gets to free itself from physical earthly ties. The sensation is that of flying. This happens every time you fall asleep. If you were able to be alert while this occurred, you would have a sensation of lifting. This is similar to the state achieved when astral traveling, also called out-of-body experience. The mental sensation of not being tied to the body is then applying. Less often, the sensation is of swimming. When our minds return to our physical bodies as we awaken, we experience a sensation of falling or landing. At times, we are startled out of sleep, out of the astral, psychically slamming our minds back into our bodies. This could cause violent headaches or make you feel very disoriented. I have even heard of people falling out of bed. If that were to occur, meditate yourself back into a twilight state and emerge from the dream more gently.

There is a wealth of progress and experience available in these more advanced dream states. First learn the basics. Then learn how to tap into this rich resource. Since all of us are capable of all of these experiences, wouldn't it be both wonderful and productive to do this – through our dream states? Over the years several students mentioned that I visit them in their dream state. Will I see you in your dreams?

## Questions – Spiritual Paths Lesson #9

- 1) Define conscious, subconscious, unconscious, dream, REM sleep.
- 2) Describe one recurring dream, often present in childhood.
- 3) Briefly describe your dreamwork history. Do you fly? Are you aware you are dreaming while dreaming?
- 4) Do the exercises for one week with your dream log using colored ink as described. Prepare your dream journal this way:
  - Record the dream itself.
  - Then record what you think it means, interpret.
  - If the dream occurred in reality, what was actuality?
  - Compare the dream from your interpretation to the actuality.

\*See more information and working forms on the website article: “*Dare to Dreamscape*”

<http://www.marilynmuir.net/articles/dare-to-dreamscape/>

|                          |  |
|--------------------------|--|
| Date: _____ Place: _____ | <b>Dream Analysis</b>  |
| <b>Name:</b> _____       | This dream is in:  |
| _____                    | <input type="checkbox"/> color<br><input type="checkbox"/> black & white   |
| _____                    | It is set in:  |
| _____                    | <input type="checkbox"/> daytime<br><input type="checkbox"/> night   |
| _____                    | The overall feeling created is:  |
| _____                    | <input type="checkbox"/> ecstatic<br><input type="checkbox"/> happy<br><input type="checkbox"/> neutral<br><input type="checkbox"/> unhappy<br><input type="checkbox"/> nightmare  |
| _____                    | The principal theme is:  |
| _____                    | <input type="checkbox"/> flying<br><input type="checkbox"/> falling<br><input type="checkbox"/> drowning<br><input type="checkbox"/> sexual activity<br><input type="checkbox"/> public nudity<br><input type="checkbox"/> taking an exam<br><input type="checkbox"/> losing teeth<br><input type="checkbox"/> losing valuables<br><input type="checkbox"/> finding valuables<br><input type="checkbox"/> being chased<br><input type="checkbox"/> being paralyzed<br><input type="checkbox"/> being robbed<br><input type="checkbox"/> being attacked<br><input type="checkbox"/> arriving late<br><input type="checkbox"/> meeting famous people<br><input type="checkbox"/> _____ |
| _____                    |  |
| _____                    |  |
| _____                    |  |
| _____                    |  |
| _____                    |  |
| _____                    | The most striking image is:  |
| _____                    | _____  |
| _____                    | _____  |

# Do You Have ESP?

*Astral Projection  
Psychometry*

Before you start your meditation and study period for this class, take three slow, deep breaths and repeat the following:

*“I will in God, I shall in Christ, I am going to  
through my faith in the Holy Spirit,  
take from Thee a part of Your divine powers and wisdom,  
for my unfoldment and development, to do thy bidding,  
if it be Thy will, and to Thee I give thanks, Amen.”*

So many people have ESP experiences without ever realizing a psychic experience is occurring. We can term such experiences as “unusual, but normal”. Or, upon recognizing the unusual, either deny or dismiss the intuitive function for one reason or another. Many see such experience as abnormal, evil, spooky, distracting, confusing, etc. Many have tremendous psychic awareness, never realizing that others do not recognize it or even deny such awareness. Psychic understanding should actually be the norm of human experience. At times, people are far more psychic or have had more psychic experience and gifts than they ever realized. Usually, upon questioning, people who normally doubt or deny such awareness as gifts, come to the realization that they have been experiencing some form of ESP sporadically and unwittingly throughout their lives.

How do we determine talent, latent or active psychic talents or awareness? Is there a simple question or series of questions, a test, a method, etc. which can point to such abilities? How do you solicit and draw such psychic information accurately from yourself, others, students or practitioners? At times, especially in a group situation, your students may feel the need to “perform” in order to fit in with the class. At other times, suggestibility itself can become a factor. If we talk about our nose itching, others may scratch their noses. If a person is uncertain of their involvement or fearful, you can unwittingly and easily stimulate that uncertainty and that fear. Others can be embarrassed at being singled out for the limelight.

It is easier and less intimidating or suggestible to do a group questionnaire.

- ✓ The questions are answered privately.

- ✓ The form is non-intrusive and non-intimidating because the questions are fairly general in nature, and are written rather than verbalized.
- ✓ There is less suggestibility than the same question voiced to an individual.

At the time I was developing my own skills and the skills of my students, simple yes / no questions were used to test for ESP in individuals. Some of the questions included were given in an article by Sandy Oak in a *Rainbow Visions Monthly*, December 1980 issue. General questions were found in *You and ESP: Test Your Telepathy, Precognition, Clairvoyance* (1973 booklet) and *Test your ESP* (1980), both by Alfred W. Munzert. Photocopies of book and booklet covers are at the end of this lesson. The list of about 45 questions that I used to develop my students is also provided at the end of this lesson.

Most questions were quite general in nature. You need a variety of questions and subjects when developing a group. Why? Because everyone's psychic ability is individual. I found the Munzert book to be simple, easy to explain, test and discuss, with explanations of how to strengthen or deepen the results of positive tests. According to a 2024 Google search, that 1980 book is still available, inexpensive, and can provide you both a beginning point and development exercises.

As mentioned, I have appended the list of ESP questions that I encountered through my studies. As the material was encountered and developed in the late 1970s and early 1980s, my hand notes are not detailed and I cannot duly credit the authors. As I developed the list, the concepts came from many different sources, to which I have no current access and cannot identify.

To use *all* the questions would be overwhelm; simply select a variety of subjects. You can practice testing yourself to refine which questions to use.

It is suggested that you administer the initial group test with very little conversation or instruction. Less is best in this instance, as you may inadvertently influence the students' answers. Assure your students that:

- ✓ Their answers are not cast in concrete. You are looking only for an initial impression.
- ✓ Answer simply. No side comments are necessary or desired at this point.

- ✓ At the end of the test, you will collectively go over each of the items on the questionnaire generally (not individually) with the group.

Ask your students *not* to read ahead in the list, but to answer each question in order and quickly, using their first impressions. Announce that you only want to take about five minutes for this exercise as you plan to spend time on the categories once their initial impressions have been noted. You can use the 27 questions as given in the Munzert book, but I do not wish to borrow the author's work for this lesson. My suggestion is to develop a questionnaire using a question list. Choose a dozen or so questions from various categories.

The header for such a personal questionnaire would provide the student's name, date of testing, and a yes / no vote for the questions you have selected. Also allow for totals for initial choices and adjusted choices. For example: Allow a couple of blank lines for individual skills that might need to be added.

|  |                 |
|--|-----------------|
| <i>Name</i> _____                          | <i>Initial</i>  |
| <i>Yes</i> _____ <i>No</i> _____           |                 |
| <i>Date</i> _____                          | <i>Adjusted</i> |
| <i>Yes</i> _____ <i>No</i> _____           |                 |
| <i>Questions chosen (a line for each):</i> |                 |
| _____                                      |                 |
| <i>Added</i>                               |                 |
| _____                                      |                 |
| _____                                      |                 |

You will use two colors of pen to differentiate between the original answers (uninfluenced) and any additional comments added after discussions (influenced). Ask students to note yes or no for their initial (uninfluenced) answers. Have them write with their chosen colored pen. Once the group has completed the form (allow about five minutes), ask them to count all the yeses and noes on their sheets and note them in the initial choice category. If uncertain of possibility, consider the answers to be questionable yeses. If a questionable yes, ask the student to \* that note to differentiate. Clarity will require discussion.

Once this first part of the test is taken, take the time to go over each general (not personal) item on the questionnaire with the students. At this point, the student should feel free to add or delete categories or comments as generated during the review *using a second colored pen* to differentiate between their original comments and the elaborated and discussed version. It is desirable to distinguish between initial (uninfluenced) responses from those categories developed through discussion (influenced). Some skills

are close to the surface and others may take time to develop. Once finished, again count the yeses / noes and note them on the adjusted count line. This adjusted note will vary over the development of each individual student and can illustrate to the student areas of strength, weakness, or potential development.

At the end of the session, ask that their notes be turned in temporarily so that you may study them individually. The notes will be returned once studied, usually at the next class. Note any spontaneous, visible (initial) or unconsciously developing (adjusted) psychic gifts. Also ask the students to list any personal psychic gifts that may not have been questioned. Everyone is unique.

*Important:* Note also which students do or do not follow instructions. The willingness to follow instruction is particularly important in psychic development. It is possible when students hop, skip, and jump through class material that they may develop unsafe psychic practices. Lack of practice or personal discipline can breed a sense of personal failure, frustration or even a belief that the teacher is inadequate. All this can lead to a denial or a warping of a potential gift. Don't be overly easy on your students. Successful teachers do make demands and exercise discipline.

You need time and opportunity to read what each has written before you can go into detail. You also need to be sure that each student is comfortable discussing and sharing their responses in the group. We are seeking to share in order to cover a broad range of subjects, not to cause discomfort to any individual. This is a general assessment only at this point. If you still have extra class time, you could allow a few students to ask questions or to briefly share some of their experiences, where appropriate or pertinent. Do not allow individual students to monopolize the show and tell. Cut them off if they meander, go into too much detail, or dawdle. This takes too much away from the usually limited general class time. Use examples that are of general interest, but brief. This encourages participation of the students, gives living examples and allows for initial questions to be answered. At times these questions and their generated answers turn out to be the best teaching tool you have. Such answers can also bring instant relief or awareness to your students.

No matter how skilled in a particular gift, do not allow a student to take over the class. Brief is okay, two minutes or so, and stay on point. Suggest that while you know they do have a great deal to share, perhaps they'd be willing to do so at break (if you give one) or after the class because you have a great deal of material to cover in the class time available.

Once you have time to study each response, use the information generated by the questionnaire and subsequent discussions to guide your teaching with this class. Use this questionnaire to define basic psychic categories and build the balance of your teaching material on that established basis. There are way too many individual subjects and individual applications, of multiple categories, for you to be able to adequately teach it all at this initial phase. Using the material developed through such a questionnaire could easily create a class series of six to ten lessons if developed properly and you have the requisite skill. Or you might recommend other teachers who are qualified to develop specific skills. Knowing skilled psychics in your area or quality courses available on the open market can broaden the choices of your students. It is difficult, if not impossible, for you to be everything to everyone - and it is unnecessary!

Once you are familiar with their responses, some questions can fit multiple categories and can be noted as such. Upon encountering one of these multiple possibility questions, you will need to delve a little deeper. Probe the student in order to determine which psychic ability or possible combination has or is occurring - when, how often, description of process, environment, circumstance, credibility, side effects, etc. are the types of questions required. Remember that each gift is unique, but there can be shared aspects.

Any *yes* answer indicates a possibility of ESP, perhaps equal to a chance score. Increasing ESP strength is indicated by multiple *yes* scores. Such multiple responses indicate not only the level, but the types of unconscious ESP. Know that there are as many types of ESP as there are people, as psychic gifts and phenomena are subjective and individualized. The questions listed are typical of ESP activity, but are by no means exhaustive. You can adapt the questionnaire as needed since your own skills are developing along with each class. Their scores will increase with practice and development. The wonderful part of this is that the teacher learns from teaching and developing the students, and thereby develops or enlarges their own skills.

**PSI-Missing** Occasionally you will encounter a person who seems to score low on the ESP questions or whose psychic gift visibility is non-existent. A very interesting thing can occur with such people. A deep state of denial can create an unconscious, yet significant “missing” function in any activity of this sort. There is always a “chance” factor. For example, if you throw a single die having previously selected a number to land face up, one out of six times you should guess correctly since there are six sides to a single die (chance). Of course, you should use multiple throws. If you were to miss a common chance score, unconscious personal sabotage may

be a factor. Any person may unconsciously want to avoid developing the psychic, even when sitting in a class to develop such a skill. Such an unconscious message may condition the outcome of the throw. Consistent PSI-missing is thought to indicate that a negative PSI factor is operating. A personal cleansing could help diminish the negativity.

Because each group is unique and will require individual setups, it is not possible to go further for the purposes of this lesson. It is important that the teacher knows their own skill level and will learn by doing. Start simple and build your own skills through observation of your developing students. Sometimes the teacher is only a few steps ahead of their students (preferably)!

## **Pertinent Definitions for this Lesson**

*Akasha*: the memory pattern of all that was, is, and shall be.

*Astral*: the non-physical dimension adjacent to the physical level.

*Astral Traveling*: the spirit traveling freely from the physical body.

*Aura*: the energy field surrounding the physical body.

*Deja vu*: the feeling of having had a current experience previously.

*ESP*: hunch, intuition, instinct.

*Etheric Double*: the web or matrix connecting the physical to the aura.

*Karma*: the law of cause and effect, potential reason for current reincarnation.

*Levitation*: moving objects without physical contact, Telekinesis.

*Metaphysics*: a philosophical exploration beyond the physical.

*OOBE*: Out Of Body Experience, see Astral Traveling.

*Parapsychology*: a scientific study of human potential psychic ability.

*Post- or Retro-cognition*: reading of the past.



*Precognition or Premonition:* are knowing before (pre), reading the future.

*Reincarnation:* multiple physical incarnations, purpose of learning.

*Silver Cord:* the attachment between the spiritual and the physical bodies.

*Spiritualism:* a religion using psychic abilities to contact the non-physical realm.

*Tele-* (operating at a distance) *-pathy* (mind to mind) *kinesis* (without physical manipulation).

*UFOs:* Unidentified Flying Objects (the belief that we are not alone in this universe).

## Astral Projection

The experience of Astral Projection is similar to the experience of conscious dreaming as we have covered in the previous dream lesson. The sensation as our subconscious floats free from physical control while our conscious mind is at rest may feel like lifting or flying. With the conscious mind suspending control over the activity of both the mind and the body, the subconscious is free to experience its own will freed from the confines of the body. An alternative sensation is “floating”.

It is possible to bring this free-floating experience to the conscious level. Since we know that we leave our body at night when we sleep and dream, it can be a simple step to consciously allow our minds to leave our physical body at times when we are awake. This practice is often suggested to be dangerous or capable of being experienced only by the few. It is as safe consciously as it is unconsciously (every time we sleep) and can be learned. The skill is NOT toy!

It is important that we look at our minds from the new perspectives suggested in previous classes. Go back to the picture of our mind as a gigantic iceberg with only the tip visible. We can see how our mind functions. The visible tip correlates with our conscious, analytical mind. The invisible bulk correlates with our unconscious. Since mankind tends to evaluate all experience with a conscious state observed through the five physical senses, we continually underestimate our own potential, thereby limiting experience to the conscious state and physical potential. By breaking through this limiting concept, a whole new world of experience awaits us. This knowledge is what our search for awareness reveals.

If we, and by extension our students, can accept that we are capable of other than physical experience and are willing to experience without physical or tangible senses, we can open up that new world. First, we must accept that we are capable of non-physical experience, such as the world of feelings, or the world of thought, or the world of imagination. We must next accept that our minds are not limited by the physical body or its sensory devices. If we allow our minds to escape the confines of the physical world we are in no real danger. We daydream frequently (reverie) yet return to our physical awareness without peril. Of course, it is always best to use your common sense and to do this or any other psychic development work in a dedicated or safe physical circumstance.

If we allow our minds to soar, we tap into heretofore unreachable areas of our own minds. We can reap the benefits of those additional experiences consciously. The differences between what we do unconsciously (such as dreaming, daydreaming, and astral traveling or projection), is our conscious awareness of the process.

As we fall asleep (or slip into a daydream), we lose our sense of physical awareness. As this occurs, the consciousness lifts and that is what the sensation feels like... *out of the body*. The vacated body is maintained by the autonomic nervous system and a portion of the unconscious, which I refer to as the *body mind*. The physical body is allowed to rest and recuperate. The conscious mind, which is capable of overload, is also allowed to rest, unwind, and clear itself.

When we do this process while we are awake, we can astral travel or project as well. This is also called an Out of Body Experience (OOBE). We can learn to utilize our personal power of imagination to create a space in which we can suspend our physical awareness and release our consciousness from its physical confines. This is the process that can be taught. I have encountered many people who can do this process naturally and at will. My oldest daughter was one of these. It is not particularly difficult or dangerous – unless, of course, you do something truly stupid.

The most basic methods, with practice, will help most people. The common-sense precautions are very simple: eliminate outside disturbances, control your environment, always work in a positive atmosphere, create a safe psychic space, don't play games when you're out of your body, proceed gradually towards more involved or deeper states. Sound familiar?

**Set Your Stage** and control your environment instructions have been given, as were instructions for minimizing distractions and eliminating outside disturbance. Make this “space” safe. Be physically comfortable; minimize attachment to the physical. Affirm spiritual guidance and

motivation. Deal with any apprehension, guilt, fear, or similar emotions prior to starting the process to clear the psychic space of negativity. Never do any kind of psychic work while in a state of fear or negativity and that includes all forms or techniques. That is where stupid begins. Affirm positive spiritual guidance.

**Use Your Favorite Physical Relaxation Method** The purpose is to so totally relax your physical body that you can suspend conscious control. Your autonomic system takes care of this every moment of every day. You have no practical use for your physical body when you are Astral Traveling. It can rest and recuperate. Unless you are very tired and would fall asleep, it is better to lie down when attempting to Astral Travel. Sitting in a reclining position can also produce good results. The key is the ability to suspend awareness of your body; nothing hurts or goes numb which would be distracting. As you slip into pure awareness, you will feel a lifting sensation. Do not block or be surprised by this lifting sensation. If you do so, you will abort the process. Should that happen, you will have to repeat the first part of the relaxation process to again achieve that physical lifting sensation. The moment the lifting occurs, you are for all purposes in an astral state.

Simple **Astral Awareness** is the first step. In very gradual steps, become aware of your own physical body, its relationship to your consciousness and your immediate physical environment. Using only your consciousness, turn over and look at your body. Some travelers do this visually and can actually see their bodies. Others may perceive their body through their other senses. Some people become startled and might believe their bodies are dead. This is not true. Your body is very much alive, but it is not presently controlled by your animating consciousness. Thus, it looks more like an empty inert form. This is natural; just a new experience.

Examine yourself from this level, slip into and out of your body several times to practice exit and reentry and to assure yourself that you can return to your body at any time you choose. Notice the silver cord connecting your physical body to your subtle bodies (auric field) and your consciousness. The cord is “elasticized”, very fine, yet tough and durable, about pencil diameter, silver in appearance. It is and always will be attached as long as you need it to be and remains intact throughout your OOBes. This will remain attached to your body. Know that you are always surrounded and protected as you operate your Astral Traveling. Under no circumstances should you fool around with the silver cord. Merely observe the connection to educate and assure yourself of its presence.

Once you are comfortable with your other level connection, allow yourself to float higher within your room to observe yourself moving around the room to different locations. Return to your body occasionally to practice

entry and exit. Once comfortable with this exercise, allow your consciousness to float out of the room through a door or window or (when you are ready) through the wall, ceiling, or floor. Remember you are not operating in the physical, so physical objects have no limitation for you. Start simply. Experience your immediate environment in gradually increasing steps, returning to your physical body periodically to practice exit and entry. This helps you reinforce your knowledge that you can always return to your body at will. Practice this stage several times before proceeding. Your silver cord elongates and retracts as needed.

**Astral Traveling** Once you have experienced the awareness stage and are ready leave your immediate environment, travel in your consciousness along familiar routes or to familiar environments (family, work, spiritual). Do your process of observation and return periodically to your body. Once you have mastered this stage, range your consciousness into unfamiliar areas or locations, just stay within the Earth's atmosphere. Eventually you could travel anywhere in the universe, and the multiverse. You are limited only to what your mind can accept. While in the astral you must maintain a very positive attitude, with good motivations. Remember, your mind will be your entire experience. Do not allow stray thoughts to enter, as your stray thought could become your experience. Do not play games with spirits or guides, or wonder about things like hell or the devil. At this point you are pure mind; you must select your experience with common sense.

Whenever you are in this state of mind, should you have any questions as to your physical safety or the safety of your silver cord, go back to your body. Check out your connection, reaffirm your protections, and re-enter your body if you feel it is necessary for your peace of mind. Under no circumstances operate under the influence of fear. It is far wiser to return to physical awareness and try it again another day. There is no hurry. Take all the time you need to develop each step and your personal skill.

**Astral Projection** is a simple way you can project your awareness to any point in time or space instantly, without going through the more tedious traveling process. Your mind does not recognize space (where) or time (when) as limitations. Unless you set it as a limit, you may travel backwards or forwards in time at will. We really can time travel! There is no limit, unless self-induced, and the only precaution is common sense.

As an example, my daughter, Lyndy, participated with me in a healing for the astronauts when the Challenger spaceship exploded. She was able to instantly launch herself to the astronauts' location and circumstance within minutes of the explosion. At that time, she reported that they had

been instantly killed and had multiples of healing helpers with them. From her experience, I believe that later speculative news stories of the astronauts prolonged suffering on an ocean floor location were just not true.

**Bi-Location** While in the astral, it is possible for your projected consciousness to become so specific that it is seen or experienced by others. When your body is on hold in a physical location and you are known in another location, you have the honor of managing to be in two places at one time. Needless to say, this could be confusing to others, but could also be a distinct advantage in some circumstances. At times, your manifestation can be physical, or partial (shadowy). Additionally, the perception of your bi-location is dependent upon the people involved and their states of perception or awareness. You could be very good at bi-location and never know it, because the other people involved do not have the perception necessary. I have only one personal bi-location example.

I apparently bi-located once in my life in the early 70s. It was an unusual personal circumstance that was witnessed in a public place by a female friend. Someone I knew previously grabbed my wrist tightly and I could not dislodge them. Instantly and without warning, I was in a bathroom stall, totally bewildered. I waited a moment before walking back to my original location. My antagonist was gone, but my very confused friend had been stunned by her experience of seeing me instantly disappear without warning. All that I just described took place within a single flash and a couple of minutes of recovery. I did not understand any of it until I eventually learned about bi-location. Apparently, a skill I never knew I had removed me from an uncomfortable situation. One experience only, but profound in impact.

**Responsibility** Remember always that all spiritual gifts carry the tremendous price tag of sincere motivation and responsibility. Since we can theoretically invade anyone's space at any time, it is up to us as spiritually evolving individuals to not abuse such privilege. Since we own all our actions and their results, it is foolish to set unnecessary karmic paybacks in motion. Karma, briefly understood, is, "For every action there is an equal and opposite reaction!" Or, in more modern parlance, "What goes around, comes around!" Again, the only limitation is self-induced.

**Problems in Astral Traveling** Occasionally you will find a person who has difficulty lifting out. Certain imaginative exercises can aid them. Use the techniques suitable to the student (ask pertinent questions before starting). During the physical relaxation section:

- 1) You can put them on a child's swing and allow them to swing to and fro, in increasing sweeps. Then tell them to let go and swing into the air on the forward sweep. (Don't use this method if the person has motion sickness; ask before starting.)
- 2) Have them run on the beach in gradually lengthening and bounding steps, until they lift into the air.
- 3) Take them up an escalator or glass elevator (unless they are afraid of heights; ask first).
- 4) Allow them to expand and contract their subtle bodies as is taught in awareness techniques, as well as enter and exit exercises.

**Return** As in all meditative techniques, return to your body slowly so the subtle bodies line up properly. If you slam back into your body or return improperly, you could get a headache or feel uncomfortable for a protracted period. If you do not feel right, allow yourself to slip back into the astral and then return slowly and properly as in any meditation practice.

Meditation and Astral Traveling practices could be used to prepare a student for eventual Channeling and Trance work.

## Psychometry

Psychometry is a method of reading using the sense of touch as a focus or channel (Clairsentience). There are three distinct techniques which are Psychometric in nature:

- 1) Touching or holding of objects worn or used by the individual.
- 2) A one-person photograph.
- 3) A hand-written billet, touching or holding a paper on which an individual has physically written.

In each instance, the object being read should have only the vibrations of the person requesting the reading. Jewelry, clothing, keys, glasses, etc. ideally should be one-owner items, not generally worn by other than the requestor. For example, family jewelry passed down through generations will have mixed vibrations, and that can confuse the fledgling reader. Family heirlooms and objects of great antiquity have been and can be read

for their historical content, but should not be used for personal individual readings. Since most do not know their early family history, such reading would always remain in question. Photographs should be of one person, not a group.

To learn to read by Psychometry, the reader receives the object or billet directly from the requestor. To prevent mixed vibrations, it is better to have no other person handle the focus for the reading. If contaminated by others, the vibrations and resulting messages may be not be reliable. If in a crowded situation (group), do not pass the object being read through the crowd. It should go from the querent to the reader only. In Spiritualist churches, a billet basket would be passed from the writer to the reader. Again, mixed vibrations can influence any reading.

You should not in this, or any other form of psychic awareness, force a reading. Instead, you relax and allow impressions to form and flow, elaborating or explaining these impressions as they become clear to you. Needless to say, objectivity of the reader is essential. Learn to give only what is received through these impressions. Do not shade or read personal embellishments or private opinions into the message unless you reveal it as other than pure psychic impression. For example, doing astrological or psychic readings are usually done separately. Occasionally, during an astrology reading, I will just “know” (psychic). Do I reveal or withhold that “knowing”? I choose to give it, but to also to clearly identify my differing source.

Psychically, to me it is important to relate any impression that surfaces, whether it be by feeling, hearing, smelling, tasting, seeing, symbology, knowing, bodily sensations (hot, cold, stomach-ache), etc. Even lyrics of songs or old tunes could be the message. it is the impression that must be related. As you give out what you are receiving, your channel is opened and cleared. This allows following information to become more precise or clarified. This will also help to increase the flow more rapidly. In other words, you get better at it as you practice.

You may find yourself good at one method and not another; each of us are unique, as are our skills and our ability to learn. As you explore your potential, you must learn to explore techniques to expand your personal self-awareness - but allow your own natural talent to unfold.

## **Questions – Spiritual Paths Lesson #10**

1. What other questions would you include in the ESP questionnaire?
2. Look at your own initial score and your altered score. Evaluate.
3. What is Astral Projection? How is it accomplished?
4. Is Astral Projection safe? Are precautions necessary?
5. What is your personal experience of Astral Projection?
6. Which psychometric method works best for you?



## ESP?

### Mental telepathy

I picked up the phone to call someone and they were on the line; or when the phone rang, I knew who it was.  
I had a dream about someone and heard from them shortly thereafter.  
While thinking about something, someone mentioned what I was thinking about,  
or started singing a song I was thinking about.  
I have said something at the exact same time someone else said the same thing.  
I have thought of someone I hadn't heard from in a long while, only to receive a call or visit from them shortly thereafter.  
I have written to someone and received a letter from them the next day or so (our letters crossed).

### Pre-, Present- or Post-Cognition or Premonition

I have thought of something happening - and read it in the paper or became aware of validation subsequently.  
I have experienced unexplained feeling of joy or happiness, followed by a previously unknown matching event.  
I have know what the TV announcer was going to say before he said it.  
I have been able to tell someone exactly where to locate something.  
I have picked up an event from the past without having read or heard anything about it.  
I have thought a certain driver might do something which he then did.  
I felt that something was going to happen (hunch) and it did. A negative happening is premonition.  
This knowing was accompanied by an unpleasant physical reaction, such as nausea, headache, choking or burning.  
I make decisions based on intuition rather than logical reasoning.  
I know the phone or doorbell will ring shortly before it actually does.  
I know the contents of a letter, phone calls or messages prior to physical receipt.  
I have cancelled or changed plans for a trip without having any explainable reason.

### Clair-sentience, voyance or audience, psychometry

I have heard a voice (audibly or in my mind) when no one was there or a tapping or sound without physical cause.  
I have smelled odors that I knew weren't physically present.  
I have occasionally seen faces as I dropped off to sleep or movement out of the corner of my eye.  
I have had the feeling that something was happening at a particular moment and it was.  
I have taken on a friend or loved one's physical symptoms, pain, nervousness, coughing, etc.  
I have felt an unseen presence beside me, or tingling, cold, touching with no physical presence.  
I have seen what I consider to be a visitor.  
I have felt that certain colors weren't right for me or someone else at a particular time.  
Upon touching certain things, I have gotten specific mental, emotional or physical impressions.  
I have gotten dizzy, a headache, etc, when touching a bed, person, tombstone, car, etc.  
I have been in a historical place and felt I knew what had happened there (thought previous knowledge).  
I have felt or seen the presence of a ghost or unexplainable sudden and intense flashes of light.

### Psychokinesis

I have been able to control the way the dice have fallen.  
I have had influence over a deck of cards, making certain cards came up at the right time.  
I have helped make a table move by laying my hands on it and concentrating on it moving.  
I have made an object move by concentrating on it.  
I have made another person obey my mental command.

### De Je Vu:

I have had the experience or feeling that I have been through the same event or have had the same experience before.  
I have visited a place and known the location of certain objects, rooms, buildings, etc., although having never before actually seen or visited that location .

### Dreams

I have dreams which are quite realistic in terms of objects, people and sequence of events.  
I have awakened from a dream and been unable to tell if it actually happened or if it was only a dream (or daydream).  
I have dreamed of flying or floating and awakened with the alarmed and startled feeling of rapidly falling.  
I dream in color.  
I have dreamed about an unknown person whom I met at a later time.  
I have awakened abruptly, thinking I heard another person calling out to me, or calling for help.  
I have talked to a friend, loved one, or relative (here or beyond) in a dream.  
I had a dream that something was going to happen and it came true.

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*YOU AND*

# ESP



*TEST YOUR*

*TELEPATHY*

*PRECOGNITION*

*CLAIRVOYANCE*

|

# Other Pathways

*Numerology, Astrology, Tarot,  
Palmistry, Phrenology  
Four Kingdoms  
General Observations about Mediumship*

Before you start your meditation and study period for this class, take three slow, deep breaths and repeat the following:

*“I will in God, I shall in Christ, I am going to  
through my faith in the Holy Spirit,  
take from Thee a part of Your divine powers and wisdom,  
for my unfoldment and development, to do thy bidding,  
if it be Thy will, and to Thee I give thanks, Amen.”*

In this course, it is not possible to go into all the techniques and methods of psychic or metaphysical development that are available. Each is a course or a study of a lifetime, in and of itself. There are as many methods to each of those areas of interest as there are people in our world. It is not the intent of Mission: Aquarius, this teacher, or this course to imply that one study is better than or more important than any other. Each has its own value and each can be desirable for its individual contribution to the whole body of knowledge. Some studies are just more well-known or more easily accessible than others. For the purposes of this lesson, we will look at four broad subjects, plus we'll touch into a couple more areas of psychic and metaphysical interest. These subjects are not major or minor in terms of validity or purpose, but in terms of the study required to master the subject.

## Numerology

Numerology is based on one of the earliest developed faculties of the human consciousness... counting. Ancient man developed the rudimentary ability to first be aware of himself, the concept of oneness. He next became aware of himself separate from others, or the “one” as separate from “other”, twoness or polarity (me / not me). Coincident with the me and awareness of “other”, instinctive reproduction (perpetuation of the species), also known as sexuality, was a procreation activity essentially requiring a partner. This definitely taught the concept of Twoness!

Remembering the very primitive conditions of our ancestors, man very naturally extended his awareness of the significance of multiples in the sense of family, clan, or tribe. Even if ancient mankind were unable to

understand how the male contributed to the process of conception, he did understand the introduction of a third member into his family unit ... threeness along with the subsequent numbers, each with a symbolic value. Whether or not he did systematic counting, mankind instinctively knew the numbers that should be present in his closest circle, and whether members were missing from that number. Perhaps man counted on the fingers of one hand at first. Eventually extending his awareness into counting on two hands would have been a very natural phase of development. What then?

As his numbers and his awareness increased, it became necessary to develop a more sophisticated method of counting. Some of our most ancient archeological records are tallies of animals, agricultural produce, perhaps tribes, as well as ancient (35,000 years old) astronomical inscriptions on durable bone, antler, etc. More such tallies might have been for weapons of war, trophies of conquest, or perhaps a population census, and increasingly sophisticated and detailed astronomical records. The skill of counting was natural to evolution as was that of a species or local culture language to denote and / or describe surroundings and activities simultaneously developed through the centuries. When I studied this development, the oldest confirmed formed languages were around 5500 BC in what was known as Mesopotamia\*. In 2023 as I edit this old material, know that discoveries of ancient sites is burgeoning, continually changing our understanding of human capability and timing.

The use of numbers was developed and refined into a science by Pythagoras, who is called the Father of Numbers. Pythagoras was a Greek scholar who lived between 570 and around 500 BCE\*\*, and he seems to have been a natural mystic, philosopher and teacher. Much of his work was done within his personal group of students and novitiates. Much of this more philosophic, esoteric knowledge was not released beyond those controlled conditions. Pythagoras would probably also qualify as a scientist of his time. What was formulated and disseminated more publicly was a body of clinical information for that period of history, similar in style to our modern-day studies. Now Pythagoras is touted as the Father of Numerology because of his enormous contribution to the study of mathematics. Pythagoras provided the concepts on which later Numerologists built their study as a method of defining a life's potential using the lifepath of any individual. Numerology, as we use it, provides an incredible set of simple and easy-to-learn and apply tools for human understanding.

Again, as fast as I can write, new discoveries are changing our understanding. Human evolution is a fascinating subject. It is good to study history to understand just how we got to here in our thinking. Know that it is a constantly changing, very dynamic subject, and this old material should be updated.

\*[https://en.wikipedia.org/wiki/History\\_of\\_writing](https://en.wikipedia.org/wiki/History_of_writing)

\*\*<https://www.britannica.com/biography/Pythagoras>

## Astrology

Along with the naturally emerging patterns of numbers, ancient man studied his sky. After all, there wasn't much to do once the Sun went down. Dark time was meant to find safety for one and all. The only visual was the night sky, the Bowl of Heaven (appearance), with its beautiful patterns of light. Some of the oldest recorded human drawings, as well as other types of formal records, are astronomical in nature. Man recorded what he saw and studied on the hardest (durable) objects available such as bone or antler, stone walls of caves and eventually on tablets, parts of which exist today. These ancient treasures allow us to at least partially examine the ancient cultures and the possible development of our ancestors. The current rate of discovery of artifacts is staggering and needs constant updating and understanding.

Mankind probably used his earliest observations as a calendar of sorts. He recognized over time that the appearance of certain star patterns or groupings indicated changes in climate and seasons. He knew from these and other naturally occurring portents when to expect a rainy season, when winter would set in, when harvest was probable, when certain species of animals would birth their young or go into hibernation. He gradually became aware of other periodic effects as well. He first collected his data through memory, passing it down verbally through generations, until physical recording became possible. That collection of ancient knowledge provides the roots of Astronomy / Astrology, plus many other subjects.

In studying and noting the changing sky patterns, man became aware of changing human and cultural conditions. People born during certain periods of the year, under specific star patterns, had observable characteristics. Observations gathered and transmitted over centuries, even millennia, developed into the patterns we know as Astrology. In the ancient world, Astrologers and Astronomers were one and the same. There was no separation. The recording of information and the application of that information to experience was united. About 300-400 years ago the physical sciences developed as man emerged from what is referred to as the Dark Ages, a long period of human repression and stagnation. Astronomy broke away from its common roots with Astrology, insisting

that Astrology was superstition and hogwash. While lauding the scientific astronomical perception of the ancients, their astronomical history was conveniently edited to eliminate that many of those same giants also were Astrologers. Persecution of Astrologers became commonplace in the attempt to drive a prophetic ancient practice into the cellar of human experience. In more recent years, Astrology has resurged.

This refusal to acknowledge one's heritage is similar to a child denying its parent, either as root or relation. What is astounding is the opposite action and reaction of the Astrologers and the Astronomers. Just as mothers have a tendency to overlook the temper tantrums and upsetting behavior of their offspring, Astrologers tended to shake their heads and shrug their shoulders at the antics of their natural partners, the Astronomers.

This bothers me. Astronomers pride themselves on being scientists. Astrologers vary seeing themselves as scientists or artisans or both. Astrologers prefer to study the effects of Astrology on human experience, rather than spend their time defending their beliefs. To me, such an attitude of ignoring what is attacking you is not very bright and has allowed the scientific community to bark and bite at Astrology's heels for centuries. If all that occurred was noise and momentary annoyance, such ignorance would not be thought to be a problem. Unfortunately, it did not stop there. Discrediting, denouncing, and persecution has been the experience.

Science postulates research and statistical study as prerequisite to scientific opinion. In the last few hundred years, Astronomers have attacked the reliability of Astrology, mostly without personal study or knowledge of the subject (Astrology) under their attack. Using their familiar statistical formulas, they feel justified that the whole of the subject is bogus. If a body of scientists collectively agrees that there is no merit to study what they refuse to acknowledge or develop, how do they get to make up rules to test that same body so they can discredit it? If you don't know what you are talking about, you don't get to make up the rules for testing. This is not a very scientific approach by those who claim to be scientists.

As one example, a past scientist, Michel Gauquelin, who actually studied Astrology with probably an intent to discredit or disprove, became a convert to Astrology, only to be ostracized by his peers. He was able to statistically prove that parts of it worked, but that other parts were more questionable - and that's reasonable. In addition, he illustrated other more provable patterns. In other words, he proved to his own satisfaction that there was some validity to Astrology. Those scientific peers who demanded scientific proof were unwilling to accept this individual scientist's conclusions who had proved partial validity of the study. Gauquelin and his wife Francois published his astrological findings. He,



an accredited scientist, was ostracized by his scientific and business communities, eventually recanted his astrological work, had a nervous breakdown, and suicided. I have his data collection. To my mind, inborn bias is not scientific. His death is discussed here: <https://www.astrology-and-science.com/G-trib2.htm>

For their viewpoints, Astrologers applaud and encourage the development of Astronomy. After all, ancient Astrologers were also Astronomers, and they had no problem joining the objective science with subjective observations of human experience. Astrologers study the same heavens, but for a different purpose. A layman using the science of Astronomy doesn't have a normal activity application of the science. If a layperson wanted to launch a rocket, they might be able to use the scientific data to avoid hitting an identified object in space. Other than that, the man on the street has no particular use or application of that information. Man witnessed, studied, and applied what he saw to his common experience: Astrology.

Astrologers in recent centuries have become lay Astronomers with or without the more scholastic technical background of the Astronomers. Where would Astrology be without the Astronomers who provide the scientific basis for our work? We had millennia to develop an interpretation of the data as applied to human experience. Astrologers benefit through astronomical discoveries by developing increasing depth in awareness of human experience. Astrologers would be fools to deny the contribution of Astronomy to the continuing evolution of Astrology itself.

Astrologers rely on the measurements of Astronomers and their accuracy in such measuring. While researching, I clipped a news article buried in the back pages of my Fort Lauderdale, Florida daily newspaper indicating that, through an error in Hubble's Constant, the universe is only half as big as once thought. I saw that as a *huge* correction on the part of Astronomers, but it only received back page status. Can you imagine what would happen if Astrologers were caught in a similar HUGE mistake? I can upset a client by being one day off in predicting an event. But half the size of the universe? WOW! Even more recently (21<sup>st</sup> Century), more adjustments have been made to Hubble's Constant. Science is constantly changing by learning more. As the science (Astronomy) changes, so must the interpretation (Astrology).

However, it is never easy to play target, especially when you're minding your own business and not deliberately provoking your attacker. Astrologers found it difficult to ignore personal public ridicule, persecution, prosecution, etc. because of the personal and subjective opinions of the allegedly "scientifically informed". Talk about a misquote! More and more Astrologers are studying the hard science of Astronomy.

More and more Astrologers (like me) are doing controlled statistical astrological studies. More and more astrologers are becoming feisty, more willing to take on the attacking scientific communities, more willing to defend themselves and others. All of this takes time, but it is taking place. After all, we are currently in or are moving into the Age of Aquarius, the sign of Astrology itself! We know where we have been. Where do you think we are going?

What is the basic difference between Astronomy and Astrology as they are currently known? Astronomy, as a hard science, measures the heavens. The study of our universe is fascinating from our origins, to Star Trek, and beyond. Astrology is the study of the celestial planets, stars and galaxies as the celestial affects the terrestrial, our Earth and its inhabitants. Astronomers measure. Astrologers look at the measure and the physical facts and ask, "What does it mean?" The old hermetic maxim, "As above, so below", is the basis for the study of physical celestial cycles in terms of human experience. The symbology of ancient myths was the language chosen. A lifetime of study would only scratch the surface of the incredible Geometry of the Spheres. The Creator and the Universe have provided us a map. The multiverse, God's masterpiece, is awesome. This is why I am a researcher. I want to "know" and not just "believe", as the Piscean Age (belief) gives birth to the Aquarian Age (knowledge).

## Tarot

The history and origins of Tarot are lost in the fragmented records of our past. 1390 AD was the first physical record I located of an existing tarot deck. If a formal deck was in existence at that point, its evolution took place in some indeterminate period and culture prior to that deck. It is unknown if the Tarot evolved from a game of chance, a standard deck of cards, or if the game of chance evolved from the Tarot. Suggestions that the cards are more ancient, such as from Atlantis, or that their origins exist in hidden temples in Egypt, are theoretical, unproven, and perhaps romantic conjecture.

The Tarot cards are more than interesting or pretty pictures in a convenient palm-size form. The symbology on Tarot cards speaks to us from the unconscious psychic part that each of us have, and has both Astrology and Numerology, plus archetypal symbology, woven into its basis. Various authors of the Tarot decks added shape, color, and archetypal symbols as they understood them. Such symbols are placed at the discretion and awareness of the author and / or artist and have changed over the centuries.

Simply go to your local metaphysical bookstore or go online and look at the variety of decks. All are used to tap into our sub- or unconscious. As we study and meditate on the cards, we connect to their meanings to develop our ability to read human experience through the cards... using any deck.

The size of the original Tarot deck is unknown. Modern Tarot decks contain 78 cards: 56 minor arcana and 22 major arcana or trump cards. Arcana is from the word “arcane” meaning *hidden knowledge*. The minor deck contains 56 cards: ace through ten, plus four court cards, for each of four suits (14 cards x 4 suits, traditionally known as Wands, Cups, Swords, and Pentacles). There are many variations depending upon the deck being studied. My research indicated that once upon a time there was a “Princess” court card which was considered the strongest of all of the courts. I personally have never seen a deck incorporating the Princess. The suits correspond to the four building blocks of nature, which the ancients called the “elements” (fire, earth, air, and water). Using a specific layout or spread of the cards, either for an individual or for a subject, the cards are then read in terms of their symbolic layout and individual representation applied to the life of the querent or the question asked.

Anyone with an open mind and a willingness to apply themselves can be taught to read the cards. Many of the symbols are archetypal in nature, common to us all. There are readers with a “gift” just as there are gifted in any field. While such a gift is desirable, it is not necessary to develop the skill of reading the Tarot.

## Palmistry

Palmistry or hand reading is based on knowledge of the human form. Similarities in hands were observed and evaluated over many centuries. I personally was astounded at the ability of a palm reader to know me, intimately, through looking at my hands. Although I have dabbled in Palmistry, I have never taken the time to learn thoroughly this fascinating and worthwhile study. What was originally studied in Palmistry?

- 1) The size and shape of the hand itself, for both male and female, including even the amount of hair on the back of the hand.
- 2) The size, length, and shape of the fingers, spacing between the fingers, physical setting into the palm, as well as deformities, size, and markings of the phalanges (divisions of the fingers). Particular emphasis was placed on the thumb.

- 3) Shape, size, coloration, condition, and markings of the nails and nailbeds of the fingers.
- 4) A detailed analysis can focus on the palm shape, mounts, lines marked, and textures, as well as the system of lines or markings on the wrist.

All this and more resulted in the ability to “read” the original potential of the individual through his / her secondary hand and the actual past, present, and potential future of the individual through reading the dominant hand. In my own very cursory study of Palmistry, I remember using my photocopier to take a picture of my palms so I could study them and their characteristics. Palmistry is a recommended study.

## Phrenology

Phrenology, a first cousin of palmistry, is not as commonly known and practiced as palmistry, but follows a similar principle of study and application. Phrenology is the study of the shape, condition of, and the bumps on the human skull - and their meaning in human experience. This has long been discredited by the medical field, but I did encounter some very interesting articles long, long ago. I have not fully studied this area.

By extension, the study of faces, Iridology (study of the eyes), Acupuncture in general, but particularly the ear points, the study of pulses, and Reflexology of both the hands and the feet would all fall under this type of physical body knowledge. All would require individual studies. I have done cursory studies in Iridology and Reflexology.

These four areas are not truly “psychic”; they are based on an informed observation standpoint through centuries of monitoring, correlation, transmission, and study. They still have value. Needless to say, whenever you tune into an individual through any method, your connection to an awareness of that person stimulates your psychic sensitivities. This then becomes a part of whatever you are applying. You do not have to be psychic to do any of these four areas of study. You can develop technical skills and become an excellent reader. However, psychic sensitivity enhances whatever you do in your life whether you are a mother or a physicist.

# The Four Kingdoms

In our previous studies, particularly on auras, we discussed that everything has a spark of life as everything is created from the substance of the Creator, God. As the life form becomes more complex, the consciousness of the form becomes more sentient, or more aware of itself. Eventually, that sentience becomes aware of its relationship to all life or even more, a universal concept. Humanity has been evolving here on this earth, supposedly as caretakers of our Earth and all upon it. At this point, we humans certainly are not doing a very good job of caretaking.

We must treat life, all life, with respect, for it is of God. Instead, we act like spoiled children (“gimme, gimme, gimme”), with little responsibility towards or acknowledgement of the rights of those other lifeforms. Man, the supposedly most intelligent of the lifeforms, has been wantonly destructive, actually eliminating species and lifeforms without regard for the consequences. Humanity is systematically disrupting our planet and its inhabitants, including our own species and our future generations. We could turn this beautiful garden into a wasteland, destroying ourselves in the process. I sincerely hope Mother Earth prevents our stupidity from hopelessly corrupting and polluting our planet and its life. Personally, I see Mother Earth as a potential Garden of Eden, and I positively direct my efforts to accomplishing just that!

Once upon a time, we were instinctively in tune with life and nature. Now we must consciously redevelop our sensitivities and abilities in this area if we are to continue our earthly existence and learn to coexist with and honor those lifeforms. Life forms are classified into four main kingdoms:

## *The Mineral Kingdom*

There is a rudimentary consciousness on Earth whether the form be stone, sand, mud, etc. Such a simple consciousness continues to expand in the various semi-precious gems and ores such as iron, copper, lead, etc. The mineral consciousness culminates in precious metals and ores such as gold, silver, and platinum, and in the crystalline structures we call our precious gemstones. Each variety of mineral consciousness has a purpose and an evolution within the whole.

In ancient times, our instinctive, subjective connection to our surroundings developed weather sense and animal sense, as well as pleasure in our earthly roots. Mankind placed not only a utility or monetary value on objects of the Mineral Kingdom, but also a value on the beauty and the

vibration of such objects. Without such instinctive awareness, how could man produce a glowing, faceted ruby wearing the guise of a dirty rock? How could man develop the ability to melt ores to obtain the precious metals of gold, silver, and platinum? We learned.

Developing your sensitivity by any means can breed a form of contact and at-one-ment (not atonement) with Mother Earth in all her forms. As your awareness increases, so will your knowledge and use of the Mineral Kingdoms. We will do more with this Earth Energy in our healing lessons.

### **The Plant Kingdom**

The Plant Kingdom is the next level of increasing awareness within the kingdoms of nature. Just as the Mineral Kingdom has levels of development of consciousness, so does the Plant Kingdom. From sea algae to desert cactus, from weeds to house plants, from food crops to psychedelics, the full spectrum of plant consciousness awaits our recognition.

In the 1980's, testing the potential consciousness of, or response of, plants to stimuli occurred using electroencephalographs. Such tests showed a form of consciousness working that could express joy, fear, love, shock, memory, etc. While plant characteristics are different from the human form, consciousness does seem to exist within plants. Plants have been proven to respond to the state of mind of their owners, even when separated. It has also been proven that plants do react to physical threats of danger by both agitation and the plant equivalent of fainting. For example:

In an experiment, two plants were placed within a room. One of the plants was hooked to an EEG because plants do emit or evidence brain wave patterns which can be registered on that instrument. A total stranger entered the room and the plant's brain waves changed. Without warning, the man violently destroyed one of the plants. During the destruction, the wired plant emitted signals of extreme emotional agitation. The stranger left the room for several hours and the plant signals eventually calmed. The plant was left undisturbed, but still wired. When the same stranger simply re-entered the room, with no threatening gestures, the plant did the plant equivalent of fainting. Please recognize several consciousness factors were present.

- ✓ Some form, however different, of brain wave activity.
- ✓ A recognition of outside stimuli.
- ✓ An identification of activity to "other".

- ✓ An emotional response to that activity.
- ✓ A “normalizing” period.
- ✓ Later recognition, which must be based on memory.
- ✓ The equivalent of fainting at an imagined threat.

We've all known people with “green thumbs” or “brown thumbs”. Those with brown thumbs seem to kill everything they touch, despite their good intentions. Those with green thumbs have hardy, thriving plants. Those with green thumbs tend to instinctively talk to their plants while working with them and have often been ridiculed. Only recently has it become okay to talk to your plants. Plants that are nurtured, cared for, loved, talked to, and treated as though they are sentient beings, respond with incredible growth patterns and abundant health. All any of us have to do is to keep an open mind and extend our awareness to include the life form present in a plant. Why not practice on your “green thumb”?

I have had such an affinity for plants long before it became okay to do so. Once upon a time, if I arrived at your house for a cup of coffee, I usually carried the gift of a plant. Why? Because I had so much growth in my own house plants that I got carried away with plant gifts. At times, my friends had to ask me not to bring them any more plants.

I have actually had a tree, a wonderful tree, call my name. Once... you only need to have that experience once... proved! I also had an ongoing love affair with a special tree in Fort Lauderdale since 1974. At odd moments when it didn't look well, I stopped by, reached up, and gave it healings. About three years into my continuing relationship with this tree, I passed by it one night on my way home from work, about 5:00 PM. I did my usual, which was to call out to it, “Love you tree!” I was doing about 35 miles an hour in normal evening traffic. Without warning and immediately on the heels of my greeting, I was completely overwhelmed from behind by a wave of pure love. This wave of love was so strong I almost lost control of my car. I skidded somewhat towards the side of the road, but immediately recovered, safely. I did not so easily recover from my astonishment at the response of that tree to my voiced affection. That tree loved me. I continued to speak to the tree whenever I passed by and even went out of my way to say hello when near the area. I have never forgotten the lesson or the tree. I have never had any other experience of that nature, but one was sufficient. I know ... and I honor. I am a gardener. I talk to my plants and my landscape regularly.

## **The Animal Kingdom**

The Animal Kingdom is as diverse in terms of level of awareness as the Mineral and Plant Kingdoms. Humans seem to have a greater conscious affinity for this particular kingdom. We have constant examples of the differing intelligence levels of its various creatures. The Animal Kingdom would contain all physical forms from sea creatures, to insects, to birds, to the variety of creatures we commonly acknowledge as animal species. Even within each species, we have varying levels, types and progressions of consciousness. For example, think of the variety of cats in the world. From the primitive, instinctual, wild animals to domesticated pets - the variety is phenomenal.

We domesticate some varieties, share our lives and our feelings with them, trust in their instincts and protectiveness. In particular, dogs and cats have been domesticated as family pets, but even occasionally work for their living, such as guard dogs, sheep dogs, etc. Other animals such as cattle, goats, and swine have been more or less domesticated for their food value, and occasionally for their religious value. Cute baby goats seem to be a current rage. House dogs and cats respond most visibly to us, but responses to and from other species can be developed. Just think of the tremendous research done with dolphins and their affinity to man. I read recently of a woman who was giving birth in the ocean near shore. Three dolphins swam up to her, surrounded her, seemed to know what was happening, and protected her while she gave birth. That is a WOW to me! Sentience.

If you have an animal accessible, attempt to establish a telepathic link with simple nonverbal commands when the animal is passive. Simply silently think your commands to the animal. If the animal responds in any way, praise or reward it just as you would if you had verbalized the command. Perhaps initially the animal would simply sit up and look at you. In time, as you and the animal refine your mind link, actual performance of the command might occur. Reward as you would if verbalized. Set up, practice, and reinforce a pattern of response based on telepathic command. Over a period of time, your contact with your animal and your animal's contact with its human should improve, rewarding both for the effort. It is also a way to practice your developing skills.

## **The Human Kingdom**

It is thought that man evolved from a species of primate animal, sort of a humanized ape. While there are many similarities, there are also huge gaps of knowledge of the evolutionary pattern. Research is developing, but that verdict still has questions and new information is constantly updating our supposed knows. The human animal (we are not mineral or plant) owns



all the varieties of experience that are individually developed within each of the animal species. We study the various animal species to learn more about the animals individually and can further broaden our understanding of the behavior of the Human Kingdom.

Surely you have met or known people from all levels of awareness - from the purely primitive or almost beastly to the highly trained variety with degrees and titles. You've experienced people with an organization or hive skill and ability of ants and bees. We admire cat-like grace in our athletes. We see “cunning like a fox”, herd or pack instinct as tribes or nations. We personally know of those humans who act as beasts of burden, who have hierarchies of command within their groups, or those who over-sensitively hide or withdraw from their society.

Develop yourself and your awareness that you might better all those lives you touch. Reach out, and touch, and share, and care. Feel others, and feel for others, recognizing they are trying to live life without an instruction manual, just as you are. Expand yourself - and in the doing, expand all life. “Whatever is done to the least of you, is done to me,” said the Master Teacher. We are not here to judge others or their life processes, but to do what we can right here, where we are, by lifting our own individual consciousness. Such a lifted consciousness will have, know, and perform right action in its expanding world.

## **General Observations about Mediumship**

At times we develop best by ourselves, such as in meditation or study. At times we are fortunate to have an experienced medium / teacher all to ourselves, one-on-one. At times we take classes, general or specific, and at other times we may sit in a development circle. Occasionally the particular gift we are attempting to develop necessitates our interaction with or monitoring by other individuals. Questions may arise. Information channels must remain open. There is no one right way to develop; there is your way, and it is right for you.

Again, during the early development of mediumship, it is best to surround yourself with positive people. Negative or discordant people pull down the vibrations of all those involved, making good results both more difficult and very tiring to obtain. Negativity can be exhausting to a medium. There is nothing wrong with common sense skepticism as many in our field are

gullible. However, we should not allow skepticism or negativity to defeat our purpose, especially in the beginning stages of development. Also, we are creatures who prefer immediate gratification. The development process does take time, patience and continuity. Practice! Keep on keeping on!

Remember too, within our expanding number of seekers, not everyone wears white hats. Don't be spiritually naive and believe all mediums are the good guys and would never misuse their gifts. God pours the life-giving rains on "the good, the bad and the ugly". Psychic gifts are the province of us all, as we are all one with the creative principle in life. There is a dark side to all life and experience, just as there are negative doctors, lawyers, and Indian chiefs. There are negative side effects and seekers, and not all "guides" wear white hats. Once you play or practice in the astral level you will become aware of the variety, both negative and positive, of consciousness and experience in the non-physical world. We should not practice personal judgment on another, even though we may have to heal, repair or prevent the results of negative activities.

Affirm YOUR spiritual guidance. If in question, the Bible (Revised Standard) provides: 1 John 4:1, "Test ye the spirits." This is the passage that opened this particular doorway for me in 1970. Why would the Bible put a "test" of the spirits you could encounter unless the Bible expected you to encounter "spirits" to be tested?

Once you have developed to some degree, you can then make an evaluation as to the state of awareness and personal attitudes of those around you during your development. Remember you have *no* right to judge where another is in terms of their own development. You do have the right to evaluate, and then to accept or reject *their* effect on *you* and your growth. As a teacher such evaluation will lead to a determination of why or why not, when, and how you will touch the lives of your students.

Since Spiritual Awareness is a very personal experience, others may not appreciate yours unless or until they themselves have such an experience. You cannot provide another with spiritual awakening. Don't waste your time arguing or defending your beliefs or actions, but also don't judge where those others are in terms of their understanding and development. They are where they need to be. Don't bother to proselytize, for unless their minds and hearts are open, they cannot and will not hear you. You cannot better a person against their will. The joy we experience and the comfort we receive from our personal growth can only be shared with those who are open to the sharing. Share openly with those who are seeking or are open to growth.

Never envy or judge another regarding his growth, his path, or his level of awareness. We are all unique. Be grateful that you are where you are. Keep your mind and heart open and reach for more. Encourage, help, instruct, and share with others who indicate their readiness, and then release the results of your activities into the hands of God. Such releasing is not as easy as it sounds. It is difficult to spend much time and effort on someone only to have them ignore or erase your advice, time, and effort. Don't get hung up on the results. Each person has the right to choose their own experience. Remember there is room for all of us and our experiences within God.

Obviously, we must crawl before we walk, run, dance, or fly. Remember to allow your gifts both time and patience to emerge, maturing, refining, and evolving each gift. Don't confuse yourself or immobilize your gifts by demanding to be an "Instant Psychic" who does one of everything. I heard on the radio recently that we have all been programmed by our television shows that the problems of life can be solved in thirty-, sixty-, or ninety-minute increments, or at the very most we'll tolerate a miniseries. Not true life!

Beware the seeker who has found the *only* path to God; don't *you* be that close-minded, previously seeking, egotist. Be genuinely glad that that seeker has found his / her path. Just know that the path is individual. You need to be generally aware of the whole expanding field of life in order to maintain an eclectic overview. But do spend the time and energy necessary to develop specific areas of expertise. Your method or technique should be uniquely your own.

Don't be afraid to be individual or original in your contact with and your use of Spirit. I'm not suggesting you flaunt what you are in the face of society or become an anarchist. Just remember you are unique in the universe. God creates in diversity, supposedly only one of a kind. God created a multiverse, a variety, deliberately. Cloning is a human tradition. Each snowflake and each grain of sand is different. So, are there differences in all of the varieties of life? Don't ever believe you have to be less than yourself, be respectful of those same rights for others, go on your own way harming none, and allow that your personal will and the will of the Creator are one.

What we are to do, our job, is to reach inside ourselves to the God within. The potential for it *all* is there. We've not been cheated! No one else got more than we did! They just got different things. Always keep your eye on your goal of spiritual unity. Be at one with the sea, the wind, the earth, the stars, the universe - one with all of life. Be open, sensitive, and respectful

and you will be touched by universal consciousness. Your personal gifts will emerge. Find yourself, heal yourself, then offer your healed self as a living prayer, a hymn to God. The very act of surrender to a higher purpose opens our next level of awareness to bring us into the unity we all seek.

Throughout history, great men and women have arisen on every level to meet the needs of society. Life, humanity, and the universe are in a constantly evolving process. We all play a part, lesser or greater, conscious or unconscious. We are facing a crux in personal cultural and planetary evolution. Our job is to be personally ready, and then willing to place our abilities into the drama in progress. Life itself has purpose, direction, and meaning. Can our individual lives have less purpose, direction, and meaning within the greater life? We must assume we have both meaning and purpose and open ourselves to that higher direction. We must get on with it, do our part of it, and cooperate with the unfolding life purpose. Flow with life and let yourself be drawn or guided into your own personal piece of destiny.

## **Questions – Spiritual Paths Lesson #11**

1. What is your involvement with the four initial categories originally discussed in this lesson: Astrology, Numerology, Palmistry, or Tarot? Other categories mentioned?
2. Spend time meditating on the thoughts presented on the four kingdoms. Explore your own experiences. Try some experiments. Synthesize your information and reaction.
3. How do you attract people to our belief system?
4. How do you see your personal role in our work?
5. Have you ever encountered negativity within our field? What constituted psychic negativity to you? What should you do?
6. What if your student is more adept at a subject than you are. Can you still help them?