



SOUL PSYCHOLOGY

KEYS TO ASCENSION

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The Development of Personal Power and the Functioning of the Conscious and Subconscious Minds

**"The single most important quality to achieving
psychological and spiritual health is learning to own
your personal power."**

Dr. Joshua David Stone

By

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The conscious mind is the reasoning mind, whereas the subconscious mind is the non-reasoning mind. The superconscious mind is the all-knowing mind. Another metaphor is that the conscious mind is the captain of the ship, computer programmer, decision maker, gardener. If the conscious mind is the captain, then the subconscious mind is the shipmate below the deck who follows whatever orders the captain gives. The subconscious mind is the computer or tape recorder.

Thirdly, the subconscious mind is the soil. If the conscious mind is the gardener, the gardener plants the seeds (thoughts), and the soil grows whatever kind of seed is planted, be it a weed or a beautiful flower. The subconscious mind will store information and follow orders whether the orders are rational or irrational. The subconscious mind doesn't care, as it has absolutely no reasoning ability.

The subconscious mind is a paradox. It has no reasoning and yet it has an incredible number of amazing abilities and intelligence factors. The best metaphor to understand this is the computer analogy. A computer is an incredible piece of equipment, yet it doesn't care whether it's programmed to solve the energy crisis or to create a nuclear war. It has the intelligence to do either job efficiently, but doesn't have the reasoning to not want to create nuclear war

The subconscious does whatever it is programmed to do, no matter what. A good example is that the subconscious mind completely operates and runs the physical body. This can be proven by the effects of hypnotic suggestions given to a person concerning the body.

The only problem is that the subconscious mind is as happy to destroy the body as it is to create perfect health. The subconscious mind has the intelligence to create perfect health or create cancer. It will create whatever it is programmed to do.

No one consciously programs cancer, but many people unconsciously program cancer into their bodies with self-hatred, victim consciousness, revenge, giving up, and so on. The idea is

that you want to tell yourself or your subconscious mind constantly that you are in perfect radiant health and that every day in every way you are getting healthier and healthier.

The subconscious mind works entirely separate from the functioning of the conscious mind. It works 24 hours a day, seven days a week, 365 days a year, while you are sleeping and awake, and never gets tired. It is constantly doing whatever it has been programmed to do.

Intelligence Factor of the Subconscious Mind

The basic function of the subconscious mind is to store information. It is the storehouse and memory bank of all our thoughts, feelings, emotions, imagination, habit patterns, impulses and desires. From the time we have been little infants, we have been programmed by our parents, grandparents, television, peers, teachers, ministers, and extended family.

As little children we are all victims. By this, I mean that children's reasoning minds have not developed enough to be able to discriminate and protect them from negative programming. As little children we were totally open. Our subconscious minds are filled with mental poisons, faulty thinking and faulty beliefs. Just as the body can be filled with physical toxins from poor eating, the subconscious is filled with mental toxins from improper programming and education.

This book will teach you how to get rid of the faulty thinking in the subconscious mind and how to reprogram it with new positive spiritual programming. For now, however, let's continue with delineating the intelligence factor of the subconscious mind. The subconscious mind also creates our dreams every night. There are occasions when the super consciousness creates dreams. However, most dreams are created by the subconscious mind. A dream is basically a mirror of the way we think, feel, and act during our conscious daily life. A dream is like a newspaper we receive every night, depicting the organization and dynamics of our internal energies.

The only difference between dreams and a real newspaper is that dreams are in the universal language of symbols. To understand our dreams is to understand that every part of our dream is, in reality, a part of us. By examining the relationship of the symbols we can gain insight and understanding of the patterns that are manifesting in our lives.

A dream is an automatic process that the subconscious mind brings to us as feedback. This feedback is essential because very often we are all manifesting patterns in our lives that we are not consciously aware we are manifesting.

The subconscious mind can also be termed the habit mind. It stores all our habits, both positive and negative. A lot of people think habits are bad. This is not true. We want to get rid of only bad habits. Ideally we want to strive to create good habits.

A good example of this is learning to drive a stick shift car. When we first learn how, it takes a lot of conscious effort and will power. After we learn how, it becomes automatic. If

we didn't have a subconscious mind to store our developed abilities, it would always take great focus and concentration.

There is a basic psychological or metaphysical law that states that it takes twenty-one days to cement a new habit into the subconscious mind. You can learn something in a day, but to make a habit in the subconscious mind takes twenty-one days. This ability by the subconscious mind of storing habits allows us to grow continually and develop new abilities without worrying about old ones.

The subconscious mind is where the Law of Magnetism and Attraction operates. The subconscious mind is continually attracting and repelling things to and from us according to what has been programmed into it. A master is someone who uses this law to his own conscious benefit.

Lets take the example of money and prosperity. If you have the belief in your subconscious mind that you will never have money, you won't. If, on the other hand, you think you will, the subconscious mind will attract those opportunities and possibilities to you. Whatever you want in life, all you have to do is affirm or visualize this into the subconscious mind, and the subconscious mind will attract and magnetize it to you.

Carl Jung spoke of this when he talked about the collective unconscious. The subconscious mind is interconnected with all other subconscious minds. You might say that all the sons and daughters of God have one great subconscious mind.

The subconscious mind also has the ability to sense radiations of energy. We all automatically use this ability in our daily lives. This ability can be specifically used in areas such as water dowsing, or water witching. The subconscious can be programmed to search for any physical substance, not just water. It can sense the radiation of energy of any substance for which it is programmed to search.

The subconscious mind is also the seat of our psychic abilities. The subconscious has five inner senses that are the subtler counterparts of our five external senses: Inner sight (clairvoyance), inner hearing (clairaudience), inner smell, inner taste, and inner touch.

Have you ever noticed that when you dream you have your five senses available to you? How can this be if you are sleeping? This is because you are utilizing your five inner senses of the subconscious mind. All people have psychic abilities and can develop them further. It is just a matter of practice and proper training as with any external ability.

How the Conscious Mind Works in Relationship to the Subconscious Mind

The key function of the conscious mind is to be the computer programmer, protector and master of the subconscious mind. The subconscious mind is meant to be the servant or servomechanism of the conscious mind. Most people, not understanding these psychological laws, let their subconscious mind run them. When this happens, people become victims and start having a lot of problems.

The subconscious mind was never meant to direct your life. It will run you into oblivion if you let it, not because it is bad, but because it has no reasoning. In and of itself it is divine. Why would you let a non reasoning mind run your life? Strangely enough, this is what most people do.

The ideal is that every time a thought, feeling, or impulse arises out of the subconscious mind, it should be checked or rationalized. You might imagine an inner gate or inner bubble that protects you from your own subconscious mind. When a thought or feeling or impulse arises, it is the job of the conscious mind to use its powers of reasoning, discernment and discrimination to check that thought at the gate. If the thought or impulse is positive and spiritual, you let it into your mind. If it is negative, you push it out.

Psychological health is the process of letting into your mind positive spiritual balanced thoughts. Psychological health is like physical health. If you want to be physically healthy you put good healthful food into your body. If you want to be psychologically healthy you put good healthful thoughts into your mind.

By pushing the negative thoughts out of your mind, you are refusing them energy. This is much like a plant that is not being watered. It eventually withers and dies from lack of water (attention and focus). The second step is to affirm the opposite positive thought or spiritual thought. This is called positive thinking and the use of positive affirmations.

By continually disregarding the negative thought and affirming the positive thought, a new habit is formed in the subconscious mind. The old habit dies because you are not giving it energy; and the new habit is formed because you are continually affirming and thinking positively. Within twenty one days a new habit can be formed.

You must remember that the subconscious is filled with all these old tapes that your parents and other people programmed into you when you were young. If the conscious mind isn't making choices, then all this old program-ming from early childhood is programming your present life.

Development of the Outer Bubble or Shield to Protect You From Other People's Negative Energy

Just as it is essential to develop an inner bubble to protect you from your own subconscious mind, it is also essential to develop an outer bubble or shield to protect you from other people's negative energy. The ideal, as I have already mentioned, is for you to be the computer programmer of your subcon-scious mind.

Always remember that, if you don't take responsibility for this, then the subconscious mind or other people will run your life. The ideal is to be the cause, creator and master of your own life. If these psychological laws aren't clearly understood, then other people will be your computer programmers.

Let's take the example of someone criticizing or judging you. The ideal is to have an imaginary bubble, shield, or light around you so that, when criticism comes toward you, it hits the bubble or shield and slides off like water off a duck's back. You can imagine its bouncing off like a rubber pillow.

You make a conscious choice or discrimination as to whether to let it into your subconscious mind or not. It must be understood that this bubble is a semipermeable bubble. In other words, it allows in positive energy but keeps out negative energy.

If you don't have this bubble of protection available to you at all times, then you can be victimized by another person's comments, statements or energy. There is a time to be open and a time to be closed. It is necessary to close down and protect yourself if other people are being negative. If someone would throw an actual physical spear at you, I am sure you would physically try to get out of the way if you could.

It is the same thing psychologically. When other people are directing negative energy towards you it is like a psychological spear. You will be poisoned if you let it in. You wouldn't let a person shove physical poison down your physical mouth. So don't let people shove mental poison into your mind. You don't want the subconscious mind to run your life and you don't want other people to run your life either.

Another way of saying this is that you want to respond instead of react. To respond is to choose how to deal with the incoming energy. To react is to let the incoming energy go right into your subconscious mind, solar plexus, or emotional body and lash back. If someone judges or attacks you and you let it in, you will either be hurt, withdrawn and cry, or lash back. You are letting another person be the cause of your emotions. You want to cause your emotions.

Another way of saying this is that you are letting yourself be hypnotized. I am licensed as a hypnotist, as well as being a licensed counselor. However, most of my work as a counselor is not hypnotizing people but de hypnotizing them. Many people are in hypnosis, and I am trying to get them out of it.

You are in hypnosis when you are a victim. You are letting another person program your emotions in a waking state. You are hyper suggestible when you don't make a choice as to how you want to respond. In reality we all are invulnerable psychologically. This is a very profound statement. To be invulnerable means that we can't get emotionally hurt unless we choose to be.

My Favorite Metaphor of All

My favorite metaphor is likening psychological health to physical health. If a person you know catches a cold or the flu, you certainly don't want to get it. You do everything in your power not to get it. You stay away from that person. You take extra Vitamin C. You tell yourself you are not going to get sick. You eat well and try to get enough sleep. In other words, you build up your resistance. If you keep your resistance up you don't get sick.

Doctors and nurses don't get all the sicknesses of their patients. How come? The reason is that there is no such thing as a contagious disease. There are only people with "low resistance".

This analogy is exactly the same on the psychological level. There is no such thing as a contagious psychological disease. There are only people with low resistance. How do we keep up our psychological resistance so we don't catch the infectious diseases of anger, depression, jealousy, judgment, attack, grudges, hatred and so on? We keep our psychological resistance up by maintaining a positive mental attitude.

The protective bubble is one main positive attitude technique. Other key techniques are maintaining one's personal power, maintaining unconditional self love and self worth, faith and trust in God.

These are a few of the main attitudes. In following chapters I will explore some of the others. The main point is that we are here in this world to set a better example. We are here to bring other people up, not to let ourselves be sucked down. So in essence the earth is like a hospital that is run by the patients. There are very few healers or doctors. The purpose of life is to be a healer or doctor.

When you allow other people to victimize you to the negative, you have become one of the patients again, and now you are in need of healing. This is okay if it happens. The lesson is to get yourself back to your centered self and be the doctor and healer as soon as you can, for this is the mission and purpose in this lifetime for all of us.

The Development of Personal Power The First Golden Key

Of all the attitudes and qualities that need development in the healthy personality none is more important than personal power or the development of will. This last statement and point cannot be emphasized enough. Everything I have spoken of so far in this book will not work if you don't have personal power. Personal power is the key that makes the theory and ideals work. Personal power, or will power, is the first golden key.

What is personal power? Personal power or will is the guiding force of the healthy personality. Personal power is first an attitude. We can choose to hold an attitude of weakness or strength as we begin each day. Your power is the energy that you use to enforce your decisions.

For example, let's say you want to exercise at 3 o'clock. When 3 o'clock comes it is a good bet that you will need your power to make yourself do what you have committed yourself to do. Your power is also needed to control your subconscious mind. Your subconscious mind will push you around unless you own your own power, so personal power is the enforcing agent of the conscious mind. It is the energy that mind musters to command and direct that personality. Personal power in its external usage is assertiveness.

Personal power is also very much tied in with decisiveness. It is intrinsic in the attitudes of "piss or get off the pot" and "fish or cut bait." If you are not decisive, then the subconscious mind or other people will make your decisions for you. The subconscious mind has no reasoning, and other people's decisions are not always in your best interest.

How can you be the master of yourself and your life if you do not have personal power? If you don't own your power, then you end up giving it to the subconscious or to other people. We know that God has power. The fact is that we are co creators and mini gods, so we have power, too. God helps those who help themselves. You can't help yourself if you don't own your power.

There is and has always been total personal power available to you. Personal power is nothing more than energy in your physical body and subconscious mind that you are using to control your life. Part of owning your power is being a spiritual warrior in life. Never giving up, and the will to live is really the will to fight.

Yoga teaches that life is not only a school but also a battlefield. We are trying to get to the top of a mountain. Progress entails taking three steps forward and slipping back two, or seven steps forward and slipping six, ad infinitum, until the top is reached. This is the nature of life for everyone on the spiritual path. The most important thing is not to be a quitter.

Paramahansa Yogananda, the great Indian sage, said, "A saint is a sinner who never gave up." Part of owning your power is to keep plugging away. It is also having faith in God's power, as well as your own personal power. When all outer security is stripped away, you always know that you have your power and God's power available to you and with you all the time. This is true safety and security.

Your power is the energy that you use to take risks. If you don't own your power, you are going to have a hard time keeping your bubble of protection up. Your power is what allows you to "fake it until you make it". Your personal power, in essence, is your center. When you are in charge you feel more centered.

When you use your power over a long period of time you have what is called discipline. Owning your power is what allows the conscious reasoning mind to stay in control and not to be overwhelmed by subconscious or environmental forces. When you don't own your power you get depressed. Anyone who is depressed is not owning his power.

There are two opposing forces in life: Good and evil, light and darkness, positive and negative, illusion and truth, egotistical thinking and spiritual thinking. Your power is your weapon with which to fight the negative and identify with the positive. As Edgar Cayce said, "There is no force in the universe more powerful than your will or power."

The conscious reasoning mind, with the will or power, then directs all the incoming forces. If we don't have will or power we would be overwhelmed. People in the extreme state of giving up their power, control and mastery have become psychotic. The conscious mind has

abdicated all responsibility for control, mastery, orchestration and directorship. The subconscious mind and the environment totally take over.

You don't have to be afraid of your power because you are going to use it only in a loving way to serve God, yourself and other people. Whenever you are in power you will feel good. When you have your power, you are challenging and asserting yourself. When you don't have your power, life is clobbering you. The essence of what I am trying to teach in my work is that we are causes of our reality. To be the cause of our reality all the time, we must own our power.

How Do You Claim Your Power?

You claim your power by choosing every morning, the second you get up, to affirm the attitude in your mind that you have it. The diagram at the end of this chapter, lists some personal power affirmations that you can say to yourself to cultivate and build this energy. I have also included some emotional invulnerability affirmations to build your protective bubble since this is so much involved with owning your power.

Edgar Cayce, the great sleeping prophet, made another very important statement involving power. He talked about the importance of developing positive anger. I emphasize the term "positive" anger. Positive anger is controlled anger that is not directed at other people or yourself but rather at the dark force that is trying to push us down. It is used to catapult us toward the light and positivity.

There is enormous power tied up with anger. The idea is to channel this power constructively and creatively. Jesus turned to one of his disciples when he started to complain and said, "Get thee behind me, Satan." I think positive anger has to do with having some real emotion and feeling behind your power.

When you say the affirmations to yourself, say them with emotions and real power or they won't work. The subconscious mind and other people will victimize you to the degree that you do or do not own your power. As soon as you mean business the subconscious will become your servant. You have to make it serve you, not ask it to serve you. It should also be noted here that God is not going to control your subconscious mind for you, no matter how much you pray. That is not His job. That is your job.

Every morning when get up, claim your power, and commit yourself to becoming the master of your life. Be loving, serve God, and have a great day, and let nothing in this universe stop you from your appointed task. This is how to live properly. Once you have established your power, then pray for God's help and do some affirmations and visualizations to program your subconscious mind the way you want it to work for you. This is the ultimate power in the universe.

Do you realize the power that is at your disposal? How can you not win this war? How can you not eventually get to the top of the mountain? How can you not be successful with all this power? Add to this the fact that we are each the sons and daughters of God in truth

and are each one with God. Can God and the sons and daughters of God lose a battle with Satan, which is another name for ego, illusion, negative thinking?

My Two Favorite Spiritual Affirmations

1. God, my personal power and the power of my subconscious mind are an unbeatable team.
2. Be still and know that I am God.

Another method of charging up your power is to visualize some symbol you are holding that denotes your full power maybe a sword, a crown, the Rod of Moses, a baseball bat. Combine this kind of imagery with your affirmations and you will feel even more power.

Psychological Disidentification and Identification Exercise

Suggested instructions:

Every morning and every night for twenty one days repeat this page of affirmations out loud three times until they fully sink into your conscious and subconscious mind.

Disidentification Exercise:

I have a body, but I am not my body. My body may find itself in different conditions of health or sickness. This has nothing to do with my real self, or the real "I".

I have behavior, but I am not my behavior. All my behavior comes from my thoughts. If I have not developed self mastery and I am operating on automatic pilot, I sometimes behave inappropriately. Even though I behave well or poorly, I am not my behavior. This has nothing to do with my real self, my real "I."

I have feelings and emotions, but I am not my feelings and emotions. If I have not yet developed self mastery, my feelings and emotions are sometimes negative and sometimes positive. As I become more of a cause, creator, chooser and master of my life this will change. Though a wave of feelings and emotions may overtake me, I know I am not my feelings and emotions. My true nature will not change. "I" remain the same.

I have a mind, but I am not my mind. My mind is my tool for creating my feelings, emotions, behavior, and bod, as well as what I attract into my life. If I have not developed self mastery, my mind sometimes runs me, instead of me running my mind. My mind is my most valuable tool, but it is not what "I" am.

Identification Exercise:

What am "I"?

After disidentifying myself (the "I") from the contents of conscious-ness, I recognize and affirm that I am a center of pure self consciousness. I am a center of will and personal power, capable of being the cause and creator of every aspect of my life. I am capable of causing, directing, choosing and creating all my thoughts, feelings, emotions, behavior, health or disease of my physical body, and the kinds of things I attract and magnetize into my life. This is who "I" am.

Affirmations

Personal Power and Becoming a Creative Cause

I am the power, the master, and the cause of my attitudes, feelings, emotions, and behavior.

I am 100% powerful, loving, and balanced at all times.

I am powerful, whole, and complete within myself. I have preferences but not attachments.

I am 100% powerful and decisive in everything I do.

I have perfect mastery and control over all my energies in service of a loving spiritual purpose.

I am the master and director of my life, and my subconscious mind is my friend and servant.

I am a center of pure self consciousness and will, with the ability to direct my energies wherever I would have them go.

I am powerful, centered, and loving at all times.

I am powerful and centered at all times and nothing in this external universe will I allow to knock me off balance or center.

I have 100% personal power and I vow never to give it to my subconscious mind or other people ever again.

I have perfect self control and self mastery in everything I do.

Emotional Invulnerability

I am 100% invulnerable to other people's negative energy. Other people's negative energy slides off me like water off a duck's back.

I am the cause of my feelings and emotions not other people. I will not give them this power over me ever again.

Other people's negative energy bounces off me like a rubber pillow.

I hear what other people have to say to me. However, I internalize only that which "I choose" to internalize.

The only effect other people's negative energy has is the effect I let it have. I choose not to be affected ever again.

Unconditional Self Love and the Inner Child
"If there is a panacea, or cure-all to life, it is self love."
Paul Solomon
Spiritual Teacher And Universal Mind Channel

By
Dr. Joshua David Stone

If the development of personal power is the first golden key to psychological and spiritual health, then unconditional self love is most definitely the second golden key.

Personal power and self love are the building blocks of a healthy self concept and self image. The most important relationship in a person's life is his relationship to himself. If we are wrong with ourselves, we will be wrong with all other relationships. If we are off center in ourselves, how can we be on center with others?

Self love begins with the understanding that there are two types of love in the world. They are conditional love and unconditional love. Conditional love is egotistical love. Unconditional love is spiritual love. This type of love applies to others, but more importantly first applies to ourselves.

The first key question we each must ask ourselves is whether we love ourselves conditionally or unconditionally. Unconditional self love is based on the understanding that we have worth and we are lovable because God created us. We are sons and daughters of God. God doesn't make junk. Of course we have worth. If we don't have worth then God doesn't have worth. In other words, our worth and lovableness is a spiritual inheritance.

If you don't believe this, then your ego steps in and says, "I have a different interpretation." The ego says your worth and lovableness are based on meeting certain conditions. You have to have a certain kind of physical body. You have to go to college, have money, have a high paying job, be in a certain social status, be perfect, be spiritual, meditate, exercise, have a relationship, get good grades, be successful, and so on.

Now a lot of these things are very noble things to strive for and I recommend that you continue to do so. However, they have nothing to do with your self love and self worth.

Your self love and self worth come from who you are, not what you do. There are no conditions you have to meet. You can do everything in your life right or everything in your life wrong, and your worth and lovableness are the same. This cannot be emphasized more emphatically.

A good metaphor for understanding this is to imagine that you just had a baby. Does this baby have to do anything to have worth or value? Does it have to look a certain way? Isn't there just an inherent value in the spark of life? Of course, your baby is of value and lovable. Don't you continue to love that child as it grows older, even if it gets into trouble or fails the first grade spelling test?

The point I am now coming to is that there is a difference between the soul that is that child and the child's behavior. The soul is always lovable and worthy. The

behavior may not always be so. This is an extremely important discrimination to make with others and with yourself.

Taking this analogy a step farther, we are God's children. He gave birth to us. Don't you think He loves us as you would love your child? And don't you think He continues to love us even though we make mistakes in the spiritual school called Earth life?

So the question is: At what age does a child lose its inherent value? We all seem to have it up to a certain age. It is quite ludicrous if you think about it. God loves us even though our behavior is often bad. Certainly He would prefer we got it together, but He loves us even if we don't.

Another facet of self love that has been brought out here is that we need to love ourselves as God loves us unconditionally! Jesus said, "You shall love your neighbor as yourself." You will notice he didn't say to love your neighbor and hate yourself.

You can determine where you are on your spiritual path by seeing how much you love your neighbor and how much you are loving yourself. We also need to learn to allow ourselves to feel God's love. God's love is like the sun. It is always shining. It is just a matter of whether we are going to give ourselves permission to receive it. One of my favorite metaphors is that we are diamonds with mud on us. God created us so we are diamonds. Our faulty egotistical negative thinking has put mud on us. I am trying in this book to get out the hose and wash off the illusions of faulty thinking and show you the "real you". Your true identity is the Christ, the perfect creation of God. It is only the ego's false, negative, pessimistic interpretation of you that makes you feel unworthy or unlovable.

Earth is a school. Our mistakes are not held against us. There are no such things as sins. There are only mistakes. Some believe that a sin is like some stain on our character that cannot be removed. This is absurd. Mistakes are positive. Did you fully hear and get that? Mistakes are positive! You don't go out of your way to make them. But if they happen, you learn from them.

Every mistake is a blessing in disguise because there is always a golden nugget of wisdom to be learned. We learn the easy way or by the school of hard knocks. We are in this school to know ourselves and, hence, know God. God's universe is governed by laws. There are physical laws, psychological laws and spiritual laws. We learn by making mistakes and then making adjustments.

The spiritual path up the mountain is five steps forward and four backward; seven forward then six backward. Don't buy into the ego's game of creating this impossible perfectionistic standard where mistakes are unacceptable. The spirit believes in striving for perfection but looks at mistakes as positive and unavoidable.

Life as a Dream

When we go to sleep at night and have a nightmare, we wake up and say to ourselves, "Boy, am I glad that was just a dream; it seemed so real while I was sleeping!" Well, that is what I am saying to you right now. Wake up from that bad dream or negative hypnosis you have been experiencing. Snap out of it!

Wake up! Let the mud fall off your diamond and see who you really are. You are the most valuable precious thing in all creation. Do you think God loves a rock or tree more than His own children who are made in His image?

Now comes the key to the whole process. Your thoughts create your reality. Your thoughts don't create truth. They just create the reality of the people who are thinking them. In other words, if you think you are unworthy, then you are going to live in the nightmare and self created hell of your own thought creation.

You will live in your own bad dream and nightmare, even though it really isn't true. You are what you think. The great need is to push these false unworthy and unlovable attitudes out of your mind and to start affirming the truth about yourself. By doing this you will re-record a new message into your subconscious tape recorder.

Selfish Selfless Balance

Another aspect of self love is what I call the selfish selfless balance. This means there is a time to be selfish and there is a time to be selfless. To be selfless is to direct your energies to helping others. To be selfish is to take care of yourself. The spiritual path is the path of balance. We are not here to be martyrs. We must learn to be spiritually selfish.

Many very sincere and good spiritual people misunderstand this. I am not saying you shouldn't help others. I have already said that the greatest among you is the servant of all. I am just saying that you have to take care of yourself also. You are a part of God. You are a son or daughter of God.

Not to be spiritually selfish at times is to reject a part of God. If you are too selfless you will probably be resentful. The great lesson is that when you are selfish don't feel guilty, and when you are selfless, give and don't feel resentful. Be decisive in whatever decision you make.

Developing an Understanding of the Inner Child

The second major understanding in obtaining unconditional self love deals with the understanding of the inner child.

We all have a relationship to ourselves. I have called this, at times, a right relationship to self. What is this self I am talking about? Another name for this self is the inner child or inner self. In other words, we each parent ourselves. On that note I would like you to look at the Diagram on page 23, The Parenting Model.

I am suggesting that there are two ways of parenting ourselves or a real external child. There is a spiritual way of parenting or an egotistical way of parenting. The spiritual way of parenting is to be firm but loving (yin and yang balanced).

The wrong way to parent is to be too firm or too permissive and spoiling. A parent who is too firm is critical. As the diagram indicates, when a parent is too critical this creates a child who is unworthy or deflated or who feels unloved. A too lenient parent creates a child who is spoiled or rebellious. A firm and loving parent creates a balanced, well adjusted child.

The first step in understanding this whole process is to look at how your parents raised you. Were they critical or firm and loving? It is very likely that you treat yourself the exact way your parents treated you. Now look at how you raised your children. And lastly look at how you are currently raising your own inner child

I want to make it clear that your inner child is a psychic reality. Learning to raise our inner child properly is one of the most important skills we can possibly learn. We will

also be much better parents to our real children when we learn to parent ourselves properly.

What Do We Do If Our Parenting Skills Need Improvement?

When we are being too critical and judgmental with ourselves, what is really happening is "child abuse". I am sure that, if you saw child abuse occurring at the market or a neighbor's house you would step in and say something to stop it. What would you do if someone was abusing your children when they were younger? I am sure you would respond like a mother or father bear to protect your child. Well, that is what you need to start doing with your inner child.

The critical parent is like an evil baby sitter, with whom you have unwittingly left your child. Now you are returning (waking up) to reclaim your child as your own. Your child needs protection and you need to start giving your child the protection he needs.

What this means psychologically is that when the critical parent attitudes start whipping and beating your inner child, stop them! It doesn't matter what you say. Put up your protective bubble and shield and say, "The buck stops here. I am not going to let my little child get beaten or abused any longer. I am going to protect him. I love my inner child and will not let my inner child continue to be hurt or beaten."

When the over indulgent parent steps in and wants to be permissive, you do the same thing. You say, "No". You say, "I am sick of this extremism. I don't want to be too yin or too yang. I want balance. Get out!" You push the permissive parent thought out of your mind.

The second step after pushing the critical or permissive parent out of your mind is to affirm that you are going to be firm and loving toward yourself from now on. By continually doing this the critical or permissive parent will die from lack of attention and focus, and the firm and loving parent style will develop from attention and focus. It will take practice and constant vigilance. Just remember that if you choose to forget this, you are allowing child abuse to take place in your own mental home. Do you want to allow your inner child to be whipped and beaten or spoiled rotten?

What also must be considered here is that if improper parenting has taken place, then the inner child is going to be in need of healing just as a real child would be after being abused. The inner child who has had a critical parent is going to need a lot of extra love and nurturing. The inner child who has had a permissive spoiling parent is going to need "tough love". A child who is acting out in real life needs to be sat on a little bit, not in a critical way but in a tough love way.

The child has had more power than the parent. This needs to change. The parent is in charge, and the inner child needs to be told this. You may have to get real tough in the beginning to get the point across, just as you would with a real child. The inner child will get the message if he sees that you mean business. The inner child doesn't really like being out of control anyway.

Your inner child desperately wants your unconditional love just as a real child does. Down deep, your inner child wants firmness and limits just as a real child does. If you are firm and loving then your inner and outer child will develop and internalize this to develop firmness, self control, personal power, and self love within himself.

Dialoguing

A very valuable and helpful tool in developing the proper relationships and psycho dynamics here is to dialogue with these different parts in your journal. Talk to our inner child and see how he is feeling. Then let the inner child talk back as you imagine he would respond. Dialogue with the critical and with the permissive parent, then with the firm and loving parent. Get more deeply in touch with how these dynamics are operating within you. You might even add your Higher Self into the dialogue and see what it has to add to the whole process.

There is a very interesting point about that last suggestion. The Huna teachings from Hawaii call the Higher Self the "utterly trustworthy parental self." I find that fascinating. In other words, we need to learn to parent ourselves as our higher selves Parent us. Don't our higher selves parent us with firmness and love, tough love?

Victory Log

This next suggestion is absolutely essential for fully stabilizing self love and worth. So far we have talked about self love on the essence level, the essence level being that we have worth and love because we are sons and daughters of God.

There is also a form level. In other words, we also need to feel good about what we are doing and creating in our lives. The critical parent spends all of its time being a perfectionist in a negative sense, looking for what we are doing wrong. In a given day you may be doing things ninety eight percent well, but the critical parent will spend the entire day focusing on the two percent you are doing wrong. This doesn't make sense.

Proportionately you should be ninety eight percent happy that day and two percent depressed. Is the glass of water half empty or half full? The purpose of the victory log is to look at what you are doing well, not at what you are doing poorly.

There are two steps to developing a proper victory log. The first step is to go over your entire life with a fine toothed comb and list all things that you have done well in your life. List all your fine attributes and qualities. List everything, no matter how minute. By doing this you will automatically feel good about yourself. Your perspective has changed. You are seeing things the way your Higher Self would have you see them.

The second step in the victory log is, every night before bed and every morning, add to the list and review the victories of that day and that week. By doing this you are giving yourself and your inner child strokes, "credit", a positive reinforcement, love, psychological hugs and kisses. Tell the inner child how much you appreciate his cooperation and teamwork. You might tell your Higher Self the same thing. Together you are an unbeatable team.

What Do You Do When You Make Big Mistakes?

When you do make big mistakes, keep the critical parent out. It is okay to make observations about yourself or others. This is also called spiritual discernment or discrimination. It is called this because it is done in unconditional love.

Whatever the mistake is, gain the golden nugget of wisdom from the experience and it then becomes a positive experience. If you truly learn from this "mistake" you will never have to go through a similar suffering ever again. Tell yourself that you are worthy and lovable even though you made a mistake or error in judgment. Tell

yourself that mistakes are positive and unavoidable. Pick yourself up and get on with it.

A crucial part of self love is forgiveness. You have a choice whether to subscribe to a philosophy of forgiveness or holding grudges. This applies to yourself also. Remember if you hold grudges, you are holding it against the inner child. Would you hold the same kind of grudge against your real child when he was little? If you want to be forgiven by God, don't you think it is necessary to give the same energy back in return to your self and others?

As this chapter has been focused more on internal parenting, I have added a short chapter at the end of this book focusing on external parenting from a spiritual perspective. In this later chapter are thirty nine key points toward effective outer spiritual parenting. Even if you don't have children at home it might be worthwhile to read these key points as there is a direct similarity between inner and outer parenting.

What Happens To People Who Don't Have Self Love?

If you don't have unconditional self love within yourself, then automatically you end up seeking it outside of self. Love is a survival need. Children have actually been known to die in institutions from lack of love.

The ideal is to give love to yourself and to allow yourself to receive God's unchanging unconditional love. If you don't do this then you end up seeking love, approval, acceptance from other people. This puts you in a compromised position. Other people become your computer programmers and the cause of your reality. Your worth is in their hands and control. Do you really want other people to hold this power and control over you? Not having self love puts a hole in your protective bubble so that when people criticize you, you can't protect yourself.

The ideal is to give yourself so much love, and to allow yourself to feel God's full Love, that you go into life feeling totally powerful and totally loved before you meet another human being. You are ideally feeling full, whole and complete within yourself, and feeling your oneness with God.

You are so filled with love that you can give love to others even if they don't love you. In essence, you want love; you don't need love. You prefer love; you are not attached and addicted to getting love. The attitude of a more self actualized person is to form a right relationship to yourself and a right relationship to God first.

These are the two most important relationships in your life. You then can move into life as a whole, causal, masterful, independent person; A person who is in the world to give rather than needing to get, to fill an empty void within the self. This is the work of the spiritual path.

We actually have it all right now. The only problem is that we think we don't. We live in the nightmare of self inflicted limitations that isn't even real. We can get rid of these limitations any time we want by owning our power and taking command over our minds by the denial and affirming process.

Self Love Affirmations

The following are self love affirmations for reprogramming your conscious and subconscious thinking:

1. I love and forgive myself totally for all my mistakes, for I now recognize that mistakes are positive, not negative.
2. I now fully recognize that I have worth because God created me, and I do not have to do anything to have it.
3. I now recognize that I am a diamond, not the mud on the diamond.
4. My worth is unchangingly positive because it is a spiritual inheritance. It is not increased by my success nor decreased by my mistakes.
5. I realize now that I have total worth and value as a person whether I learn my lessons in life or not.
6. I now recognize that everything that has ever happened in my life has been positive, because it all contained lessons I needed to learn.
7. I choose to live in the "now" and not hold the past against myself.
8. I hereby choose to approve of myself, so I do not have to go around seeking approval from others.
9. I deserve love because God created me, and my mistakes are not held against me.
10. I realize that everything that happens in life is a teaching, a lesson, a challenge, and an opportunity to grow.
11. I now realize that I am the "I" person, chooser, consciousness, and spiritual being and that this part of me deserves unconditional love at all times.
12. I am the light and not the lamp shade over the light.
13. I deserve love because my true identity is not what I do in life. I am the "chooser" of what I do.
14. I now understand that I am here to learn lessons and grow in life, but if I make mistakes I am still totally lovable and unchangingly worthy.
15. I hereby choose the attitude of being very firm with myself and unconditionally loving.
16. I am the master of my life and I choose to be my own best friend instead of my own worst enemy.
17. I choose to love me as God loves me unconditionally.
18. I now choose truly to understand that I want to be perfect, with the understanding that the mistakes are positive and part and parcel of the growing process.
19. I now realize on the level of my true identity being the "I", the chooser, the person, the spiritual being, the soul. I am a perfect equal with every other person in the world.

20. I now choose to awaken and recognize that it was only the faulty thinking of my ego that has caused me not to love myself.
21. I now choose to undo all the faulty thinking society has programmed into me and replace it with self love.
22. I choose to recognize that I deserve love and so do other people.
23. I choose to recognize that I am guiltless and sinless, because all mistakes are just lessons and opportunities to grow. Mistakes, in reality, are golden nuggets of wisdom and are positive.
24. I now realize that God does not hold my misuse of free choice against me, so why should I?
25. I love me. I forgive me. I approve of me, and I commit myself from this moment onward to treating myself in a spiritual manner rather than in an egotistical manner. I now fully realize that the way in which I think is the reality in which I live. I have been living in my own self created hell of faulty thinking. I now choose to and will live in my self created heavenly state of consciousness. It is really that simple.
26. I unconditionally love me because I am a son/daughter of God, and my misuse of free choice or faulty thinking is not held against me.
27. Could what God created not be lovable and worthy?
28. I love me because I am innocent and not guilty.
29. The only thing in this infinite universe that says I do not deserve love is my "ego". I hereby reject my ego and its false attitude and get back in tune with my true spiritual attitude and self.
30. I now, once and for all, release the ego's game of "having to do" in order to deserve love and worth. I now fully recognize I have always been lovable and worthy and will always be so.

Personal Power, Emotional Invulnerability and Self Love Visualizations

Self Love Visualization:

Begin by imagining a beautiful nature scene. Visualize and imagine yourself as smiling, happy, joyous, loving and at peace with yourself and the world. Look around your nature scene and enjoy the colors, smells, sounds and feeling of being in harmony with nature.

Next, imagine one of your favorite pets being with you in your nature scene. See the pet come up to you and give you love and affection. Then imagine that your best friend is walking toward you from the distance and is carrying a 6 month old infant. See yourself greeting your friend and giving him a hug and talking a little bit.

Your friend asks you to baby sit this infant for a couple of hours. He carefully and gently hands you the infant. See your friend leaving and promising to return within two hours. See yourself holding, rocking and giving love to this beautiful baby.

Next, realize that this infant is really the inner child within you. You have a choice as to how you are going to parent this child within. You not only have a child within you, but also a parent within. You are that parent now who has a choice as to how you are going to raise this infant, that is you. The ideal is to give firmness and unconditional love. Firmness and love create a well adjusted inner child.

The other options are to be the critical or overly firm parent or the permissive spoiling parent to yourself. If you are too critical with this inner child, grow up feeling unworthy, incapable and unloved. If you are too permissive this child will grow up spoiled and inflated. The key question is: How do you want "you" to grow up? Make this choice now and give this firmness and unconditional love to this infant that is you as a baby.

Now imagine that five years have gone by and this little child that is you is playing in your nature scene. Again practice being this ideal parent to yourself. Talk to the child and tell it how you feel about it. Now imagine that ten more years have passed and this child that is you is an adolescent of fifteen. Be the parent you want to be to this teenager.

Now imagine that this adolescent has now grown to your present age. See yourself as you look and are now. Recognize that you are still parenting this adult person within you. Now that this child has grown to be the adult you, have you thrown unconditional love and firmness out the window?

Make a choice right now to communicate with yourself to get back to the right relationship to yourself. Go up to yourself and give yourself a big hug, recognizing that this is, in truth, your best friend. Apologize to yourself for being so hard on yourself in the past. Forgive your parental self for its mistakes and forgive the adult child self for its mistakes.

Tell yourself what kind of relationship you want to have from now on. Make a choice to love in the now and get a fresh start from this moment forward. Make a choice to look at the past as positive experiences because you now choose to look at everything that happened as opportunities to grow.

Give yourself approval and acceptance because you now recognize that mistakes are positive, not negative. Tell your child/adult self that you love him unconditionally from now on instead of conditionally. Tell him that you are not going to base your love on what he does but rather on the fact that he was created by God, so of course he has value and worth regardless of mistakes or successes.

See the consciousness, the "I," the person, the spiritual being now, as differentiated from behavior, mistakes, successes, personality, physical body, thoughts, feelings, emotions, or content of consciousness. Make a commitment to yourself from this moment forward to form this right relationship to yourself.

Take time now to have a heart to heart talk with yourself to come to a place of treating yourself spiritually and with love. Take the time now to talk out all unfinished business, unclarity, faulty thinking or incompleteness, so that when this meditation is over, there is a fresh start and rebirth in your relationship to yourself.

Your True Self: The Causal Consciousness Self

Recognize that you have both a child and a parent self within you. It is important to realize, however, that even though everyone has to deal with these psychological

dynamics, the real you is neither the parent nor the child. The real you is "consciousness" or "I" that is choosing what kind of parent and what kind of child dynamic you are creating within yourself.

The real you is the observer self, who is the controller, director, chooser and causer. The key to being the causer is the understanding of the need to be disidentified from the content of consciousness. You are not your thoughts, feelings, emotions, body, behavior, actions, personality, mistakes, successes, abilities, past, future, beliefs nor any of the content of consciousness.

You are the essence and not the form. You are the consciousness, not the creation. You can direct and control only that from which you are disidentified. That with which you, as the consciousness or "I" are identified, will be your master. In living in this world we must deal with form. This is why it is essential that you choose and cause the form of what kind of parent you are going to be to yourself.

Do a visualization, putting all the things you have thought were you (the content of consciousness) into a big metal pot that is now in the middle of your nature scene. Put everything in it until you are naked of all mental, emotional or physical form. All that is left is a center of pure awareness with nothing in it.

Practice taking qualities, attitudes, feelings, beliefs, abilities, and non abilities and trying them on and then throwing them back in the pot. Practice identifying, then disidentifying. Practice being the controller, causer and creator of your life, like you would in a play or theater. Always remember what your real Self is and who and what you are.

Integrating the Three Minds and the Four Bodies
"Be moderate in all things."
The Buddha

By
Dr. Joshua David Stone

One of the key points to becoming a self realized or God realized being is learning to balance and integrate our three minds and four bodies. Now, in actuality, we have more than three minds and more than four bodies. We have more than three minds because at the fourth initiation the soul or higher self merges back into spirit or the Monad, and the spirit and Monad become the mind or consciousness that is our guide and teacher. This happens in stages, however, so for the purpose of this discussion I am lumping the soul and the Monad into the same category since they serve similar functions.

In respect to our discussion of the four bodies, I am doing a similar thing. I am dividing the four bodies into the physical body, the emotional body, the mental body, and the spiritual body. In actuality the spiritual body can be divided into the Causal body, the Buddhic body, the Atmic body, the Monadic, the Logoic, the Light body and on and on into cosmic levels of consciousness.

We work with these higher spiritual bodies in stages as we go through the initiation process in a similar way as I described with the three minds, so for the purpose of this discussion I am also lumping all these higher spiritual bodies into what I am now going to call the spiritual body or spiritual vehicle.

Let's begin this discussion of the need for balance and integration with our three minds. Each mind is a level of mentation. Each mind being a higher level mind than the previous one, as described in a previous chapter. The ideal is that the subconscious becomes subservient to the conscious mind, and the conscious mind becomes subservient to the superconscious mind or soul.

Another way to say this is that we are meant to become the master of the subconscious mind, and the soul or Higher Self is our master teacher or guide. The Kahunas of Hawaii had a very eloquent way of explaining this. They call the Higher Self or soul the Aumakua. The aumakua is defined in Hawaiian as the "utterly trustworthy parental self". So our Higher Self and soul is our utterly trustworthy parental self, just as we, as the conscious mind are meant to be the utterly trustworthy parental self for our subconscious mind and inner child. We learn how to raise ourselves properly by following the example of how our soul and Higher Self raises us.

The Bible states very clearly that we are made in God's image. In the Bible it says that God is a Trinity, the Father, the Son, and the Holy Spirit. In Hinduism they call this Brahma, Shiva, and Vishnu. In the Huna teachings of Hawaii this is termed Ku, Kane, and Kanaloa.

Just as God is a Trinity, since we are made in God's image, then we must be a trinity also, and we are. Our trinity is that of the superconscious, conscious, and subconscious mind. God, Christ, and the Holy Spirit, are different levels of Divinity, however they function as one consciousness.,

The same ideal is true for us. The ideal is that our three minds function as one mind. The problem is that for most people the three minds are very disintegrated and imbalanced. A great many people don't even know they have a soul or Higher Mind guiding them, and most people let the subconscious, or lower level mind, run the conscious mind.

When the subconscious mind runs your life the negative ego becomes your director, and your emotional body and desires usually end up running your life. The first step of becoming balanced and integrated is to recognize that you have three minds.

The second step is to begin the process of learning to own your personal power and get in control of your subconscious mind and three lower vehicles as described in an earlier chapter. The third step is to begin attuning to and asking for help from your soul and Higher Self.

The three minds could be looked at like large metal rings. In the earlier stages of a person's evolution the rings are very separate. As one evolves and begins to develop self mastery and attunement to the soul, the rings begin to link up together.

At the time of the third initiation or the soul merge, these rings begin to merge together and start to function as one mind. This is because self mastery has been achieved to a great extent over the three fold personality (physical, emotional, and mental vehicles), and because the personality has become merged with soul consciousness by at least 51%.

As the stabilization of this soul merge state continues the three minds function in greater and greater harmony and balance. As the person continues to evolve, the monad or spiritual mind, as opposed to soul, begins to guide. At the fourth initiation the soul merges back into the Monad or spirit, and the Monad or Father in Heaven becomes the full director from then on in the person's evolution.

At the fifth initiation a similar integration and balancing of the three minds takes place in that the evolving person now merges completely with the Monad. At the third initiation you had soul merge, and at the fifth initiation you have Monadic merge.

The three rings in my metaphor and example have come together in an even higher union. At Ascension the Monad or Mighty I Am Presence descends completely into the evolving person on earth and into the four bodies and is transformed into light. Even the physical body merges completely with the light. One has achieved perfect integration and balance of the three minds and four bodies.

The Balancing of Your Four Bodies

To achieve the ultimate union, integration, and balance which is that of becoming an Ascended master, we must learn to balance the four bodies. Each of us has four distinct and separate bodies, each with a different and unique perspective.

Each of us has a physical body, an emotional body, a mental body, and a spiritual body. The ideal is to greatly respect and listen to all four simultaneously. What happens more often than not is that we tend to over identify with one or two to the detriment of the others. More than half the people in the world respond to life through an emotional body focus.

Some people you meet feel life as their main function. Other people you meet will think about life and are less concerned with their feelings. Others may be so involved with their spiritual body that they don't take care of their physical body, or may not even care about thinking or even feelings.

Others you meet are so involved with their physical body and physical existence they are completely cut off from their spiritual body, and possibly even intellectual pursuits or feelings. Usually I find that people tend to focus on one or two bodies and less on the other two or three.

As you are beginning now to see, a person can be over identified or under identified with each body. When this occurs the energy flowing down from the Creator does not flow properly or efficiently. This can and will ultimately manifest as poor health, or dis-ease in one of the four bodies if continued.

The physical body usually ends up being the mirror of these psychological imbalances. This is based on the Hermetic law, "As within, so without. As above, so below." By seeing where you are having health problems in your physical body you can then correlate the mental, emotional, or spiritual causation.

Most of us don't think about our four bodies until that time that some disturbance comes and we feel uncomfortable, and then we think about what is going on with our four body system.

Now the goal is to integrate the four bodies and to align their differing points of view, so as to use them all to be fully creative and to fulfill our potential and divine purpose for being here. We are all like cells in the body of God. When a cell in our body doesn't work properly and is disintegrated, this is called cancer. When we, as cells in God's body, don't work in harmony with God's divine plan, then in a sense, God has cancer. Part of the lesson of the four body system, is to get them all working for the same purpose, which is ideally spiritual growth, and God realization.

When the four bodies are balanced and integrated there is no restriction or limitation, and we are free flowing. When the four bodies are balanced we are fully able to realize God. Many people understand this with their mental body, but haven't aligned the other bodies with this truth.

The same thing happens with the balancing of the three minds very often. For example, understanding that the mind doesn't want to worry or be depressed any more, yet the subconscious mind isn't cooperating. The mental body may understand the ideal, but implementing or experiencing it fully with all four bodies may take a little more work and practice to make the ideal a living reality.

Each of the four bodies has a unique and special gift of information and guidance that it gives us. In a similar way each of the three minds gives us unique and special information. The soul or Monad may give us intuitive perceptions, and be the voice of our conscience, which gives us our morals and ethics.

The conscious mind gives us logic, reason, and deductive reasoning. The subconscious mind gives us feelings and emotional reactions to things. The physical body gives us instinctive reactions, and sensations. The Emotional body, which is connected to the subconscious mind function, again, focuses on how we feel in any given moment or situation and maybe psychic impressions.

The mental body gives us information as to perspective and logicalness of what is going on. The spiritual body or vehicle, which is intimately connected with the soul and Monad, again, gives us the intuition, conscience, and God's guidance.

When we over or under identify with one body or one mind we are losing invaluable information. It is the nature of the ego to tell you that the way that you process reality is the best. I am here to tell you that God's understanding of what is the best way to process your reality is to use all levels of guidance.

In business if people would tune into their three body and four body system when they make major decisions, I am sure that their businesses would be much more successful with less costly mistakes. Their spiritual vehicle would tell them one thing, their mind another, their feelings something else, the physical body and instincts yet another thing. We so often limit ourselves by just focusing on our feelings, or just on our reasoning, or impulsiveness, or just on fatigue, or intuition. Why not access all levels of information and guidance that God has provided for you.

As you get more and more balanced you will find your three minds and four bodies working in harmony and unison, for one purpose and one cause which is to make you successful on all levels, to realize God, and fulfill your mission and divine plan on earth.

Your Emotional Body

An emotional focus upon life can be very positive in its positive aspects. It makes one very sensitive to beauty, the arts, nature, music, and dance. An emotional body focus in its negative aspects causes the person often to be on an emotional roller coaster, being constantly tossed around by the unstableness of the emotional body.

This is remedied by learning to use your personal power and will to pull yourself out of this at a time of crisis. This can be done through attitudinal healing, because it is our thoughts that are creating our feelings and emotions. This can be difficult to do for a person who has an emotional focus, because they are so habituated to accessing just the emotional body.

A person who is too emotionally focused must learn to analyze and logically process what is going on more. A helpful visualization to use when the emotional body is in crisis is to imagine a red ladder, which is symbolic of the will. In your visualization climb the red ladder to get out of the negative feeling or emotion.

Another tool is to immediately do some affirmations, or chant the name of God and visualize His form. The need here is to use your mental faculties to balance the emotional over-identification in that moment.

Another extremely helpful tool is to imagine the golden bubble of protective light around you. This bubble allows in God's love and guidance, and the love and guidance of the Ascended Masters. It protects you, however, from negative feelings from your subconscious mind and from the negative feelings and energies from other people and the outside world.

This golden bubble is semi-permeable in that it will let in the love and positive energies, but keep out the negative ones. Now in your mind's eye, open a little hole in the bubble from the inside and push out all negative energy or feelings that may possibly still be inside the bubble. Once they have been pushed out, then close the hole again and lock it shut.

Now from above, imagine a golden white light pouring in from your soul, Monad and God filling you inside the bubble with positive energy and positive loving feelings and emotions. Start every day with this visualizing and spiritual and mental armor. I guarantee you that you will find yourself much more stable and even minded, peaceful, and joyous.

Even the earth has four bodies. Have you ever thought about what the feeling body of the earth looks like? It has to do with its relationship to water, contrast a torrential rain storm, or a placid serene lake at sunrise.

Understanding your four body system can help you greatly to understand both romantic relationships and friendships. Think about your relationships with those people to whom you are closest and determine, in your mind, if they are emotionally focused, mentally focused, physically focused, spiritually focused, or a combination. By understanding this you will not try to impose your focus of identification on them.

Very often in marriages and romantic relationships, the man tends to be more mentally focused and the woman more emotionally focused. A lot of fights occur because each does not appreciate the gift you are bringing to the other. One could say that you are each disowned selves of each other.

One other fascinating continuation of the above mentioned thoughts, is the understanding that in reality it is the soul that is really learning when it is working with the four body system. What I mean by this is that the soul, as described in an early chapter, incarnates twelve personalities or soul extensions into physical incarnation.

Each of these soul extensions or personalities are experienced in simultaneous time, not in sequential time by the soul. If in one particular soul extension or personality it is trying to work out a particular emotional area and isn't succeeding, then it will work out that lesson through another of its soul extensions.

The soul may focus on a man in the Mayan civilization, and a woman in Lemuria, and another woman living in Los Angeles in the 21st century to work through this lesson. The soul learns through all twelve soul extensions simultaneously to achieve the soul realization it is looking for.

If one is having problems learning the lesson the soul is trying to learn through that personality, it will try to learn it through another. Finally through all these experiences of all twelve soul extensions, the four bodies become balanced and developed properly, so that one soul extension accepts the full expression of the soul, which is called the soul merge or third initiation.

This same process at a higher level occurs when one soul extension merges completely with the Monad at Ascension. So the soul literally uses the four bodies of each of its twelve soul extensions to learn.

To view spiritual growth from the perspective of the soul or the Monad rather than from the personality is quite an interesting process, I think you would agree. From the perspective of the soul, as mentioned earlier, we on earth as the soul extensions, are like the fingers on the soul's hand. If one isn't working properly it will just use another finger that is working. All the fingers are from the same body so it doesn't really matter which finger it uses to learn the lessons it needs to learn.

The Mental Body

Mass consciousness on earth is in the process of complete development of the mental body. This is because we are currently in the Aryan race and cycle whose focus is mental attunement. Atlantis was focused on emotional attunement, and Lemuria on physical attunement. Advanced humanity has already developed the mental body and is working already on the future Aquarian cycle with its development of the spiritual body.

The person who is identified with a mental focus very often gets so absorbed in this focus that they pay no attention to the emotional one. This can be like the stereotypical college professor who just pursues the intellectual area.

Someone who pays attention to the mental and spiritual bodies may be a highly developed occultist, but not focused enough on love and human relationships. Very often the person who is mentally focused will be less developed psychically and intuitively.

The danger of one who is over identified with the mental focus is to feel superior to the person who is emotionally focused and too immersed in this process. It is essential for the person to realize the equality of all four bodies. The same can be true for all the chakras. The higher ones are not better than the lower ones. The ideal is that all the chakras need to be balanced.

Balance and integration is the state of God realization. The person with a mental focus will seek to study everything, finding life so interesting, and always seeking greater knowledge. This is not bad, as long as it is balanced with the other four bodies.

Great scholars often forget their physical needs and cause themselves to get depleted physically because of this. The person who is over identified with the mental focus needs to use their will to shift this focus, and balance it with love and the needs of the inner child, and play and recreation time. To climb the ladder of awareness and evolve spiritually and fulfill our potential we must use all four bodies. The mental body on its own is a limited perspective.

One helpful exercise might be to let the mental and emotional bodies talk to each other, either out loud or in your journal writing, to help create a better balance. Then let the spiritual body guide the two of them with a voice also given to the physical body.

A person who is mentally focused has a million questions. They think about life and unblock it through creative intelligence. Each body needs to be instructed as to its divine role and its proper balanced relationship to the other bodies. I think you will find that all your four bodies will be happy to cooperate as long as each of them know that they have their balanced place in service of the divine plan.

When a problem or challenge arises, determine whether it is a physical, emotional, mental, or spiritual problem, or combination. See if the communication links between the four bodies is operating effectively. Try to determine how the four bodies can work together as one team to solve the problem in attunement to the soul's purpose.

In the earth's four body system the mental body of the earth might be looked at as the man made structures. For example, the pyramid, or skyscrapers and cathedrals are mental expressions of the earth. In another framework or way of looking at this,

the air element is part of the mental structure of the earth, as water is for the emotional body of the earth.

The Physical Body

The physical body is the part of self that functions here on earth. This vehicle, as with other bodies, only performs as well as it is cared for. If we don't feed it proper food and give it physical exercise, sunshine, fresh air, and recreation, it will begin to have problems.

Another thing the physical body needs is love. Very often we take the physical body for granted and do not recognize it as the divine being that it is. We do not thank it enough for the wonderful service it performs for us.

Many people choose to experience their spiritual lessons in life through the physical body in the form of illnesses and other types of dysfunctions. When this happens it is a gift and a teaching that is trying to tell us that we are out of balance in some way.

As mentioned earlier the physical body is a reflector or mirror of the state of functioning of our other bodies. If we have stomach problems this usually has to do with some emotional imbalance. If we have feet problems this has to do with our understanding. If we have headaches, this has to do with issue of control, either being too controlling or people controlling us too much.

When we truly learn to be balanced in our four bodies and learn to be guided and merged with our soul and later our Monad, the physical body literally will live forever. An Ascended Master can live indefinitely on earth as many of the Ascended Masters have proven.

In respect to the physical body it is very important to make sure that your energy intake valve at the top of your head is always open. This can be visualized like a funnel. If this valve is closed this is the cause of tiredness and fatigue. When the four bodies aren't balanced it takes a toll on the physical body, for the proper flow of energy is not feeding it.

Very often subconscious patterns get imbedded into the physical vehicle and body itself. Just clearing your thoughts is not enough. It is often necessary to physically exercise, or receive body work also to help move the pattern. We must work on all levels to clear ourselves, not just from the spiritual or mental level.

The physical body provides a point of focus on the earth for the soul to experience through. This provides a means for the soul to enter a school, and an entire new set of lessons, which can greatly accelerate spiritual growth. When a soul is not in a physical body, spiritual growth is much slower. If you knew what a great demand there was for physical bodies in the spiritual world you would probably respect the one you have much more.

The physical body also provides a grounding place for the soul from which to explore and to integrate what is learned on other levels. A person can not go through the initiation process without being in a physical body. When your mental and emotional bodies become imbalanced and this causes you to over-eat, or over-drink and obtain adequate exercise, the physical body becomes traumatized.

We must learn to treat the physical body like the divine being, and the divine partner that it is. It has intelligence, and can actually be communicated with, and will talk

back. It desires to be of service to you and the divine plan as long as you will give it the respect of making it an equal partner.

The four bodies are like musical instruments, each with a different vibration and tone. We must learn to weave these bodies together like a beautiful symphony. To always play just one instrument would be boring and monotonous. To play them all together in perfect balance and harmony, in service of the soul, and God's divine plan is something to behold and to listen to. This is what the Masters have referred to as the music of the spheres.

Many young people on this planet who are over-identified with the physical focus run and exercise, and physically play all the time. They are relating to life from a physical sense. Other people we know may spend their day physically exercising all day long, and don't spend enough time exercising their minds, emotions, or spiritual self. We must learn to seek balance and moderation in all things.

This example could be applied to sexuality. Some people over indulge in this energy and don't raise this universal energy from the second chakra to the other chakras and bodies. The lesson for us is to become whole and not fragmented, or function as an extremist.

It is ok for a short period of time to emphasize one of your four bodies in a little more focused manner (for example, writing a book, going on a vacation, going to a meditation retreat, or running and training to run in a marathon.) This is fine as long as the overall context of one's life is one of balance and integration.

Spiritual Body

The spiritual vehicle or body is the means by which we experience as an individualized portion of the Creator. It is the vehicle in which we begin our experience and then in which we are destined to complete our experience.

As we grow and evolve we ultimately drop the physical vehicle, then drop the emotional vehicle, then the mental vehicle, and eventually return to our spiritual vehicle. We drop them one by one until we return to the essence of our Self, our soul and then our Monad.

The other vehicles are our means of achieving this ultimate goal of Ascension. In order to achieve this goal the four bodies must be balanced and integrated properly in daily life on the earth plane in service of God's divine plan.

To become a master mechanic one must know how to take a car apart and put it back together almost blindfolded. We, as future co-creators with God at the highest level, must know how to take our four bodies apart and put them back together in perfect harmony and balance before we can ascend and become Masters. As we learn these lessons and this knowledge is absorbed back into the spiritual vehicle or body. We are then thrust forward into a higher level of awareness and spiritual expansion.

The spiritual vehicle, on whatever level of awareness we look at, is forever attuned to God. When we reach that level there is no more pain because there is never a point of losing focus on God. We suffer in our four bodies whenever we are out of harmony with God and God's laws on a physical, emotional, mental and spiritual law.

As long as we stay in harmony with God's laws on this plane we will not suffer. When we do suffer it is just a sign that we need to seek truth, and we have broken one of God's laws. This is not a punishment, but a gift. If we don't suffer, I don't think very many people would seek God. They would be satisfied being in a rut, thinking they were happy for eternity, not realizing what they are missing.

The small amount of joy that the personality can obtain through earth life is so infinitesimally small compared to the joy and love found in God and the spiritual path. Our suffering is like a gentle kick from God keeping us on the straight and narrow path towards the realization of God and service to mankind. This is what we really want anyway. The suffering is just a safeguard keeping us moving in the right direction.

The spiritual body encompasses and encases all of our potential which we are not yet able to use. The spiritual body is like a ladder we climb that is achieved by the interacting with the other bodies. We use our other bodies to climb the ladder of awareness to our full spiritual potential.

Each time we make a realization, we lighten up our spiritual body or light body. So a person who is clairvoyant can tell at what point a person is in their evolution by looking at the amount of light they are allowing in their physical, mental, emotional, and spiritual bodies.

Ideally the three bodies work towards the goal of the spiritual body, and the soul and Monad. As the soul merges into the four body system this brings even more balance, because the soul and later the Monad are incapable of any other response. It is only the negative ego in us that causes us to be out of balance. This is why the soul merge or third initiation is such a significant achievement in the person's evolution.

It means you have balanced your four bodies enough to achieve this merger, which helps to create even greater stabilization of the four body relationship. After the soul merge there is more energy and life force present on the physical level.

Summary

This has been a fairly in depth discussion of the four body system. For those of you who would like more information and study on this I would recommend that you contact the Tibetan Foundation.

The Christ Consciousness and How to Achieve It
"Forgiveness is the key to happiness."
A Course In Miracles

By
Dr. Joshua David Stone

Around 20 years ago a woman by the name of Helen Schuman channeled a set of books called, "A Course in Miracles". These books were written by Jesus Christ and then telepathically channeled to Helen much like the Alice A. Bailey books were channeled to Alice Bailey from the Master Djwhal Khul.

I can honestly say that in the last twenty two years these two sets of books have had a more profound effect on me than anything else I have ever studied. "A Course in Miracles" is basically a course in attitudinal healing. The basic premise of these books is that there are two ways of thinking or philosophies of life and only two.

Every person in the world falls into one or the other. There is the voice of the spirit or of the Christ, and then there is the voice of the ego. This could also be stated as the voice of your Higher Self or the voice of your lower self; the voice of the Self or the voice of the self; the voice of the big "I", or the voice of the little "i"; the voice of the Holy Spirit or the voice of glamour, maya, and illusion; the voice of the "Self" or the voice of the "not-self"; the voice of the Holy Spirit or the voice of the negative ego.

We are conditioned as children and by society to think and interpret life from the negative ego's perspective. This is why so many people are filled with so many negative feelings, emotions, and lack of inner peace.

"A Course in Miracles" teaches in a very systematic way, how to change and undo the negative ego's thinking, and how to hence think with your Christ mind. Did not it say in the Bible, "Let this mind be in you that was in Christ Jesus." Jesus, as we know, was a man and human being just like you and I, who became the embodiment of the Christ by becoming one with the Christ consciousness.

The Christ consciousness is not just for Christians. The Christ consciousness, the Buddha consciousness, the Krishna consciousness, God consciousness, and the consciousness of all religions are all the same thing. Many people have a lot of negative programming behind their religious upbringing. It is important here not to get caught up in the words, or semantics. It is also important to understand that whatever religion, or spiritual path you are on, I suggest you keep it.

The new religion of the future is the one that honors and recognizes all religions and all spiritual paths, for they all lead to the same place. The introduction to "The Course in Miracles" states: "This is a Course in Miracles. It is a required course. Only the time you take it is voluntary."

Free will does not mean that you can establish the curriculum. It means only that you can elect what you want to take at a given time. The Course does not aim at teaching the meaning of love for that is beyond what can be taught. It does aim, however, at removing the blocks to the awareness of love's presence, which is your natural inheritance. The opposite of love is fear, but what is all-encompassing can have no opposite.

A Course in Miracles, for most people, is a very difficult book to understand and read. One of my biggest purposes in writing this particular chapter is to take the essence of the Course's teaching and make it very easy to understand. Even if you never read "A Course in Miracles" you will get the essence of it in this chapter.

I know in my personal spiritual path and evolution, a chapter explaining and summarizing the course in simple to understand language, would have been very beneficial to me. I think you will find this chapter extremely illuminating. I have also expounded on the Course's teachings to make them more universalistic to all religions and all spiritual paths which a person may be exploring. I have also added many of my own ideas to give the reader a very complete understanding of what the "Christ consciousness" really means.

This course can be summed up very simply in this way:

"Nothing real can be threatened
Nothing unreal exists.
Herein lies the Peace of God."

A Course in Miracles is a required course, the introduction says. What this means is not that everyone has to study "A Course in Miracles", but rather everyone has to learn to think with their Christ, Buddha, Krishna, Elohim, Allah, or God mind. The Lord Sai Baba has said that the definition of God is that "God equals man minus ego."

You cannot pass your spiritual initiations and realize God without transcending the selfish, separative, fear based mind of your ego. The curriculum is set, and "A Course in Miracles" is just one form, or tool, for learning these lessons.

The Course does not aim at teaching the meaning of love for that is beyond what can be taught. It does aim at removing the blocks to the awareness of love's presence, which is your natural inheritance. This brings us to the core of "A Course in Miracles" teachings which is that God created us, and our true identity is the Christ.

In other words we are each sons and daughters of God, made in God's image. God is love so we are love. We don't have to become love, love is what we are. It is only the negative ego programming and conditioning that covers this in us.

We are each like diamonds with mud on us. Our path on earth is to clear away the mud so our true diamond nature can shine. Even Jesus said, in the New Testament, "Everything that I can do, you can do and more." I don't think He was lying.

The fundamental Christian church has misinterpreted His message. Sure Jesus was the son of God, but so are we. In the Buddhist religion you would say that we each are the Buddha. In the Hindu religion we each are the Atma, or Eternal Self. In the old testament the Jewish prophets said, "Ye are Gods and know it not." They also said "Ye are Gods and children of the Most High." David, in the Psalms, said, "Be still and know, I am God."

This is why "A Course in Miracles" introduction says, nothing real can be threatened and nothing unreal exists. Herein lies the Peace of God. Your true identity as the Christ or the Buddha, or Atma, or Eternal Self cannot be changed. That is how God created you. You can think you are something other than this but this does not change reality. You are the Christ, the Buddha, the Atma, the Eternal Self, whether you like it or not. The reason you have no choice is that you didn't create yourself, God created you. The spiritual path is really not trying to get any place, it is just the

reawakening to who you are. The second step being the practice of being your "Self" in daily life.

Where Did the Negative Ego Come From?

The negative ego did not come from God, it came from man's misuse of free choice. Man is the only creature that has the ability to think out of harmony with God. The fall that the Bible refers to occurred when we, as Monads, or individualized sparks of God, chose to come into matter. It wasn't the coming into matter that caused the fall, it was the over-identification with matter. It was that moment when we thought we were a physical body rather than a God being inhabiting or using this physical body.

In thinking we were a physical body, then came the illusion of separation from God, and separation from our brothers and sisters. Then came selfishness, fear, and death as real. From these faulty premises a whole thought system developed that was based on illusion, maya, and glamour.

We have spent hundreds of incarnations caught up in this illusion. The amazing thing is that what "A Course in Miracles" teaches is that the fall never really happened. We just think it did. The basic law of your mind is that it is your thoughts that create your reality. Your feelings, emotions, behavior, and what you attract and magnetize into your life all come from your thoughts.

Is the glass of water half empty or half full? Are you optimistic or pessimistic? Do you look at what happens in life as teachings, lessons, challenges and opportunities to grow, or do you look at things as bummers, problems, aggravations, irritations, and upsets? It is how you think, and interpret, and perceive that will determine how you feel in any given situation.

We have always been the Christ, the Buddha, the Atma, the Eternal Self, and have always been one with God. All of our negative egotistical thinking has not changed this one single bit.

A good metaphor for this could be relating it to dreaming. When you have a nightmare or bad dream at night and wake up from it you are relieved that it was just a dream. When you were dreaming it, however, it seemed so real. Well, I say to you now in this "holy instant", WAKE UP!!!

Wake up from the negative hypnosis you have been living in, thinking you are unworthy, unlovable, inferior, separate from God, powerless... In this holy instant wake and realize that you are the Christ, Buddha, the Atma, the Eternal Self. You have always been and always will be.

The great saint from India, Ramana Maharshi, said that the spiritual path is like a person who comes to Him asking His help in finding a necklace she has lost for the last forty years. Ramana Maharshi says, well, what's that you are wearing around your neck? The woman, all of a sudden, realized that she had been wearing the necklace all along. Well, that is how the spiritual path is. You don't have to find God, you already are God and have been all the time. It is the insane voice of the ego, or separative mind that keeps us lost in glamour, maya, and illusion.

Sai Baba says, "Your mind creates bondage, or your mind creates liberation." A lot of people down play the mind as though it were not important. As Sai Baba says, it is your mind and how you manage it that will determine if you achieve liberation or remain in bondage.

Heaven and hell are places but they are first states of mind. When the ego is your guide and teacher you are in hell. When the spirit and soul consciousness is your teacher, you are in heaven. Buddha, in His four noble truths said that all suffering comes from wrong points of view.

How do you interpret life? Do you interpret it from the negative ego's set of glasses or from the Buddha's or Christ's set of glasses. It is important to understand that you don't just see with your eyes, you see with your mind, through your belief systems.

The major work of the spiritual path is clearing out all the negative egotistical beliefs from the conscious and subconscious mind, and replacing them with the Christ and Buddhist and spiritual pattern. The rest of this chapter will get into more specific detail as how to do this.

The Authority Problem

The authority problem has to do with the core issue of who is the ultimate authority in life. The Course teaches that the ultimate authority is God, and it is God that created us. The ego tells you, however, that God doesn't exist because you can't see Him with your physical eyes, and hence He or It is the ultimate authority. Hence the ego tells you that you are just a physical body, not the Christ living in a physical body.

The ludicrousness of the ego is quite obvious, because God created us, and we created the ego, however we have been letting the ego be the ultimate authority. It is time for us to recognize and own our personal power and authority over our selves. It is time for us to gain mastery over our mind, our emotions, our physical body, and our ego.

It is not God's job to get rid of our ego, it is our job. We created it, so we can get rid of it. God could do it but this would be like giving birth to a child and doing everything for the child and adolescent. If we did this then the child and future adolescent would grow up to be completely incapable.

If God did it for us then we would be incapable, and there would be no reason to incarnate into this school called earth life. God doesn't need to learn these lessons, we do. One of the lessons of "A Course in Miracles" is that "my salvation is up to me".

God has already given us everything. It is we who have separated ourselves from God, by listening to the voice of the ego. In reality we have never been separated, however in our consciousness, or perception of reality we are. This can be easily changed by just changing our thoughts. The Bible says, "Be ye transformed by the renewal of your mind." "As a man thinketh so is he." Lincoln said, "A man is as happy as he makes up his mind to be." I think it was Emerson who said, "A man is what he thinks about all day long."

It is time for us to wake up and snap out of this self created hell of our own negative thinking. It is time to get in control of our subconscious mind and stop letting it push us around. It is meant to be our servant, not our master.

How is This Accomplished?

The process of accomplishing this attitudinal healing is, in actuality, very simple. What I would recommend is that you imagine that you are surrounded by a golden

bubble which protects you from the outside world and other people, and also protects you from your own subconscious mind.

In other words, I would like you to imagine that all of your thoughts, feelings, impulses, desires, images, are all out side of your golden bubble. All of what is termed the content of consciousness is outside of the bubble.

The idea then, is that every time a thought, feeling, or impulse arises from your subconscious mind, that you make it stop at the gate of the bubble, almost as if there is a guard there checking its passport. If the thought or feeling or impulse is positive, loving, spiritual, balanced, Christ-like, of God, then let it through the bubble and into your mind.

If the thought, feeling impulse, or desire is negative, egotistical separative, selfish, fear based, imbalanced, and not of God, then push it out of your mind. "A Course in Miracles" states, "Deny any thought that is not of God to enter your mind."

You must understand that the mind works like the physical body. If you want to be physically healthy you must eat good food. If you eat bad food or spoiled food you will get physically sick. The same thing applies to your mind. If you want to be mentally and emotionally, and spiritually healthy, you must let only positive God-like thoughts into your mind. If you let negative egotistically thoughts into your mind you will become mentally emotionally and spiritually sick.

It is not God or the Ascended Master's job to control your mind, that is your job. One of the most important principles of "A Course in Miracles" is to be "vigilant for God and His kingdom." Most people are not vigilant enough over their mental and emotional diet. They live on what I call automatic pilot. They are not conscious, aware, alert, over the thoughts, or feelings, they allow into their mind from the subconscious mind and from the outside world. Most people do not have enough detachment, spiritual discernment, or spiritual discrimination.

When you push a thought out of your mind, it can be likened to a plant that is not being watered. It withers and dies from lack of attention. After pushing the negative thought out of your mind the idea is to then switch your mind like a TV station to the opposite positive spiritual or Christ-like thought, feeling, and image. This is like a new seed that sinks into the soil of the subconscious mind and sprouts.

The law of the mind is that it takes 21 days to cement any new habit into the subconscious mind. After 21 days it will be automatic to think with your Christ mind. It will not even be difficult. It will be a "habit". A lot of people think that habits are always bad. They are not necessarily. The idea is to fill your subconscious mind with positive Christ-like habits and get rid of the egotistical ones.

Jesus, in the New Testament, applied these principles when He was walking with His disciples and one of His disciples started to complain. Jesus whirled around and exclaimed, "Get thee behind me, Satan!!!" He was saying no to the ego, which the fundamentalist church refers to as the Satan or the devil.

I cannot emphasize enough the importance of being vigilant. When people in the outside world are negative the idea is to keep your golden bubble up and let their energy slide off you like water off a duck's back, or let it bounce off like a rubber pillow.

Are You a Master or a Victim?

The spirit guides you to be a master - the ego guides you to be a victim. When you are in your master consciousness you fully recognize that you cause and create your own reality. You create everything. You create your thoughts, feelings, emotions, behavior, physical health, what you attract and magnetize into your life. This is based on the Hermetic law, "As within, so without, As above, so below."

That which you think and image within your conscious and subconscious mind will manifest its mirror likeness in your external circumstances. The outer world is a mirror of your inner world. Remember that we are co-creators with God, made in His image. God is not a victim and neither are we.

The microcosm is like the macrocosm. As you learn to get into control of your mind, you then learn to get in control of your feelings and emotions. Feelings and emotions do not just happen to us, they are created by how you think.

There are certain beliefs that cause certain feelings and emotions. When you learn to think with your Christ mind all of your negative feelings and emotions begin to disappear. There is a way of thinking that will bring you inner peace, unconditional love, joy, and happiness all the time.

Nothing outside of yourself causes you to think or feel anything. It is your interpretation, your belief, your perception of the situation that causes you to feel the way you do. For example, in the 1929 stock market crash, one person jumps out the window of a building and commits suicide. Another person loses a million dollars and says, "easy come, easy go".

Two people come to work and the elevator is broken and they have to walk up ten flights of stairs. One person curses and swears and the other says, "Oh great, an opportunity to get some physical exercise."

When you walk down the street do you see other people as just meaningless other physical bodies, or as brothers and sisters in a much larger spiritual family. As I said previously, you see with your mind, not just your physical eyes.

Your behavior is also caused by your thoughts and feelings. You never do anything that does not have an antecedent as some thought or feeling in either your conscious and subconscious mind. The idea is to completely clean out the subconscious mind of all negative programming. Later in this book I will dedicate an entire chapter to tools and methods for achieving this.

As you achieve this mastery over what Djwhal Khul has called your three lower vehicles (mental, emotional, and physical bodies) and control over your negative ego, you become in tune with the soul and eventually merged with the soul and the third initiation.

This brings you a Midas touch where everything you do turns to gold, because you are in harmony with God's laws. As you continue to evolve your attunement moves from the soul to be guided by the spirit of monad. You become fully merged with the monad at the fifth initiation and ascend at the sixth initiation. As this mastery is achieved you can program the subconscious mind to attract to you anything you need. The subconscious mind works on the law of attraction, magnetism and repulsion. The idea is to consciously program the subconscious with only positive, Christ-like thoughts which attract to you only positive things from the outside world.

Most people don't utilize the incredible power of the subconscious mind. I will delve much deeper into this in the chapter on integrating and balancing your three minds. This reprogramming is achieved through the process of "denial and affirmation".

The idea is to deny the negative thoughts and to be constantly affirming the positive spiritual thoughts. In the chapter on how to reprogram the subconscious mind I will give you all kinds of positive affirmations and visualizations to work with to achieve whatever it is you want to create and achieve in your life.

Sickness is a Defense Against the Truth

Anything you cause is the sickness or health in your physical body. Your subconscious mind runs your physical body. This can be clearly proved in the use of hypnosis. If our true identity is the Christ, then how can we get sick. God isn't sick, then in reality we can't be sick.

We get sick because of our belief in it and our indulgence in negative egotistical thoughts. Sickness is a defense against the truth because the truth is that we are the Christ and can't be sick. If we held this thought then the subconscious mind, which does whatever we order it to do, would keep us healthy.

This applies to the aging process also. If we didn't believe we had to age we wouldn't. Ascended Masters prove this in the fact that they can live in the same physical body indefinitely. Saint Germain did it for 350 years in Europe. Thoth did it for 2000 years in Atlantis and Egypt. Physical immortality is totally achievable because, remember, we are God.

I will say it still is important to physically eat well, and exercise, and follow God's physical laws until we reach that ascended state of consciousness at the sixth initiation. Many younger souls try to defy God's physical laws at a stage in their spiritual evolution where they are not yet able to walk on water. They will get to this point, however, until they do, it is most wise to respect God's laws on the physical, emotional, mental, and spiritual levels in a balanced fashion.

The spiritual path is a process. It does not happen in one instant. In one holy instant you can fully realize that you are the Christ, and you are God, however, this illumination must be demonstrated and grounded on the earthly plane and shared with others.

The spiritual path is not going straight up to God, it is rather attuning upwards, and then bringing that consciousness downwards back to earth. God's divine plan is to create heaven on earth. We are here as a bridge between spirit and matter. We are here to spiritualize the material plane.

The Holy Encounter

The holy encounter is a most exquisite idea that is presented in "The Course in Miracles". The holy encounter is the understanding that every time we meet another person in the world, it is a holy encounter. Each encounter with another person is, in reality, Christ meeting Christ, God meeting God. Every person you meet, whether you know them or not is God visiting you in physical form.

In reality this concept applies to animals, plants, and the mineral kingdoms also. Don't you see, that there is only one Being in the infinite universe and that is God.

God has incarnated into infinite numbers of forms. He is incarnated as you and as me, as the animals, plants, minerals, as everything. Everything has a soul.

Sai Baba has said that the fastest way to realize God is to see Him in everything and everyone. He also says if you want to find Him, Sai Baba, then see Him in your brother and sister because He is your brother and sister.

This can be clearly demonstrated in our language. When we speak we are always saying, "I feel this way", or "I am going to the market." Have you ever thought about what the "I" is? The "I" is the Godself, or the Christ or the Buddha or the Atma, the Eternal Self. No matter what words we speak in any given sentence, the "I" is the same for everybody. The "I" underlies the mental, emotional, and physical vehicles, or bodies. God is incarnated as the "Eternal I" in everything and everyone.

When you see a person on the street as just a stranger, you are seeing him or her from your "negative ego's eyes". The truth is, whether you believe this or not, that they are the Christ. If you don't see them that way you are removing the possibility of finding God for yourself.

You are not just doing them a service by seeing them in their true form, you are doing yourself the greatest service, for the world is a mirror of your own state of consciousness. By seeing your brother as a stranger you have lost God in yourself.

The Lord Maitreya has called this having right human relations. Jesus Christ said the whole law could be summed up in the statement, "Love the Lord thy God with all thy heart and soul and mind and might, and love thy neighbor as thyself." I would go so far as to say your neighbor is yourself. For God only has one son, and we are all part of that one sonship. We all share the same "I". How we see our brothers and sisters is literally how we are treating God and our self.

To see if you have got this straight in your minds, I would like you to imagine that you are walking down the street and there before you is your favorite spiritual Master. It could be Jesus Christ, Sai Baba, Djwhal Khul, the Lord Maitreya, Saint Germain, Kuthumi, El Morya, the Virgin Mary, Moses, the Buddha, Quan Yin... How would you treat them when you approach them on the street if you were walking towards Them?

Well, if you treat every person you meet in your life, be it the beggar, or street person, grocery clerk, the gas station attendant, your mother-in-law, or your husband or wife, any differently you are missing the mark and have more focusing of your consciousness to do. There is absolutely no difference between these masters and your self.

Jesus said it when he said, "Everything I can do, you can do and more." Our identity is exactly the same. The only difference is that they are doing a little better than we are at demonstrating it. Never give up, for as the great Paramahansa Yogananda said, "A saint is a sinner that never gave up." The Ascended Masters had to battle through exactly the same battles and lessons we are struggling with now. "The Course in Miracles" calls this type of perception innocent perception.

The Outcome is Inevitable

The outcome is inevitable that all of God's sons and daughters will eventually return home. Can God and the Christ lose against illusion and maya? If ever you get

discouraged you should ask yourself this. Can God and the Christ lose this battle? It is impossible!

Never forget the ego doesn't really even exist. It is even ridiculous to get angry at it for, in reality, it is not even there. It is nothing more than a bad dream, which you can wake up from any time you like. "Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God."

The outcome for all souls in this journey is inevitably a return back to the Godhead. It is just a matter of time. Even Hitler will eventually return home. He will have to balance his karma first, but he will return home also. The purpose of "The Course in Miracles" and the purpose of my book is to shorten the need for time.

We are living in a period of history where what formerly took fourteen years can be done in fourteen months. Never, in the history of this planet, has there been a greater opportunity for spiritual growth. The key is to commit yourself 100% to your spiritual path with all your personal power, and focusedness, and concentration, and you will be amazed at the transformation that will take place. Why delay for a future incarnation that which you can do now?

Sin Versus Mistakes

There are no such things as sins, only mistakes. The true definition of sin is , "missing the mark". Please understand the mistakes are positive, not negative. You don't go out of your way to make them, but when they happen you learn from them. When you make a mistake, stop and gain the golden nuggets of wisdom. Learn the lesson. Forgive yourself and go forward.

The spiritual path is like climbing a mountain. It is up four steps down three, up seven down six, up five down four. This type of progress is the way we all grow. Some religions look at sin as some stain on our character, or attribute some kind of original sin to us. This is ludicrous. We have no sin for we each are the Christ, the Eternal Self.

All mistakes are forgiven. "A Course in Miracles" states that, "Forgiveness is the key to happiness." God has already forgiven everything. It is we who need to learn to forgive ourselves and our brothers and sisters. Remember, no one has ever done anything to you, you have allowed it to be done to you, and if it happened, you attracted it or needed it for soul growth.

Unconditional Love versus Conditional Love

God would have us always practice unconditional love. The rational for this is that each person, in reality, is the Christ even if their thoughts, feelings, and behavior are not demonstrating this. Jesus said, in the New Testament, "Love your enemies". This is one of the true tests and initiations of the spiritual path. It is our lesson to be bigger than, to practice innocent perception, to practice forgiveness, for what we give is what we get back. If we want God, we must give God, otherwise we will not realize Him.

Everyone is God, however we are all not realizing God in our thoughts, feelings and actions. Earth is a school to practice realizing God in our daily life. So much of the spiritual path are the small things, like how you treat your neighbor when you walk outside to start your day. Conditional love places some condition on that person that they must meet to deserve your love. The ego tells you that you are hurting that

person and helping yourself by doing this. In reality you are hurting both the other person and yourself.

One of the basic principles of "A Course in Miracles" is to give up your attack thoughts. You are either loving or attacking. There are no neutral thoughts, the course states. When you are demonstrating conditional love you are unconsciously being attacking, and the other person, on an energetic level is experiencing that attack.

It is like an negative arrow that is piercing their aura. If they are weak or a victim this can affect them quite adversely, for remember, all minds are joined. Your thoughts are not contained in your physical body like a fence. In reality it is quite the opposite. The second you think about another person whether in a positive or negative way, that thought or feeling hits their energy field.

Your conditional love has also separated yourself from God. You are not separated in reality. You are separated within your own state of consciousness. Always remember that in every situation of life there is an appropriate response and an inappropriate response, By how you respond you will realize God, or not realize God in that moment. If you make a mistake, then stop, gain the golden nugget of wisdom, learn the lesson, forgive it and "choose once again".

By staying vigilant and focused over time, you will begin to develop a habit of being unconditionally loving. In every situation of life you can ask yourself, "Do I want God or my ego in this situation?" If you sincerely ask yourself this, who could choose the ego? Practice makes perfect!!!

Top Dog / Under Dog versus Equality

The ego will tell you that you are superior to everyone else or you are inferior to everyone else, or both. This is truly a hellish state of mind to live in and it is amazing how many people are unconsciously trapped in the ego's game. Spirit tells us that we are all equals because we all are the Christ, in truth. People may be at different levels of demonstrating this truth, however the "I" in you is the same as the "I" in me.

Whenever you find yourself comparing yourself with any person, the ego has a grip on you. You never want to compare with other people. You only want to compare yourself with yourself. If you look at the progress you have made within yourself only and not against others I am sure you will feel good about yourself.

Whenever the top dog, or under dog dynamic comes up within your mind do what Fritz Pearls, who coined these terms, said to do, "Laugh it off the stage." The Course calls this owning our grandeur, but not our grandiosity.

The Meaning of the Crucifixion

In the text of "A Course in Miracles" Jesus gives a fascinating account of the true meaning of the crucifixion. What He says is that the crucifixion was nothing more than an extreme lesson of love and forgiveness. He was not dying for our sins, because we do not have any sins.

What He was demonstrating was that, in even the most extreme of lessons, where a person can imagine being whipped, beaten, tortured, crucified, and killed, one could remained loving and forgiving. For didn't He say, "Forgive them, Father, They know

not what they do." He went through this most extreme lesson so no one could say that my lessons are much worse than Jesus' lessons.

He went through this most extreme challenge to prove to us that forgiveness is possible even under these most extreme circumstances. If Jesus, the Christ, could do it under these circumstances, then certainly we can forgive our mother-in-law, or boss, or parent, or friend, or business partner.

Love Finder or Fault Finder

The spirit would have us see the positive and the good, and the innocence in people. The ego as our guide and teacher has us seek and see the negative. The ego does this to put other persons down in order to make itself feel good.

The spirit's philosophy is rather a win/win philosophy, not a win/lose philosophy. Why can't we all win? Isn't this a better way to live, where we are all winners?

You will see what you look for, and you will see where you put your attention. See fault and judgment, and you are, in reality, giving that to yourself, for what you see in another is just a mirror, of your own state of mind. See God and only love and blessings and that is what you give to yourself. Whether you see it or not, that is what is there, for that is what God created.

Your faulty perception doesn't create truth, it just is the reality you will live in. See the glory of what God would have you see. If you see fault, then you are creating separation from your self, God and your brother. Spirit would guide us to remain in a state of oneness at all times, for all is God.

In the New Testament Jesus said, "Judge not that ye be not judged." "He that hath no sin, cast the first stone". "Don't try to take the speck out of your brother when you have a log in your own eye." The log that Jesus speaks of is the log of ego and the lower self.

Perception versus Knowledge

All forms of perception, according to "A Course in Miracles" is a type of dream. God would guide us, however, to live and experience the happy dream of the Christ consciousness which is a perfect mirror of that state which Jesus calls knowledge. By living the Christ dream or perception, Jesus says there is a translation into pure knowledge that will inevitably take place.

Atonement

Atonement or at-one-ment is the process of undoing the ego and returning it to the at-one-ment of spirit. The Holy Spirit, and/or soul serves as our guide along with the Ascended Masters.

Teachings and Lessons, versus Bumpers and Problems

It is important to realize that everything that happens in life is a teaching, lesson, challenge, and opportunity to grow. Edgar Cayce referred to this when he said that everything that happens is a stepping stone for soul growth.

Paul Solomon has said that the proper attitude towards everything that happens in life is "Not my will, but thine. Thank you for the lesson." Everything that happens in

life is a gift. It wouldn't be coming to us if we didn't have something to learn. Everything that comes to us is our own personal karma and is something that we have set in motion either in this lifetime or a past lifetime. Our lesson is to welcome it, own our personal power and deal with it appropriately.

Personal Power versus Powerlessness

A spiritual master and God realized being remains in a state of personal power all the time. Most people own their power only in an emergency, or when they have to go to work. If you don't own your power it becomes projected. You give it to other people or your subconscious mind.

In my personal opinion there are two keys to psychological health. One is to own your personal power, and the second is to have self love. If you don't own your power you can be run by almost anything in the universe. This includes disincarnate spirits, other people, weather, biorhythms, the Dark Brotherhood, your ego, thoughts, feelings, emotions, desires, impulses, your physical body, past life karma, and mass consciousness.

I hope you can see the danger of not owning your personal power. Edgar Cayce has said that your will or power is the strongest force in this universe. You have heard the saying, "An idle mind is the devil's workshop." Most people have consciousness but don't have personal power. The extended use of personal power is self discipline which a lot of people don't have, either. You will never progress on the spiritual path without personal power and self discipline.

Your power is an attitude or state of mind that you need to cultivate every morning to start your day. This enforces your ideals. Part of owning your power is being decisive in whatever you do, even if you make the wrong decision. At least then you are not stuck in indecision. The old saying goes, "piss or get off the pot, fish or cut bait."

Cayce occasionally referred to personal power as positive anger. Anger is ego, however there is enormous power in anger which should be channeled into positive anger, or positive personal power. Earth is a difficult school, and we must be very tough in life or we can easily get overwhelmed. We must be like spiritual warriors. The proper attitude to have in life is tough love.

In the Bhagavad Gita, which is the story of Krishna (the Lord Maitreya). Arjuna, Krishna's disciple, is on the battlefield about to fight the evil enemy's army, when he completely loses it psychologically and falls into his ego. Arjuna is the head of the righteous army of men, and they are all depending on him.

Krishna, Arjuna's charioteer and spiritual master, begins to lecture Arjuna on the folly of his ways in giving into his ego and losing his power and control over his energies. Krishna illuminates Arjuna into the spiritual mysteries much as I am attempting to do in this book, when he makes my favorite statement in the entire Bhagavad Gita. Krishna says, after his long speech to Arjuna; "Get up now, and give up your unmanliness. Get up and fight. This self pity and self indulgence is unbecoming of the great soul that you are."

Arjuna was awakened by Krishna's spiritual discourse and this statement and reclaimed his personal power and led his men victoriously into battle. Krishna's statement applies to each and every one of us in our daily lives.

To Have All, Give All to All

To have give all to all is a message of the Course, for what you have, in reality, is what you give. What you are holding back from your brother is what you are holding back from God and yourself. To have all you must give all, for, in reality, you are and have everything already. You have always been this and always will be this. It is only your belief in your ego as your guide and teacher that has made you believe anything different.

Only Two Emotions

The Course teaches that there are only two emotions, love and fear. All other emotions return to this basic core. Fear is of the ego, and love is of the spirit. When a person indulges in attack thoughts this causes them, by the Law of Karma, operating within their own mind, to live in fear. If you attack you will be fearful because you will expect other people to attack you, which will cause you to be afraid. If you live in love, then by the Law of Karma you will expect love in return.

The Course teaches that an attack is a call for love. We need to see beyond, or through the attack to the fact that the person who is attacking is really living in fear. Fear is an indicator of lack of love, lack of self love, lack of allowing oneself to experience God's love. Doesn't the Bible say, that "Perfect love casteth out fear."

The Past and Future versus the Eternal Now

One of the profound realizations I had in studying "A Course in Miracles" was understanding about what the past and future really are. If you think about the past, what is it? It is a memory. What is a memory? A memory is an image in your mind. What is an image? An image is a thought. So what this means is that the past is totally under our control for it is nothing more than images or thoughts in our mind and our thoughts and images are totally under our control

The same applies for the future. The future is nothing more than thoughts and images in our mind that are of a positive or negative nature. This determines whether we are worried or excited about it. This means that our future is totally under our control.

All that really exists is the now. We no longer have to be victimized by our past or by a worrisome future because it is all within our own mind. The proper attitude towards the past is to gain the golden nuggets of wisdom from the mistakes and from what we have done well, and then bring forth the positive memories we choose to keep and get rid of the rest.

In terms of the future, the proper perspective is to plan for the future in a creative way that serves us and then leave the rest to God. Edgar Cayce said, "Why worry when we can pray." I would add to this and say, "Why worry when we can pray, own our personal power, and do affirmations and visualizations to attract and magnetize everything we need."

In this holy instant, I am the Christ, you are the Christ. We are one with each other and we are one with God. The fall never really happened, we just thought it did. We have and are everything, for we are God. The prodigal son and daughter has returned home, for God never took anything away. We are and always have been as God created us, perfect Christs. He has just been waiting for us to reclaim our inheritance, which has always been our own.

The Two Most Important relationships

The two most important relationships in your life are the relationship to Self and your relationship to God. In actuality, your relationship to self is even more important than your relationship to God. If you are wrong with yourself and allow yourself to be run by your ego, then you will project this wrong relationship to self onto everything in your life including your relationship to God.

This is the cause of the angry Old Testament God in the Jewish religion. It is also the cause of concepts like original sin, the idea that we are lowly sinful worms, and the judgmentalness and self righteousness of the fundamentalist religions.

This has also occurred in the Islamic religions to a certain extent. This is what happens when the ego is allowed to interpret the scripture. It is the game of telephone over 2000 years. The Masters like Jesus, Mohammed, and Moses said one thing and the disciples who were not at their level, over 2000 years made what they actually said completely distorted. There is no judgment in this, it is just a simple statement of fact.

Attachment Versus Preference

The ego has us become attached to everything. As Buddha said, "All suffering comes from our attachments." This is quite a profound statement by Buddha, for what He is saying is that if we give up all our attachments we no longer have to experience suffering at all. Again it isn't the outside thing that causes the suffering. It is our attachment and addiction to outside things that causes our suffering.

The spirit guides us to have preferences rather than attachments. An attachment is an attitude that causes us to get depressed or angry or upset if it doesn't come about. A preference is an attitude in which you are happy either way. You prefer to go to the movies but if it doesn't work out you will be happy either way.

This is a profound concept I am sharing with you. If you would up level all your attachments you would find instantaneous peace of mind. Some spiritual people believe that they are not allowed to have preferences and I would say that this is a faulty belief on their part.

It is very important in life that we have our preferences and that we go after our preferences with all our heart and soul and mind and might. However, if they don't come about it is important to set it up in advance in your mind that you will be happy either way. By doing this, happiness becomes a state of mind rather than a condition outside of self.

The happiness that so many are seeking lies in a certain perspective towards life. We are born with it but the negative ego programming blocks the awareness of our natural state which is joy.

The Transcendence of Duality

One of the basic teachings of all Eastern religions is the transcendence of duality. Duality could be another word for describing ego. The ideal is to learn to be even minded and in a state of equanimity all the time. This is achieved regardless of the ups and downs of life.

The ideal is to maintain this even-mindedness even when you have; profit or loss, pleasure or pain, sickness or health, victory or defeat, praise or criticism, good weather or bad weather. Again, it is OK to have your preference, but if it doesn't happen your baseline is joy and inner peace.

The Job Initiation

The Job initiation is a test every one goes through at some point in their spiritual journey. It is really the ultimate test of your spiritual faith and righteousness in God. The story of Job tells how Job was a righteous man of God who had a family and children, a big ranch, and material wealth.

One day Satan came to God and said, "Sure, Job is a righteous Man. You have given him everything. Take away his wealth and let's see if he remains so righteous." God said, "I have confidence in Job. Take away his wealth." Satan did so and to Satan's consternation, Job remained righteous.

Then Satan sheepishly came back to God and said, "I am impressed! However, let's take away his wife and children and see if he remains so righteous." God said, "So be it." Job's wife left him and took the kids and got a divorce. Amazingly enough Job remained righteous. Satan was really shocked now and returned to God and said let me try one more test and trial and if he passes this I give up and I will declare you were right all along.

Satan said, "For this final test let me take away his physical health." God said, "OK, you can take away his physical health, but you can't kill him." Satan agreed and Job's health was taken away. He had terrible boils and was tired. He didn't feel well at all. This was the straw that broke the camel's back for Job and he completely lost his righteousness.

He became angry and bitter and depressed. His friends tried to cheer him up but he would have nothing of it. Job's attitude was that he was a righteous man of God and a good person, and look at the trials and tribulations he was going through. This state of affairs lasted for a number of years when finally one day, in a quiet moment a whirl wind of light came to Job and entered his crown chakra and God spoke to Job.

God shared with Job that this had all been a test of character, virtue and righteousness in God. He explained that anyone can believe and worship God when things are going well, but how about when things are not going well and all outer supports have been stripped away.

Job heard the truth of what God was saying, just as Arjuna had been awakened by Krishna in the Bhagavad Gita. Job said one of the most moving statements in the entire bible then:

"Naked I came from my Mother's womb,
Naked shall I leave,
The Lord giveth and the Lord taketh away,
Blessed be the name of the Lord!"

Job had regained his righteousness. His health returned. His wife and children returned. His wealth returned by one hundred fold. Job went on to say, "Even if I should die, I will remain righteous in the Lord."

I think the meaning of this story is quite obvious . I would venture to guess that a good many people reading this book have gone through some form of the Job initiation. never forget that what happens to you in life is a spiritual test of your character and righteousness in the Lord.

Look at what Jesus went through. No matter what your challenge is, I challenge you to keep your faith and righteousness, be it health challenges, or money challenges, or a death, or a relationship ending, or mental or emotional challenges. Hold on to your personal power and your ideals and your faith, for did not Jesus say, "Be ye faithful unto death and I will give thee a crown of life."

Optimism versus Pessimism

The spiritual attitude of life is to remain optimistic at all times. You can take a person with a good attitude and put them in the worst situation and they may be bummed out for a little while, but they are going to get happy again. On the other side of the coin you can take a person with a bad attitude and put them in the best outer situation a person can have and they will be happy for a little while, but they will get bummed out again.

Part of the purpose of life is to spread joy and happiness. Sickness can be contagious if people are victims and have low resistance. Since so many people live in a victim consciousness, why not victimize them into joy and happiness. The purpose of life is to spread this joy, happiness, love, goodwill, and blessings everywhere you go so that when you leave this place the world will be a better place for your having been here.

The Ego's Purpose versus the Spirit's Purpose

The ego's purpose of life is basically hedonism, pleasure seeking, gratification of carnal desires, power in a top dog sense, material wealth, control over others rather than control over self. The spirit's answer to this is the Biblical statement, "So what that you gain the whole world but lose your own soul."

The spiritual purpose of life is to achieve liberation from the wheel of rebirth, and to realize God, to become an Ascended Master, to be of service to mankind. Did not Jesus say, "The greatest among you is the servant of all." The spiritual purpose in life is also to be happy and to enjoy oneself, in a balanced relationship to spiritual growth.

"The Course in Miracles" states that true pleasure is serving God. I know that this is true for myself. As long as I am serving God I am happy. To me everything is serving God, as long as I do whatever I do with that intent.

Poverty Consciousness versus Prosperity Consciousness

The ego's interpretation of life is that of lack, and that there is never enough. The ego teaches that money is the root of all evil, or it does a reverse and says it is the answer to all problems. The ego is quite hateful by nature, and sends a message of total lack of self worth, guilt, and undeservingness of prosperity and money. The spirit sees the universe as abundant with plenty for everybody, and no need for negative competition.

The spirit's attitude is that a person can be the richest person in the world and most spiritual simultaneously. Money, in and of itself, is divine. It is how one uses it that determines whether it is good or bad. The spirit guides people to love money and to

make as much as possible so that it can be used to make physical changes in the earthly world for a spiritual purpose.

The more money you have the more you can give to charities, or start more spiritual centers and institutions. A person who has prosperity consciousness knows they can make money or get a job, or manifest a business and opportunities whenever and wherever it is needed. There are many people in this world who are millionaires but have a total poverty consciousness, and will probably eventually lose the prosperity they have because of it.

Who is more prosperous, a woman living in the ghetto with seven children, who has total faith in God to provide her with everything she truly needs, or a multimillionaire who is stingy, and worries about money constantly, who back stabs clients and competitors constantly? Millionaires who have prosperity consciousness talk about losing all their wealth, but not worrying because they knew that they could earn it all back again.

You are prosperous when you truly know that God, your personal power, and the power of your subconscious mind are your true stocks and bonds and financial security. Who cannot find a job or make money even during a recession when God, the creator of the infinite universe, is helping you, and when you, with your full personal power and power of your subconscious mind, are helping yourself.

Can God and the Christ, who you are, not win every battle? As the Bible says, "If God be for you, who or what can be against you?" "I can do all things with God and Christ who strengthen me." With this power and faith you can manifest whatever it is you need. You are prosperous because your power is in God and in the application of God's laws for your benefit.

Death versus Eternal Life

The ego believes in death because the ego believes you are your physical body rather than the soul inhabiting the physical body. The ego is right about one thing, and that is that the physical body will die. The only problem is you are not that physical body, you are the Christ and the Eternal Self living in the physical body.

The physical body is your temple and instrument for you to communicate on this earthly plane. When you are done with it, you will immediately translate into another dimension of reality. What dimension you translate to will be determined by how much soul growth you achieve in this lifetime. Death is an illusion, as everything the ego says, is an illusion.

Anger and Depression versus Peace of Mind

The feeling of anger stems from the ego's interpretation of life and is usually caused by one of four attitudes in my experience. The first faulty attitude that causes anger and depression is attachment and addiction. When your attachment isn't met this causes upset and anger.

Secondly, anger and depression is caused by not looking at what is happening to you as a lesson, teaching, gift, and as a spiritual test. Look at the areas in which you are feeling anger and I think you will find this to be true. Thirdly, I find that people get angry and depressed when they don't have their bubble of protection up and hence allow themselves to get victimized by another person's negative energy.

The fourth cause of anger and depression is a definition of anger I learned from Paul Solomon who defined anger as a loss of control and attempt to retain it. Whenever you lose your personal power, mastery, and control over yourself and fall into what I call an underdog or victimized state of consciousness which has been caused by listening to the voice of your ego, then your ego will flip from the underdog back into the top dog (or anger) to get back in control anger is really a loss of control that feels like one is getting back in control.

As I have already mentioned there is a lot of power in anger and ideally this angry energy instead of being blocked should be channeled into personal power and beneficial actions and activities. When this is done properly, this is called positive anger.

Depression is the state of consciousness of just giving up. Whenever you give up in life you will get depressed. Of all the negative attitudes of the ego, giving up is probably the worst and most dangerous. If you give into this evil game of the ego, all defenses of the conscious mind against the ego are laid down and the ego is able to gain total control.

The most important thing in life is to never give up. As the "I Ching" constantly says, "Perseverance furthers success". You must have spiritual tenacity and what Cayce called long-suffering, if need be.

There is no need to suffer in life, however, if you are suffering keep praying, and affirming and visualizing what you want. Keep powering it out and seeking an answer. For doesn't the Bible say, "Seek and ye shall find. Knock and the door shall be opened." God helps those who help themselves. God will do His part, however, we must do our part. Together God, our personal power, and the power of the subconscious mind are an unbeatable team.

Gratitude versus Taking Life for Granted

The ego's attitude is one of taking people and life for granted. The spiritual attitude is one of constant gratefulness and thanksgiving. The spiritual attitude is one of humbleness and humility. It can be summed up in the Biblical statement, "But by the grace of God go I."

The Bible also says, "After pride cometh the fall." We each have so much to be grateful for everyday. All we have to do is watch the world news and see all the terrible things that are going on around the world and see how incredibly blessed we are to be living in the United States, with a healthy physical body, with family and friends.

For those of you that have handicaps and limitations for the moment, the spiritual attitude is to focus on what you can do instead of what you can't do. I have always been moved by Saint Francis who was the Ascended Master Kuthumi in a past life. He apparently had terrible physical health problems he had to overcome and live with his whole life, and yet he became one of the most revered Christian saints.

Mother Teresa has terrible heart problems and yet she spends her life serving and helping others. Every person on the planet has a weak spot of some kind. For some it is physical, some emotional, some mental and some spiritual, some environmental or financial. We are here to valiantly try to overcome these dragons and be grateful for the grace God has bestowed upon us. For remember, even the bad things that happen are really gifts and spiritual tests, blessings in disguise.

God never gives us more than we can handle. Change your attitude and welcome your lessons and challenges with a smile and with strength. When a challenge comes, make yourself bigger than it instead of allowing yourself to grow smaller. Thank God for it and pray for His help in overcoming it.

Rejection versus Not Meant To Be

The ego will have you interpret the end of a friendship or relationship as one person winning and one person losing, hence a rejecter and a rejected. This is not the spiritual interpretation. As mentioned previously there are no winners and losers, only winners. If a relationship ends the spiritual attitude is just that it is not meant to be any longer and you both leave winners. I'm OK and you're OK, hopefully in forgiveness and unconditional love.

Guilt versus Innocence

The ego tries to make you feel guilty for your mistakes or sins as it tries to call them. The spiritual attitude is that you are instantly forgiven. There is no need to hold the past against yourself in punishment. There is no need to punish yourself. It is not necessary.

The idea is to just recognize you made a mistake and learn from it. The spiritual attitude states that you are always innocent. The Course suggests that when you make a mistake of some consequence, pray to the Holy Spirit and/or your soul or God to undo the consequences and results of that mistake. The Holy Spirit will be happy to do this for you, and then you don't have to worry about it.

Personal Surrender versus Personal Power and Surrender Simultaneously

The ego's attitude is to either own the power and control and never surrender to God, or it totally surrenders to God and has the person not take responsibility and own their power. The spiritual attitude is to own one's power and to surrender simultaneously. It is imperative to own your power otherwise you are going to be overwhelmed by the subconscious mind. It is also essential to surrender to God and the soul, or Monad as our teacher.

In doing these both simultaneously, the three minds begin to function as one mind in perfect integration balance and harmony. This will be explained in greater detail in the chapter on the three minds and balancing the four bodies.

Ego Sensitivity versus A Centered Spiritual Attitude

Ego sensitivity is that tendency within an individual that tends to get hurt, rejected, put down, or feel inferior, at times when there is no discernible reason for this to be happening. This occurs because of a person's lack of personal power, self love, lack of bubble of protection, lack of one's right relationship to self and right relationship to God.

When a person is run by their ego, there is that tendency to project those motives onto others that are not, in reality, even there. A good example of this is the life of Jesus Christ. All He did is love and heal people, yet so many wanted to crucify and kill Him. Their egos interpreted Jesus attacking them when, in reality, this was not the case. He was the embodiment of love.

Because they interpreted attack, their victim consciousness caused them to feel put down or defensive and they attacked back. We all know people like this who get defensive or hurt or feel put down even when we didn't even do anything. A person like this needs to be treated with extra love and tact until their self concept can be rebuilt to become more sturdy. It is important to realize that when you are centered you can't be hurt because you let the other person's attack slide off your bubble. You respond instead of reacting. You are more detached. You don't let other people cause your emotions, just as you wouldn't drink poison if someone hadn't given it to you, physically. The same is true psychologically. You don't take the mental or emotional poison into your system.

You still may communicate your feelings to the other person, however you do it as an observation and a preference rather than being victimized by their statement and hence, lashing back in attack and anger. You don't want to let other people be the computer programmer of your emotions. You want to be the computer programmer of your own emotions.

No one can make you think, feel or behave in any way you don't choose to. You are not an effect, you are a cause. You are not a victim, you are a master and a co-creator with God. You can just choose to feel good and since our thoughts create our feelings and emotions, you immediately feel good.

Since it is your thoughts that create your reality, why would you want to create anything but joy, happiness, unconditional love, and inner peace. When you think with your Christ mind as opposed to your ego mind this is exactly what happens.

Security versus Insecurity

The ego creates insecurity because it teaches you to find your security outside of self in people, possessions, houses, money, family and so on. The only true security that cannot be taken away from you is security that is grounded in your personal power, God, the power of your subconscious mind and God's laws.

Loneliness versus Being Alone

The ego causes you to feel loneliness because it has you seek your wholeness in another person instead of finding your wholeness first within yourself and in your relationship to God. We are never really lonely when we are in our spiritual attitude because we are whole within self and one with God.

We also are in our proper relationship to our inner child. The inner child is given the proper ratio of firmness and love. The inner child, hence, feels loved and protected. Loneliness is a sign you have fallen into the under dog, or inferior state of consciousness and are seeking to fill this space with another person instead of with self and God which is what is really needed.

The same thing is true of the feeling of abandonment. If you are whole within self and one with God, and your inner child is taken care of before bonding with another person., then the feeling of abandonment isn't there when they leave.

Jealousy occurs when we bond out of this lack of wholeness and right relationship to self and God, and then compete for a known or unknown competitor. The spiritual attitude is to put out your preference in your relationship and surrender it to God. If it is meant to be it will happen, if not, it is not meant to be.

Another fact is that when you bond with another person from the state of consciousness of being right with self and right with God first, issues of cheating and infidelity and commitment can not arise in the same way because of the integrity of the individuals involved. If they do, it probably means you are with the wrong individual if they don't experience the sanctity of the bond you have.

"A Course in Miracles" Books

"A Course in Miracles" books are made up of a lesson book, a teacher's manual, and a textbook. The lessons book has one lesson a day every day for an entire year. The idea is to never do more than one lesson a day. It is kind of like the daily word, from the Unity Church, however, more specific and systematic in its purpose.

You can go slower but never faster with these lessons. The beginning lessons are designed to break down the old negative ego belief system, and the later lessons are designed to build in the Christ pattern of consciousness. I would recommend starting the lessons and reading the teacher's manual.

The teacher's manual is very easy to read. The textbook is very difficult to read and it is important not to get bogged down reading it. Most people, I find, don't have the patience or fortitude to get through it. It is well worth reading, however, if you do get bogged down then just focus on the lessons and they will give you an experience of the material.

This book is actually giving you a very good theoretical base anyway. Reading this book first will actually make "A Course in Miracles" a lot easier to understand.

Other Suggestions

If you would like to learn more about egotistical versus spiritual thinking, I have a couple of other suggestions. The first suggestion I would make is to read Jerry Jampolsky's books. He has written some easy to understand books about the teachings of "The Course in Miracles". The three that I remember most clearly are:

"Love is Letting Go of Fear"

"Teach Only Love"

"Say Good-bye to Guilt"

Lastly, Marianne Williamson has two books out and many very good tapes about "A Course in Miracles" which I would recommend.

I do not consider myself an orthodox "Course in Miracles" person because I am involved with so many things, and I also attempt to bring it into a little more of a psychological context than a spiritual or religious one. There are many, many people who are now involved with "A Course in Miracles" and each teacher organizes and presents the material in a different way.

I personally, try to integrate "A Course in Miracles" rather than totally identify with it in some areas. "A Course in Miracles" is kind of like the light at the end of the tunnel. The only problem is that 98 percent of the planet are not at the end of the tunnel yet in their evolution, so I personally feel there is a little bridging help that is needed and that is what I have attempted to do in this chapter.

Following is an in-depth list of all the spiritual attitudes and qualities, counterpoised to all the negative egotistical attitudes and qualities. This list also can be referred back to when a lesson has arisen and the ego has been triggered.

Ego Attitude Spiritual Attitude
 Attack...Fear Love!
 Selfish Selfish-Selfless Balance
 Holds Grudge Forgiveness
 Top Dog / Under Dog Equality
 Competition Cooperation
 Judgment Spiritual Discernment
 Guilt Innocence
 Self-Righteousness Personal Opinion
 Fights Universe
 bummers amd problems Teaching / Lessons / Challenges
 Pessimistic Opportunity to Grow / Optimistic
 Insecurity - Self Doubt Self-Confidence
 Powerless - Out of Control Personal Power - Self Mastery
 Anger and Depression Lessons - Emotional Invulnerability
 Attack - Defensive or Hurt Love
 Neediness, Dependency Preference - Want
 Victim - Effect Master - Cause - Chooser - creator
 Self Pity Takes Responsibility
 War School
 Learn karmically; of hard knowcks Crows by state of Grace; the easy way!
 Subconsciously run Consciously Run
 Impatient Patience
 Suffering Joyous and Happy
 Reacts Responds
 Vulnerable Invulnerable Emotionally
 Sin Mistakes
 Attachment Involved Detachment
 Laziness /Procrastination Discipline
 Jealous Whole and Complete - Non attached
 Law of the Jungle What you sow, You Reap
 Demands Asks
 Moody /Bad Moods Good Mood all the Time
 Self-Punishment Self-Love and Forgiveness
 Mistakes / Negative Mistakes / Positive
 Lamp Shade Over Light Light!
 Ego sensitivity Unchanging Self Worth
 Must Prove self to Obtain Worth Worth / Spiritual Inheritance
 Mud on Diamond Diamond
 Giving is Losing Giving is Winning
 Stealing is gaining Stealing is Losing
 Rejection Remaining Centered / Whole
 (is not meant to be!)
 Self-Centered One Team
 Intimidation Uses Power Appropriately
 Automatic Pilot Consciously Creating Life
 Over-indulgent and under indulgent Balance, Integration, Moderation
 Run by Past thoughts and future fears Now/Present Centered
 Lonely Finds wholeness in self
 Stranger Brothers and Sisters
 Embarrassment No Judgment

Selfless (martyr) Selfish/Selfless Balance
 Gossip Remain Quiet if you have a Judgment
 Seeks Approval or Control States Preference and Accepts
 What Other People Think Inner Directed, Non Conformist
 Worry / Anxiety Faith, Trust in Self, Higher Power and Laws of Universe
 Indecisive Decisive
 Envy Happiness and Joy in Another's Abundance
 Attached to Other People's Lessons Responsible only for your own lessons
 Comparisons Not Insecure, Inner Directed
 Undeserving Deserving
 Sickness Perfect Health
 Sexuality (with no feeling or emotion of love) Sexuality (love, caring, intimacy and pleasure)
 Poverty Consciousness Prosperity Consciousness
 Arrogant and Proudful Humility, Humble and Grateful
 Sullen, Serious, Over-involved Humor, Objectivity, Perspective
 Fault Finder Builder and Lifter of Others
 Rebellious or Conformist Inner Directed
 Curses Blesses
 Scattered Focused, Purposeful
 Fear of Failure or Success Successful
 Aggressive Assertive
 Harsh Gentle
 Emotional Roller Coaster Emotional Stability
 Disorganized Organized
 Bored Not Enough Time in the Day
 Abandonment Whole, Complete Within Self
 Sadness and Grief Involved Detachment (not meant to be)
 Disappointment Involved Detachment
 Rationales and Excuses Self Honest-Tough Love
 Immature Honesty Spiritual Honesty
 Folds up Under Tension / Lesson Carries Tension or Lesson
 Needs Center Stage or Hides in Fear Center Stage, Neutral, Back Stage at
 Appropriate Time
 Conditional Love Unconditional Love
 Inappropriate Response Appropriate Response
 Rejecting Accepting
 Lessons as Punishment Lessons As Gifts
 War Zone, Dog Eat Dog World School for Spiritual Evolution
 Total Power, No Surrender, or Total Surrender, No Power Power Plus Surrender
 Limited Unlimited or Limitless
 Intolerant Tolerant
 Conflict Peace
 Illusions Truth
 Hypocritical Honest, Consistent
 Despair Hope
 Closed-Minded Open Minded
 Distrustful Trust and Faith in Self and Others
 Defensive Defenseless, Nothing to Defend

Soul Psychology as Compared to Traditional Psychology
"Matter is the vehicle for the manifestation of soul on this plane of existence, and
soul is the vehicle on a higher plane for the manifestation of spirit."

Djwhal Khul
As Channeled By Alice A. Bailey

By
Dr. Joshua David Stone

This chapter is a very interesting chapter and a very important one. It is a chapter that I am particularly qualified to write, given my experience in this lifetime. As you know, I have a Ph.D. in transpersonal psychology and am a licensed marriage, family, and child counselor.

I have gone through traditional psychological training while being steeped in my spiritual studies. Adding to this, both my parents, step-mother and sister are also all in the field of psychology. I have grown up with it, lived, breathed, made my living at it, and have been surrounded by it my entire life. Because of this I have a lot of very strong thoughts and feelings about the entire field in general.

The first thing I want to say is that even though I practice soul psychology, which also might be called spiritual or transpersonal psychology, I have a lot of respect for the field of traditional psychology. I learned a lot in my traditional training and am glad I have the foundation or base.

The problem is that the field of traditional psychology is very limiting. The way I look at it, it is kind of like a horizontal graph that goes from one to one hundred. Zero might be considered the level of consciousness of a retarded person, and 100 being that of an enlightenment being or an Ascended Master.

Traditional psychology will take you maybe up to level 30, however, never any farther even if you go five times a week for the next fifty years. The reason for this is that traditional psychology, and I speak in the broadest sense of the term, is 98% devoid of soul and spirituality.

When I went through my B.A., M.A., and Ph.D. programs the way psychology was taught was to throw hundreds of different psychology theories at you, and there was absolutely no understanding of which ones were correct or which ones false. The reason for this was because no one teaching the classes knew.

Every professor had his pet favorite. Your job as a student was to try to develop some understanding of all of them and, on your own, pick the one you happen to like and that is how you ended up doing therapy and living.

The problem comes in the fact that none of them are true, really. They are all what I would call slivers of truth. Maybe if you put them all together you would have a half truth. The problem is compounded because each theorist thinks they have the whole truth.

In my first book, I spoke of the three levels of self actualization. There is the personality level, the soul level and the Monadic level. Psychology, at absolute best (and even this is debatable), will help you to achieve personality level self actualization. There is the 30% I spoke of. Traditional psychology cannot help you to

gain soul self actualization or Monadic (spiritual) self actualization because they don't even recognize the existence of soul or spirit.

Of the hundreds of different theories I studied in school, I can only think of three that were of a spiritual orientation. Those three were Jungian psychology, Abraham Maslow, and Robert Assagioli. I will start with the last one first.

Robert Assagioli was an Italian psychologist who developed psycho synthesis. This is one of the few forms of traditional psychology I think is really worth studying. Even though I very much respect the work, he was never once mentioned in all the books I studied going through all my formal education. He is basically completely unheard of in the field of psychology in terms of college and post graduate education.

Maslow, although mentioning the value of spiritual aspect of life, wrote very little on the subject. He was well known for studying healthy people instead of sick people which was a major breakthrough in the field.

Carl Jung was the only famous traditional psychologist who broke away from the pack and integrated a spiritual aspect. He was truly a great catalyst in the field. He recognized the ideal of the "self", and broke away from Freud's fixation on sexuality. He was a master of dreams and believed in reincarnation although didn't really advertise the fact.

I greatly respect his work and recommend reading it. The problem is that although Jung was a great catalyst to the field, even his work was quite limited when you compare it to the fuller understanding of soul and spiritual psychology that we know of today. I will speak more on Jung later in this chapter.

One of the basics of soul psychology is that there are two ways of thinking in the world. You can think from your negative ego mind, or you can think from your soul or spiritual mind. Traditional psychology is basically a form of psychology that is trying to heal oneself within the negative ego's web. One cannot truly heal themselves unless they fully transcend the negative ego. Was it not Sai Baba who said, "God equals man minus ego."

Traditional psychology has absolutely no idea that it is our thoughts which create our reality. It does not see that there are two diametrically opposed ways of interpreting reality. By definition this is impossible for them to see because there is no integration of the soul aspect. It is because of this that they see life through a paradigm or set of glasses that the negative ego is wearing.

Traditional psychology may be able to help you to see better through those glasses, however, you will never truly be able to see unless you take off those glasses and put on your Christ consciousness or soul consciousness glasses. The negative ego has infiltrated every aspect of our society, religion, traditional medicine, our prison systems, and all institutions on the planet... including psychology.

Now here comes the major problem. You have tens of millions of people who are graduating from college and post graduate work, getting degrees and licenses, who are completely ill qualified to be doing therapy or teaching psychology in our schools. They have, for the most part, not even stepped onto the path of initiation.

You can't truly understand psychology unless you have integrated the soul. Traditional psychology does not have the slightest clue that our thoughts create our

reality including our emotions. Traditional psychology believes that negative emotions are unavoidable, and a normal part of living.

Traditional psychology teaches victim consciousness. They have no understanding of the chakras, the soul, the spirit, the negative ego, intuition, higher mind, abstract mind, or the real purpose of life. They don't even, for the most part, understand how the subconscious mind really works or how to reprogram it.

Again, I want to emphasize that I am not saying that traditional psychology has no value. It does have some initial value. If it can lead a person to personality level self actualization that is a great thing and nothing to shirk at. The problem is that very few forms of traditional psychology do lead to this point, and I will explain why later in this chapter.

The real problem comes, in that many people seek help which is good, but stay stuck in traditional psychology for endless years upon years, and don't really move that far beyond their initial impetus or beyond, maybe, the first year's work. They can't because it is not within the theory they are working with or within the consciousness of the therapist to take them any farther. How can the therapist lead you to enlightenment and self realization when he or she hasn't even taken the first initiation?

The problem for the average person is that there are not that many spiritual counselors around. The average person who has a religious orientation might consider going to their church or temple to receive counseling. I am here to tell you that that would probably be even worse than traditional counseling. Traditional religion is as filled with the contamination of negative ego as the field of psychology. What kind of guidance would a fundamentalist minister give the average couple seeking counseling?

The truth of the matter is that we need more new age spiritual counselors. There are a lot of them but they are unlicensed. In other words they haven't gone through traditional schooling. The average person can't accept this, in fact, is often warned against it.

In my opinion for the most part, I think they are much more qualified to do counseling than your traditional professional psychologists who have no relationship to soul. This goes completely counter to the views of the average materialistically minded person. They could not imagine how that could be possible. The spiritual people who take the traditional route, in my opinion, are extremely contaminated intellectually by the time they get out.

There are very few people who do not get overwhelmed and confused by all the psychological theories that are thrown at them. In this chapter I will briefly go through some of the main ones and try and compare it to the view of soul psychology.

In summary, there is nothing wrong with going to a traditional therapist for a time. It can be of great value in getting your personality under your control if it is the right person. At some point you need to get out, however, and find a spiritual teacher to take you the rest of the way, or you will never get beyond that 30%.

Traditional psychology, ideally, can be looked at like a pie, each form of psychology being a slice of the pie carrying some small slice of truth. I suggest being an eclectic and integrating all of them. Then add to that, soul psychology and spiritual

psychology which is the other 70%. Then you will have a truer understanding of what Djwhal Khul has called "Esoteric Psychology".

This is the true future of psychology. Psychology, as it is now being practiced, is still in its infantile stages, or what might be called the dark ages. Twenty to thirty years from now there will be a complete revolution in the field. Just as the soul is not integrated into the study of psychology in college and post graduate work, the same is the case in all forms of education, politics, sociology, sports, and in every aspect of society.

The human kingdom has sought to create a world that separates the soul and spiritual realities of life and holds them separate from the world in which it lives. A good example of this was communism. Here was a political theory devoid of God. This is why it had to fail.

In truth, our political system is only a little bit better. They speak of God, however politics is completely run by the negative ego. Look at the corruption, the negative campaigning, the legalized bribery, the total and complete bipartisanship of the members of the democratic and republican parties. Their God is what is right for their party, not what is right for the world and all people.

What I am trying to show you here is that the extraction of soul from the field of psychology is not unique. There is not one field of study, or one institution on our planet in which this has not been done in the exact same way including religion. The human kingdom has separated itself from the kingdom of souls, or the kingdom of God. There will never be any true sense of happiness, inner peace, enlightenment, and understanding until these two kingdoms merge together.

This chapter is an attempt to merge the "psychology" of the kingdom of God, with the psychology of humanity. When this is done people can heal themselves completely in months, which traditional psychology takes years to do.

The Limitations of Traditional Forms of Therapy

Most of you reading this book are more advanced, so I don't see any need to go into each form of traditional therapy in depth and explain what they believe. What I am going to do here is attempt to go into the different forms of therapy with what I would call the "sword of discernment", from the perspective of the soul and spirit, and attempt to show you each method's strengths and limitations. As with all my writing, in all my books I try to go right to the core and essential teaching and not waste time with a lot of nonessential information and words.

Psychiatry

Let us begin our discussion with the different modes of therapy people go to, and contrast them to soul psychology. Psychiatry is a "nightmare". I hate to be so blunt and don't mean to be critical, however, if I am going to bring through the sword of discernment this is the truth.

The psychiatrist is a medical doctor who receives, in truth, very little training in psychology. The average psychiatrist's form of therapy is a "valium". Take two of these and see me three times a week for 200 dollars a session. The common psychiatrist has been trained in Freudian therapy, which will take three to five sessions a week for the next twenty years. You may think I am being humorous and I am, however there is much truth to what I am saying.

The only form of therapy worse than this one is when the medical doctors get hold of you and give you "electrical shock therapy" to snap you out of your depression. To say this is barbaric is the understatement of the universe and it is still being done, my friends.

In the average psych ward, the patients are so filled with drugs that it would take years just to cleanse their physical bodies, let alone their minds. Their care is custodial at best. Many of these patients are having valid spiritual experiences, which the doctors interpret as hallucinations.

In truth it is the doctors that are having hallucinations, and the patients are often tuning into real spiritual realities. The care of the mentally ill in our society is a travesty of the highest order. Medical sense is so unclear that they actually think they are going to heal your mind, psyche, and soul with a drug. They have no concept of the inner realities and causes of life.

Behaviorism

This is the second worse form of therapy. Their belief is, again, the complete worship of material science. They see people as nothing more than "rats". There is no such thing as free choice. They believe we are totally shaped by our environment. Positive reinforcement and negative reinforcement govern all. Of all the slivers of the pie metaphor of which I spoke earlier, they carry the thinnest, merely a grain of truth.

It is true that the environment affects us, especially at earlier stages of evolution. To not see any form of inner reality and to say we are no different than the third kingdom of animals is quite disturbing, to say the least. I am sorry to say that this is the main form of psychology in all the schools in the United States.

It is only the clinical departments that deal with counseling, that break away from this mold. All the research departments are completely governed by this theory. The psychologist who invented it, B. F. Skinner, actually kept his child in a box and tried to raise him like this. Can you imagine!

Humanistic psychology

In the clinical department of the greater field of psychology as a whole, I would intuitively guess that 70% of the field practices this form of therapy. Humanistic psychology is the "worship" of feelings. You go to therapy and "get out your feelings". You get out the batatas and smash the pillow who is your (husband or wife), express your anger, and have a good cry.

The therapist is so proud of you for letting your emotions out! The key word is "catharsis", and if you will excuse my coarse metaphor, it is kind of like emotionally throwing up. Now the amazing thing about this form of therapy is that you do feel better when you leave the session, this is a fact. The only problem is since there is absolutely no understanding or teaching that it is your thoughts that create your reality, your mind builds it all back the next day. It is a feminine based psychology which ultimately makes you a victim of your subconscious mind and emotional body. I speak from personal experience on this one.

There is nothing wrong with having a catharsis and I am the first to admit the value of such a process. You can not, however, base your entire therapy on this, which humanistic psychology does. There needs to be training as to how your thoughts are

creating your feelings and emotions. There also needs to be an integration of the spiritual aspect of life which is missing from this form of therapy.

One extreme example of this type of therapy, to really bring this home to you, has to do with a former client of mine. I saw her for around six months and when she "graduated", she was doing really great and feeling very good. This continued for about a year, until one day I received an emergency phone call from her and she was in terrible shape.

She came in to see me right away and I asked what was wrong. She told me that she had been doing fantastically well for the last year, then about a week ago her girl friend asked if she wanted to go to a workshop called "rage weekend". She ended up going, and the idea of the weekend was for every person to have a catharsis and express their rage.

People were swearing and cursing up a storm when it was finally my client's turn. The "problem" was that she was not feeling any anger or rage, she was feeling very joyful and peaceful. I had trained her to own her power and to cause her own reality. I had trained her in the science of attitudinal healing and how to see life from her Christ consciousness rather than her negative ego consciousness.

Not being run by her ego, she didn't have a lot of anger. She was happy and had even-mindedness. The people in the group thought this was impossible, so they all kept attacking her until she finally broke down and started to cry. They did not let up until she got angry.

By the time I got to her she was a mess. I explained to her what had happened, and why it happened, and also explained to her that she had to be a little more discriminating about the kinds of workshops she would attend in the future, given her spiritual orientation. She quickly got the lesson and we patched her up better than ever, and a little wiser.

The encounter groups of the sixties, which are still going on, are also a product of this type of psychology. The idea is to share your feelings at any cost. It does not matter if you are unloving, or you are attacking or hurting someone. As long as you are getting out your feelings, everything is "wonderful", most definitely an Atlantean form of therapy, (emotionally based). It might be good for someone who is controlled and too polarized in their mental body for a short period of time, if the right person or group were found. Otherwise its value is quite limited.

Cognitive Psychology

If humanistic psychology is Atlantean based, then cognitive psychology is Aryan root race based (mental attunement). Cognitive psychology is unique in that it is the only form of traditional psychology which teaches that it is our thoughts that create our reality. This may be hard for some of you to believe, but this is the truth.

There are many very good ideas and tools in this form of therapy, and it definitely gets some results. The limitation is that the soul or spirit is missing from their systems, nor do they go all the way in understanding that our emotions are caused by our thoughts. They do say we cause our reality but they do not implement it to the point of seeing that we don't have to experience negative emotions if we don't choose to.

Let's say that this form of psychology is definitely a step in the right direction. It might be especially good for a person who is too emotionally polarized and needs to develop their mental body. I want to make it clear now that when I make subtle recommendations, like this I would not choose any of the forms of traditional counseling over a good spiritual counselor who has a good overall complete understanding.

In a sense, I make these recommendations for people who might not be open to seeing a spiritual counselor, because they are not yet at that level of evolution in life, so they must see someone who only works on the personality level, and not on the soul, and spiritual level.

For even a spiritual person who is more spiritually based, who is being victimized by their emotional body, reading some books on cognitive psychology might be very appropriate. Unfortunately this is a system that is not taught in traditional colleges or universities very much.

Freudian Psychology

This form of psychology, as time goes on, is getting less and less attention, although in the past has been very strong. Again a lot of the psychiatrists seem to gravitate to this form. Freud definitely has his place in history, and came up with some important concepts, however he was very fixated at the second chakra level.

His theories were also totally cut off from soul and spirit. A person who goes to see a Freudian analyst, in my opinion, is going to get very screwed up. As mentioned earlier they will probably have to go to therapy three times a week for twenty years.

A great co-dependence is created between the therapist and patient, and the therapist will lay all their Freudian philosophy onto the person's reality. If they didn't go in with sexual problems and problems with their outer and inner parent, they will have them when they get out.

They will also have a lot less money in their bank account. Freudian psychology is not of no value, but in my opinion, can take a person from level one to ten on a 1 to 100 scale. If they go for fifty years five times a week they will never get any farther, because it is not within their theory to take you any farther.

Jungian Therapy

Jungian therapy, of course, was started by the famous Swiss psychologist, C.G. Jung. He was a contemporary and student of Freud for a while but broke away because of Freud's fixation with sexuality being the cause of everything.

Of all the forms of "traditional psychology" I would give this form the "highest marks". This form can take one higher than the 30% I spoke of because it is "spiritually" based. Jung has a vague understanding of the Eternal Self, although not a complete understanding as someone like Djwhal Khul would teach.

Jung was in the ball park. Jung had an excellent understanding of dreams. He intimated a belief in reincarnation in his autobiography, although he didn't advertise this. He strongly believed in God, which is refreshing when you're having to study all these traditional therapies going through school.

Again I say, the best word to describe his contribution was, he was a fantastic catalyst to the field. It is very easy to get stuck in Jungian psychology, for the people who are really into it operate a little bit like a cult, although I am sure Jung would turn over in his grave at this. I speak from experience because my parents were Jungian therapists and I saw what they had to go through dealing with the Jung Society in Los Angeles.

We all know what happens with people form organizations around a certain set of teachings. This is not a criticism of Jung, but rather a commentary on what has been done to his teachings. This happens to all spiritual teachers including Jesus, and Buddha.

The limitations of Jungian psychology is that even though it is most definitely moving in the right direction, and is most definitely spiritual in orientation, it is not a complete understanding. For example there is no understanding of the difference between negative ego thinking and spiritual thinking. There is, in fact, an erroneous concept of having to own your shadow. Many people are caught up in this false teaching.

If God created us, then we are made in His image which is Light and Love. If we have a negative or shadow side it comes from our misuse of free choice, or thinking with our ego mind instead of our Christ mind. The ideal is to not own your shadow or negative ego, but rather to die to it. This is why Sai Baba says; "The definition of God is, God equals man minus ego". Buddha said that all suffering comes from our attachments.

We experience negativity because we think negatively. Think with your Christ mind and you will experience joy, happiness, unconditional love, and inner peace. When you feel negatively you can always trace it back to a negative thought coming from your negative ego. Die to your negative ego, and you die to the creation of a negative reality for yourself.

Other limitations of Jungian psychology, are that they don't teach affirmations, visualizations, or how to reprogram the subconscious mind. There is no real inner child work, and no focus on prayer or meditation. A person who stays only focused in Jungian psychology will most definitely progress, but will not go all the way.

Another example of what I am saying is in the fact that Jung did not teach unconditional love. One will not realize God, if they do not realize unconditional love. Again, I do not mean to be critical of Jung, for I have the utmost highest regard for the contribution he made to the field.

On the other side of the coin I see many people getting stuck in the school of Jungian teachings and limiting themselves. I would very much recommend to anyone the reading of his books. I even am very open to people being in Jungian therapy, as long as they will also study and work with other things.

An example of what I am trying to say here is that if you compare Jung's teachings to Paramahansa Yogananda's teachings they are not in the same league. Jung was not a self realized spiritual master. If your goal is self realization and ascension, then you must have a teacher who is self realized or ascended.

Definitely take advantage of Jung's teaching, for they are great, however, they are not in the same league as Sai Baba's teachings, or Djwhal Khul's teachings, or

Yogananda's teachings on spiritual psychology. Integrate Jung into your eclectic stew, don't totally identify with him. That is what I am trying to say.

I see a great many people totally identified with him and in my opinion they are holding themselves back. On the other side of the coin this is what they may need for a while in their evolution to take them to the next step. I am just suggesting that when they reach that point, to not hold onto the old form, and to take the next step for it will lead to that which Jung couldn't teach, and that is the state of bliss, unceasing joy, unconditional love, enlightenment, and ascension.

Gestalt Psychology

Gestalt is another school of traditional psychology that is quite interesting. I speak from experience in dealing with this one because I was in Gestalt therapy for a number of years, myself, when I was younger. Fritz Pearls, the founder, was quite dynamic and many brilliant minds have built upon his theories.

It is a more feminine type of psychology as opposed to a masculine type. Gestalt psychology sees no inherent structure to the mind. Gestalt therapy is very much into experiencing everything first before dealing with the mind. They tend to be a little bit "anti-mind".

This school of thought was probably a needed backlash to the over emphasis on mind in some other theories. My favorite thing about Gestalt psychology is what, Fritz Pearls said, "When the top dog or under dog come up within your mind, laugh them off the stage." This was quite an astute statement for without a complete understanding of what he was saying, he was talking about transcending the negative ego which no form of traditional psychology has ever addressed.

Gestalt therapy deals with a lot of role playing which can be a very effective tool. When dealing with a dream, instead of talking about it you were asked to act it out literally. I once had a dream about a tarantula and made the mistake of telling my gestalt therapist. He had me climbing around his office as a tarantula spider. I am being funny here, but in truth, I got a lot out of Gestalt therapy, compared to other forms I tried.

It would definitely be a good methodology for someone who is too intellectual and uptight. The limitations are quite evident, also. It is, in my opinion, too feminine in its approach, and needs to find the male/female balance.

An example of this is the anti-mind and seeing absolutely no structure to the psyche. They have gone to the other extreme. Maybe it was an appropriate pendulum swing, but ultimately to achieve self realization, every person needs to be fully balanced. Gestalt psychology is also not integrating the soul aspect and spiritual aspect.

People have said Pearls, himself, was quite ordinary and even nasty at times. He definitely did not believe in unconditional love. This probably would have been too constricting for his teaching. Pearls definitely made a great contribution, and if this type of therapy is used scientifically, for the right adjustment needed to find personality level self actualization, it can be of some great value.

All these different therapies I am sharing are leading towards personality level self actualization. My complaint is that they don't lead to soul level self actualization, and then Monadic level or Spiritual level Self actualization. If what I am saying here is

kept in the proper perspective then you can see how gestalt therapy or some of the other therapist can be of some value and use.

Carl Rogers

Carl Rogers was considered one of the great humanistic psychologists. His type of therapy was called client centered therapy. This type of therapy is very non-directive. He believed the client had all the answers and all one had to do is give unconditional positive regard, and practice "active listening".

My personal feeling about this is that I very much like his idea of unconditional positive regard. He was basically practicing and teaching unconditional love, and he should be commended, for this was a major breakthrough in the field of psychology.

His method of thinking that the client had all the answers and letting the client run the sessions, in my opinion, is a serious mistake. Most clients, by definition, are totally run by their emotional body, negative ego, subconscious mind, and desire body. I believe a therapist is a teacher, in truth. there are definite things that a client needs to learn to get their life together.

Rogers' practice of active listening was to repeat back whatever the client says, "I am pissed off at my wife." then Rogers would say, "so you are angry at your wife". It wouldn't be bad if he did this a couple of times in the session, but therapists are taught to do this constantly which would drive me nuts.

This type of therapy is a back lash or pendulum swing, from the Freudian and other types of therapies where the therapist talks too much and gives too much advice and doesn't listen enough. In my opinion, in Rogers' original theories he went too far to the other extreme.

This, of course, was his beginning writings. An interesting side note, of which many people are not aware, is the fact that in Rogers' later years he moved into "transpersonal" psychology, which is the traditional word for spiritual psychology.

Alfred Adler

Adlerian psychology is practiced by those who consider them-selves social psychologists. Adler had some good ideas. He saw the purpose of life as striving toward mastery and perfection, which is right on. He also saw the purpose of life as moving from the self centered viewpoint to a more socially useful viewpoint and activity.

Here Adler was clearly moving out of the negative ego thought system whose core is selfishness and separateness. I very much commend him for this. The only problem is that he didn't quite go far enough. In a complete spiritual understanding, the purpose of life would be to move from the self centered view point to the soul and spiritual centered viewpoint, not just social viewpoint. This is where the theory stays on the humanistic plane and doesn't take the step to the soul level.

It is most definitely a step in the right direction. Adler dealt very much with the issue of needing to own one's power, and the need to get out of the superiority and inferiority complex.

Adlerian psychology was not very often taught in school, and this is unfortunate, for he had a lot of good ideas. Have you noticed that all the good theorists don't seem to

be taught in school. In my estimation traditional school is 90% behaviorism and humanistic psychology, although, in more recent times this may be beginning to change.

Family Systems Psychology

This is a form of psychology that many of the marriage and family child counselors are trained in. It is an interesting theory in that the family is looked at like a functioning personality in and of itself. Any change of behavior on the part of a family member, causes a repercussion in the entire family system.

Instead of dealing with the individual psyches of each individual the family systems therapist seeks to make adjustments in the family system. If the child, for example, is having a problem the family therapist may not even deal with the child, but deal with making adjustments in, let's say, the parent's marriage. That adjustment may then heal the child.

As you can see, there is some truth to this. The problem is that, in my opinion, they have gone too far to the other extreme again, in the sense of not dealing enough with the individual psyches of the people involved. The ideal, in my opinion, would be to work both with the family system and with the individual psyches of each member of the family.

Again, each theory brings a sliver of truth in from the entire pie. These different theories seem to branch up because some other theory went too far in the other extreme. My suggestion is to stay in the center of the pie and not go to any extreme. Integrate all the different points of view and then you have a more "self" realized or whole understanding.

Transactional Analysis

This theory was developed by Eric Burns. It is based upon dividing up the personality into the parent, adult, and child. It is a very simplistic model, however. For someone who is just beginning their path of personality level, self actualization it can be a very helpful model to begin integrating the personality.

Ideally it would be nice if they could add to their live model, a Higher Self, and/or soul, but, of course, this is not the case. Although it is a very helpful model for some beginning students, it is too simplistic for my taste. I do like this model better than Freud's id, ego and super-ego. I think, compared to Freudian psychology, it is a much clearer understanding.

The False Holistic Theory

This is a theory of psychology that I have termed myself. I think it is unknown to most people because most people are either caught in it or have a whole bunch of theories in their mind that they are unsure about. The false holistic theory as I define it is the belief that you need to balance the light and dark aspects of yourself.

Many reading this may be nodding your heads saying, "This sounds all right. I think we are supposed to do that." Well, I am here to tell you that you are not here to do this. Yes, you are here to balance the feminine and masculine parts of yourself. And you are here to balance the heavenly and earthly aspects of yourself. You are also here to balance all your chakras and four bodies as well as all aspects of yourself.

There is only one thing that you are not here to balance however, and this is the key point that very few people in this world understand. You are not here to balance negative ego consciousness, and Christ consciousness. You are here to get rid of and die to the negative ego. That is why Sai Baba says the definition of God is that "God equals man minus ego." Sai Baba is referring here to the negative ego.

It is even true that you need to balance and integrate your ego and your spiritual side. You are not here to balance negative ego thinking and Christ thinking. This is the essence of Sai Baba's teachings, "The Course in Miracles", Buddha's teaching, and in truth, all the teachings of all the Self Realized Masters.

Many people who are caught in the false holistic theory think that you have to balance everything. If you disown anything that it will come back and bite you on some level. This is not true. Remember, it is your thoughts that create your reality. The negative ego is, in essence, fear, selfishness, and separation.

We are not here to balance fear and love. Does not the bible say, "Perfect love casts out fear." We are not here to balance separation and oneness. We are here to live in the oneness. It is the negative ego that creates all the negative qualities such as hatred, revenge, jealousy, lack of self worth, false pride, depression, low self esteem, inferiority complex.

You are not here to balance hatred and love. You are not here to balance inferiority complex and a high self-esteem. You are not here to balance lack of self worth and self worth. God created us and our true identity is the Monad, the Eternal Self, the I Am Presence. Does not the Bible say, "Ye are Gods and know it not."

Does God experience hatred, revenge, jealousy, lack of self worth, false pride and depression? Of course not. Where do these qualities come from if God created us? They come from misthinking on humanity's part. They come from thinking with your separative, fear based mind, instead of your oneness, love based Christ mind. Does not the Bible say, "Let this mind be in you that was in Christ Jesus."

To realize the Christ consciousness you have to get rid of the negative ego consciousness. As the "Course in Miracles" says, "There are no neutral thoughts." Every person is either egotistical in their thinking or spiritual in their thinking or a mixture of both. The ideal is to obviously be spiritual.

When you achieve this state of thinking and perfection of reality you are loving, joyous, happy, even-minded, and peaceful all the time. Did not Buddha say, "all suffering comes from your attachments." God does not suffer so why should we if we are made in His image and likeness. We are here to become the Light, to become the Love, to realize God.

As Sai Baba says, you will not achieve God realization unless you die to your negative ego which is fear, separative, and selfish consciousness. Die to this lower self way of thinking and be reborn to your Higher Self way of thinking, and then you will realize God.

This is the main curriculum of the spiritual path, regardless of which path or teacher you choose to follow. Contrary to what other people will tell you, you do not need negative emotions. They are created by your mind. They do not come from outside of yourself or from your instincts. They come from your interpretation, perception, and beliefs about reality. You are seeing your own movie. Did not Buddha say, in the four noble truths that all suffering comes from "wrong points of view." Think with your

God mind which is Light. That is why it is called en-light-enment. It is not called en-dark-enment. We are not here to balance happiness and suffering. We are here to live in happiness and the light all the time. This is the mastery over what Djwhal Khul has called the dweller on the threshold. The dweller on the threshold is the embodiment of glamour, maya, illusion, and negative ego.

This form of psychology, which am sharing with you, has also been called "transpersonal psychology" in the traditional field. Trans-personal psychology is the new wave of the future. In the next thirty to 100 years the field of psychology will be completely revolutionized by this coming new wave. This book and many others like it are antecedents and the beginning stage of this coming revolution.

Pitfalls and Traps on the Path of Ascension

"Glamour is not dispelled by paying close attention to it. It disappears by the power of clear and steadfast meditation, and the freeing of one's self from self attention"
Djwhal Khul

*As Channeled By Alice A. Bailey

By
Dr. Joshua David Stone

In my travels through life as a spiritual teacher, spiritual psychologist, and disciple on the path, I have become aware of many of the pitfalls and traps of the spiritual path. I consider myself somewhat of an expert on this subject for I have fallen into most of them.

I highly recommend you meditate and concentrate very deeply on the following list. Although very short on words, they are profound in insight. My purpose in sharing these with you is to save you suffering, karma, and delay in your path of ascension that comes from not learning these lessons. The spiritual path is very easy on one level, and incredibly complicated on another.

There are glammers, snares, and traps that the negative ego and dark forces provide every step of the way. Making mistakes and falling into these is okay. My concern is helping you to not stay stuck in them for extensive periods of time. and in some cases for many lifetimes. With this brief introduction I will begin.

Traps, Snares, and Pitfalls of the Spiritual Path

1. Giving your personal power away. (This applies to giving it to other people, your subconscious mind, to your negative ego, five senses, physical body, emotional body, mental body, inner child, to a guru, to the Ascended Masters, to God.) Ponder on this for there is much wisdom in this short little sentence.
2. Trap number two, loving others, but not loving yourself.
3. Trap three is not recognizing your "negative ego" as the source of all your problems.
4. Trap four. Focusing on God, but not properly integrating and parenting your inner child.
5. Trap five. Not eating right and getting enough physical exercise which results in physical illness, which then limits all other levels.
6. Trap six is people who are deeply into the spiritual life, but don't recognize the psychological level that needs to be understood and mastered also.
7. Trap seven, "Material desire".
8. The trap and glamour of power. This glamour is a trap of power that is held over others once one becomes successful.
9. Trap nine is becoming too ungrounded which then has a deleterious affect on one's physical body.

10. Trying to escape earth, instead of creating heaven on earth.
11. Seeing appearances instead of seeing the true reality behind all appearance.
12. Trying to become God, instead of realizing you already are the Eternal Self, as is everyone else.
13. Not realizing that you cause everything.
14. Serving others in total before you have become self actualized within yourself.
15. Thinking that there is such a thing as "righteous anger". Anger is a big trap for people
16. Becoming an extremist, and not being moderate in all things.
17. Thinking you have to be ascetic to be spiritual.
18. Becoming too serious and not having enough joy, happiness and fun in your life.
19. Not being disciplined and unceasingly continuing your spiritual practices.
20. Stopping your spiritual practices and studies when you get involved in a relationship.
21. Putting a relationship before self and God - a major trap.
22. Letting your inner child run your life.
23. Being too critical and hard on yourself.
24. Getting caught up in the glamour and illusion of the psychic powers.
25. The trap of owning your power but not learning to surrender to God simultaneously; or surrendering to God, but not learning to own your power simultaneously.
26. The trap of losing your personal power when you get physically tired and exhausted.
27. The trap of expecting God and the Ascended Masters to solve all your problems.
28. The trap of allowing yourself to go into "automatic pilot" and losing your vigilance.
29. The trap of giving your power to channeled entities.
30. The trap of reading too much and not meditating enough.
31. The trap of letting your sexuality run you instead of mastering it.
32. The trap of over identifying with your mental or emotional body, and not achieving balance.
33. The trap of thinking you need to be a voice channel or see or experience all kinds of psychic phenomena to be spiritual or to ascend.

34. The trap of forcing the raising of the kundalini.
35. The trap of forcing the opening of the chakras.
36. The great trap of thinking the spiritual path which you have found is the "best".
37. The trap of judging people because of what initiation level they may be at.
38. The trap of sharing your "advanced" initiation level with other people.
39. The trap of telling people about the "good spiritual work you are doing", instead of just having humility.
40. The trap and illusion of thinking that negative emotions are something you have to have.
41. The trap of isolating yourself from people and thinking that this is spiritual.
42. The trap of thinking the earth is a terrible place.
43. Giving your power to astrology and the influence of the stars.
44. Being too attached to things.
45. Being too non-attached to life. Not striving for involved detachment.
46. Being too preoccupied with self and not being concerned enough about being of service to others.
47. Getting stuck in the numerous faulty theories of traditional psychology, which is only a sliver of the whole puzzle.
48. Being too much the mystic or too much the occultist and not striving to integrate the two sides.
49. Giving up amidst great adversity is one of the biggest traps of all. Never give up! Never give up! Never give up!
50. Believing that the suffering you are going through on whatever level will not pass.
51. Focusing too much on what initiation level you are at or when you are going to ascend instead of focusing more on the work that needs to be done.
52. Getting caught up in spiritual powers and the achievement of siddhas, instead of recognizing that love is the most important spiritual power of all.
53. Bad mouthing other spiritual or metaphysical groups, and not unifying and networking with other groups even though they may be not in total alignment with all of your beliefs.
54. Getting caught up in the dogma of traditional religion.
55. Thinking you need a priest to be an intermediary between you and God.
56. Using your spiritual beliefs to create separatism or elitism or undo specialness.

57. Becoming too fanatical in your beliefs.
58. Believing you can achieve enlightenment through drugs, or some kind of pill is the highest sense of illusion.
59. Believing that other people don't have to work at their spiritual path as you do.
60. Putting your relationship to your kids before your self and God.
61. Getting caught up in all the attractions of this most fascinating material world in which we live.
62. Becoming too caught up in loving one person, instead of spreading your love out to encompass many people, and all people in an unconditional sense.
63. A major trap is getting caught up in duality, instead of achieving evenmindedness, inner peace, and equanimity at all times. When you haven't transcended duality you are like an emotional roller coaster flipping back and forth between the ups and downs of life. The soul and spirit think with a transcendent consciousness that is detached from the merry-go-round.
64. The trap of being a father or a son, or a mother or daughter in your relationships instead of being an adult.
65. The trap of thinking you need to suffer in life.
66. The trap of being a martyr on your spiritual path.
67. The trap of needing to control others.
68. The trap of spiritual ambition.
69. The trap of needing to be liked, loved or approved of.
70. The trap of needing to be the teacher.
71. The trap of hypersensitivity or, on the other side of the coin, being too shielded.
72. The Trap of taking responsibility for other people.
73. The trap of being the savior.
74. The trap of serving for selfish reasons, and thinking you are being spiritual.
75. The trap of thinking you are more advanced spiritually than you really are, and on the other side of the coin, thinking you are less advanced than you really are.
76. The trap of fame.
77. The trap of putting undo importance on finding your twin flame and soul mate and not realizing your soul and Monad are, in truth, who you are really looking for most of all.
78. The trap of thinking you need a romantic relationship to be happy.

79. The trap of needing to be center stage or on the other side of the coin, always choosing to be a wall flower.
80. The trap of working too hard and becoming driven and running yourself down physically. The other side of the coin is to play too much and not get your work done and be about the Father's business.
81. The trap of going to psychics and channels for guidance and not trusting one's own intuition.
82. The trap of working with teachers on this plane or on the inner plane who are not Ascended Masters, and are limited in the understanding and conception of reality.
83. The trap of making the spiritual path an interest rather than an "all consuming fire".
84. Wasting too much time watching TV, reading trashy novels, seeing violent movies.
85. Wasting enormous amounts of time and energy because of lack of organization and proper time management.
86. The trap of thinking that arguing with others is serving you or that person.
87. The trap of trying to win or being "right" instead of striving for love.
88. The trap of putting too much emphasis on intuition, intellect, feeling, and instinct, instead of realizing that they all need to be balanced and integrated in their proper proportion. The trap here is getting overly identified with one of them.
89. The trap of devotion to a guru, that makes you smaller instead of to the Eternal Self which you are.
90. The trap of trying to be open all the time, instead of knowing how to open and close your field as the need arises.
91. The trap of not knowing how to say "no" to other people, your inner child, or the negative ego when the need arises.
92. The trap of thinking violence or attacking others in any form will get you what you want or is serving God in any capacity.
93. The trap of blaming God, or being angry at God, or the Ascended Masters for your problems.
94. The trap of thinking that if your prayers aren't answered that God and the Ascended Masters aren't answering your prayers.
95. The trap of comparing yourself with other people instead of comparing yourself with yourself.
96. The trap of thinking that being poor is being spiritual.
97. The trap of comparing and competing with others over one's initiation level and ascension.

98. One of the biggest traps of all is allowing yourself to be a victim of other people and of your own physical body, emotional body, mental body, desires, five senses, negative ego or lower self.
99. The trap of studying too much and not demonstrating in the real world enough.
100. Thinking your moodiness is a true reality of God.
101. The trap of thinking your worth comes from doing and achieving things.
102. Thinking you don't need to protect yourself spiritually, psychologically, and physically.
103. The trap of thinking that glamour, maya, illusion, negative ego, fear, and separation is real.
104. The trap of sugar, artificial stimulants, coffee and soft drinks for physical energy.
105. The trap of trying to do everything yourself and not calling on God for help. The other side of the coin is calling on God for help and not helping yourself.
106. The trap of loving people a little less because they are treating you badly, or setting a negative ego example. Not differentiating the person from the behavior.
107. Losing faith in the living reality of your soul, your Monad, God and the Ascended Masters, and Their ability to help you if you will persevere and do your part.
108. Thinking that other people can achieve ascension but you can't, or at least not in this lifetime.
109. The trap of trying to achieve ascension to escape one's problems.
110. The trap of thinking that earth is a prison instead of recognizing it as one of God's seven heavens.

Summation

I think this is a pretty complete list that should give a lot of food for thought. The lower self, the powers of glamour, maya, and illusion, and the negative ego are incredibly tricky and elusive in nature.

As Master Yoda said, in the Star Wars movies, "Don't underestimate the power of the dark side of the force." Once you get caught up in it, it is often very difficult to see your way out of it. The common expression of how you can't see the forest for the trees applies here. It is easier to see other people's "stuff" than your own.

Staying clear takes enormous vigilance, self discipline, commitment, self-introspection, and devastating honesty. If the ego can't make you feel like an underdog it will make you feel like a top dog which is even more seductive. The Bible says, "after pride cometh the fall." Let this be a warning to us all.

My sincere hope is that by studying and meditating upon these insights, and instructions, that you may avoid some of the suffering and karma I have had to go through, and that I have seen many of my clients, students, and friends go through.

Everything in God's universe is governed by laws. There are physical laws, emotional laws, mental laws, and spiritual laws. By learning to understand these laws and become obedient to them we fulfill the law, which is the path of Ascension. This book and this chapter has been an attempt to elucidate some of these universal laws, so you, my friends, may learn by "grace" instead of by "karma" (suffering)!!!

Romantic Relationships from the Soul's Perspective
"Communication is to a relationship what breathing is to living."
Virginia Satir

By
Dr. Joshua David Stone

It is very important to understand that romantic relationships and relationships in general are very different when looked at from the soul's perspective. To begin with, I would like to define some of the common terms that are used in metaphysical circles such as twin flames, monadic mates, and soul mates. There is great confusion about what these terms really mean.

Twin Flames

A twin flame relationship, Djwhal Khul has told me, is one where you get involved with a soul extension from your own soul. Remember what I said about how each monad creates twelve souls, and each soul then creates twelve soul extensions who incarnate in the material universe. Each of you has twelve soul extensions from your soul, of which you are one. A twin flame relationship is where you have a romantic involvement with one of these soul extensions in your soul group.

The interesting thing that Djwhal Khul told me is that this does not happen very often. As a matter of fact, He said that it is a very rare occurrence. The soul does not usually like this to happen very much because the relationship tends to be so powerful an attraction that people tend to get too lost in each other. It does happen occasionally, however not as often as most people fantasize it does. To be perfectly honest, when Djwhal Khul told me this I was surprised. I thought it was much more common to have a relationship with someone in one's soul group of twelve. According to the information I have received it is not that common, but does happen on very rare occasions.

Monadic Mates

Monadic mates are a more common occurrence. A monadic mate is when you get involved with another one of your 144 soul extensions from your monad. Remember that if your monad creates twelve souls, and each soul then creates twelve soul extensions or personalities who incarnate into the material world, then the total number of all your soul extensions from your twelve souls is 144.

I explained elsewhere in my writings how I was told by Djwhal Khul in a dream that my wife, Terri, and I were from the same monad. We are not from the same soul, but from the same monadic group. We were also told that we were the only two soul extensions from our monad who were on the earth at this time.

This is an important point for you to realize in understanding these principles. Just because you have 144 soul extensions, it doesn't mean that they are all incarnated on planet earth. There are millions of other planets in our galaxy or other galaxies upon which they could be incarnated. We must enlarge our perspective here.

It is also important to understand that when one passes the third initiation, the soul begins to call back its soul extensions to the spiritual world and focuses on the more spiritually advanced or active soul extensions.

Terri and I were told that three quarters of our soul extensions were already back in the spiritual world. This does not mean that they are evolved, but rather they are probably not the more advanced ones in a spiritual sense. If three quarters were not in incarnation that left approximately 36 still in incarnation, and many of them where on the Pleiades and other planets unknown to me. So meeting a monadic mate is definitely much more common than meeting a twin flame.

It is also very important to realize that you might meet a twin flame or monadic soul extension and they may be a totally different age, same sex, different country, different skin color, different language, different religion, no religion, not attracted to each other physically, fight like cats and dogs on a personality level and so on.. It just means you are going to have a powerful connection. The connection is a spiritual one, not necessarily on a psychological, or philosophical or physical level.

What I am saying is that I would not worry about trying to find your twin flame or monadic mate. If it happens it happens, but it is not something you really look for. What you look for is the right person, and the occult information about this person will take care of itself. Too many people are caught up in trying to find their twin flames and may be missing the opportunity that is there right in front of you.

Soul Mates

A soul mate relationship is one where two people who have a soul connection, have a relationship. This may have to do with many past lives that you have had together, and it may not. What matters most is that you are both soul connected.

I would like to add here that it is possible to have a soul mate connection with someone you are not even involved with romantically, and I am sure most of you do. I personally have a soul mate type of connection with my sister and even my mother.

It is very important to have these types of friendships, especially if you are not involved with someone romantically. Many people have very deep soul mate types of connections with their cats or dogs which are very beautiful. The pets serve as a type of pole or balance. If you are not in a relationship I might recommend that you get a pet for this purpose. The pet can serve also as a catalyst or intermediate step in the process of manifesting a relationship.

Relationships

The fourth category might be a relationship with someone who you are not connected with on a soul level, yet share many beautiful things. If you are in this type of relationship and you are being guided to stay in it, even though it is not a soul mate type of relationship, this is absolutely fine. It will be important, however, to have other soul mate friendships. It goes without saying that if you choose to be married to this person then the soul mate friendships would not involve a sexual component.

The Two Most Important Relationships in Your Life

The most important relationship in your life is not your relationship to your partner. The two most important relationships in your life are your relationship to your Self and God. The most important relationship in your life is your relationship to your Self. If you are not right with your Self, you will project your wrong relationship to Self onto everything in your life, including God. The second most important is your relationship

to God. In reality your Self and God are the same thing, however before you can fully truly realize this you must get right with Self first.

A relationship partner is third on the list. If this isn't clear you are headed for some suffering or karma. The danger here is trying to find your wholeness in another person, rather than finding your wholeness within your Self and God first. If you don't do this, your relationship turns into a type of addictive love.

The Abrahamic Initiation

The Abrahamic initiation is an initiation every person on this planet has to go through if they are going to evolve this lifetime. The Abrahamic initiation has to do with the old testament story of Abraham (El Morya), who wanted desperately to have a son. He and his wife were something like 80 or 90 years old when God blessed Abraham and his wife with a son whose name was Isaac.

Abraham, on the birth of his son, started spending all his time with Isaac and began to forget about God. This went on for a very long time and finally in a quiet moment God spoke to Abraham in a forceful voice and told him that he would have to kill his son, Isaac. Abraham said "What, my only son?" God said, "You heard my commandment, follow it"

Abraham was in total conflict for three days. Finally after three days he decided that God came before his son. He took Isaac to the altar on the mountain, and got out his sword, and was about to swing a death blow to his son, when an angel came and grabbed his arm and said, "You don't have to do that, Abraham."

What is the spiritual meaning of this story? What is it that you need to put on God's altar? What is it that you put before God and your spiritual path? Some of the possibilities are: a child, a relationship, drugs, alcohol, sugar, cigarettes, food, sex, power, fame, money, material things, security, and so on. Didn't the ten commandments say to have no idol worshipping, and to have no false gods. Whatever you put first in life is the God you worship.

To be able to pass the fourth initiation one must renunciate all that is not of the soul's and spirit's purpose. This could also be described as the complete letting go of all attachments and addictions. Are you worshipping any false gods? If you wish to accelerate your spiritual growth then place them on God's altar. Many of these things and relationships will still be in our lives, but will be in their proper perspective. The spiritual path is living in this world but not of this world. This can also be described as "involved detachment".

The Soul's Perspective on Self Love

If you don't love your self it is not possible to have a healthy love relationship with another person. The ideal is for you to love your inner child, and for you also to allow yourself to feel and receive God's love. If these aren't established first, then you are going to seek your love, worth, approval, and acceptance from another person instead.

The Soul's Perspective on Happiness in Relationships

Happiness is a state of mind, not a state of a romantic relationship. Happiness should be understood as something you have all the time regardless of what your partner is

doing. Do not put the responsibility for your happiness on your partner. This is your own responsibility.

This lesson has a lot to do with whether you have preferences towards what your partner does. If you have preferences you are happy either way. This way your partner can't control your happiness and inner peace level.

The Soul's Perspective on Love

For the soul there is only one kind of love and that is unconditional love. From the soul's perspective it is never acceptable to attack your partner. Never forget your partner is, in reality, God visiting you in physical form, as you are also. To attack your partner, or any person for that matter, is to attack God, and hence attack yourself. Most definitely be honest and communicate and share your feelings, but share them in a loving and respectful way. Your partner deserves respect even if their behavior does not merit it.

The Soul's Perspective on Communication

The soul's perspective on communication can be summed up by a quote from the well known marriage, family, and child counselor, Virginia Satir. She said, "Communication is to a relationship what breathing is to living." You must communicate with your partner about what is going on with you, or the relationship can't possibly work.

The Soul's Perspective on Gay and Lesbian Relationships

From the soul's perspective there is absolutely no judgment in the slightest. It is not a sin as some traditional religious teachings would tell you. There is no one pat answer why homosexuals feel this way, and in truth it does not matter. All that matters is that they are following the motto of "Above all else, to thine own self be true." It is perfectly acceptable and normal in God's eyes for those that choose this path. To those that have a problem with this I would say to carefully meditate on Jesus' statement, "Judge not, that ye be not judged!!!"

The Soul's Perspective on Abortion

Since I seem to be taking controversial subjects, I will go right to the core on this most controversial subject. From the soul's perspective having an abortion is not a sin. The reason being that the soul and the physical body are two completely different things. When a woman has an abortion they are not killing a soul, they are killing a physical body. That same soul can come back a year later to the same woman when the time is right or more appropriate. The fundamentalist religions have confused this point, thinking the body and the soul are one and the same thing. They are not.

I do need to say, however, that abortion is not an acceptable form of birth control. If people practiced birth control more responsibly, then the need for abortions would be much less. Also if people were much more responsible in how they used their sexual energies, and saw them as the sacred form of communication that they are, then people would not indulge the carnal lower self as much as they often do.

The Soul's Perspective on Sexuality

From the soul's perspective, sexuality is beautiful and divine. It must be understood that it can be used in service of the ego, and your lower self, or it can be used in service of the soul and God.

Your ego uses it to treat other people like a piece of beef, not recognizing the soul inside the body. The ego uses it for selfishness, and only for self gratification. The soul would have you use sexuality as a means of communicating love and intimacy on the physical level. It would have you use it for mutual pleasuring, not just self pleasuring. The soul would also have you use your sexuality in moderation, recognizing it is just one form of energy that relates to your second chakra. This same energy can be raised for you by your other chakras, for love, creativity, communication, spiritual insight, and God realization.

The soul would have you experiment with tantric sexuality, which is the art of lovemaking, while simultaneously raising the energy at times in a kind of love making meditation. The soul would have you not let the carnal, lustful, lower self, run your life in this regard, but rather be the master of your sexuality, in service of love and soul melding.

The Soul's Perspective on the Ideal Relationship

The ideal relationship is one where both individuals are right with self and right with God. Both people are whole and complete within themselves. They are both causes of their own reality and not victims and effects. Both individuals put their spiritual paths first.

The reason that you are together is that you can grow faster, and share more love and joy, in sharing the path together. That can be of great service to God's divine plan and service to humanity in coming into a union together.

The Soul's Perspective on Your Partner Being Your Teacher

Never forget that your partner is your master teacher in everything they do, even when they are misbehaving. They are giving you the opportunity to practice Christ consciousness, and to demonstrate soul qualities your soul would have you develop. You are constantly being taught to stay in your power, to be loving, to forgive, to practice humility, turn the other cheek, to remain the cause of your own emotions, patience, emotional protection, honesty, communication skills, non-attachment, egolessness, unconditional love, looking at things as lessons, staying centered and on and on and on.

Never forget, that is how you respond every moment of your life in all situations, that you realize God, or lose your realization of God in any given moment. Anybody can remain spiritual and of the Christ consciousness, living in a cave. Can you remain in the Christ consciousness in a relationship, in a big city, in the market place, as Jesus would say?

The Soul's Perspective on Divorce

It is essential you understand that divorce is not a sin. Sometimes divorce is the best thing in the world to do. It depends on the situation. Many, many times my services as a spiritual psychologist were utilized to help people break up, although they didn't realize this when they came in. I will say, however, that you should never leave a relationship until you have learned the lessons of the relationship. Otherwise you are likely to repeat these same lessons again in a new relationship. It will be a different

physical body, and different soul extension and personality, however the same psycho-dynamics will occur.

The Soul and Balancing the Four Bodies in a Relationship

It is essential within the four body system, physical, emotional, mental, and spiritual, to be aware of what your predominate body identification is, and what your partner's is also. By understanding this a lot of potential problems can be worked out by keeping things in this perspective. It is critically important not to become self righteous about your particular body identification modality.

The common psycho-dynamic here is that the woman tends to identify with her emotional body and the man with his mental body. Having a spiritual body identification also will temper this. However the man must learn to accept the woman's feelings and emotions and the woman must learn to accept the man's thinking modality. A relationship is a great teaching device for teaching us to become more whole.

The Soul's Perspective on Judgment and Protection in a Romantic Relationship

It is essential that both partners learn to be as non-judgmental as possible. It is okay to make loving observations, but no judgments or put downs! When our partner does judge us we need to learn to keep our bubble of protection up and let their negativity slide off our bubble like water off a duck's back. We need to learn to have a thicker skin and to not be hypersensitive.

We need to learn to not let our partner be (or think that our partner is) the cause of our reality. We need to learn to cause our own feelings and emotions and not let our partner be the cause of our feelings and emotions, for in truth they are not. We create our own reality.

We need to be the computer programmer of our own subconscious mind and not our partner. Even though we are married or in a committed romantic relationship, it does not mean that our partner should cause our reality. Remember that our relationship to Self and relationship to God comes first.

The Soul's Perspective of Father-Daughter / Mother-Son Relationships

When a person doesn't do their inner work and achieve this right relationship to Self and right relationship to God, what happens is that they form father-daughter, mother-son relationships. The ideal is to form a mutually independent, or an adult-adult relationship, not a mutually dependent relationship.

If we do not first find our wholeness within Self and oneness with God, then we will end up seeking to find it within our partner. This will lead to two halves coming together, instead of two whole people coming together. There is no judgment in this, it is just a lesson we must all learn.

If you are a daughter or son, psychologically, then by the laws of energy, the only type of relationship you will attract is a father or mother. If you are a father or mother type, psychologically, the only type of person you can possibly attract are a son or daughter psychologically.

If you are whole and complete within Self and one with God, then you will attract a whole and complete person who realizes their oneness with God. Many people are

desperately seeking a relationship. The problem is that a relationship is the last thing they need. What they really need is a better relationship with Self and a relationship with God.

You Don't Need a Relationship

It is imperative that you understand that you don't need a relationship in your life to be successful and happy and to realize God. The proper attitude is to make it a want, not a need. Another way of saying this is to make it a super strong preference, not an attachment. If this remains a super strong preference, then if it doesn't happen you will still be happy.

If your happiness is in finding a relationship, and not in your Self and God, then you are worshipping a false god. Whatever you put first in life is that which you worship. Does not the bible say to not have false gods, and to not worship idols.

It is okay to seek to find a relationship, and even pray for God's help in finding one, however, if it doesn't happen, "be happy". The paradox of life is that when you truly let go and accept your full happiness, whether you find a relationship or not, then that is when you usually find one.

The absolute key to finding your true mate, in my opinion, is to focus yourself completely into your spiritual path and service of humanity. Your total commitment to God and your spiritual path will attract your ideal spiritual mate to you.

Honesty, Trust, Commitment

It is of the highest importance to maintain honesty at all times in your relationship. Part of being honest is also being honest with ourselves. A relationship is like a garden with beautiful flowers, which also has weeds that grow. If the weeds aren't constantly picked and cleared, then they can overrun the garden and destroy the flowers.

A lack of honesty can lead to a breakdown in trust and communication. Lack of honesty is a breach of your commitment to your partner. True commitment is not just being monogamous, but also committed to dealing with things that come up.

It is also committed to communicating your feelings about the things that are bothering you instead of pulling away and withdrawing, and pulling out of the relationship, or judging. A true commitment is being honest about what is going on with you. You owe this to your partner, your Self and your God.

The Soul's Perspective on Ego Battles

In all relationships at times our egos or lower selves get triggered and ego battles and arguments develop. The soul's perspective on this (and this may surprise you) is to not talk. When you are caught in your egos in a severe way, all that is going to happen is that you are going to kill each other emotionally. You will say things you don't really mean in a vain attempt to hurt and get back at the other person.

The negative ego's game is not love, but rather who is "right". I ask you now, do you want to be right, or do you want love? You can't have both. If you want love, then you must get out of your ego. When you are both caught, sometimes the best thing to do is take time alone to calm down and get re-centered, get right with Self, and right with God. Then start communicating again.

One of the things my wife and I do that has been extraordinarily helpful is to hold hands and look into each other's eyes, and bring in our soul and monad before we start communicating.

Just imagine a large tube that extends upward from the top of your head into the spiritual world. Just imagine calling down your soul or monad, or if you like, a particular saint or Ascended Master into the top of your head. If you prefer, you can ask that They come down into your third eye or even heart chakra. Once you feel this connection within your self, then connect with your partner from this state of consciousness, which is obviously completely antithetical to the lower self and negative ego.

This simple technique has been the single most important tool my wife and I have used to stabilize our relationship into a soul and monadic pattern.

The Soul on Learning Lessons

One of the key lessons in relationship is to learn to be more focused on your own lessons and not the lessons your partner needs to learn. Many, many people are so concerned about all the lessons their partner isn't learning, they are actually missing their own. I think my favorite saying of Jesus in the entire bible on this point is, "Don't try to take the speck out of the eye of your brother, when you have a log in your own eye." You are not responsible for your partner's lessons. This is between their self and God. Be more concerned about learning your own lessons.

The Soul on Psychological Disease

When your partner is physically sick you obviously do not want to catch this disease. You do everything you can to build up your resistance. You take vitamin C, you get enough sleep, exercise, get sunshine, keep a positive mental attitude, and hopefully you don't catch it. There is no such thing as a contagious disease. There are only people with low resistance.

The same lesson applies to relationships on the psychological level. When your partner has a psychological disease such as judgmentalness, anger, depression, worry, lack of self worth, insecurity, lack of faith, self doubt... the ideal is for you not to catch the disease, psychologically. The ideal is for you to have a strong "psychological resistance".

How do you maintain a strong psychological resistance? This is achieved by staying in your personal power, self love, protective bubble, preference, attitude, meditation, prayer, spiritual reading, practicing the presence of God, chanting the name of God, journal writing, physical fitness, good diet, staying right with Self and right with God. By maintaining this psychological resistance their negative energy does not hook into your subconscious programming and slides off your bubble like water off a duck's back. You then, are setting a better example and hence helping them to come out of their off-centeredness.

If you don't do this, then you catch your spouses disease psychologically and then you are both sick. The world is like a hospital that is run by the patients. The purpose of life is to be a doctor, healer, and teacher of God so you can set a better example. Most people in the world are victims, so you might as well victimize them to the positive.

The Soul on Differing Perspectives

No two people ever see things the same way all the time. Remember, you don't just see with your eyes, you see with your mind. You see through your belief systems, since it is your thoughts that create your reality. When you and your partner have a disagreement on perception of a given situation, the ideal is to not let that create separation or distance. The ideal is to hence, agree to disagree, and stay in love and oneness.

Just because you disagree on how you view a particular event, why should that have to create any distance? It won't, as long as you don't let the ego in. Sai Baba's definition of God is that "God equals man minus ego." What a wonderful testing ground relationships are for helping us to get out of ego!!!

The Soul on One's Relationships to One's Parents

It is of the highest importance to work out and resolve your relationship to your parents, psychologically. If you don't you will project this wrong relationship out on to your partner. This resolution has to do with reclaiming your power, and finding your love from Self and God, and forgiving and unconditionally loving them, and not blaming or judging them for how they raised you. They provided you with the exact lessons that you needed to learn. Never forget that you, as a soul, chose your parents because they provided the perfect lessons you needed to learn.

The Soul and the Differing Elevator Phenomena

There is a phenomena in relationships that occurs which I call the 'differing elevator phenomena'. This has to do when one person grows at a much faster rate spiritually and psychologically than the other person. This can be okay up to a point. If the differing of the elevators becomes too great, there is a danger of having a whole and a half relationship.

This needs to be discussed and communicated to see if this can be resolved. Most often in relationships one person is developed in one area, and the other in opposite areas which is good. As long as there is some kind of balance in relationships that feels right this can work out fine. If this schism becomes too great, however, this can be a sign that this relationship may not be meant to be, and is holding you back.

The Spiritual Relationship Contract

Sometimes when a lot of water has gone under the bridge in a relationship, it can be very helpful to write a "spiritual relationship contract" with your partner for the renewal and rebirth of your relationship. This can be done with the help of a trained counselor or friend or by yourselves.

The idea here is to make a list on paper of the lessons you each are working on individually and collectively in your relationship to deepen your love and romantic bond. List the principles, tools and ideas you are committed to working upon. The act of writing this down has a much greater effect on the subconscious minds and conscious minds, for that matter, of both individuals.

Upon completing this contract, both sign it and perform some kind of spiritual ritual, like maybe burning a copy or placing it on an altar. Be creative. I would also suggest then going on a second honeymoon and re-establishing the romance. It is essential

then that both people live up to the commitments they have made in the contract to the best of their abilities.

Tools for Healing the Emotions
"There are only two emotions, love and fear." "Choose who ye shall serve."
A Course In Miracles

By
Dr. Joshua David Stone

In a previous chapter I discussed how our attitudes create our feelings and emotions. If we think with the ego's mind, we create fear based feelings and emotions. If we think with the spiritual attitude we create love based feelings and emotions. You have the ability to choose the way you feel because your thoughts and attitudes cause your feelings and emotions.

I have developed a six step process to help focalize this process more clearly. This process will be especially helpful when you get your buttons pushed in a relationship or circumstance in life and you are having difficulty figuring out the reason.

Six Step Process For Spiritualizing Your Emotional Self

Step 1:

Write down either the incident or exact behavior of the other person with whom you were dealing. For example, maybe the incident was a traffic jam on the freeway, or your mate became angry with you. The first step is just to write down objectively what happened outwardly.

Step 2:

Write down objectively your response to either the incident or the other person. For example, your response to the traffic jam might have been impatience and aggravation. Your response to your mate might have been defensiveness and anger. Step two is just to write down objectively how you responded, be it appropriately or inappropriately.

Step 3:

This is the key step. Choose to look at the incident or other person's behavior as being your master teacher, teaching you a lesson that you need to learn. Imagine that the incident or person is an instrument that God is using through which to teach you a lesson and give you an opportunity to grow spiritually. Your negative response always stems from the fact that you are not looking at the situation as a teaching, lesson, challenge and opportunity to grow. The traffic jam is your master teacher. Your mate's anger is your master teacher.

Step 4:

Make a list of all the psychological and spiritual qualities that you are being given the opportunity to learn. The first thing you are being taught with people is an example of "how not to be" (as in mate's bad example). This is a good lesson, for you. Some people set good examples and some set bad examples. You can learn from both. You know how it feels to be on the other end of someone's getting angry and attacking you, so that teaches you not to be that way. This is usually the first lesson we are

being taught. In the example of the traffic jam you are being taught patience; preference rather than attachment; to look at things as lessons; surrender, and so on.

In the example with your mate you are being taught to:

Stay centered

To own your own personal power

To have your bubble of protection up so his/her top dog response slides off your bubble like water off a duck's back

To be the cause of your own emotions and not let your mate cause your emotions

Not to let your mate put you into the underdog

To communicate with your mate in a powerful, loving way instead of a defensive, attacking way

To discuss instead of argue

To respond instead of react; to be a master instead of a victim

To stand up for yourself

To make a good choice about when to talk or when to be silent

Forgiveness; unconditional love; preference, non attachment to look at things as lessons

Invulnerability

Transcendence of ego

To seek love and worth in yourself and from God first, and not seek it first from your mate

Patience; to set a better example

To refrain from catching the psychological disease of your mate and to be the healer instead of becoming a patient

To be spiritual instead of egotistical

Detachment

Objectivity

To maintain the right relationship to self and relationship to God are the two most important relationships in your life, even before your mate.

I highly recommend that you use this list of qualities in examining future lessons. So many of the lessons we learn are really the same ones in that list, repeated over and over again.

Step 5:

After listing all the wonderful lessons and golden nuggets of wisdom you have learned, then bless or thank the other person in your mind (or in person) for giving you the opportunity to learn these lessons. Make a firm resolution that, when you are tested in the following day, week or month, you are going to be mentally strong and prepared to respond appropriately. Please do realize that you will be tested again, either with the same person or incident or with a new person and new incident, but it will be a similar lesson.

Step 6:

Remember that if you truly learn from this experience you will never have to experience those negative feelings or victimization ever again, from that person or incident or any similar one.

Use the six-step process for mastering your emotions any time you get into a sticky emotional situation. By using this process and doing it on paper, it will help you see more clearly what is happening.

Catharsis And Identification With Negative Emotions

The above mentioned six step process for mastering emotions and our previous discussion of attitudinal healing can be commonly referred to as masculine, yang, or disidentification methods for dealing with one's feeling and emotions. This is the opposite of the feminine, yin, identification method.

From a spiritual perspective is there ever a time to identify with and release and express negative feelings and emotions? Certainly we want to identify with our spiritualized feelings and emotions of love and joy and happiness on a continual basis. As for negative feelings and emotions, I believe that there is an appropriate time to identify with and express them under the following controlled circumstances:

1. Dealing with our feelings and emotions can often be compared with the potential we have to walk on water. Even though we know we have no limits, putting this into practice is a different story. The same thing goes for feelings. We know what the ideal way to think is, but putting this into practice in all relationships and in all areas of our life takes a lot of work, just as getting one's physical body fit and cleared of toxins takes enormous work and self-discipline.

Especially during crisis periods of our life, we are all at times going to have a lot of fear based egotistical emotions arise. What do we do with all these feelings? The first thing to do is try to heal yourself attitudinally, as mentioned in the six steps to mastering your emotions. This will definitely help.

What happens if you can't see the forest through the trees and a lot of negative emotions are still coming up? You have two choices: You can push them down or you can allow yourself to identify with them and express them. The first alternative is sometimes extremely important to use.

Sometimes you are, for instance, at work or at the grocery store or bank and it is just not appropriate to burst out crying or screaming. This is a time to own your own power, show self control and put your emotions on the shelf, temporarily, until a more appropriate moment to deal with them.

The second alternative is, when you get to your home, car or other safe place, allow yourself to have a catharsis. In other words, express what you are feeling, good or bad. Sometimes we are just overwhelmed and are just not on top of things mentally or attitudinally, and we definitely need to allow ourselves this kind of release.

From a spiritual perspective it is important to find an appropriate time and place and not to hurt yourself or other people in the process, if possible. For example, let's say you are feeling a lot of anger and you just need to get it out. Instead of going and letting it out on your children or your co workers or destroying your mate, you might scream in the car or take a bat and smash the pillow on your bed, or hit a punching bag, or something of this nature.

Having a good catharsis will allow you to release and let go of a lot of the negative feelings and emotions. Having a catharsis will also bring transformation, insight and understanding.

The best thing to do after your catharsis, when you are rested, is to go to your journal and do some attitudinal healing on yourself. By having the catharsis the dark cloud will have been released or the boil will have been popped.

You will be much clearer at this point to do some good attitudinal reprogramming on yourself. This would be a good time to get some insight and understanding from your journal writing.

2. The second yin or identification method for dealing with negative emotions is to set a timer and give yourself an allotted period of time really to indulge. For example, maybe you are really feeling sorry for yourself. You can't seem to break it attitudinally with disidentification and more masculine methods. So give yourself thirty minutes on the timer to wallow in self pity. Go for it scream, cry, get into a rage and really over indulge. Get it all out!

When the timer goes off, stop it and be about the Father's business. We all use this method at times. We might do it with food, allowing ourselves that last dessert, then we say, "Tomorrow morning I am going to bite the bullet and go on a diet." Sometimes we just don't have the power or energy at that moment, and maybe this option can be appropriate. The important thing is not to let a negative mood drag on without doing something about it.

3. The third method is just to carry the tension of the negative feelings you are experiencing. Maybe you have tried to heal yourself attitudinally but you still haven't been able to break the hold of the negative feelings you are experiencing subconsciously.

With this method you just accept that they are there but don't give your conscious power to them. You realize that healing is a process. Just as it takes time to heal physically when we are ill, it takes time for emotional healing. If we break a leg, life still goes on and we have to continue to function.

The same is true emotionally. We may have very severe emotional pain or negative feelings, but we have to continue functioning effectively in our daily lives. In this state the conscious and subconscious mind are not in accord. The tension must be carried until the super conscious, conscious and subconscious are all in emotional alignment.

Some people, not practicing this philosophy are just going to live with emotional pain for an extended period of time. The greater the degree of the attachments, the more severe will be the lesson.

Suppose that you are giving a major public speech to two thousand people the following week, and you feel nervous and anxious. No matter how hard you try, you can't seem to get rid of the fear: This method might be just to accept that it is there but tell the fear you are not going to let it knock you off center and let it ruin your speech.

You carry the tension and give the speech even though you have stage fright the whole time. This is similar to someone who has to live with physical pain. He gives it acceptance and stops fighting it but does not give it his power and let it ruin his life.

4. The fourth yin and identification method deals with handling negative feelings in relationships. When negative feelings are coming up in respect to your relationship with a partner or mate, the best thing to do is to take some time alone and try to get

right with yourself and right with God. This means to center yourself and get things in proper perspective.

Often, however, there isn't time or, even if there is time, you still are not able to resolve all the negative feelings you are experiencing. What is appropriate here from a spiritual perspective is to share in what is called a "secondary communication method."

The primary method is when you are communicating, and you are out of your ego. The secondary method of communicating is when you share your negative egotistical feelings with your partner in a responsible, calm, rational, loving manner. In other words, you share your hurts or resentments in a loving way, telling your partner that you realize you create your own feelings and emotions and that you are taking responsibility for your own reality and that you are communicating in a loving, not attacking, manner so he/she is not threatened.

You tell your partner that you are sharing these negative feelings in the hope that together you can help each other to achieve clarity within yourself and in the relationship. Sometimes your partner can help you to sort out your attitudes and feelings where, working in your journal, you were stuck. It is imperative to have this method of communication available to you, because it is literally impossible to stay clear every moment of one's life.

Your partner will probably be very impressed that you are taking responsibility and not blaming and that you are communicating in such a kind, loving and respectful manner.

These are the four basic instances where I believe identifying with your negative feelings and emotions is appropriate. However, you do not want to let your negative feelings and emotions run out of control, hurting yourself and allowing them to hurt other people.

There are a lot of people who think that their feelings and emotions are God's gift to mankind. They think the proper way to live is to do whatever their feelings tell them to do. In my opinion, this is an irresponsible philosophy and way of living. Our feelings stem from our attitudes. If our attitudes are egotistical, then all our emotions are going to be egotistical, based on fear and attack.

If you run your life by your feelings, what happens if you feel like punching someone out, or stealing something or cursing someone out at the market? Is this a responsible way of living? Is this how God would have us live on this earth? Don't be seduced by this false philosophy.

You can trust your feelings once you disidentify from your ego and get your mind under control. Then your feelings will be a perfect guide. It is very important for us to guide our lives by our mind and intuition, which is the guidance of the Higher Self.

Subconscious Mind Letter

This can be another helpful tool for dealing with your mind and emotions. The idea is to write a letter to your subconscious mind with the understanding that you are the master and captain of the personality. In a firm but loving, or tough love manner, tell the subconscious how things are going to be. In letter form be the computer programmer. The letter is a way of programming that is more fluid than using

specifically designed affirmations. I use this method myself, and I find it to be extremely beneficial.

If you want, you can dialogue with your subconscious mind and see what it has to say in response to your firm and loving commands and programming. This can be done in your journal. The subconscious mind will be a great servant, as long as you are in command and you treat the subconscious with love.

The idea is to form a team with you serving the superconscious and the subconscious serving you. All for one and one for all. This, again, is the proper integration of the three minds.

Dialoguing

Another helpful tool for resolving emotional conflicts is dialoguing. This is similar to the last method except that you do it with whatever relationship you are having problems. Write a letter to this person, and then in your journal let him respond back to you. Continue this process until your unfinished business is complete. This tool can be extremely helpful.

As previously mentioned, this dialogue method can also be done intra psychically with the inner child, critical and permissive parent, firm and loving parent, Higher Self, physical body, subconscious mind, God, ego, spiritual attitude, and so on. You, the conscious mind, talk in letter form to any one of these parts and then let the sub personality part respond back. Create a dialogue and see what it has to say. Just remember that you are the commander in chief of the personality. I cannot recommend this dialoguing process more highly.

It is also possible to dialogue with any sub personality or thought form within the subconscious mind. Every thought, feeling, impulse, desire, emotion, has life of its own. It is possible to isolate any particular sub personality or complex with which to dialogue.

For example, you can dialogue with the part that wants to stop smoking or the part that wants to travel to Europe. The lists of possible parts are literally infinite. The important thing to realize is that whatever part you work on always has an opposite. The part that wants to smoke cigarettes has a part that doesn't want to smoke cigarettes. The part that wants to go to Europe has a part that doesn't want to go to Europe.

When dialoguing with any specific thought or feeling or sub personality be sure to talk to both sides, so you can get a fully balanced perspective on any given issue you are exploring.

Negative Emotions Log

Another very helpful tool for refining, purifying and spiritualizing your emotional self is to keep a negative emotions log. This is a small pad of paper and pen that you keep with you in your purse or pocket. Any time you have a negative emotion or feeling, just make a little brief note of the feeling and incident. Then later, when you have free time you can go back to your journal and work the six step process to figure out what the faulty belief was that caused you to feel the way you did.

If you don't keep a negative emotions log, you are very likely to forget about a great many of the lessons that occurred during the day. If you really want to learn to refine, purify and spiritualize your emotional body this is the best way to do it.

Carrying this a step further, you can go back through your day and relive each of these experiences the way you would have liked them to happen. Since the brain cannot tell the difference between that which happens in imagination or actuality, this is a way of programming the subconscious with a positive to replace the negative.

Logging In General

The purpose of a log is to bring more consciousness, awareness and discipline into the areas of your life that need it. There are many kinds of logs that you can keep. You can keep an exercise log, where every day you write down the date, how much you exercised, and how you felt about your effort that day.

Another type of log is a meditation log, where you write the date, how long you meditated, and any feelings or insights you gained. Doing this is important because it is easy to forget what you received in this altered state of consciousness, which can be similar to dreaming. You know how easy it is to forget what you dreamed last night.

Another example would be a food log where you write down everything you eat during the day. Having to write it down makes you more aware, which is the reason you are keeping the log. Knowing you are going to have to write it down is good motivation to eat appropriately.

A log can be created for any area of your life in which you are trying to achieve greater mastery and self control. Diagrams "1," "2," "3," "4," and "5" are examples of psychological logs I often give to my clients and have used myself.

On the left hand side of these diagrams is the list of days one to twenty one. On the top heading for each column is a particular psychological attribute that you are trying to log. Below that are the designations "Morning and Evening" or on the last three logs the designation "M/A/N" (Morning, Afternoon, Night).

You score yourself on a percentage basis in terms of how you are doing in manifesting that particular attitude or quality. You can score yourself twice a day or three times a day. I have listed twenty one days because this is how long it takes to cement a new habit into the subconscious mind.

These types of logs keep you very focused and motivated. When trying to do it only in your mind it is too easy to lose concentration, motivation and discipline. To grow spiritually can be compared with keeping track of one's finances. If you tried to keep all your finances, tax records, and banking business in your mind it would be impossible to keep it organized.

The same holds true for our spiritual life. Trying to keep it together without some form of spiritual bookkeeping is impossible and overwhelming. Having a spiritual bookkeeping system for your life is imperative, and logging is one fantastic tool for mastering any given area of your life that needs attention.

Keeping A Journal

I cannot recommend more highly the importance of keeping two journals. The first is a journal for writing in when you get unclear or when you just feel like it. The purpose for writing in your journal is multifaceted. One reason is to empower yourself. Another is to do attitudinal healing in the process of writing.

Since our thoughts create our reality, as we change the way we look at things our feelings change. Attitudinal healing is the process of moving from egotistical thinking to spiritual thinking. Journal writing is also for reprogramming the conscious and subconscious minds. It is for gaining attunement to your Higher Self, for gaining insight and understanding, as well as catharsis.

What you don't want to do is write in your journal and just reinforce the same patterns on paper without movement or change. You must go into your journal writing with the proper attitude of wanting to move toward self mastery, personal power and perfect spiritual attitude and attunement.

The second journal is used to store in one large notebook the various tools, logs, and psychological practices on which you are working. The purpose of this journal is to keep all this material together in an organized fashion. Following are some other very valuable sections you might keep in your journal:

Major Lessons Of The Day

The "Major Lesson of the Day" section of your journal is for use before bed each night or in the morning when you get up. Review your day and write down the main golden nuggets of wisdom you have learned that day. The golden nugget of wisdom might be something you did well or a lesson you learned from a negative experience.

Getting into the regular practice of doing this in your journal or in your mind is very important. It will be much more effective, though, if you do it in your journal. The act of writing things down has a much greater impact on the conscious and subconscious minds.

So many people live their lives without learning from their mistakes, so spiritual progress is slowed and the school of hard knocks is perpetuated. You should learn continually from what you have done well and what you did poorly, and then build upon this each day.

No matter how good yesterday was, you want to make the next day better. Enjoy your victories but never be satisfied until your ultimate divine goal is met.

Goals And Priorities

This is an essential section to have in your journal. You are never going to get anywhere on any level if you don't know where you are going. For this section make a list of all your goals on an earthly physical level, a psychological level, and a spiritual level.

List all the things you want to accomplish in this lifetime. List all the psychological qualities you want to develop; list the abilities you want to develop; list your ultimate purpose and goal; list what earthly experiences or things you want to attain.

A helpful mini meditation you might do to help in this process is to imagine that seventy five years have passed and your soul has passed on to the spirit world. Imagine that you are looking back on this lifetime. From this perspective what do you

want to see? How do you want to see yourself as living? What do you want to see yourself as achieving? What do you want to have written on your tombstone?

This experience is actually going to happen in your future. You have the opportunity now to create that about which you will feel good in your future. It is very easy to waste and misuse one's time and energy on frivolous things. Are you being about the Father's business? Are you using your time and energy to achieve your God given potentials? If not, you need more focus as to what specifically you want to achieve.

Life Plan And Design

The second step, after getting clear on your goals and priorities, is to set up a life plan and design. This is a tentative map for the next fifty years or however long you think you will be living on this earthly plane. This life plan or life map begins with your ultimate goal of self actualization. From there you break down your goals into a timetable, loosely designating what years you are going to focus on what. Part of this process is prioritizing. What do you want to focus on in the next year? Then in the next five years? Ten years? Fifteen years?

For example, you might write down when you want to get married, have a child, go to Europe, study meditation or healing, get a college degree, go to India, read certain books, take certain classes, perform certain services or contributions. This life design and map is very tentative so you can constantly change it as you see fit. This begins to give your life a grid or focus to keep you on the right path.

It is so easy to be taken off one's path. There are so many temptations and so many different energies pulling on you from many directions that without a psychological and spiritual map, you are very likely to be pulled off course.

Cycles

The next step is to refine this process even further. The idea here is to take the goals and priorities of the next year or two and get focused as to a timetable for accomplishing these things.

For example, you might say to yourself that this Spring your goal is to focus on writing a book, physical fitness, and maintaining the status quo. Then the summer goal is to spend more time with your family, go to Hawaii and focus on making more money. September to the following Spring, you might want to put energy into practicing meditation and the study of healing.

By doing this you have developed short term goals for yourself. This will help you be more focused, disciplined and motivated. As your life changes you may have to make adjustments, but always set up a new cycle, or short term goal time periods.

It is also extremely helpful, in considering this concept of cycles, to take one of your journal writing sessions and examine the past cycles that led you to your present state of consciousness. We all have had certain cycles or initiations or turning points that led us to our present position. Understanding our past cycles will help in creating what is appropriate in the present cycle and what is appropriate for future cycles.

Examples of past cycles, turning points, or initiations might be when you graduated from high school, got a certain award, made the basketball team, met your first boy friend or girl friend, had your first religious experience, met a certain person, had a baby, or graduated from college. Each of these turning points in your life started a

new track or phase. I am suggesting in this journal section that we be much more conscious and aware of these phases. I think you will find doing this very helpful.

Weekly Routine

The next step after cycles is to break and refine this process even further by creating a weekly routine. (See Diagram on page 166). I am not saying you should do all the things on this routine. It is meant to give you an overview of some of the kinds of things you can put on your weekly routine. The idea of this journal section is to take your present cycle and focus on how you want to create each week.

It is of the utmost importance, in my opinion, that every person have a routine or regime. You will never develop spiritually or on any other level if you don't. The danger of a routine is in becoming too yang or regimenting your life to the point where there is no spontaneity. On the other side of the coin, you don't want to be too yin.

To be too yin is to be too flowing, too flexible, too laissez faire. There are no hard and fast rules in creating a routine. Some people need more structure than others. A routine can be likened to braces that one wears to straighten teeth, guiding us in the direction that we need to move. A routine is to be followed whether we feel like it or not. This is not to say that we have to be neurotic or become absolute slaves to the routine.

Again, it is more of a tentative guide to use except when an emergency or special occasion arises. Its purpose is to help you achieve the goals and priorities that you have clearly set up for yourself. Haphazard exercise is not going to achieve physical fitness any more than haphazard meditation will give you the fruits of the spirit.

Most people do not function well at all without a routine. If you took away their jobs or school, they would be lost and without motivation. Most people look to other people to set up structure and routine for them. Ideally you want to have the personal power and self discipline to set up and follow a weekly routine with your own goals and priorities.

Don't make the routine too difficult or you won't follow it. on the other hand, don't make it too easy. You will find your routine constantly changing as your life changes, and that is fine. But always keep a routine, to help you develop positive habits in your subconscious mind.

After a while you will have positive habits of exercising, eating right, meditating, and so on. Having a routine will also make you much more efficient with your time and more productive. By following a routine you know you are accomplishing your goals, so your free time is much more enjoyable.

Daily Routine

Now, if you really want to get fancy you can take this one step further and have a daily routine. This is something I do and really enjoy. Every night before bed I map out my next day including telephone calls, clients, errands, spiritual disciplines, diet, vitamin and mineral supplements, food planning, physical exercise, thought form and attitudes I am trying to hold, and so on.

I have memorized my weekly routine so I just write out my mental, emotional, physical and spiritual life plan on paper the night before. By doing this I feel

organized and efficient, so I sleep better. In the morning I can go right into action because my inner and outer day is laid out before me.

As I think of new things, I write them in; and as I finish things, I cross them off. By writing things down I find I don't have to hold onto things in my mind, which allows me to be more creative and less worrisome. Doing this before bed also serves as a type of programming device. I find to a certain extent that I have the energy that I program myself to have. If I know the night before that I have a big day tomorrow, I do better than if I don't realize it until the morning.

Battle Plan

This particular journal section I find to be one of the most helpful tools of all. I cannot recommend it more highly. The battle plan section is to take whatever area of your life you are currently working on and make a list of every possible thing you can do to achieve that goal.

If you are having health problems, you make a list of every possible action you can take to get better. If you want more clients, business contacts or money, make a battle plan listing every possible inner or outer helpful tool you can think of. I cannot recommend it more highly.

For example, let's say you are sick with some kind of systemic infection and your immune system is run down. The following is a brief example of some things you might write down in your battle plan:

- Own personal power;
- Pray for healing;
- Affirm and visualize health;
- Diet of steamed vegetables;
- Drink lots of water; Take Vitamin C;
- Take herbal immune formula; Take homeopathic remedies;
- Get some acupuncture;
- Lie in the sun;
- Go for a walk;
- Do deep breathing;
- Get into a jacuzzi;
- Keep a positive mental attitude;
- Sleep as much as possible;
- Journal write;
- Have faith.

There are a lot more things that can be done, but by creating this list you are attacking the problem instead of letting it attack you. When you are letting life attack you, you are being victimized and you are going to be depressed. When you attack the problem, even if you are physically sick, you will feel better. I guarantee it. You feel better because you are assertively doing some-thing to remedy the situation.

The creating of this battle plan serves to instigate lots of good ideas and also serves to inspire, attract, magnetize and catalyze what you want. It is very likely that you will have battle plans for a number of areas in your life.

Whenever you are feeling off center or are unmotivated, indifferent, or uninspired, either create a battle plan or review your battle plan. You will immediately feel

better. I have mine taped onto my desk so it is right in front of me whenever I sit at my desk.

The battle plan renews your faith and inspires your personal power. Rather than letting life victimize you, become the master of your life. The battle plan technique will feed this causal master inspired consciousness.

Quotations And Good Ideas Section

This section of your journal is for writing down inspiring ideas, essays, poetry or pictures. This journal section might even be a separate aesthetic type of journal. Since our thoughts create our reality, having a journal like this can serve to inspire and reawaken us to the joy and beauty of life when we are down or unmotivated. Looking through this journal will help rekindle the ultimate reality that we know to be true.

In summary, try out and experiment with these different tools and find out which ones work best for you. You will be pleasantly surprised at their effectiveness.

Prayer versus Meditation

Prayer is the act of talking to God, and meditation is the act of listening to God. Prayer is the masculine or yang aspect. Meditation is the yin or feminine aspect.

Tools For Developing Attunement And Greater Contact With Your Higher Self

1. Dear God Letter

This I find, personally, to be a very enjoyable and helpful tool. The idea is just to write your Higher Self a letter. I do this every morning and sometimes before bed as well. The Higher Self is like an older and wiser brother or sister. Talk to Him/Her as your friend your best friend. Form a relationship in your free flowing letters. You will find that your Higher Self will respond, sometimes in subtle thought channeling, in dreams, or in the other ways I have already mentioned. I sometimes use my "Dear God" or "Dear Higher Self" letters as one avenue of praying.

2. Higher Self Affirmations

Affirming certain statements to yourself throughout your day will create instant attunement. My favorite ones are:

- a) I can do all things through Christ who strengthens me.
- b) God goes with me wherever I go.
- c) I trust in the Lord, and He will light the way.
- d) If God be for me, who can be against me?
- e) I have perfect faith, trust, and patience in God and God's Laws.
- f) All things are possible with God.
- g) Father, I expect a miracle.
- h) God and Christ are now bearing my cross with me.
- i) God is my co pilot.

3. Higher Self Attunement Visualizations

Close your eyes and imagine a symbol or image that attunes you and reminds you that your Higher Self is with you all through the day. Just as you have a symbol for

your personal power, self love, and protective bubble, create a symbol of your Higher Self that you can carry with you to re attune you throughout your day. It could be a dove flying above you. It could be a golden white light hovering above your head. There are infinite possibilities so use your imagination.

Shuttle back to these different images and affirmations throughout your day to reattune you. The affirmations and images provided in this book will provide comfort, peace of mind, strength and power in time of need. It may also be helpful to create imagery for the presence of God and Christ and the guides, teachers and helpers that are also available to assist you.

4. Creating A Shrine Or Altar

A small holy place or shrine in one corner of your bedroom is a lovely Higher Self attunement practice. It can be created in many ways. Some people have little statues of Jesus, Buddha, Moses. Other people have pictures of the great Masters and teachers. I also recommend having incense and spiritual music which helps you attune your consciousness.

Above this can be added affirmations, poetry, or pictures from magazines. Some people create this on a bulletin board or poster. I pin up all my battle plans, centering models, schedules, commitments, and inspiring thoughts. It is really fun and inspiring to create.

Candles can be added. It is nice to meditate near your altar or shrine, if possible. The shrine serves to remind you of your connection to spirit and your high calling.

How to Reprogram the Subconscious Mind
"Be vigilant for God and His kingdom."
Jesus Christ
As Spoken Through "The Course In Miracles"

By
Dr. Joshua David Stone

Since I have begun to give you affirmations in the previous chapters, I think it is appropriate now to explain more deeply what affirmations and visualizations are and how to use them. An affirmation is, in reality, an attitude. Every thought we think, be it positive or negative, is an affirmation. Every word we speak is an affirmation. Every action or behavior we take is an affirmation. This is true because everything stems from our thoughts. Our thoughts create our reality.

Affirmations used in a psychological healing context are specifically designed statements or attitudes that are set to program a new desired feeling, behavior or habit into the subconscious mind. In an earlier chapter I gave you affirmations to develop your personal power and your protective bubble.

Whenever you practice positive thinking or optimistic thinking you are practicing affirmations. The affirmations that I will be giving you in this chapter are specifically designed statements to help you develop certain key attitudes that pertain to your self concept and self image.

The continued repeated process of pushing the negative attitudes out of your mind with your personal power, and then repeating the new positive affirmations into the subconscious mind, is the main key to reprogramming the subconscious mind.

As mentioned earlier, the pushing out of your mind of the negative thought is like a plant that is not being watered. The negative thought is not getting energy, so it withers and dies. The continual, constant and repetitive use of positive thinking and affirmations waters this new seed thought in the soil of your subconscious mind and it begins to grow. It is like a tape recorder that re records over an old tape recording.

There are many different methods of programming the subconscious mind. Following are the best methods I have found.

Methods of Reprogramming the Subconscious Mind

To reprogram your subconscious mind try different ways to see which ones are most effective for you.

1. Affirmations:

An affirmation is a strong, positive statement that something is already so! The statement said silently to yourself until the pattern becomes a reality in your life and is fully programmed into the subconscious mind.

2. Decree: A decree is a spoken affirmation.

3. Creative Visualization:

This is the process of imagining the healed or finished result already taking place. This acts as a direct suggestion to the subconscious mind just as an affirmation would. Thoughts are images we have made.

4. Journal:

Write down your affirmations in a journal! This is also a very effective way of patterning and programming the subconscious mind. The act of "physically" writing it causes the thought pattern to take a more solidified and stable form. Change the wording as better ways of writing your affirmations come to you.

5. Affirmation Cards:

Write affirmations on cards and place them all over your house or in your place of work. This is a very effective method. Put these affirmation cards next to your bed, on the mirror, in the bathroom, on the refrigerator, in your car, in your wallet, or on your desk. This will act as a reminder to say them and will accelerate the process.

6. Affirmation Walking:

Go for a walk! An affirmation walk is one of my favorites. I walk for as long as I am in the mood and affirm to my subconscious mind how "I" want everything to be. The subconscious mind will manifest anything you tell it, either good or bad. The value of affirmations and positive visualizations is clearly obvious, for if we are not affirming and visualizing the positive, we are doing the opposite.

7. Rhythmic Repetition:

Say your affirmations rhythmically while you are physically exercising. This is an excellent programming technique and keeps your mind focused and disciplined while exercising.

8. Three "Voices":

Say your affirmations in first, second and third person language.

Example:

I, Joshua, am in perfect radiant health.

You, Joshua are in perfect radiant health.

He, Joshua, is in perfect radiant health.

This technique is especially successful in taping your affirmations.

9. Positive Negative Clearing:

Draw a line down the middle of a piece of paper. Write one affirmation on one side of the page. Then wait and listen for any thoughts that come into your mind that contradict your positive affirmation. Write down the negative thoughts or the negative affirmations that come up from your subconscious mind.

The next step is to change each negative thought into another positive affirmation. record any negative thought after you have written that new positive affirmation. Change these negatives into new positive statements. Continue this process until no more negative thoughts come up.

You now have a list of the affirmations that most specifically deal with your personal lessons in this lifetime. This method is also excellent because it teaches you the

process of creating your own affirmations. This is an essential ability to work on and to develop.

10. Mirror:

Look in the mirror every day for twenty one days and say your affirmations aloud. Say them with total personal power and conviction. Look yourself right in the eye! Continue affirming aloud until it totally becomes your reality and there is no subconscious resistance.

11. Endless Tape:

Record your affirmations onto an "endless" cassette tape that plays all night without stopping. Play the tape every night for twenty one nights while you sleep.

It is also possible to buy an endless cassette tape recorder that will play any standard tape all night long. This sleep tape method is one hundred percent effective! Pillow speakers are also available. Endless cassette tapes are usually available at Tower Records or Radio Shack and run from three to twelve minutes in length.

12. Hypnosis:

Find a trustworthy hypnotherapist to hypnotize you and plant positive suggestions into your subconscious mind while you are in the hyper suggestible state.

13. Reading:

Read and reread good books in the field of psychology and spirituality. This serves as a powerful programming and patterning device.

14. Pendulum:

Get a pendulum and communicate with your subconscious mind through "no" answers. This is a process that serves to get information from the subconscious mind and can be used to pattern or program the subconscious.

15. Dialogue:

Another very effective tool is to "dialogue" with the subconscious mind or with one sub personality or thought system within the subconscious mind. This can be done in a number of ways.

a) Voice Dialogue: Use chairs to represent the conscious and subconscious mind. You create a dialogue between them. The chairs represent the isolated sub personalities the person will be playing. The idea is to role play the various parts of the subconscious. The conscious mind then dialogues with these various parts. This is a very powerful tool in helping an individual to become the master of his life rather than the victim or effect.

b) Using this same process in a journal can also be exceedingly helpful. Have a dialogue on paper with any thought system within you that you are trying to block or to manifest in your consciousness. For example, have a dialogue with your Higher Self.

c) A third way to dialogue is just within your mind. When a destructive thought system or mental poison arises, talk to it and tell it you are the "captain of the ship" and you have the power in the personality, not it! Then affirm the opposite to yourself, and tell the opposite you will listen to it.

16. Acting "As if":

Act in your daily life the way you want to be, even if you don't feel it or if your subconscious is trying to do the opposite. This method takes an act of will power. If the tension can be carried long enough, eventually it will act as a reprogramming procedure.

This is an essential method to develop, because sometimes we just don't have the time to prepare properly for everything. Example: Spur of the moment job interview. You must act confident and qualified, even if you don't feel that way.

17. Pictures:

Create a physical picture of desired reality. This serves as a suggestion to the subconscious just as the creative visualization process does, except this is an actual physical reproduction of the imagined finished or healed result. (Example: If you are overweight, get a picture of somebody who has a body figure you want and place that body with your face). This will serve as a suggestion to the subconscious mind which it will seek to manifest.

18. Self Hypnosis:

Auto suggestions given to the subconscious mind while in a relaxed or hyper suggestible state symbolize the meaning of a longer affirmation. The discipline of hypnosis has demonstrated the fact that when the conscious, critical mind is relaxed, the suggestions given to the individual are almost immediately accepted by the subconscious mind.

What this teaches us is that we can take advantage of these relaxed and hyper suggestible states within ourselves to pattern and program our subconscious minds more quickly than with affirmations.

Affirmations are important but do take more work than this method. Some examples of periods during the day when you can use auto suggestion are:

a) Just before falling asleep, while you are in the twilight zone between sleep and wakefulness, affirm to yourself a key word: "Perfect health ... wealth ... success ... good night's sleep."

b) When you are just relaxing.

c) After meditation is an excellent time to give yourself auto suggestions.

d) Do a self hypnosis and then give yourself a suggestion.

e) In the ionized atmosphere of a shower.

19. Tape Recording:

Make a tape recording of affirmations and auto suggestions and play it under any of the above mentioned hyper suggestible states of consciousness.

20. Subliminal Tapes:

Another very good method of reprogramming the subconscious mind is through the use of subliminal tapes. A subliminal tape is one where a suggestion or affirmation is given in a barely audible tone as a background to classical, new age or environmental music. The suggestion is so quietly and softly given that you can't even hear it consciously unless you really strain to do so. Subliminal tapes are excellent as sleep tapes, especially if you find that regular affirmational sleep tapes keep you awake.

21. Singing:

Make up songs and sing your affirmations to yourself. You don't have to be a professional musician. Use the melodies of your favorite music. Create personal power songs, self love songs and financial prosperity songs. Allow yourself to be a little crazy and to have fun with it. Do it while you are alone driving in your car.

22. Poetry:

Another method along this same line would be to write poetry with these new ideals and ideas you are trying to program into your subconscious mind.

23. Artwork:

Draw or paint pictures of this new you that you are becoming. These last three methods are more right brain or yin methods of programming.

24. Self Talk:

Another very effective tool is to practice "self talk." The self talk that arises out of the subconscious mind is usually negative. The idea here is to practice positive self talk. Just talk to yourself as you would talk to a best friend or loved one. Affirmations are very formal and set, but this method is more informal.

For example, if I were working on self love, I might say to myself, "Joshua, I love you, I really do. You have made a lot of mistakes, and I just want to tell you that this is okay by me and I want to let you know that you are completely forgiven and I am on your side."

In other words, just practice talking to yourself with this new thought or image that you are attempting to incorporate as a habit within your subconscious mind. This method can be used in a number of ways:

1. In your mind
2. Talking to yourself out loud.
3. You could write yourself a letter and talk to yourself.
4. You could talk to yourself on a tape and listen to it as you go to sleep each night.

Visualizations

A visualization or image is really the same thing as a thought. Every thought has an image that is related to it. The concept of personal power may be visualized by a

sword. The concept of self love may be visualized by a rose. In the field of psychology we talk a lot about positive thinking. We should also talk about positive imaging.

The subconscious mind can be programmed effectively by either using affirmations or imagery. If you want to create through imagery you just imagine yourself the way you want to be. The continued process of doing this programs the subconscious mind to work 24 hours a day towards program-ming the imagery you have impressed into it.

If you want more money, visualize yourself with the money you want. The key is to use all your inner senses see yourself with money, feel the money, smell the money, hear the money, taste the money. Make your visualization so real that you are actually in your visualization not just watching yourself, but actually there. The more realistic you make your visualization the more effective will be the manifestation by the subconscious mind of what you want.

Visualization Exercises

Following is a series of visualization exercises to practice in your quiet meditative times. A lot of the theory of these exercises will be discussed in later chapters of this book. However, for now I just want you to get an overview of the different kinds of visualizations that are available to you.

Begin by finding a spot in your house where you can have some privacy for at least twenty to thirty minutes. Find a comfortable chair to sit in and begin by closing your eyes and taking three deep breaths. After each breath say to yourself inwardly, "Relax now." Begin visualizing or imagining that you are in a beautiful nature scene (mountains, meadow, ocean, forest). Imagine that you are actually experiencing this nature setting. Don't just see yourself there; be there!!! Imagine yourself as being very healthy, vital, alive and strong. Picture yourself in perfect radiant health. Use all five of your inner senses. See it, smell it, hear it, touch it, taste it and feel it. Try to make it so real that you feel you are actually there.

Next imagine yourself alone in this nature scene, feeling very powerful, strong, in control and in command of yourself. Imagine how it will feel to be the captain of a ship or the President of the United States. Or imagine being the executive of a major company or an orchestra leader of the leading symphony of the world.

Experience and feel the personal power and the authority you would have. Now realize that you are the captain, president, executive director, commander and orchestra leader of your thoughts, feelings, emotions, behavior, body, and environment. Imagine being the master of these things instead of letting them be your master.

Recognize that you don't need to be afraid of your power because you are going to use this power in

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obvious, for if we are not affirming and visualizing the positive, we are doing the opposite.

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The next step is to change each negative thought into another positive affirmation. record any negative thought after you have written that new positive affirmation. Change these negatives into new positive statements. Continue this process until no more negative thoughts come up.

You now have a list of the affirmations that most specifically deal with your personal lessons in this lifetime. This method is also excellent because it teaches you the process of creating your own affirmations. This is an essential ability to work on and to develop.

10. Mirror: Look in the mirror every day for twenty-one days and say your affirmations aloud. Say them with total personal power and conviction. Look yourself right in the eye! Continue affirming aloud until it totally becomes your reality and there is no subconscious resistance.

11. Endless Tape: Record your affirmations onto an "endless" cassette tape that plays all night without stopping. Play the tape every night for twenty-one nights while you sleep.

It is also possible to buy an endless cassette tape recorder that will play any standard tape all night long. This sleep tape method is one hundred percent effective! Pillow speakers are also available. Endless cassette tapes are usually available at Tower Records or Radio Shack and run from three to twelve minutes in length.

12. Hypnosis: Find a trustworthy hypnotherapist to hypnotize you and plant positive suggestions into your subconscious mind while you are in the hyper-suggestible state.

13. Reading: Read and reread good books in the field of psychology and spirituality. This serves as a powerful programming and patterning device.

14. Pendulum: Get a pendulum and communicate with your subconscious mind through "no" answers. This is a process that serves to get information from the subconscious mind and can be used to pattern or program the subconscious.

15. Dialogue: Another very effective tool is to "dialogue" with the subconscious mind or with one sub-personality or thought system within the subconscious mind. This can be done in a number of ways.

a) Voice Dialogue: Use chairs to represent the conscious and subconscious mind. You create a dialogue between them. The chairs represent the isolated sub personalities the person will be playing. The idea is to role play the various parts of the subconscious. The conscious mind then dialogues with these various parts. This is a very powerful tool in helping an individual to become the master of his life rather than the victim or effect.

b) Using this same process in a journal can also be exceedingly helpful. Have a dialogue on paper with any thought system within you that you are trying to block or to manifest in your consciousness. For example, have a dialogue with your Higher Self.

c) A third way to dialogue is just within your mind. When a destructive thought system or mental poison arises, talk to it and tell it you are the "captain of the ship" and you have the power in the personality, not it! Then affirm the opposite to yourself, and tell the opposite you will listen to it.

16. Acting "As-if": Act in your daily life the way you want to be, even if you don't feel it or if your subconscious is trying to do the opposite. This method takes an act of will power. If the tension can be carried long enough, eventually it will act as a reprogramming procedure.

This is an essential method to develop, because sometimes we just don't have the time to prepare properly for everything. Example: Spur of the moment job interview. You must act confident and qualified, even if you don't feel that way.

17. Pictures: Create a physical picture of desired reality. This serves as a suggestion to the subconscious just as the creative visualization process does, except this is an actual physical reproduction of the imagined finished or healed result. (Example: If you are overweight, get a picture of somebody who has a body figure you want and place that body with your face). This will serve as a suggestion to the subconscious mind which it will seek to manifest.

18. Self-Hypnosis: Auto-suggestions given to the subconscious mind while in a relaxed or hyper suggestible state symbolize the meaning of a longer affirmation. The discipline of hypnosis has demonstrated the fact that when the conscious, critical mind is relaxed, the suggestions given to the individual are almost immediately accepted by the subconscious mind.

What this teaches us is that we can take advantage of these relaxed and hyper suggestible states within ourselves to pattern and program our subconscious minds more quickly than with affirmations.

Affirmations are important but do take more work than this method. Some examples of periods during the day when you can use auto-suggestion are:

a) Just before falling asleep, while you are in the twilight zone between sleep and wakefulness, affirm to yourself a key word: "Perfect health ... wealth ...success ... good night's sleep."

b) When you are just relaxing.

c) After meditation is an excellent time to give yourself auto-suggestions.

d) Do a self-hypnosis and then give yourself a suggestion.

e) In the ionized atmosphere of a shower.

19. Tape Recording: Make a tape recording of affirmations and auto-suggestions and play it under any of the above mentioned hyper suggestible states of consciousness.

20. Subliminal Tapes: Another very good method of reprogramming the subconscious mind is through the use of subliminal tapes. A subliminal tape is one where a suggestion or affirmation is given in a barely audible tone as a background to classical, new age or environmental music. The suggestion is so quietly and softly given that you can't even hear it consciously unless you really strain to do so. Subliminal tapes are excellent as sleep tapes, especially if you find that regular affirmational sleep tapes keep you awake.

21. Singing: Make up songs and sing your affirmations to yourself. You don't have to be a professional musician. Use the melodies of your favorite music. Create personal power songs, self-love songs and financial prosperity songs. Allow yourself to be a little crazy and to have fun with it. Do it while you are alone driving in your car.

22. Poetry: Another method along this same line would be to write poetry with these new ideals and ideas you are trying to program into your subconscious mind.

23. Artwork: Draw or paint pictures of this new you that you are becoming. These last three methods are more right brain or yin methods of programming.

24. Self-Talk: Another very effective tool is to practice "self-talk." The self-talk that arises out of the subconscious mind is usually negative. The idea here is to practice positive self-talk. Just talk to yourself as you would talk to a best friend or loved one. Affirmations are very formal and set, but this method is more informal.

For example, if I were working on self-love, I might say to myself, "Joshua, I love you, I really do. You have made a lot of mistakes, and I just want to tell you that this is okay by me and I want to let you know that you are completely forgiven and I am on your side."

In other words, just practice talking to yourself with this new thought or image that you are attempting to incorporate as a habit within your subconscious mind. This method can be used in a number of ways: 1. In your mind 2. Talking to yourself out loud. 3. You could write yourself a letter and talk to yourself. 4. You could talk to yourself on a tape and listen to it as you go to sleep each night.

Visualizations

A visualization or image is really the same thing as a thought. Every thought has an image that is related to it. The concept of personal power may be visualized by a sword. The concept of self-love may be visualized by a rose. In the field of psychology we talk a lot about positive thinking. We should also talk about positive imaging.

The subconscious mind can be programmed effectively by either using affirmations or imagery. If you want to create through imagery you just imagine yourself the way you want to be. The continued process of doing this programs the subconscious mind to work 24 hours a day towards program-ming the imagery you have impressed into it.

If you want more money, visualize yourself with the money you want. The key is to use all your inner senses - see yourself with money, feel the money, smell the money, hear the money, taste the money. Make your visualization so real that you are actually in your visualization - not just watching yourself, but actually there. The more realistic you make your visualization the more effective will be the manifestation by the subconscious mind of what you want.

Visualization Exercises

Following is a series of visualization exercises to practice in your quiet meditative times. A lot of the theory of these exercises will be discussed in later chapters of this book. However, for now I just want you to get an overview of the different kinds of visualizations that are available to you.

Begin by finding a spot in your house where you can have some privacy for at least twenty to thirty minutes. Find a comfortable chair to sit in and begin by closing your eyes and taking three deep breaths. After each breath say to yourself inwardly, "Relax now." Begin visualizing or imagining that you are in a beautiful nature scene (mountains, meadow, ocean, forest). Imagine that you are actually experiencing this nature setting. Don't just see yourself there; be there!!! Imagine yourself as being very healthy, vital, alive and strong. Picture yourself in perfect radiant health. Use all five of your inner senses. See it, smell it, hear it, touch it, taste it and feel it. Try to make it so real that you feel you are actually there.

Next imagine yourself alone in this nature scene, feeling very powerful, strong, in control and in command of yourself. Imagine how it will feel to be the captain of a ship or the President of the United States. Or imagine being the executive of a major company or an orchestra leader of the leading symphony of the world.

Experience and feel the personal power and the authority you would have. Now realize that you are the captain, president, executive director, commander and orchestra leader of your thoughts, feelings, emotions, behavior, body, and environment. Imagine being the master of these things instead of letting them be your master.

Recognize that you don't need to be afraid of your power because you are going to use this power in a loving spiritual manner. Feel how good it feels to have personal power and authority over yourself rather than letting everything else in this universe be your master.

Imagine now that whenever you have this power there is an image or symbol that automatically appears with you in your presence. Choose a symbol now that works best for you. It might be a sword, a scepter, crown, torch, a special ring, special

clothing or piece of jewelry. Again experience and feel your personal power and self-mastery with this object with you.

Now imagine, with the power of your mind, you are creating a white and golden bubble around you that extends outward about two to three feet. Imagine that this bubble is a protective bubble. Make it thick and strong. Imagine that this bubble is semipermeable in nature. In other words, negative energy is kept out and positive, loving, and spiritual energy is allowed through it.

Next, fill the inside of that bubble with personal power, unconditional self-love and unconditional self-worth. See yourself fully assembled now with your personal power and emotional invulnerability, unchanging self-love and self-worth.

Imagine now that someone enters the nature scene in your mind's eye and tries to pick a fight with a negative comment. See this negative energy sliding off you like water off a duck's back, and then send him love along with personal power.

Now see yourself at work, and imagine one of your coworkers being irritable and uptight. See his negative energy slide off you like water off a duck's back. Now see your boss coming from his office in a bad and angry mood and hear him snap at you. See his negative energy sliding off you like water off a duck's back.

Imagine yourself now at home with your spouse or children. See your spouse being in a bad mood and see it slide off you like water off a duck's back. Follow the same procedure with your children, parents, or anyone else with whom it would be appropriate.

When this is complete, go back to your nature scene and imagine that your subconscious mind is bringing up some irrational or negative programming. See yourself pushing it out of your mind and denying its entrance. See yourself batting it out as you would with a baseball bat when hitting a ball out of the ball park.

Experience how good it feels to keep a disciplined mental and emotional diet. Experience how good it feels to have your subconscious mind dancing to your tune and following your every order as a faithful friend and servant would.

Imagine yourself in different situations taking command over your thoughts, feelings, emotions, behavior, body, instead of letting the content of your subconscious mind run you. Again experience how good it feels to be the master of your life, in service to a spiritual purpose.

See yourself powerful, loving, causal and an example and inspiration to and for others. See yourself being like a light to the world in your strength, self-love, love of others and emotional invulnerability. Everywhere you go people are being uplifted by your presence. See yourself fulfilling your spiritual purpose in this lifetime of spreading good energy, happiness, joy, cooperation, forgiveness, harmony, peace and love. See yourself setting this good example everywhere you go.

Visualize yourself in your nature scene, building a gigantic bonfire. See yourself taking all the negative-egotistical unbalanced thoughts, feelings, emotions, behaviors, physical ailments, and throwing them into the bonfire. See them all being burned up. See yourself only as powerful, strong, positive, loving, balanced and spiritual.

Experience it as an unbelievable weight being lifted off your back. Experience it as having finally returned to your true self, freed from faulty thinking and illusion. In your mind's eye see the fire two hours later having burned everything up, and all that is left in the middle of the fire is a one pound chunk of "gold." Alchemy has taken place.

By gaining all the "wisdom" from your past mistakes, you have changed base metal (experiences) into gold. Everything that has happened has been positive since you have learned from it.

Taking an Elevator Down into Your Subconscious Mind The subconscious mind as a computer room:

Close your eyes and imagine taking an elevator, stairs or an escalator down into the recesses of your subconscious mind. In this first visualization exercise imagine that your subconscious mind looks like a computer room. Imagine that there is one master computer sitting on a large desk with a chair in front of it. Sit down in the chair and see the typewriter keyboard in front of you, with the computer screen also in front of you.

Imagine that there is a particular key on the typewriter which you can press to see what existing programs are already in your computer. Imagine you know how to work the computer and scan the "bad" habits or thinking patterns that are still existing in your computer (subconscious). See these faulty thinking patterns being printed out on the screen in front of you.

Choose three faulty thinking habits you want to change printed on the screen clearly in front of you. See these habits vanish off the screen. Now "type" into the computer screen the new thinking habits you want stored on the computer disks. Do this for all three habits and now see them printed clearly on the screen. Then press another button on your computer keyboard that signifies indefinite storage in your computer bank. When completed take the elevator back up to your conscious reasoning mind.

The subconscious mind as a movie projector:

Close your eyes and again take the elevator down into your subconscious mind, and this time see it as a movie studio. In the middle of the room there is a large movie camera such as you would see in the filming of a television show or actual movie. In front of this camera is a large screen.

Walk up to the movie camera or projector and see yourself switching on the projection cassette reel. As you do so, before your eyes on the screen in front of you are three bad habits that you have been operating within your video tape machine in the past. See these bad habits being projected on the screen in full visual technicolor.

After watching the movie of your bad habits, shut off the movie projector and camera. See yourself take the video cassette out of the camera. As you look at the cassette it is titled, "Three Past Bad Habits." See yourself go to the metal waste paper basket which is filled with paper and light a match to the paper and see a small flame engulf the paper and throw this video cassette into the waste paper basket. See it start to melt and burn up the video reel.

Then go to the shelf on the wall and get a blank video cassette. Take this cassette and put it into the video machine. Examine the movie camera and press the button that says "record." As you do so, with your mind's eye visualize and imagine on the screen in front of you the new habits you want in your life in full Technicolor.

Use great detail in seeing every aspect of these new habits. When finished, shut off the movie camera, take the cassette out of the camera, label it, and put it on the shelf with the other existing video tapes you have in storage. Then take the elevator back to the conscious reasoning mind.

Close your eyes and take the elevator down into the subconscious mind and see a beautiful garden in front of you. Examine your garden and see what is growing out of the soil (subconscious mind). Are there a lot of beautiful flowers and plants and trees or is it overrun by "weeds"?

Walk through your garden and begin pulling out the weeds and shrubbery that don't belong in your garden. Each time you pull out a weed or shrub that doesn't belong there, look at it and see what negative thought or image or habit it symbolizes or represents.

Go through your garden and do this until satisfied, and then take the bucket of weeds you have collected and burn them. Then go to the shed in your garden where you store all the packages of new seeds (new thoughts and images). While in the shed, decide what new seeds you want to plant in your garden. Then see yourself very carefully planting these new seeds in the soil in an orderly manner.

Imagine time passing by, and see yourself every day for twenty-one days coming back and watering, talking to and fertilizing these seeds. Each day you come back see these seeds sprouting into the positive thought, image or habit that has laid previously latent within it.

See your garden now after twenty-one days. Do whatever you have to do within the garden of your subconscious mind to make it healthy and strong. Make note of which plants, flowers and trees represent what, within your garden. Be clear that the soil of your subconscious mind will grow any seed-thought you plant, be it positive or negative, so be sure not to let any bad seeds land in the soil of your subconscious mind. If any "bad seeds" have landed there and are starting to grow, be sure to pull them out daily.

The subconscious mind as an audio tape recorder.

Close your eyes and take the elevator down into your subconscious mind and see it as an audio recording studio. See the master tape recorder on the table before you. Press the play button and listen to the existing cassette of the bad habits or thinking or emotional patterns that are existing within your tape recorder.

After listening to three of the bad habits that have been playing, press the stop and eject button of the tape recorder. Take that tape and burn it. Take a brand new audio cassette tape and place it in the tape recorder. Press the record button and begin talking into the microphone, either aloud or internally, with the new audio recording you want playing in your subconscious mind.

This is your opportunity to do your affirmations or just talk to your subconscious servo-mechanism, and tell it what you would like to manifest within your reality.

When complete, stop the machine and put this new cassette back into its tape container and file it with your other cassettes you have in storage. When you are finished take the elevator back up to your conscious reasoning mind.

While working with these different visualization exercises, it is a good idea to do them on a structured, regular basis just as one would do with affirmations. It takes twenty-one days to cement fully a new habit into the subconscious mind. Spending ten to fifteen minutes morning and night for twenty-one days, in conjunction with the affirmations you are working with on the same specific habit, will do the trick.

Physical Health Visualization:

Close your eyes and see yourself the way you want to look. Don't just see yourself in the visualization. Be in the visualization. See yourself exercising. See yourself in the sunshine and fresh air. See yourself eating all the right foods. See your good thoughts and feelings and behavior creating perfect health within the cells of your body. See the good color in your skin tone. See the blood and energy within your body circulating vibrantly.

See and feel the glow of perfect radiant health emanating from the cells of your body. See yourself identifying with your true spiritual nature and the physical body reflecting or mirroring the inner health and light within you. See yourself with high energy and vitality. See yourself waking up every morning fully rested and refreshed, filled with physical energy and vitality. See yourself at your perfect weight.

See yourself having the perfect contour of the body you want and truly have. Your physical body is nothing more than a reflection of the thoughts and images you hold about it in conjunction with the food you eat. See yourself thinking and imaging only healthy, positive thoughts and images, and eating only healthful foods.

Realize you are the master of the subconscious and body. See yourself telling it what to do. See your subconscious mind and physical body do it. Use all your senses in your imagination to experience and feel what perfect health and physical fitness, at your highest level, feels like. If you can work to have it within your mind's eye for twenty-one days, you can develop the habit of having it within your physical experience.

Attracting Money Visualization:

Close Your eyes and imagine how it would feel to have all the money you want or need. See yourself opening your savings account book and see this numerical figure typed clearly within it. See yourself going to the bank on a weekly basis and depositing larger and larger sums of money. Imagine yourself getting a job promotion or a larger paycheck. Imagine winning a sweepstakes or inheriting a large sum of money.

Visualize clearly the material object you want. Make it so real it is as if you already have it. Use all your inner senses. See it, feel it, taste it, touch it, smell it and hear it. Use this object on a regular basis as you would if you actually had it physically. See yourself counting your money or checks.

See yourself being grateful to God for the abundance He has bestowed upon you. See yourself giving part of your money to charity or a worthy cause because the universe has been good to you and you want to give back to the universe.

Physical Health Affirmations

1. My physical body is in perfect radiant health.
2. My physical body now manifests the health and perfection of Christ.
3. Every day in every way I am getting better and better.
4. I am physically fit with an abundance of energy.
5. I sleep soundly and deeply every night and wake up fully rested and refreshed early every morning.
6. Father, I thank You for my long and healthy life in your service.
7. Father, I thank You for my unlimited increase in the power and energy of my physical battery.
8. God, my personal power, and the power of my subconscious mind are now healing, energizing, and strengthening my physical body.
9. My physical body is now healing with Godspeed.
10. God, my personal power, and the power of my subconscious mind are now returning my body to perfect radiant health.
11. Be still, and know that I am God, and my physical body now manifests the health and perfection of Christ.
12. Father, I thank You for my unlimited increase in the functioning of my glandular system.
13. My glandular system is now operating at its full Christ Potential.
14. My thymus gland and immunity system are now operating at their full Christ Potential.
15. I am a son or daughter of God, so I cannot possibly be sick.
16. God, my personal power, and the power of my subconscious mind are now revitalizing, recharging, and awakening my physical body.
17. I am in love with physical exercise, and I am now being filled with an abundance of physical energy.

Trust, and Patience Affirmations

1. I have perfect faith, trust, and patience in my Higher Self.

2. I have perfect faith and trust that God is now providing for my every need.
3. I hereby surrender all problems and challenges into God's hands.
4. Why worry when I can pray?
5. With God helping me I will succeed for sure.
6. I have perfect faith in my own power as well as perfect faith and trust in God's power.
7. I have invited God's help and I know his invisible hands are now working in my life to answer my prayers.
8. I have invited God's help and I have perfect faith, trust, and patience He will provide me with what I want, or something better.
9. I have asked and I know I shall receive.
10. I know God will answer my prayer, in His time not mine, and I will have perfect faith, trust, and patience until that time comes.
11. If my prayer isn't answered in exactly the way I want, I know that this is a lesson He would have me learn.
12. I have perfect faith, trust, and patience that God will answer my every prayer.
13. Prayer, personal power, and affirmations and visualizations are an unbeatable team.
14. I have perfect faith, trust, and patience in my self, my superconscious mind, and the power of my subconscious mind, to attract and magnetize to me everything I need.

My Favorite Affirmations: Guaranteed to Make you Feel Better if Said with Regularity and Enthusiasm!!!

1. Mental strength, physical strength, spiritual strength!!!
2. Personal power, positive anger, mental strength!!!
3. I am the power, I am the master, I am the cause.
4. I'm mad as hell and I'm not going to take it anymore.
5. Get thee behind me, Satan!!!
6. I have perfect faith and trust in God!!!
7. Personal power, positive anger, eye of the tiger and faith, trust and patience in God!!!
8. Personal power, causality, steel-like mastery!!!

9. The power of my 3 minds makes me the omnipotent force in this universe!!!
10. God, my personal power and the power of my subconscious mind are an unbeatable team.!!!
11. My mind power and spirit power are an unbeatable team!!!
12. Be still and know that I am God.
13. Father, I thank you for the miraculous healing of my
14. Water off a duck?'s back, water off a window pane, invulnerability, invincibility, rubber pillow, filter
15. God, God, God, Christ, Christ, Christ, Jesus Christ, Jesus Christ, Jesus Christ!!!
16. Absolute total supreme mastery
17. Tough love, tough love, tough love!!!
18. Mental power, physical power, spiritual power!!!
19. Faith, trust, patience in God!!!
20. Fake it 'til I make it, fake it 'til I make it
21. Every day in every way I am getting stronger and healthier!!!
22. God is my co-pilot!!!
23. With my power and God's Power and the power of my subconscious I cannot and will not be stopped!!!
24. All out war against Satan, and for God and love and positivity!!!
25. I will be more powerful from this moment forward than I have ever been in my entire life!!!
26. As God is my witness, I will not be stopped!!!
27. The Force is with me and I am with the Force!!!
28. The Source is with me and I am with the Source!!!
29. I am sustained by the Love of God!!!
30. I can do all things with God, Christ, and my higher self who strengthens me!!!
31. As God is my witness, I will never give my power to anyone or anything ever again!!!
32. God, my personal power, and the power of my subconscious mind!!!
33. Not my will, but, Thine, thank you for the lesson!!!

34. I may lose a few battles, but I am going to win the war!!!

35. I declare all out war to get my life together!!!

36. I am going to be the absolute master of my life from this day and moment forward!!!

37. God goes with me wherever I go!!!

Read the affirmations again and this time say them with enthusiasm!!!

38. I love God with all my heart and soul and mind and might, and I love my neighbor as myself.

Read each affirmation from three to seven times!

Hypnosis and Self-Hypnosis

"Most of my work is not hypnotizing people, but rather, dehypnotizing them. A great many people walk around in a kind of hypnotic state already."

Dr. Joshua David Stone

By

Dr. Joshua David Stone

Hypnosis and self hypnosis are incredibly misunderstood in our society. Hypnosis to the ordinary person has a very negative stigma, caused by a misuse of the tool by the stage hypnotists and misinformation perpetuated by the media.

Hypnosis is actually a very common incident which occurs to each of us throughout our day. As I mentioned previously, every time you are a victim or are on automatic pilot you are in hypnosis. Every time you let the subconscious mind run you, you are in hypnosis. Every time another person's thoughts or feelings affect you, you are in a subtle state of hypnosis.

When you go to sleep at night you go through stages of hypnosis. When you read a book, watch television or drive your car, you go into hypnosis. A person who is a victim instead of a master of his life lives most of his life in hypnosis.

Hypnosis can be described in a number of ways. It is relaxation. It is suggestibility. It is allowing yourself to be a victim in the controlled, protected setting of a qualified hypnotherapist's office. Hypnosis occurs when the subconscious mind is running the conscious mind when we are doing things by habit, daydreaming, fantasizing, or on automatic pilot.

Hypnosis is not bad. It is a normal state that we go in and out of every day. It becomes dangerous only when we are not consciously choosing or controlling, or in some way monitoring, guiding and directing the process. The term "hypnosis" is usually thought of in terms of a hypnotist hypnotizing another person. In reality, there is no hypnosis except self hypnosis. If you were in my office and I were to give you suggestions to relax, the only effect they would have is the effect you, the patient, would let them have. I, as the hypnotherapist, cannot force suggestions into your mind.

Remember, you cause your own reality. I don't cause your reality unless you let me, so in reality you are hypnotizing yourself by allowing yourself to accept my suggestions. A person cannot be hypnotized against his personal power or will.

Let me give another example. Let's say that we have a chance meeting at the market. Imagine that I am someone you really admire, to whom you have given, psychologically, your power. I tell you that you don't look so well, as though you might have the flu. If you don't have your power, your bubble of protection up, and your discriminating mind functioning, my suggestions will go right into your subconscious mind. Ten minutes after I leave you will start feeling sick.

I will have unintentionally programmed you to be sick. Maybe what I said was just an inaccurate observation. If you believe it and let it in, it will become your reality even though it wasn't true. This kind of thing happens all the time.

If someone judges or criticizes you and you feel hurt and rejected, you have been negatively hypnotized. You let another person be the programmer of your emotions.

Most of my work as a counselor is not to hypnotize people but to dehypnotize people. Many people are living in hypnosis, and I am trying to get them out of it.

Myths

People would be much more open to hypnosis if it were called by a different name. If it were called deep relaxation, guided imagery, meditation or biofeedback people wouldn't be so wary.

Another myth about hypnosis is that we lose total control. The classic fear is that someone will program us to rob a bank, have sex with them, or some other crazy thing. It is important to understand that ninety five percent of the time when people are hypnotized they are aware of what is going on.

Secondly, you will never do anything that goes against your moral or ethical values. A good example of this is a stage show where a suggestion is given to five people under hypnosis that they are naked. Two of the people go and hide behind the piano, not wanting the audience to see them. The other three are strutting around unembarrassed.

Why? The same suggestion was given to all five. Each person responded according to his programming. The two behind the piano had programming of being shy about their bodies while the other three were very extroverted about exhibiting theirs.

If you program a sane person to rob a bank, he won't do it. If you hypnotized a sociopathic, psychopathic killer and gave him this suggestion, he might do it. This is not something a sane person would do. It is possible to pull yourself out of hypnosis in an emergency.

People on stage shows like to act crazy and enjoy the feeling of being in hypnosis. You have to remember that they chose or volunteered to go on stage, and only extroverts would volunteer in the first place.

Another myth about hypnosis is that you won't wake up, or come out of it. If the hypnotist left the office the worst that could happen is that you would fall asleep and would wake up from the experience as if you just had a nap.

Depths of Hypnosis

There are three basic depths of hypnosis: Light, medium and heavy. These are also called hypnoidal, cataleptic and somnambulistic. In biofeedback terminology these states of consciousness have been described as:

Altered States of Consciousness

Beta Full consciousness.

Alpha Falling asleep, waking up, hypnosis, meditation.

Theta Early stages of sleep, deep hypnosis, deep meditation.

Delta Sound sleeping.

Occasionally someone will go into a heavy or somnambulistic trance, but most clinical work is done in the light or medium level. The deeper a person is, the more suggestible he becomes. If a suggestion is given in a conscious state, the reasoning or critical faculty immediately rejects or accepts it.

In hypnosis it goes immediately into the subconscious mind. This is the reason for giving yourself suggestions while in an altered state of consciousness. An ideal time for programming is during meditation, or when you are awakening or falling asleep. Programming with suggestions and affirmations still works when you are in a conscious state, but it requires more repetition.

Some people are convinced that they can't be hypnotized. This is another myth. Everyone who can go to sleep or relax (which, obviously, everyone can do) can be hypnotized. There are those who are not being hypnotized because they choose, either consciously or unconsciously, not to be hypnotized because of some fear of hypnosis or of the hypnotist.

People who are hypnotized never think they are. I have seen stage shows where people were so hypnotized that it was unbelievable. Yet, when they were awakened and asked if they thought they were hypnotized they said "no". I think this happens because of increased awareness under hypnosis.

Meditation and hypnosis are very similar. They are both altered states of consciousness. One of the main differences is the intent of the experience. The intent of hypnosis is for giving suggestions to the subconscious mind. The intent of meditation is for quieting the mind or approaching the spiritual world. The actual altered state of consciousness is not too dissimilar.

Types Of Hypnosis

There are two ways of hypnotizing people. One is called the maternal approach, and the other is the paternal. The maternal approach is what is used for most clinical psychotherapeutic work, and the one which I use. It is the soft, gently, guided relaxation method.

It is possible, however, to hypnotize people with shock types of methods. I have never used this method myself, but I have seen lots of demonstrations of this. People can be shocked into the state of hypnosis almost immediately.

An example of this is when a hypnotist has someone stand next to him with his hand on the subject's neck. He jerks the neck, without hurting the person and shouts "Sleep!!" I have seen many people go instantly under hypnosis. It is fascinating to watch.

Benefits Of Hypnosis versus Self Hypnosis

It could be of great benefit to you to learn self hypnosis. There is nothing wrong with hypnosis, but you don't want to have to pay a large sum of money every time you want to do reprogramming.

The methods for self hypnosis and hypnosis are exactly the same. The only difference is that in self hypnosis you do it to yourself, instead of having the hypnotist give you the suggestions. It is occasionally nice to have someone else do it

for you, then you can totally surrender to the experience, without keeping a part of you out to give yourself direction.

If you record your instructions on tape, then you can surrender to the experience completely. Once self hypnosis is learned, you can go very deep with no problem.

Children And Hypnosis

Children are excellent subjects for hypnosis. Children have such vivid imaginations that they go right under. Using imagery is one of the quickest ways to put someone into hypnosis. Physical Signs Indicating Hypnosis

There are a number of signs that indicate when a person is in hypnosis. Usually the heart and breathing slow down and the limbs become heavy. There is a disinclination to move.

Sometimes the eyelids will begin to flutter. A hypnotic sigh is a deep breath and sigh, which indicates a deepening is taking place. Sometimes a person will describe a lightness as opposed to a heaviness. There is also usually a reluctance to come out of the experience because it is so pleasant.

Hypnotic Hallucinations

When a person is hypnotized he can be made to have what is called positive and negative hallucinations. A positive hallucination is to see, hear, taste, smell and touch something that is not really there. A subject can be programmed to see a vision, hear something that isn't there, smell something that isn't there or feel something that isn't there. This is because the subconscious inner subtler senses are in the forefront when the subconscious is in control, as it is under hypnosis.

A negative hallucination is the ability to give a suggestion to have the subject not see, hear, taste or smell something that is right in front of him. So it is possible to make a person sense something that is not there or not to sense something that is there.

In stage shows a person is given a glass of water and is told that it is a martini. To the person under hypnosis the water tastes, smells, looks, sounds and feels like a martini, even though it isn't. What is really happening here is just the projection of thought and imagery onto our world.

What is the difference between this and interpreting a given circumstance as a problem rather than a teaching and lesson? We are creating something that is not there, being pessimistic rather than optimistic, thinking egotistically rather than spiritually. We are seeing something that is not really there; we just think it is. We all create hallucinations all the time.

We do this with imagery also. I am sure we have all had the experience of looking for something and then realizing it was right in front of us and we didn't see it. This is because we programmed ourselves that it wasn't there, so we didn't see it. We see with our minds, not with our eyes.

Post Hypnotic Suggestions

This is another interesting hypnotic phenomenon. A person can be given a suggestion to respond to a certain cue after he has been awakened and taken out of the hypnosis. An example of this might be the suggestion that two minutes after his head touches the pillow at night he will fall deep asleep.

Time Distortion

Time can be distorted while being under hypnosis. This can be compared with dreaming. When we dream we think it takes a long time when, in actuality, dreams do not last for longer than thirty to sixty seconds. When under hypnosis a person can be programmed to think five minutes is half an hour and an hour is ten minutes.

Future of Hypnosis

In the future hypnosis, self hypnosis and the understanding of programming and suggestion will be a basic part of every aspect of our society. The understanding of these dynamics affects everything. It affects our relationships, health work, spiritual life and on and on.

Hypnosis can be used in so many areas and for so many problems. It can be used for any type of physical, mental or emotional problem. The following is a list of some of the possibilities: Replacement for anesthesia, insomnia, headaches, phobias, healing, past life recollection, dentistry, surgery, weight control, smoking, constipation, stage fright, pain alleviation, childbirth, habit removal, emotional healing, sexual dysfunction, crime and law enforcement, sports, learning languages, amnesia, and finding lost objects, to name a few. Since the subconscious mind runs the body, any physical problem can be dealt with through hypnosis. A dentist might accomplish the anesthesia effect by having a patient imagine there is a bucket of ice water next to him. The patient imagines putting his hand in the bucket of ice water and having it become totally numb.

The dentist then gives the suggestion that whatever that hand touches becomes totally numb. He has the patient touch his face, and the face becomes totally numb. The dentist does his dental work and then gives suggestions for the numbness to go away. Amazing, isn't it?

All past life memories are in the deeper layers of the subconscious mind. Through past life regression a person can be guided back to look at and experience past lives.

There are two kinds of regressions, complete regression or partial regression. A partial regression is where you just observe what happens in a past life or even in an early childhood memory. A complete regression is where you go back and re-experience some traumatic event. Either partial or complete regression can at times be extremely helpful in releasing some deep subconscious block.

Surgeons and nurses can stop the flow of blood and promote healing by giving suggestions during surgery. It is also important for surgeons and nurses to be careful what they say when a person is under anesthesia. There was a study done where a person was under heavy anesthesia for six hours and a week later, under hypnosis could relate every single thing the doctors and nurses had said. An inappropriate comment or bad joke about the patient's body can serve to program the subconscious.

The criminal justice department uses hypnosis, and there is a continual legal debate regarding whether the evidence obtained from hypnosis is admissible in a court of law. In a waking state witnesses may remember nothing about a bank robbery. Under hypnosis they can tell the license number of the car the robbers were driving.

The subconscious is the seat of our memory and picks up everything that is going on, even though the conscious reasoning mind does not. Einstein said we use only something like eight percent of our brain. Most people use their subconscious mind or superconscious mind barely at all, and only a fraction of the conscious, reasoning mind.

Hypnosis as a Tool and Possible Dangers

It is important to realize that hypnosis is a tool. It is not a therapy, philosophy or psychological methodology in itself. There are many hypnotists who are not spiritual, are not licensed as counselors, and who are not qualified to do some of the things they are doing. Hypnosis can be misused.

It is important to find someone who is very qualified and who is, preferably, a licensed counselor. Find also someone with whom you have a good rapport and whom you trust. There is a certain surrendering to another person. This is fine as long as the person you are seeing is qualified to deal with any other emotional issue that comes up.

A lot of hypnotists, I find, are over identified with the subconscious mind and don't know the first thing about personal power, let alone the spiritual laws I have been discussing in this book. I have been giving you a very positive view of hypnosis because I know how to use the tool, and I use it within the greater context of the spiritual philosophy I teach. Be aware that most hypnotists do not have this greater understanding.

In exploring hypnosis you are entering into the psychic world. You want someone who really knows what he is doing, not someone who is using hypnosis as a hobby. The crazy thing is that people do not have to be licensed to practice hypnosis. Only licensed people have to get a license to use it. Unlicensed people can use it with no license in California.

This last section is in no way trying to discourage you from exploring hypnosis and self hypnosis. It is just that, if you were going for counseling, you would want to see a good counselor. If you go to a lousy counselor or psychologist you stand the chance of becoming emotionally damaged. The same goes for hypnosis. You will be fine as long as the person doing it is trustworthy, qualified and licensed.

False Statements In All Hypnosis Books

There is one false statement that I find in almost all books on hypnosis. The statement was attributed to Emile Coue, a famous French hypnotist who did fantastic work. It was he who coined the famous affirmation, "Every day in every way I am getting better and better." He said, "When the will and the imagination are in conflict, the imagination will win out."

This statement is completely false, in my opinion, and every book on hypnosis quotes this statement. The imagination is the seat of the subconscious mind. So what the statement is saying is that the subconscious mind is more powerful than the conscious mind. Nothing could be more false.

The most powerful force in this universe is your will and personal power. Never forget this. There is no force more powerful than this. If this were not true, we could never achieve self mastery. The subconscious is definitely more powerful if you are under hypnosis, but not if you are not under hypnosis.

The example often used is walking across a stream on a narrow board. Even if the subconscious is giving you thoughts and fears that you are going to fall in, the conscious reasoning mind can override this with will and personal power to keep one centered and steady.

This kind of statement is what I spoke of earlier about hypnotists being over identified with the subconscious mind and not having a complete understanding of the conscious mind and superconscious mind.

Demonstrating the Power of the Mind

There was a study done at Chicago University demonstrating the power of the mind on performance. The study designated three groups of men shooting baskets at a basketball hoop. The first group practiced one hour a day for a month. The second group didn't practice at all. The third group practiced an hour a day in their minds only, not physically. At the end of the month tests were given of the three groups actually shooting baskets physically. The group that didn't practice made something like twenty nine percent. The group that practiced in their minds made seventy nine percent. The group that practiced physically made eighty percent. Practicing in one's mind obviously helps physical performance. The ideal would be to practice both physically and mentally.

The Process of Hypnosis Induction

In the chapter on getting in contact with your Higher Self, I already outlined a process for self hypnosis induction that you might try. The following is similar but a little more in depth. It also addresses methods for hypnotizing someone else, if you would like to try that. At the end of this process is also the technique for awakening yourself or someone else from hypnosis.

Begin by having the person focus his eyes on the wall or above eye level. Have the person take five deep breaths, and on every exhale say the words, "Relax now." After the fifth breath have him close his eyes. Do a progressive relaxation, going through each part of the body and telling it to relax.

Have him imagine a gold white light hovering above his head. Have him imagine that this golden white light bubble has special properties. Everything it touches is cleared, cleansed, balanced, attuned, healed and relaxed. Have him imagine this bubble moving down through his body and arms from the tip of his head to the tips of his toes. Then have him imagine he is floating in the clouds in this protective bubble. Then have him floating in space in the protective bubble.

Have him imagine that, while floating in the bubble, there are ten distinct levels of depth. Number ten is the highest number; one is the lowest. Count downward from ten to one, and after each count use "hypnotic patter: (presented on following pages).

After reaching level number one, have him imagine a beautiful meadow, or mountain, nature or an ocean scene, visualizing it as clearly as possible using all five senses seeing it, smelling it, tasting it, touching it, hearing it. Use imagery such as: Stream, hot tub, hammock, sunshine, flowers, trees, birds, clouds, wind, waterfall, cabin, waterbed, animals, grass, favorite foods, swimming, ornature sounds.

Then give actual suggestions to him. Have him visualize and actually be that which he wants to be or manifest within his life. It is also possible to read a suggestion or ad lib a suggestion. When you are finished with the suggestions, have him relax in the nature scene.

Waking Up Repeat the following:

I am now going to count upward from zero to five. The count of five always will represent being physically relaxed, emotionally calm, mentally alert, and most refreshed, energized, revitalized in every way.

Number one, beginning to wake up.

Number two, waking up more and more becoming refreshed and energized in every way. Number three, waking up even more now consciousness becoming now totally grounded back into the physical body and this room.

Number four, eyes becoming crystal clear beyond your eyelids. At the next count your eyes will open and you will feel refreshed and energized in every way with a tremendous feeling of well being, happiness and joy.

Number five, wide awake, eyes open, with a tremendous feeling of well being, happiness, joy, and completely energized and refreshed: Physically relaxed, emotionally calm, mentally alert.

Regression Induction

The following exercise is the process you can use to do a regression on yourself and others to an early childhood memory or even a past life memory.

Instructions:

This can be used after you have gone through the entire hypnosis induction and the person is in a medium to deep hypnotic state of consciousness.

There are two kinds of regression. One is a direct experience where the person actually re-experiences the feeling and emotions of the experience. The other is to have the person observe the experience like watching a movie or television. If you feel it would be better to have a partial regression, just say to the person: "You are an observer, no emotion, no pain, just an observer." Keep repeating this until the

person moves into that more detached space. Once he is in the experience, have him share out loud what he is experiencing.

Induction: Say:

"Now your body is very heavy and deeply relaxed. Your body is so heavy it feels as though it is sinking very gently into the couch. However, your mind is free and light, floating, alert, yet deeply comfortable and relaxed. I want you to imagine now that you are a pinpoint of consciousness floating up away from your body and hovering near the ceiling of this room.

You are looking down now from a vantage point near the ceiling of this room. You are floating, insubstantial as smoke, through the roof of this building and out into the clear night sky. The stars are sparkling bright and the moon is out, and below you the city is sparkling with lights.

You are floating higher and higher, up into the velvety blackness of space. You feel marvelously light and free as you soar up and away. You are again a point of light soaring up and away as an eagle would float and soar. Now we are going to go back into the past.

Before you is a tunnel, which is the corridor to the memories of early childhood and past lives. You are now walking through this tunnel. At the end of this tunnel is a gate. I am going to count down from five to zero. At the count of zero I will snap my fingers, and you will walk through the gate and you will experience or observe the childhood experience or past life memory that is the cause of your present day problem."

Count downward, 5...4...3...2...1...0 (snap fingers) and say "Back to the cause!" Wait about fifteen to thirty seconds and ask the person to share with you out loud what he sees. When that experience is over count downward from five to zero and have him again go back to another experience that is the cause of the problem or lesson you are exploring.

Coming out of The Experience:

Tell him again you are going to count down from five to zero and snap you fingers, and at the count of zero, he will go back through the gate to the other side. Have him relax. Give him some positive healing suggestions before bringing him out of hypnosis.

Hypnotic Patter

Following is a list of what I call hypnotic patter. Sometimes when you are hypnotizing others, are in self hypnosis, or are making a tape, you have spaces or gaps between deepening techniques. This is a good time to use hypnotic patter. Hypnotic patter contains words and imagery that encourage deeper relaxation.

Totally relaxed
Letting go
Releasing
Deeper and deeper
Loose, limp, lazy

Heavy veil or deep hypnotic sleep
Deeply relaxed
You are now feeling the drowsy pulsation of approaching sleep
You feel as if you do not have a bone in your body
Jelly
Melting into the couch, chair or floor
Drifting downward
Heavier and heavier
Slowing down
Saturated with relaxation
Totally physically relaxed
Drowsy and dreamy
Pleasant, comfortable, safe, protected and supported
Jaw and forehead and muscles relaxing
Eyes relaxing
Blanket of relaxation
Peaceful, comfortable, a very enjoyable feeling
Continue to relax, more and more, keep going deeper and deeper to sleep
Completely and totally relaxed, every muscle totally relaxed
All the muscles in your body are like loose rubber bands
You have given yourself permission to let you mind just drift and wander to pleasant scenes within your imagination
Drowsy slumber
Drowsy relaxation
Pleasant comfortable relaxation
Jaws separate and chin and cheek muscles go loose and rubbery
Restful and tranquil
Rag doll
Feeling of well being
Confident and sure of yourself
Listless, letting go
Numbness
Peaceful, tranquil, calm vWell being

Awakening Hypnotic Patter:

"When you open your eyes you will feel refreshed; energized; rejuvenated; well rested; full of enthusiasm, energy and vitality to deal with lessons and challenges the rest of the day; revitalized; invigorated; The wonderful feeling of having perfect radiant physical health."

Deepening Techniques

There are a couple of other deepening techniques. The first is to use anything that happens in your experience as a means to deepen the experience. For example, let's say you hear the noises of cars outside. A suggestion can be given, such as, "Any noises that you may hear in the outside world will tend to relax you even more and deepen your experience."

Another way to deepen the hypnosis is to do what is called a hypnotic test or challenge. An example of this is giving a suggestion to a person that his arm is getting very heavy, so heavy that it cannot be lifted. It feels as if it is stuck like glue to the table. He can try to lift it now, but it is so heavy he can't. It feels as if there are

a thousand pounds of lead lying on top of it. When he tries to lift it, he can't. This realization tends to deepen hypnosis even more.

Structuring Suggestions

When structuring suggestions to give to yourself or others, there are a couple of helpful ideas that will make your suggestions more effective. The first is always to word your suggestions in the positive rather than in the negative. It is better to say that our arm is now healed rather than saying your broken arm is now healed. Leave out the negative image.

Secondly, if your reasoning mind or subconscious mind has a hard time believing your arm is healed now, it is possible to create an affirmation that induces healing in the immediate future. For example, "Every day in every way my arm is getting better and better."

Thirdly, it is helpful to exaggerate and emotionalize by using words that have great imagery, to get your point across. For example, instead of saying that your arm is strong, you might say it has steel like strength and power.

The more motivated you are for your goal, the more effective will be your suggestion. Keep the language simple, but be very specific and use lots of repetition.
Communicating With the Subconscious Mind

There are a number of ways of communicating directly with the subconscious mind... In a waking state a lot of people use applied kinesiology, which is commonly called muscle testing.

Any muscle can be used. It is common to use the fingers. Putting your thumb and little finger together to form a circle is one way to do it. Hold these fingers firmly together and try to pull them apart by inserting our thumb and pointing finger of your other hand inside the circle formed by your fingers. .

This is initially done to test the strength so you can use the same pressure while testing. The second step is to make a statement such as, "My body has enough Vitamin C in it." If this is true and you try to push your fingers apart, you won't be able to do so. If it is false, the fingers can be pulled apart without much pressure. Any question about your personal self can be tested using this technique.

Under hypnosis communication can be done by asking "yes" and "no" questions to the subconscious mind. One finger is designated as the "yes" finger. Another finger is designated as the "no" finger. A third finger is designated as the "I don't know" finger. Instructions are given to the subconscious under hypnosis to lift the finger that answers the question.

After some initial testing to see if the subconscious has understood the instructions, questions can be asked directly to the subconscious as opposed to asking the conscious reasoning mind the answer.

Depth Of Hypnosis

It is possible to find how deep you or another person is in hypnosis by using the subconscious finger raising method. While under hypnosis the subconscious is told to

image a yardstick from one to thirty six. One is wide awake and thirty six is somnambulism, or deeper hypnosis. The subconscious is told that you are going to count backwards from thirty six to one. When the level of depth you are currently experiencing is reached, you are to raise your finger. You begin very slowly to count from thirty six to one, and when you reach your level the subconscious will raise the finger. This is the best method for finding your depth, if this should be important to you.

Becoming An Effective Hypnotist

It is important in becoming an effective hypnotist to others, as well as yourself, to speak with confidence. If other people sense you are fearful, hesitant, indecisive, then that is the way they will feel.

The second point before hypnotizing someone else is to develop a good rapport and clear up any fears or myths about the hypnosis experience he is about to have. This will greatly enhance the hypnosis experience.

Physical Immortality
"Sickness is a defense against the truth."
Jesus Christ
As Channeled Through "A Course In Miracles"

By
Dr. Joshua David Stone

Most people involved with spiritual pursuits and/or religion believe in the immortality of the soul. In other words, we, as soul extensions, or incarnated personalities, are eternal beings and our body dies, however we don't. We just keep reincarnating over and over again until we achieve our liberation and ascension.

Many people don't realize, however, that the physical body is immortal also. It is not immortal for most people because humanity has a collective belief in the reality and need for death. Death is a belief, just as eternal life is a belief. Collective humanity, for most of its life, has been materialistically identified, hence it has listened to the voice of the negative ego on this matter instead of the voice of the soul and spirit.

The negative ego tells us we have to age and die. Spirit tells us that it is eternal and immortal. Spirit says that the physical body is the temple of the soul, and ages because we program it to do so with our minds. One must remember that the subconscious mind runs the physical body. This can be clearly proven using hypnosis. The subconscious mind, given suggestions under hypnosis, can cause the physical body to do miraculous feats. We have all seen hypnosis stage shows where some of these feats have been demonstrated.

The subconscious mind, however, having no conscious reasoning, will be happy to create perfect health or illness and aging, depending on what you program it to do. This programming can come from yourself or what you allow other people to program into you.

What I am suggesting to you is that it is possible to program your body to "youth" instead of age. It is also possible to program your body to remain eternally the same. Many great Masters have done this. Babaji has remained the same for 1,800 years. Saint Germain lived for 350 years. Lord Maitreya resurrected Jesus' body and lived for another 31 years. Other Masters can materialize or dematerialize their body at will.

Thoth (Buddha), in Egypt, was said to have lived for 2,000 years. Jesus, in His last lifetime when He ascended, lived for 300 years. Did not Jesus say, "Everything that I can do, you can do and more." The Course in Miracles, which Jesus wrote, says: "Sickness is a defense against the truth." The truth is that we each are the Christ, or Eternal Self. God doesn't get sick and neither do we, because we are God.

So what causes sickness? It is the negative ego. Sai Baba says the definition of God is that "God equals man minus ego." The ego doesn't exist in God's reality and ideally shouldn't exist in ours. When we get rid of the negative ego we recognize our perfection, because we are "made in God's image."

The key to spiritual psychology is to get all levels aligned properly. We know that spirit and soul are eternal. The next lesson is to get only eternal thoughts, eternal feelings, and an eternal physical body. Does not the Hermetic Law state, "As within, so without - as above, so below". If the spirit is eternal then, by definition, we can make the "without, or the body eternal. "Our true identity is the Christ, so be

definition we should have only Christed thoughts, Christed emotions, and a Christed body. A Christed physical body is an immortal physical body.

The process begins on the thought level. It is our thoughts that create our reality and that includes our physical body. Any negative thought will manifest in our physical body. The same holds true for positive thoughts. Humanity is under a mass "negative hypnosis" in believing they have to age and die. Everyone believes it, so everyone does it.

Do you ever notice that people die where they have set their mental clock, so to speak? They think 75 years is old, and they say to themselves, "I want to make it to my granddaughter's 16th birthday and my 75th. They set it up in their mind to die at a certain time and sure enough that is exactly what happens.

The key to physical immortality on the mental level is to get rid of this "death urge" and replace it with a "life urge". The fact is, our body is already immortal. We just think it isn't, so it follows our command. The only thought we should allow in our minds concerning our physical body is that we are in perfect, radiant health. We are youthening every day, and we can live eternally, or as long as we choose to.

The soul is eternal, so the physical body should be seen as eternal to keep proper alignment of the four body system. This process begins with accepting this philosophy on the conscious mind level, and then programming it into the subconscious mind. This last point is important. Some people believe this consciously, but their subconscious doesn't. It will work only if all three minds believe it. The superconscious or soul does already.

To achieve physical immortality one must have absolute control over the subconscious mind. One also must maintain absolute vigilance over the thoughts you allow into your conscious mind, from self and other people. It is very easy to get negatively hypnotized on this subject, because belief in death is so rampant.

It has been proven that there is a death hormone that the pituitary produces, as well as a life hormone. The pituitary is producing the death hormone in most people because we are unconsciously programming it to, because of all our death thoughts and emotions. By once and for all getting rid of all these death thoughts and emotions and replacing them with only life thoughts and emotions the pituitary will only produce the life hormone.

The use of positive affirmations constantly, in this regard, is essential. Constantly tell yourself that you are the eternal spirit and your thoughts, emotions, and physical body reflect this eternal and immortal nature. To achieve physical immortality one must have mastery over one's subconscious mind, three lower bodies (physical, emotional, mental,), and mastery over one's negative ego. The negative ego's main belief is separation from God. If we believe we are one with God, and literally are sons and daughters of God, the next logical step, of course, is "we are immortal on all levels."

What we are demonstrating is that we have absolute self mastery over all levels of our being in service of God when we believe in physical immortality. Physical immortality is not for weak minded people, and neither is one's spiritual path. Physical immortality begins with the need to purify your four bodies of all negative energies.

On the emotional level the need is to get rid of all negative emotions. Again, remember your thoughts create your reality, and that includes your feelings and emotions. When you think only with your Christ mind, instead of the negative ego mind, then you live in joy, happiness, unconditional love, even-mindedness, and inner peace at all times. The world is a projection screen and you are seeing your own movie. The movie is the perception, and interpretations you are making of life.

There is a way of thinking that will bring you this joy, peace and love all the time. This is the science of attitudinal healing. Negative emotions debilitate the physical body. Positive emotions energize the physical body. Living in unconditional love activate the thymus gland which is your immune system. Physical immortality is just another by-product of being on one's spiritual path.

Purification on the physical level deals with eating a good physical diet, cutting down on the amount of meat you eat, stopping all drugs, alcohol, artificial stimulants, getting physical exercise every day, trying to get sunshine, fresh air, deep breathing every day. So we have physical toxins, emotional toxins, and mental toxins, and energetic toxins in our etheric body. All these bodies must be cleansed.

In essence our goal to achieve physical immortality is to only have God thoughts, God emotions, God energy body, and God physical body. God is perfect and we are perfect. The microcosm is like the macrocosm. When all the bodies become purified and get into alignment with the soul and spirit, perfect, radiant health occurs.

As one moves spiritually through the seven levels of initiation, more and more light and energy are found running through the four body system. At the third initiation, which is called soul merge, it causes a great increase in energy and physical health. At the fifth and sixth initiation, which are the ascension process, there is the complete merger with the monad, spirit, or I AM Presence, which guarantees physical immortality.

Ascension is where the I AM Presence or monad descends and turns all four bodies into light. The physical body is just densified spirit, and the spirit is just refined matter. We are here on earth to spiritualize matter. This begins with spiritualizing our physical bodies and raising it back to light.

Constantly hold in your mind that you are God, and can't get sick, and you can't age, and you can't physically die. Hold the thought and feeling that you are in perfect health, you are getting younger every day, and you will live eternally. When any negative thought, any feeling, emotion or energy, tries to tell you anything to the contrary, get rid of it. and immediately do a positive affirmation, or positive visualization seeing yourself as the ascended master or eternal spiritual being you truly are.

Call to your mighty I AM Presence to get rid of that negative egotistical belief and feeling and to consume it in the violet flame. Constantly call to your soul and monad and ask it to integrate and merge with you on earth. We are here to create heaven on earth. We are here to be God on earth on all levels. What I am sharing with you here is within every person's reach. Jesus said, however, "Be it done to you as you believe."

Your physical, emotional , and mental bodies are your servants, not your masters. Command them in the name of the Christ, (which is who you are in truth), and they will do as you order. Command your pituitary to stop creating the death hormone and only create the life hormone and it will do as you command.

The bible says, "Ye are gods and know it not." The philosophy of physical immortality's time has come. It is time now to ground spirituality into the earth, and into the physical body. For too long people have been into leaving their bodies to touch spirit, instead of touching spirit and bringing it back and grounding it into earth.

The entire universe responds to your every command because you are God!!! God doesn't determine when you die, you do. The key to physical immortality is to live as a soul and as spirit in your every thought, word and deed. In essence become God, and sickness, death, and aging will disappear. God does not get sick, age, or die and neither do we.

Write down on a piece of paper all your thoughts and feelings about death and being physically immortal. Any thoughts that aren't of God, rewrite in terms of positive affirmations that correct the faulty beliefs you are holding. Listen then, for any faulty beliefs that arise again and write them down. Correct them on paper with new positive affirmations until you have cleared out your conscious and subconscious mind.

Also be open to cleansing any past life beliefs about death that are stored in your subconscious mind. Cleanse all fears of death. In truth there is nothing to fear because it does not exist, except in our own minds. Forgive yourself and always forgive all people - is a prerequisite for physical immortality. In more advanced stages begin to see yourself as "light", and every one else as "light". For, in truth, that is what we really are. What this really comes down to is where you put your attention. Do you put the attention of your mind on death, sickness, negativity, aging, or on perfect health, positivity, eternal life, and youthing?

The problem with most people in the world is they live on automatic pilot and do not control where they keep their attention. Your attention, ideally, should be kept at all times on the soul, the spirit, the mighty I AM Presence, on Christ, and/or on God. Each person you meet on the street must be seen as God or you will not achieve God yourself.

One of the by-products of holding this state of consciousness of physical immortality is that our physical bodies begin transforming from two strands of DNA to twelve strands of DNA. Twelve strands of DNA is the state of enlightenment. Affirm to your self and pray to God that this transformation is occurring right now.

Hold the thought and image in your mind that you have been "reborn" in this moment and that you now have twelve strands of DNA. Did not Jesus say, "except that ye be born again you will not find the kingdom of God." Physical immortality is the consciousness of being born again into your true eternal Christ nature on all levels of your being. Realize in this "holy instant" the truth of this statement, and from this day and moment forward to not allow any thought or feeling to the contrary to enter your consciousness.

If something starts to interfere say, "get thee behind me, Satan", and replace it with a Christ like affirmation. This is what Sai Baba calls "self inquiry". It is the process of discriminating between what is truth and what is illusion, what is permanent and what is impermanent, what is negative ego and what is God. Sai Baba says that 75% of the spiritual path is nothing more than this practice.

This is the key practice towards physical immortality, and towards your path of ascension which in truth are one and the same. Once physical immortality is achieved, (which is any moment you choose it to be so) that doesn't mean you have to stay on earth for eternity. It just means you can stay as long as you "choose" to, instead of letting your physical body decide for you.

Physical immortality, hence, calls for remaining in your personal power and self mastery at all times. Most people give away their power to their physical body, desires, emotions, feelings, mind, senses, and other people. To achieve physical immortality you must give your power to no one, because you are god. You do not have to be afraid of your power because you are using it only in service of God and your brothers and sisters, and in service of love.

Another key towards physical immortality is controlling your sexuality. You must learn to become the absolute master of this energy, so you choose when to identify with it, and when to raise it. The "overindulgence" in sexuality depletes the physical body and takes years off your life. Sexuality should be used only in service of love and intimacy, and in moderation. The kundalini will never raise if your energy is constantly moving out of your second chakra.

Self control and the raising of this energy allows this energy to be used for healing of the organs and glands and over all physical body. Fundamental to physical immortality, is a deep desire for physical immortality and God realization. Most people allow themselves to be run by the desires of the lower self or carnal self which weakens them physically, emotionally, mentally, and spiritually.

Understand the physical immortality is also a process as is the spiritual path. It is a process of moving from polarization or identification with the lower self, to polarization and identification with the Higher Self. In the beginning stages it is an all out spiritual war. In the later stages it becomes much easier as all one's habits get reprogrammed.

Another suggestion on the physical level is the use of water both inwardly and outwardly. Baths and showers can be seen as baptisms and cleansings of the entire four body system every day. The drinking of large amounts of water purifies the kidneys and liver and entire system. Disease cannot grow in a purified body.

It can clearly be seen here that physical immortality and ascension will take a total commitment. Anything less won't get you to your goal. As Yogananda said, "If you want God (physical immortality) you must want Him as much as a drowning man wants air.

Physical immortality in the end is God realization. Some people believe it can be achieved just with the power of the mind. I don't, personally, believe that. Holding only positive thoughts without a belief in God will certainly greatly help your health, however, I don't believe will get you physical immortality. Physical immortality is the integration of all levels of our being. You can't skip any steps, or levels. Just working on the mental or spiritual, and eating a terrible diet and getting no physical exercise is not going to do it unless you came in as a God-realized Master. For 99.9% of the rest of the world, all levels must be mastered and purified. Balance and moderation in all things is the ideal.

It is not disease and old age that kills most people. It is the belief in disease and old age and death that kills most people. Even cancer specialists agree, that one of the

keys to curing cancer is the "will to live". If a person doesn't have that, all other treatment is useless.

Every night as you are going to bed and falling asleep, or waking up in the morning, give yourself "autosuggestions" affirming your physical immortality. Your subconscious mind is more receptive at these times. Remember the body doesn't die, it is your mind and emotions and lack of spiritual integration that kill your body.

Other practices that will help in your achieving of physical immortality are meditation, prayer, chanting the name of God, singing devotional songs, fasting, growing your own food, eating organic food, reading uplifting spiritual books, cleanliness and orderliness in one's environment, not talking about one's age, and not going to funerals.

The idea is to keep your mind, consciousness, and feeling body in an elevated spiritual state at all times. If your mind is constantly attuned to God in your higher self, how can sickness, aging, and death enter into it? It can't. "If the mind and consciousness is constantly attuned to and affirming, praying, meditating, and chanting God's name and form, only perfection can exist. It gets easy after a while, becomes this way of living, becomes a habit.

The Fountain of Youth

The last section of this chapter on physical immortality deals with a book I was recently turned on to, called "Ancient Secret of the Fountain of Youth" by Peter Kelder. In Peter's book he tells of this amazing story of Colonel Bradford who had the opportunity to be stationed in India near the Himalayan mountains. While there he constantly heard stories of a group of lamas or Tibetan priests who had discovered the fountain of youth.

To make a long story short, he eventually returned to India in search of these lamas and this fountain of youth and found it. In this monastery he was taught their secret. He was taught by the lamas that the secret to staying young was to keep the chakras revolving at a high rate of speed, and at a synchronous rate of speed with each other.

When one or more chakras begin to slow down, aging occurs. The slowing down of the chakras prevents the vital force, prana, or etheric energy from flowing properly. The key to the fountain of youth was to get these chakras spinning normally again.

Colonel Bradford was taught by the Himalayan masters, five rites or five exercises. The exercises are easy to do and can all be done within 20 minutes once you learn how to do them. These exercises have the effect of speeding up all the chakras and causing them to revolve in harmony. The doing of these exercises causes the chakras to spin at a speed of that of a 25 year old.

When Colonel Bradford returned to America he literally looked 30 years younger according to Peter. Peter didn't even recognize him when he saw him. With each exercise there is also a special way of breathing while doing the exercise. The exercises remind me, a little bit, of certain Hatha yoga postures, but are very specific in their purpose and affect.

These five rites must be practiced every day to get their full effect. A physically fit person can do them in ten minutes once you learn how. I, personally, have an

incredibly good feeling about them, and have no doubt they do exactly what he says they do.

Colonel Bradford was given a sixth rite which was to be used only at those times when one wanted to raise one's sexual energy and use it for youthening the body.

I know I say this a lot in my books, however, I cannot recommend more highly that you get this small book. You can read it in 30 minutes, however it will take you a little while to learn how to do the exercises properly. Then all you need is, literally, ten minutes a day, a "small investment" for such a "large return". Djwhal Khul, Kuthumi, and El Morya were all Tibetan lamas. The Masters of the Himalayas truly knew what they were talking about.

An Esoteric Understanding of Sexuality
"Those acts are wrong that are not shared in love.
Those acts are wrong that are selfish.
Those acts are good, however, that cause a sharing between two souls"
Universal Mind
Channeled Through Paul Solomon

By
Dr. Joshua David Stone

One of the most confusing subjects on the spiritual path for aspirants and disciples is that of sexuality. In my opinion there are very few books that really explain this complex subject in an adequate manner. This subject is complex for a number of reasons.

First off because the ego and soul have completely different views on how sexuality should be used. Secondly it is complicated because the use of one's sexuality is affected by some of the following variables.

1. One's chronological age.
2. One's soul age.
3. Whether one is single or married.
4. Whether one is single or in a relationship.
5. One's initiation level in this lifetime.
6. One's goals and purposes in this lifetime.
7. One's past life karma and purpose for incarnation this time around.
8. One's degree of physical health or lack thereof.
9. One's commitment whether they want to ascend in this lifetime.

To begin this discussion of the understanding of sexuality let us first look at the difference between the ego's view of sexuality and the spiritual view. The ego uses sexuality in service of the lower self or carnal self. The spirit uses sexuality only in service of the Higher Self and soul.

The ego is interested in only selfishly pleasuring of oneself. The spirit is interested in "love", and pleasuring the other as well as self. The ego treats people like a piece of beef, seeking to use that physical body for self gratification. The spirit sees the other person as the Eternal Self embodied inside a temple (body).

The ego has only physical vision. The spirit has spiritual and physical vision. The ego is a victim of one's desires, senses, mind, emotions, physical body, sensations, and sexual energy. The spirit is master of these aspects of self, and uses them in service of God.

The ego, being focused totally on lust, uses all sexuality through the second chakra. The spirit recognizes sexual energy as just one octave of energy within the seven chakra system, and seeks "often" to raise this energy up through the chakra system for such things as creativity, greater physical health, love, service, meditation, greater shakti, mental illumination, spiritual illumination, and God realization to name a few.

The ego is obsessed with sexuality and looks at every person from this frame of reference. The spirit sees all people first as the Eternal Self and God incarnate. The

ego uses all kundalini energy for sexual pleasuring. The spirit seeks to raise the kundalini energy, of which sexual energy is a part, to the crown chakra.

The ego seeks to have orgasm only at the second chakra level. The Spirit through practicing tantric sexuality seeks orgasm with one's mate at all seven levels or chakras. The ego sees sexuality as the most important thing in life and gets moody, angry, upset, and irritable if it does not "get it".

The spirit coming from the frame of reference of absolute sexual mastery and disidentification with all one's energies has preferences but no attachments. This being the case, the spiritual person remains within total joy, peace, and equilibrium whether they have it or not.

The ego can't conceive of being happy without sexuality. The spirit's happiness is a state of mind and has nothing to do with sexuality, and seriously considers celibacy as a viable option if one does not have a mate. The ego as the single person constantly gets into relationships that are not spiritually right because of the sexual urge and body attraction.

The spirit, being solidly centered in self mastery is perfectly willing to be celibate for one's whole life if necessary, if the right "spiritual mate" isn't manifested yet. The ego dissipates enormous amounts of sexual energy through masturbation. The spirit, although seeing absolutely nothing wrong with masturbation, seeks to raise some of this energy into "ojas shakti" (brain illumination).

The ego uses sexuality with the goal of having an orgasm. The spirit uses sexuality for intimacy and the sharing of spiritual love, and may often not even choose to have an orgasm. The spirit sees the foreplay as being more important than the orgasm.

The ego is interested in pornography, and is the state of consciousness that created it. The spirit does not use sexuality in this manner, and uses it instead for the glory of God. The ego is making love only to the physical body. The spirit is making love to the spirit living within the physical body.

The ego puts its own pleasuring first. The spirit puts the other person's pleasure first. The ego is interested in having an orgasm as soon as is possible. The spirit is interested in having the sharing of love last as long as possible. The ego uses fantasy of other people often in masturbation or sexual involvement with a mate. The spirit is extremely self controlled in the use of fantasy recognizing that all minds are joined and that what one fantasizes affects that person.

The negative ego that controls the incarnated personality guides them to have affairs because of lack of sexual mastery. The spirit, understanding the law of karma, will never do anything that would hurt another person, that is dishonest, or that will build negative karma. The ego guides people to see others as sexual objects. The spirit guides people to see each person as God visiting you in physical form.

I could go on for a lot longer, however, I think that this section has given you a very clear sense of the basic picture. In summary, those sexual acts are sinful or wrong that are selfish and not shared in love. Those acts are good that cause a sharing of love between two souls.

It must be understood that sexual energy is just one of seven octaves of energy within the human body. There is nothing wrong with pleasure from a spiritual perspective. Is pleasure the only way you want to use your energy, however? There is

not judgment from spiritual realms if this is your choice at any given moment. It is important to see the tremendous accomplishments, creativity, and spiritual growth that could be attained if this energy were raised, to a large extent.

Another important point to consider is that, according to the channelings of the Universal Mind through Paul Solomon, for whom I have enormous respect, "the physical act as itself would prevent the higher act of the soul from taking place." In other words, once the lower self or animal nature is given expression, it prevents you from being a channel for the Higher Self or soul.

In Paul's channelings the Source also speaks to the fact that the sharing of fluids between two people creates a spiritual bond or cord of energy that cannot be broken for that entire lifetime. The cords can be broken in a psychological sense once the relationship has ended, however, not in a spiritual sense.

These cords are like electrical wires, and energy passes back and forth through them. This is why, in many spiritual teachings the giving of oneself sexually would be for the completion of the self for the lifetime.

If people understood the karmic bonds they were creating with people every time they had sex, I think they would be a little more discriminating about who they had sex with. Many people who are psychological victims, and not masters of their minds and emotions, are often victimized by energies flowing through these cords. Their moodiness, depression, and anger may not be their own, but rather those of a person with whom they slept, whose energies continue to flow to them through these cords. Since the energy flows both ways, the lifestyle of the mate or partner continues to flow back to you as well as from you, so it behooves one to choose wisely.

We all have these cords and the ideal now would be to achieve mastery of your energies so you are not victimized by the energies flowing through them. In the highest sense, you want to be such a generator of light and love that your divine energy flows back through these cords to uplift those people you have been involved with. This is nothing that you have to do consciously. The general lifestyle of being a light to the world will naturally or automatically do this.

It is also important to understand that the state of consciousness you are holding when you are having sex is what you are implanting into your partner. In other words, the man is not only implanting his physical seed, but also implanting either lustful energy of the lower self or the love of the Higher Self.

This applies to other forms of sexual activity, not just intercourse. Remember your partner is God, as you are. The question to ask yourself is whether what you are giving to your partner is what you would be willing to give to God, for in truth, that is exactly what you are doing.

So understand that the physical act is only a physical act. What is judged by Self, and God, is one's mental, emotional and spiritual intents and purposes for entering the sexual involvement.

In situations where an affair has taken place, there is a karmic lesson or bond that has been created between all three people. This is nothing to be taken lightly, for this karmic lesson will have to be resolved in this life or throughout eternity, in terms of the ultimate balancing of one's karma that must be achieved before taking ascension, or the sixth initiation.

Before getting involved with sexual activity there also must be considered if the involvement will cause a feeling of regret or guilt in self or your partner. The ego usually wants immediate gratification and doesn't consider the bigger picture. This is why the Masters have often said that unless one is willing to give one's self to that person for the lifetime they would not issue forth their seed. For those that are single this is why it is also better to masturbate or allow the sexual release to come in nature's way, rather than create an inappropriate karmic bond.

Another tool that might be considered here is that when there is the sexual arousal in the lower chakras, the idea is to bring the hands together in prayer. Then bring the hands to point to each chakra and raise this energy up through each chakra in this manner to be used for a higher purpose. This will bring the experience of having an orgasm on seven different levels of your being, without the spilling forth of one's seed. One might feel a convulsing of the muscles at each of the seven chakras and the overall experience would be a much greater experience than what one could experience on just one level.

Sex between single people is not wrong. It is just that all these things mentioned in this chapter need to be considered. Most people in this world have absolutely no understanding of these esoteric laws.

Then there is the spiritual lesson of how to avoid temptation. The key here is keeping your mind and consciousness attuned to the things of God, the love of God, and the realization of God. As Djwhal Khul has said so often, "keep your mind steady in the light". When your mind is on God, temptation does not even arise.

It is when your mind leaves God, and reverts to body consciousness that this occurs. This is why everyone should have an ongoing regime and routine of spiritual practices they do every day. It is the old saying, an "idle mind is the devil's workshop". The mind needs to be constantly preoccupied with prayer, meditation, spiritual affirmations, and visualizations, repeating the name of God, chanting, singing devotional songs, practicing the presence of God, seeing the Eternal Self in every person and as your self, spiritual reading, physical exercise, good diet, spending time with spiritual people, church or temple, spiritual classes and lectures and so on.

When your life is filled with these things, temptation will hardly ever even be an issue. This applies to sinning on other areas of your life as well. When you are with a person and temptation arises, immediately thank God for this person, and see them as the Eternal Self.

It comes down to an issue of where you put your "attention". Most people let their subconscious mind, five senses, desire body, and negative ego control their attention and that is the problem. The ideal is for the conscious mind always to control the attention in service of the soul, spirit, and the Christ consciousness.

When your attention begins to slip into body consciousness that is inappropriate, then shift it back to God like you would changing the channel of your television. It must be understood that energy follows thought, and all feelings are created by your mind.

The key to achieving sexual mastery is learning to master your mind. This process could also be called attitudinal healing. When the ego begins to take control of your attitude, just shift it back to God and the Christ attitude. Sexual temptation will always begin with a thought or feeling in your mind. The key is to nip it in the bud.

What you give energy to grows. This takes great vigilance. When this begins to happen, just ask yourself, "do I want God, or my ego in this situation?" Put it in this perspective, I am sure you will choose God. It must be understood that sexual energy is one of the most powerful forces in the universe. The only force more powerful is your conscious will or personal power in service of God. You need to ask yourself whether you want animal consciousness or Ascended Master consciousness. Do you serve your lower self or your Higher Self?

One of the best methods for overcoming temptation is to immediately begin chanting the name of God silently or out loud. As "The Course in Miracles says, "Deny any thought that is not of God to enter your mind."

When mistakes are made in regard to your sexuality, just forgive yourself and get back on track. Until higher initiations are taken there is a battle that goes on between the lower and Higher Self. Don't waste time with guilt and regret. When mistakes are made just gain the golden nugget of wisdom from the mistake and learn the lesson and do what Jesus said to Mary Magdalene; "You are forgiven. Go and sin no more."

Mahatma Ghandi, in his autobiography, tells of his tremendous battle he had with his own sexuality until he finally gained mastery over it. When temptation begins to occur, stop doing those things that are producing that temptation. It all comes down to what you want this lifetime. If you truly want God, God realization, and ascension, so you can be of greater service to mankind, then you must choose God in every moment of your life.

Each moment, if we keep choosing God over negative ego, then this is liberation over a lifetime. It must be emphasized that what you see in the world is just a projection of your own thoughts. You are seeing your own movie. See each person as the Eternal Self and as God in all situations, and you will realize God in your self.

As you are walking down the street and you are seeing through just your physical eyes, you will just be judging physical bodies according to the ego's Playboy or Play Girl type images that have poisoned our collective mind. This sick indoctrination is everywhere. It is in all our magazines, newspapers, television programs, and movies.

The outer world worships the physical body. If you want to realize God, then you must see only God in your daily life. See the Eternal Self in all people, animals plants and rocks, and as your self. If you don't see God in your brother and sister you will not ever realize Him within yourself. So sexuality is much more than just the physical act. We are also speaking of mental, emotional, and spiritual adultery that is occurring in our minds as we walk down the street, or watch movies.

Vow of the Brahmacharya

The vow of the Brahmacharya is that vow which I highly recommend, that each person make to self and God, to use sexuality only in the way that God would have you use it. Making a vow is something our Western culture doesn't partake in as a spiritual practice very often, and this is unfortunate. The taking of certain spiritual vows provides an enormous freedom.

I took the vow of the Brahmacharya in my own life long before I knew what it really was. It provided me with a liberation and an acceleration of my spiritual growth a thousand times beyond anything I had ever experienced in my life before. The taking of a vow, in a sense, closes and locks a door that needs to be locked.

Most people don't lock these psychic doors, and so when they get tired or weak, sick, or lose their personal power the lower self sneaks back in. The taking of the vow of the Brahmacharya closes these psychic doors, once taken completely, that prevents this from happening. The second half of this chapter will be dedicated to understanding what this most profound spiritual practice and commitment really means.

Temptation in itself is not sin. Temptation is the opportunity to sin. The key lesson here is to know where the point stops that you are praising God through a loved one, and where earthly desires are beginning. Keep your mind active on things of God, and your physical body released and active through physical exercise.

Let any sexual releases occur more in God's way or nature's way during the sleep time as they are needed. No sin or karma is occurred in this manner. Also this allows this enormous power of sexual energy and kundalini force to be raised through all seven chakras for the purposes of God realization, supernatural physical health, mental illumination, creativity, healing, accomplishing tasks and greater service of mankind.

As Paul Solomon said in one of his channelings from a book called, "Excerpts from the Paul Solomon Tapes", "and thy body and thy mind will remain pure in the Lord. Then you might present before Him that body that is a living sacrifice, holy, acceptable unto God."

The term Brahmacharya literally means conduct that leads to the realization of Brahman, or of the Eternal Self. It means self restraint and perfect self mastery over sexual energy and freedom from lust, in thought, word and deed.

Brahmacharya also means celibacy, although I am not using it in the strictest sense of the term for my purposes. I first heard the term in reading Mahatma Ghandi's autobiography. He describes how he took the vow of the Brahmacharya, and how it was really one of the keys to the unfolding of his entire spiritual life.

He also uses the term in a much larger context than just sexuality. For him, the vow of the Brahmacharya was a commitment to a lifestyle of self mastery and self discipline in all areas of his life, to achieve Self realization.

Reading this section of his autobiography was quite meaningful to me because this vow of the Brahmacharya, as I said, was something I had taken in the same larger context about four years earlier, and I had never heard of the exact name of such a rite. I emphasize again that for me, personally, it was one of the most meaningful things I have ever done, and has brought me truly, "a peace that passeth understanding".

The reason I say this is that I am no longer in conflict or battling myself at times of weakness. The door to certain types of activities and states of mind of my lower self has been closed and locked and it no longer takes any energy to maintain this. In essence it has become a habit and the spiritual depth of the vows I took allow no possibility for me to open this door.

I have once heard it stated in a channeling that "perfection is not never making a mistake. Perfection is not ever making a conscious mistake." Conscious mistakes are under our control, unconscious mistakes are not. When I become aware of making

unconscious mistakes, part of my vow of the Brahmacharya is to put my consciousness, in thought, word, and deed back onto God.

I once heard a term by Krishnamurti that he called "choiceless awareness". I do not know what context he used it in, however I relate to that term. I have no choices between my lower and Higher Self. That choice was made at my vow of the Brahmacharya. The only choice I have is to be guided by the holy spirit or, my Monad, the Ascended Masters and God. All other doors are consciously locked shut.

The vow of the Brahmacharya applies to married people, people in relationships, and single people. For me the vow of the Brahmacharya for single people who are seriously on the spiritual path and path of initiation is to be celibate until that time that you find your "soul mate" or "twin flame", or "right spiritual mate". It is to not get sexually involved unless it is truly the right person on all levels, physically, emotionally, mentally, and spiritually.

Many people I know who are single get involved over and over again where they are not matched spiritually. Over and over again the same karmic results return. If you put God first, then you have to have a partner that also puts God first. The form of religion or spiritual path does not matter.

This vow may be different for those that are chronologically younger and who may need experience in relationships as part of their spiritual growth. This vow is also different for those at an earlier stage in spiritual evolution and who are just stepping onto the path. So there are no hard and fast rules.

In studying the teachings of Brahmacharya in the yoga books and Hindu scriptures they are quite strict about the use of sexuality. Believe it or not, 1000 times stricter than I am expressing in this book. To them I would be described as an ultra liberal Brahmacharya.

My attempt here is to find the right balance of heaven and earth, yin and yang, with the proper integration of the Christ consciousness. This is not an easy task given that I am trying to write to all age groups and all levels of soul evolution.

What I speak of here is not easy, especially in the beginning stages of one's spiritual path. After the third initiation I believe it gets easier, and after the fourth initiation super much easier. Integral to mastering one's sexuality and learning how to sublimate and transform and transmute this energy is learning to have mastery over one's thoughts, emotions, ego, subconscious mind, desire body, and five senses. In taking the vow of the Brahmacharya you are also committing to mastering these parts of your self. Of all these desires, though, the sex urge is the strongest. To make it even harder, our environment doesn't support us but hinders us in this venture.

I believe the AIDS virus and other sexually transmuted diseases are the outer reflection of the past misuse of this most precious divine energy. It is essential to learn how to have mastery, and raise this energy if your goal in life is God realization, and ascension.

To achieve this you must have iron determination, undying patience, spiritual tenacity, and perseverance. Every day pray to God and ask Him for help in this venture. Why do it by yourself when you have God helping you. Over time it will become a habit and it will become much easier.

You will also learn to keep your remembrance on God at all times, as you learn to own your personal power and mastery at all times. In Buddhism they have a term called "exceptional Bodhicitta". This means the generation of a state of mind of unbelievable desire for enlightenment, liberation, God realization, so you can be of greater service to mankind in this lifetime.

If every morning you would cultivate this Bodhicitta or "mind of enlightenment" temptation will not even be able to affect you. In my own words I would describe this as an all consuming "spiritual fire". When your yearning for God is not just a match stick but an all consuming desire and fire every moment of your life, then sexual temptation will no longer even be an issue. In the Edgar Cayce readings one of the past life karmas that is carried over into one's next life from over indulgence in sexuality was "epilepsy".

The re-absorbing of the semen helps to enrich the blood and strengthen the brain. It is almost universally accepted by medical doctors who are experts in this field that the choice elements of the blood go into the composition of the spermatogenic secretions. Over indulgence in sexuality just drains and weakens the richness of your blood supply.

The vow of the Brahmacharya is one of the key doors to nirvana. The vow of the Brahmacharya also involves lustful thinking as well as lustful actions. For a liberated sage, the world is full of Brahma (God) only.

Mental adultery is more tricky to grasp than physical adultery. How do you look at men and women on the street, at the movie theaters, on television, in magazines? There is nothing wrong with looking at the physical body of the opposite sex, as long as you are looking from your heart, and seeing the Eternal Self first.

The ego will have you look with your physical eyes first, with an eye of judgment as to their sexual attractiveness. See the Christ in all people first, and then their physical vehicle and you will look with a whole other perception of reality. The ego creates separation through the judgment of appearances. The spirit sees all people exactly the same, and with an equal eye.

The self within you and the self that is within me is the same self. To create differentiation because of physical looks is illusion, maya, glamour, and ego. Another method is to see each person you meet as your favorite spiritual master. For in truth that is who they are.

Another technique is to see women as Mother, Kali, Quan Yin, the Virgin Mary, Isis. See the man as Jesus Christ, Sai Baba, Djwhal Khul or the Lord Maitreya. See each person as your brother or sister in your "spiritual family".

Mental Brahmacharya is the vow to keep a pure mind. You must succeed at physical, emotional, mental and spiritual Brahmacharya. You have succeeded at mental Brahmacharya when not a single lustful or lower self carnal thought do you allow to enter your mind, and instead keep the mind only focused on God and the Eternal Self.

When you indulge in sexual fantasy or lustful thoughts, even though you don't act physically, you are still having sexual intercourse and activity on the mental plane and are creating karma. Remember what Edgar Cayce said, "thoughts are things". You give enough energy to these sexual fantasies and they take on a life of their own.

This is not meant as judgment for we certainly all have done this. This is meant to just remind you of these subtle, but very important spiritual laws we all know to be true. The vow of the Brahmacharya leads to purity on all levels.

Another interesting effect that sexuality has is that it weakens the legs energetically after you have an orgasm. All boxers know this. That is why their trainers force them to be celibate for at least six weeks before a fight. This can be tested with dowsing rods or a pendulum and you will see it to be true.

I had a client once who took a healing class that I happened to attend, and when the people were doing healing on him they found his legs to be ice cold. I happened to know from being his counselor that he masturbated to or three times a day for almost five straight years. I knew immediately what the coldness was from.

The Vedas declare that, "by Brahmacharya and peace the devas have conquered death." It was the key to Ghandi's success. The "Mahabharata", which is the larger book that contains the "Bhagavad Gita", which may be the greatest book ever written, says: "Know that in this world there is nothing that cannot be attained by one who remains from birth to death a perfect celibate... In one person, knowledge of the four Vedas (the holiest book of India), and in another, perfect celibacy -- of these, the latter is superior to the former who is want in celibacy."

Lord Sankara, who was one of the greatest Hindu Avatars of all time, has said; "Brahmacharya, or spotless chastity is the best of all penances. A celibate of such spotless chastity is not a human being, but a God, indeed... To the celibate who conserves the semen with great efforts, what is there unattainable in this world. By the power of the composure of the semen, one will become just like myself."

Lord Krishna, the past life of the Lord Maitreya has said; "Sensuality destroys life, luster, strength, vitality, memory, wealth, great fame, holiness, and devotion to the supreme."

The Upanishads, which are the wisdom teachings of the Vedas says; "And those students who find that world of God through chastity, theirs is that heavenly country: Theirs, in whatever world they are, is freedom."

Lord Buddha guided people away from marriage because of their lack of control of their lower self. A person who has not attained self mastery over his energies should "avoid married life as if it were a burning pit of live coals. From the contact comes sensation, from sensation thirst, from thirst clinging; by ceasing from that, the soul is delivered from all sinful existence."

I will add to this, however, the true master who has taken the vow of the Brahmacharya can then be married and live in total purity because one's sexual energy will hence be used in the appropriate and moderate manner.

In our society it is so common to see, for example, the man pouting or being angry at his wife for not giving him sex. A master who has taken the vow of the Brahmacharya would be just as pleased to raise the energy. From a spiritual perspective there is nothing wrong with enjoying sexuality and mutual pleasuring as long as it is loving, and not a selfish act, and done in moderation, and recognizing your mate as the Eternal Self incarnate.

The vow of the Brahmacharya, for couples, has to do with staying in the "Tao" of appropriate sexual involvement given your mutual sexual ideals, and priorities. Couples who are approaching the higher initiations and ascension, I would recommend less sex and more tantric sexuality when you do have sex.

At medium levels of initiation you will just have to use your intuition to guide you how much is appropriate. There was a time in my life where it was very appropriate to live out my sexuality. In my life currently, even though I am married and I deeply love my wife, sex is not as important. I could, with no effort at all, be celibate the rest of my life. This has given me great freedom in being married for I am not attached to sexuality any more.

Men might consider not having an orgasm even though you choose to make love sometimes. All this energy is built up and then will be used for other purposes. This may seem strange, however, the question arises, What is the most enjoyable part of love making? Is it just the orgasm or the whole process of love making?

A person who takes the vow of the Brahmacharya is called a Brahmachari in India. Hindu scripture states that, "by the practice of Brahmacharya, longevity, glory, strength, vigor, knowledge, wealth, undying fame, virtues, and devotion to truth increase." The preservation of the semen is one of the secrets of physical, emotional, mental, and spiritual success.

In the teaching and yoga sutras of Patanjali, which I have written about in Volume 3, the key ideals are non-killing, truthfulness, non-stealing, and celibacy or Brahmacharya. It is a key to success in one's material and spiritual life. You may think I am being too strict in what I am suggesting. In many of the Eastern and Western spiritual teachings it is recommended that people have sexual intercourse only for the sake of creating progeny. I, personally, don't think it is necessary or appropriate for married couples to go to that extreme.

I, personally, don't believe there is anything wrong with having sex and enjoying sex under the proper guidelines I have set forth, and as long as it is done in moderation. I am just giving you, in this chapter, the whole picture and you need to find your middle ground within this understanding. We are fed so much misinformation about sexuality from misinformed materialistically oriented doctors, psychiatrists and psychologists and counselors.

I am presenting you here sexuality from the soul, Monad, and Ascended Master's perception, not from some materialistic worldly view. Very few people in this world understand the esoteric aspects of this beautiful sublime form of energy.

The practice of Brahmacharya will also allow married couples when they do want to have a child, to attract a much higher level soul to incarnate through the physical vehicle they both provide.

In my personal opinion all adolescents in school should be required to take courses and classes in Brahmacharya. Adolescence by definition are completely out of control in terms of their emotional body, desire body, negative ego, and sexuality.

I can't but help to think about the news story recently that spoke of those high school boys who were having sex with girls as a game to see who could get the most "points". What was even more disgusting was that the boys were proud of it even though they got busted. They didn't think they had done anything wrong. This is

symbolic of a certain segment of our collective consciousness. This is directly the result of lack of universalistic spiritual training in school.

If adolescents were taught the value of Brahmacharya, look at the drop in abortions and unwanted pregnancies. Look at the drop in the spreading of AIDS and sexually transmitted disease. Look at the drop in the spiritual and moral decline of our youth. Look at the karma in these young people's lives that could be avoided through proper spiritual and moral education.

The lack of Brahmacharya goes along with drinking alcohol, taking drugs, pornography, and in essence giving free reign to the lower self. I will guarantee you that 98% of all adolescents don't have a clue as to what the lower self and Higher Self even is. This is not adolescent's fault. It is our fault as a society and as educators who are not properly educating these young souls who are in our care.

The vow of the Brahmacharya also involves the diet you eat, the people you spend time with, the movies you go see, the television programs you watch, the magazines and the books you read.

The vow of the Brahmacharya also involves the building of character and virtue. It involves a clear knowledge of sexual health on the physical level, proper hygiene, and birth control.

It is also helpful to realize that the Atman or Eternal Self is sexless, and this is our true identity. Psychologists will tell you that the control of sexuality is repression, and this is bad. I am here to tell you as a psychologist that that is ignorance. The control and raising of one's sexuality is conservation, transmutation, sublimation, and conversion of one form of energy to another. In this case it is the conversion of lust into ojas shakti, brain illumination, and supernatural physical health.

Ojas is actually spiritual energy that is stored in the brain. It can be utilized for divine contemplation and spiritual pursuits. A person with a great deal of ojas in his brain can turn out enormous amounts of creativity and mental and spiritual work.

There is a luster and clearness in the eyes, and a magnetic aura in their feet. This type of person, be it male or female, can influence people by speaking very few words. Apollonius of Tyanna, Jesus Christ's next incarnation after His life as Jesus, where he took his fifth initiation, took the vow of Brahmacharya at the age of 16, and lived to the age of 100 or more and never broke his vows.

Sai Baba has recommended that people become celibate after the age of 65, even if they are married. If you have had any type of serious physical health problems I would highly recommend for a designated period of time that one take a vow of celibacy or certainly take a vow of extreme moderation in the use of one's sexuality. All this energy will be used to heal your body as well as your mind and spirit.

I want to say here, also, that there is an enormous worldly pressure in our society to get married or to find a mate. From the soul's perspective it is a totally viable option to remain single and celibate and be perfectly happy. You do not need a mate to be happy. Your soul and Monad are your true mates, in reality.

I know so many people who are single who are seeking their spiritual mate. This type of relationship is not always the easiest to find. I would say this is true especially for women. There are more spiritual women around than spiritual men.

For those of you who have not found your spiritual mate, try the celibate path until your mate comes. In my personal experience, being celibate is an "incredible high", once you give yourself to it and let go of all the egotistical programming.

For those of you who would like to find your ideal spiritual mate, I am now going to tell you the "secret of the ages" in terms of how to find this person. The secret is "give yourself 100% to your spiritual path and service to mankind. Find complete joy and happiness in your union with God, your union with Self, and union with your brothers and sisters in Christ. Fully own that you are 100% whole and complete within your self, and one with God. Live your life from this state of consciousness and when the time is right, your spiritual mate will be right before you without even having to look for them. This is because God attracts God.

Again I emphasize the need to not allow your mind to go on automatic pilot, for this is where the problems and temptations develop. The problems always begin on the mental plane first. Jesus said, "If you have a lustful look at a woman, you have already committed adultery in your heart." See, hear, taste, touch, smell, think, feel, sense, intuit, only God.

You will not be successful unless your life is one constant sequence of spiritual practices. After a while this isn't experienced as work, but rather as the greatest joy, for there is no better feeling than constantly affirming and experiencing God.

When you see a beautiful form in the shape of a physical body, remember who created that form and who is living inside that form. Ramakrishna, the God realized Avatar, was married and believe it or not, even consummated his marriage.

Sri Anandamayi Ma, the bliss permeated saint from India was married and did the same. She was so immersed in the eternal Self, she never even desired to. It brings up these examples, not because that is what we need to do, but rather to give you the full perspective of choices available to you on your spiritual path.

One of the keys to developing the siddhas (the higher spiritual gifts) is to raise this sexual energy. In the beginning, try to make a vow of Brahmacharya for a week or month or three months. This is very much like fasting. We all know how good fasting is for the physical body. Fast from sexual activity for a little while to see how you feel.

Every time you do have sex, examine how you feel when you are done, to see if you were in the Tao. If not, don't judge yourself, just learn from the experience and make the correction in your mind and commit to staying in the Tao in the future.

The Vow of the Brahmacharya is a great spiritual experiment and ongoing evolving process. At different times in your life, the nature of your vow may be different. The main point of all is for you to be the master of your sexuality, and not let it master you.

I would like to end this chapter with a story about Socrates and his disciple from a book called, "The Practice of Brahmacharya", by Swami Sivananda. "One of the disciples of Socrates asked his teacher, 'My Venerable Master, kindly instruct me how many times a householder can visit his legal wife.' Socrates replied, 'Only once in his lifetime.'"

The disciple said, "Oh, my lord! This is absolutely impossible for worldly men. Passion is dreadful and troublesome. This world is full of temptations and distractions. Householders have not a strong will to resist temptations. Their indriyas are very

revolting and powerful. The mind is filled with passion. Thou art a philosopher and yogi. You can control. Pray, kindly prescribe an easy path for the men of the world." Then Socrates said, "A Householder can have copulation once in a year." The disciple replied, "Oh venerable sir, this is also a hard job for them. You must prescribe an easier course." Socrates then replied, Well, my dear disciple, once in a month. This is suitable. This is quite easy. I think you are satisfied now."

The disciple said, "This also is impossible, my revered Master. Householders are very fickle-minded. Their minds are full of sexual samskaras (programming) and vasanas. They cannot remain even for a single day without sexual intercourse. You have no idea of their mentality."

Then Socrates said, "Well said, my dear child. Do one thing now. Go directly to the burial ground now. Dig a grave and purchase a coffin and winding sheet for the corpse before hand. Now you can spill yourself any number of times you like. This is my final advice to you."

This last advice pierced the heart of the disciple. He felt it keenly. He thought over the matter seriously and understood the importance and glory of Brahmacharya. He took to spiritual sadhana (practice in right awareness). He took a vow of strict unbroken celibacy for life, became a yogi, and had self-realization. He became one of the favorite disciples of Socrates.

Psychic Self-Defense

By
Dr. Joshua David Stone

This chapter may be one of the most important in this entire book. Instead of calling this chapter psychic self defense, I could also have called it, "How to build a strong physical, emotional, mental, and spiritual immune system."

Most people just think of immune systems as a part of our physical body. This is not the case, however. It is just as important, if not more so, to develop a psychological, and spiritual one. The effectiveness of your physical immune system will, in actuality, depend to a great extent on your psychological and spiritual one. This chapter will be an intense course in physical, psychological, and spiritual self immune system building.

Whether spiritual people like to admit this or not, life is a battle. The great Paramahansa Yogananda said, "Life is a battlefield". In the Bhagavad Gita Krishna implored Arjuna to "give up his unmanliness and get up and fight." We all have to learn to be spiritual warriors in life. The "Course in Miracles" emphasizes the importance of being "vigilant for God and His kingdom."

The fight we are all in is on a number of levels. First, we are fighting to remain conscious and alert and not fall into what I call "automatic pilot". Second we are fighting to keep our minds clear of negative thoughts. We are fighting to keep glamour, maya, illusion and negative ego from taking over our consciousness. We are fighting to stay centered and balanced. We are fighting to stay in unconditional love, joy, even-mindedness and inner peace.

Sometimes we are battling to heal ourselves from physical disease, or dis-ease on emotional, mental, and/or spiritual levels. Sometimes we are battling fatigue. We are battling to control our subconscious mind and master our three lower vehicles or bodies. We are battling to remain in the consciousness that we are the God, Christ, the Buddha, that Atma, the Eternal Self.

One of the biggest things we are battling is not only the energies within ourselves that do not come from soul, but also we are battling the negative energy from other people and our environment. The spiritual path is like climbing an uphill mountain. It is up three steps, fall back two, up six steps fall down four, up seven steps fall back five. This is how everyone grows.

We have all learned in this planetary mystery school called earth life, we must remain strong. Now, I do want to say, that this battle does get easier, the higher one goes in the initiation process. The higher one goes in the initiation process the greater the self mastery.

In the early stages there is a great battle going on with "the dweller on the threshold" (negative ego, glamour, maya, and illusion). As one gains mastery, these energies are subjugated and new positive spiritual habits are formed.

In essence, over a long period of great battling and suffering we have finally reached a point of learning how to stay strong physically, mentally, emotionally and

spiritually, and not get knocked off center by the onslaught of negative energies of the inner or material world that often takes place.

In this chapter I am going to give you the understanding and the tools to easily win this battle, and gain self mastery, so life becomes much easier and more enjoyable. I am going to teach you how to protect yourself, just as a marshal arts instructor would, except on subtler, spiritual and psychic levels.

Before I can do this, however, I first must give you a "wakeup call". Most people live their lives on automatic pilot, and live like automatons. They are totally unaware of all the negative forces that are at work. They are unaware of negative ego, glamour, maya, and illusion until they step on the probationary path. Even more than that they are totally unaware of the physical, environmental, psychological, and spiritual onslaught of negative energies that confront the average person on a daily basis.

You cannot win this battle and gain self mastery until you know what you are fighting. This chapter will deal with helping you to develop an arsenal of psychological and spiritual tools to win this war. It will also point out the enormous barrage of negative energy that is coming from the environment, other people, the astral plane, the mental plane, and the etheric plane.

To begin this discussion we first must understand what it is we are fighting. Let us begin with the physical body and the physical immune system and what it has to contend with. Some of the things I am about to mention, you are already aware of, and some of them you are not, or tend to forget about in terms of protecting yourself.

In beginning our practice of "psychic self defense" I ask you to read this list with detachment so as not to get overwhelmed. After listing what we are battling, then I will teach you how to become "invulnerable and invincible" to their effects. For, never forget that in truth, we each are God, and as we realize this potential we are no longer victims of effects of anything. We are total masters and causes of our reality.

The Physical Things Our Physical Immune Systems are Fighting on a Daily Basis

The first thing, of course, our physical bodies have to deal with is pollution, especially if you live in a big city, although in truth there is pollution almost everywhere on this planet at this time. In a city such as Los Angeles, we have air pollution and the drinking water is totally toxic. There is enormous amount of sound pollution with car alarms constantly going off and the sounds of a big city. This affects us much more than we realize.

The oceans are polluted. The fish off the Santa Monica Bay are filled with mercury poisoning. We confront fast food restaurants and ice cream parlors on every corner. Needless to say, the food is dead and not good for our bodies.

The government fluoridates the water supply which completely shuts down the immune system if you drink it. Our toothpastes are also filled with fluoride. Our dentists fill our cavities with mercury fillings which is one of the most toxic substances to the human body, with only plutonium or nuclear radiation being worse. After ten or fifteen years the mercury fillings crack and leak into our system and create absolute havoc. I would highly recommend that people have them replaced with gold or composite fillings.

Our government does nuclear testing which takes forty years to dissipate the energy from our atmosphere. Then they have nuclear waste which they have no idea what to do with. Their new brain storm is to use some of it to "irradiate" our fruits and vegetables, which has already been approved by our "protective agency", the FDA, which is the biggest joke in the universe.

When our food goes through the check out stand they zap it again with some kind of radiation which allows the checker to not have to mark off the price with her fingers, so it is done automatically. Please realize this energetically poisons the food.

Then, of course, the farmers use massive amounts of pesticides on all our fruits and vegetables which we are consuming on a daily basis. Our soil and water is filled with nitrates. Our medical doctors have no training in diet or nutrition or holistic practices so instead they pass out drugs and antibiotics like candy. The antibiotics wipe out all the friendly bacteria and poison the liver. Throwing the entire physical body and immune system out of balance as the yeast grows like crazy. Then the average person goes back to the medical doctor who then runs "medical tests", with all kinds of more radiation, dyes, and high tech machinery that poisons the patient even more.

Then you go to the dentist and take x-rays and get a little more radiation. Then the government sprays the city with malathion-pesticide from helicopters to kill the medfly. The FDA, our great environmental protective agency, says that it does no harm to the human body. But they do tell you to cover your car with a cover over night when the spraying occurs because the malathion pesticide will take the paint off your cars. It won't affect the human body adversely, though!!!!!!

Then there are all the electrical wires we have to deal with. It is finally coming out that people are getting cancer from being too close to these electrical power lines. This gets into the whole field of learning how to protect ourselves from low grade electrical magnetic frequencies. We are constantly being bombarded from radiation from our televisions, computers, toasters, microwave ovens, electrical cords, heating blankets, and on and on . . .

I saw on the news last week that cellular phones in cars are now causing cancer on the side of the head that the phone is held to. I also saw another special on television which talked about how police officers are getting cancer of the groin from holding the radar guns in their lap while tracking cars.

Our immune systems are battling aluminum poisoning that we are getting from using aluminum pots and pans, and using pie tins and aluminum foil. A homeopathic doctor showed me how I was getting aluminum poisoning from cooking my fish in tin foil. They are finding a correlation with Alzheimer's disease and aluminum poisoning. It is not just aluminum, but metal poisoning and chemical poisoning also.

Children are getting sick from the lead in the paint in many houses and buildings. The gasoline fumes from all the cars also causes lead poisoning. Living in a city, God knows all the toxic chemicals and metals we have in our system. People who drink the water can get too much copper in their system from the copper pipes.

Then because of how we have polluted the planet we have caused a massive hole in the ozone layer which causes certain ultraviolet rays from the sun to get through that shouldn't be getting through. This is causing skin cancers and other toxic affects.

The destroying of the rain forests has caused the oxygen level of the entire planet to be in danger of being thrown off balance. The massive amounts of cement that cover

the earth doesn't allow the earth mother to breathe effectively which obviously affects us adversely. Our ground water is being polluted by toxic land fills.

Fast food restaurant hamburgers are killing people from the amount of bacteria in the meat. "Sixty Minutes" did a special on the chicken industry, and even the FDA found 50 to 60 percent of all chicken is filled with salmonella bacteria. Chicken also tends to be cancerous to the seventh generation of chickens.

The food that most people eat is filled with preservatives, chemicals, and additives, which is totally toxic to the liver. Besides this, 95% of the food in a supermarket is "dead food". There is no life force in it. Our inability to work with the nature kingdom and nature spirits, in a loving cooperative manner has caused these wonderful beings to leave the farms where our produce is grown, and hence the food is filled with only one tenth the life force it could have.

Then people live on coffee and sugar and artificial stimulants like chocolate and soda pop, which give a five minute rush and then totally deplete one's energies. Then the medical profession gives our children vaccines and make us have vaccines if we care to travel out of the country. Vaccines are absolutely poisonous to the immune system, and is one of the biggest frauds that has ever been perpetrated on the public.

To make this even worse, the military industrial complex, which looks at people as nothing more than objects, performs chemical warfare experiments using these vaccines to test out their experiments. One of these is, of course, AIDS, which was created by the military industrial complex. Don't be naive to think that this is the only disease they have purposely inoculated into the unaware American public.

Then, of course, the average person doesn't eat well, or exercise enough, and does not have a strong mental or emotional or spiritual immune system, so they get sick a lot. We are always having to battle to keep our own resistance up to battle all the viruses, colds, bacteria infections floating around, not even taking into consideration the sexually transmitted diseases.

The burning of all the fossil fuels is actually causing, for the first time in history, acid rain. No plant life can grow in acid rain. Another thing our physical bodies and immune systems must battle on the physical level is the lighting in most building and offices. The type of light bulbs in most office buildings is totally toxic to the human body.

One other factor that people have to deal with, that most are not aware of, has to do with the field of psychotronics and radionics. These are machines that send out energy waves that are supposed to be used for healing purposes. Of course, our military industrial complex has gotten hold of them and is using them for warfare purposes at times. This is also being experimented with in other countries.

Segments of our population are often being bombarded by these unseen electromagnetic energy waves and sometimes even certain individuals are targeted. In a similar vein, but less sinister, is the effect of all the radio waves and television waves and phone waves and satellite waves that we are constantly bombarded with. Some of these may be subtle, but they all have their affect. Then there is a lack of what has been called negative ions from the stale air of city and apartment dwelling. The green house effect is causing temperatures to rise and also causing extreme weather conditions which can also be hard on they physical body, especially in some areas of the country.

These are just some of the factors our physical bodies and immune systems are battling on a daily basis and these things are the ones that are just on the top of my head. I am sure there are millions of other factors that I have not listed. It is amazing that our physical bodies and immune systems do as well as they do considering the assault they are under in our "modern society".

Before beginning my discussion on what you need to do to protect yourself from these factors, I want to give another list of the negative factors that our emotional, mental and spiritual immune systems need to deal with on a daily basis. Again we must first understand what we are battling, before we can gain self mastery and protection from these factors.

The Mental, Emotional, and Spiritual Negative Influences Our Immune Systems Need to Battle Every Day

On a psychological and spiritual level first off, we have to deal with the negative thoughts, feelings, emotions, and energy from other people. This can often be very much like hypnosis, being performed on us in a waking state if we are not in a vigilant state of consciousness. Then our psychological and spiritual immune systems have to deal negative ego, glamour, illusion, and maya in our own subconscious mind as well as the onslaught that comes from society in general. This takes the form of advertising, magazines, television, newspapers, and the media as a whole.

Our world has basically physicalized and institutionalized negative ego and lower self consciousness. It is everywhere and permeates every aspect of our society. We have to deal with the violence in television and in the movies.

We have to psychologically deal with all the bad news that is constantly reported and glamorized on the news. The words or lyrics in the pop music we hear are filled with the consciousness of addictive love. We have to deal with the bad moods, irritability, anger, depression, worry, insecurity, fear, criticalness of our coworkers or family members, and even husbands and wives at times.

If we do not have a strong psychological and spiritual immune system, all this stuff gets into our subconscious mind, and depletes our energy, devitalizes us, and makes us feel bad. Then we have to deal with what the eastern religions refer to as the monkey mind. When the mind is out of control then emotions will be out of control and the physical body will be adversely affected. Then we have to deal with negative astrological configurations, and biorhythms.

When we become weakened physically, psychologically and spiritually we become open to psychic attack from the lower astral plane. In severe cases of weakness this can result in a type of possession. That must be protected against and cleared. Other types of people are battling obsessive thought anxiety and/or personality disorders. All these things become cleared as self mastery is gained and the four bodies and three minds become aligned and negativity is cleared out.

Other types of things we are battling on psychological and spiritual levels are alien abduction, and alien implants. Most of these abductions are performed by the negative extraterrestrial group called the grays from Zeta Reticuli and the Orion sector. I will teach you how to protect yourself from these invasions.

The light workers are often under attack from the Dark Brotherhood, also known as the Black Lodge. They are not to be feared as long as you have the tools to remain in self mastery.

Some people have to deal with poltergeist, or earth bound spirits who have gained a small amount of vital force and like to play tricks on unaware humans. Then we have to deal with people in our lives whom I like to call psychic vampires, for they drain our psychic blood or life-force.

We have to learn how to deal with what are called the negative elementals that are created by our thought forms, which latch on to our aura and drain us. We have to learn how to deal with psychological and spiritual illness. Just as physical disease is not contagious, for we can't get sick if we have a high resistance. The same is true on a psychological spiritual disease level. There is no such thing as a contagious psychological and spiritual disease, there are only people with low resistance within their psychological and spiritual immune systems.

This chapter will provide you with the understanding and tools to not catch the physical, psychological and spiritual diseases of other people. For our lesson is to learn to stay healthy, and bring the sick people to our level, not to fall down to their level. We must see them as God sees them, which is perfect and whole, and as the Christ they are. As the "Course in Miracles" says, "Sickness is a defense against the truth".

We must learn to protect ourselves from the psychiatrists, psychologists, ministers, and traditional medical doctors, because so much of how they have been trained is filled with negative ego concepts which values an over-emphasis on material reality, which has cut them off from the true realities of the soul and spirit.

We must protect ourselves from even the new age movement, and have great discernment, for there are many false prophets and cult movements in operation. We must protect ourselves and be super discerning in the field of politics where the negative ego is rampant. Politicians, as a whole, serve the republican or democratic party rather than their own soul, and Higher Self. Where lobbyists and special interest groups are allowed to operate in a form of legalized bribery.

Then we must protect ourselves from the media, for the newspapers and TV stations are run by the Trilateral Commission and Council on Foreign Relations. (The secret government). Nine tenths of what the government tells us is just deception and lies. The Warren Commission tells that Oswald killed Kennedy and that it wasn't a conspiracy. They tell us UFO's don't exist when there are actual extraterrestrials of many species as guests of the government They deceive us with a phony space program. They tell us what we want to hear and then things like Vietnam, Water Gate, Contragate, phony drug war, loss of civil liberties are going on behind our backs.

Other energies we need to protect ourselves from are the energies that are actually embedded in the walls. The great spiritual Master Ronald Beesley used to say that hospitals should be burned down every five years. There is so much negative energy that has been embedded in the walls that it is amazing that anyone ever recovers at all.

This is true also when we move into a new home or apartment, or even office building. Another way we get poisoned is when we fall asleep at night watching TV. Whatever we are watching or listening to gets programmed right into our

subconscious minds as we fall asleep. While we are sleeping we are in a somnambulistic state of hypnosis and 100% hypersuggestable.

The same thing happens during surgery when we are under anesthesia. Everything the doctors and nurses say is programmed right in. In the future this understanding will be used for a positive purpose to accelerate healing.

Another way we are victimized if we are not vigilant is through subliminal advertising. It is supposed to be illegal, but it happens all the time. Subliminal messages either in visual or auditory form are placed within commercials, television, movies, music, radio and the likes, to program us unconsciously.

Then there is the military industrial complex which is involved with all kinds of mind control and psychic warfare experiments. If people really knew what was going on in this world behind the scenes they would never ever let themselves go on automatic pilot even for an instant. Not only is the government using psychic warfare, radionics, and brain washing weaponry, but the negative extraterrestrials are also. As I have talked about extensively in the chapters on extraterrestrials, this planet is basically at all out war right now with negative alien civilizations who are trying to take over this planet and the people in this world are not even aware of it. What I am telling you is an absolute fact, and I am not being melodramatic in saying this. This war is not like the movie, "War of the Worlds" with physical bombs. It is a war of "mind control".

There are probably only a handful of people on earth who are not filled with alien implants. Why do people have a hard time remembering they have been abducted? It is called "mind control" and the negative extraterrestrial are masters of it. I will provide the tools and understandings of how to get rid of all your alien implants and prevent this mind control, and abduction process from taking place.

Then there is the whole field of black magic. It is the using of God's universal laws for an evil and selfish purpose. We must not be so naive as to think that this can't happen, for it can and does frequently. It is nothing to worry about as long as you keep your immune systems on all four levels working effectively

Another thing we have to protect ourselves from is what I call disinformation. The secret government, with the help of agencies such as the CIA, have infiltrated all aspects of society that are opposed to their selfish purposes. What they do, then is have CIA type agents disseminate disinformation to confuse the public, so the public doesn't know if they are coming or going.

An example of this is at the extraterrestrial conventions. I bet a quarter of the people presenting lectures are hired by the government to present material to confuse and fragment the movement that is trying to educate the populace.

Another way we need to protect ourselves is from letting people touch our jewelry. Very innocently people come up to us and touch our ring or necklace and there is an energy transfer that takes place. Now if it is someone you love this might be okay, however, to let strangers or people you don't know do this is to carry their energy with you from that moment on.

Any one of these things is not that significant. However, when you put them all together, it is quite significant. Another lesson of a similar nature is just the practice of hugging people. I certainly believe in hugging, however, as one becomes more

sensitive to energy, certain people it is better to have less physical contact with as one's energy fields become more refined.

I will share with you an interesting story I remember reading in one of the Edgar Cayce books. There was a machine the Universal Mind recommended for the running of energy through a body in an electrical sense, that could accelerate healing in the case of a broken leg, for example. It was a fantastic machine and many people had great success with it.

This one man who bought one was having terrible results with it, and it was causing all kinds of other problems when he used it. He finally had another channeling from Edgar Cayce to find out what was going wrong. The Universal Mind told him that the problem was, that the man who made the machine was extremely angry the day he made that particular machine. The anger was stored in the machine, and every time he used it, he was running this other person's negative anger through his body. This makes you think a bit, doesn't it?

The same applies to the food we eat. You say to me that you like fresh vegetables, and you think they're good for you. Have you considered the process that they go through before they reach you? First they are planted in depleted soil if they are not grown organically. Pesticides and chemicals are used. The pesticides and chemicals keep away all nature spirits, so the life force in the vegetables is at a bare minimum. They are picked before they are ripened so as to make more money for the grower. What was the mood of the person who picked them? Were they angry, or depressed or in a bad mood? If so, that energy was transferred into the vegetables.

How about the man that carries them to the truck and unloads them? How about the produce man that puts them on display in the market? How about the grocery clerk who picks them up to register the price and weighs them? Then they go through their little radiation red light machine. If we are lucky they didn't irradiate them. Many of our vegetables are being irradiated and there is no written notification that has to be displayed that notifies the general public. All that is required is some meaningless logo that only one in a million would even know what it means.

So have you ever thought about the energy that is in that supposedly healthy vegetable? I will show you methods in this chapter of how to clear your food and water of these unwanted energies. One other thing that people do to their food of a similar nature is to microwave it. Hanna Kroeger, whom I consider to be one of the finest herbalists and healers on the earth today, has said that microwaving your food is an absolute blasphemy, and is absolutely "NOT" a new age form of cooking. It radiates the food in a most unhealthy manner. You can test this yourself with the use of a pendulum.

Now begins the fun part. In this next section I will begin the intensive training in psychic self defense. I will begin first with psychic self defense on the "physical level" and then move to psychic self defense of the "psychological and spiritual levels".

Psychic Self Defense on the Physical Plane

On a physical level, of course, it is always good to burn high quality incense, or even better "sage" when you want to clear the psychic and physical atmosphere. This is a quick and easy method. However, if you want to super clear the energy, the best method of all is to put three or four tablespoons of epsom salt into a small frying pan or small cooking pot that you don't need anymore for regular cooking. Then pour in

rubbing alcohol so that it just covers the Epsom salt by a little bit. Place the pot in the middle of the room you want to clear and light a match to it. My wife and I like to sit and watch it burn like a "campfire". It is absolutely miraculous, the results you can get. The entire atmosphere is burned of all negativity.

During the daytime, to amplify your energy field you can wear certain amulets or gemstones which are designed for protection and strengthening. One of the best kinds of all is to just wear a crystal pendant. Crystals amplify energy, and wearing a crystal or carrying one with you will serve this purpose in a most effective manner.

To protect yourself from low grade electrical magnetic frequencies I recommend getting a Tesla watch. It is a special kind of watch invented by Nikola Tesla that actually creates an electrical field around you that protects you from things like television, computers, power lines and so on.

If you go to your neighborhood homeopathic pharmacy and/or metaphysical book store you can also buy different kinds of copper coils that are much cheaper, that also work that you can just carry in your pocket or wear as a necklace. Your homeopathic pharmacist will know what I am talking about. You can also find them at the different whole life expos that come to most cities in the United States, or at metaphysical bookstores and shops.

Another important point is to not keep your television right at the foot of your bed. When you shut it off at night it is still emanating radiation and your feet chakra just soak in the energy.

The homeopathic pharmacy also has certain kinds of homeopathics that are for the specific purpose of strengthening your energy field and offering protection. I know there are certain Bach flower remedies for this purpose.

Another absolutely must item every person should have is a "soma board". It only costs ten dollars and was created Hanna Kroeger, the master herbalist and healer. The soma board is filled with herbs and crystals, and lasts forever. The idea is to put your food and/or groceries on this soma board before eating it. It completely clears and neutralizes all the negative vibrations that have been put into the food along the food chain I spoke of earlier. Hanna Kroeger's address is: 7075 Valmont Drive, Boulder, Colorado 80301. Phone 303 442-2490 or 303 443-0755.

Hanna Kroeger is one of the most amazing people I have ever met. She is totally of the Christ consciousness and must be close to eighty years old. I cannot recommend more highly that you get her books. She has a cure for AIDS, believe it or not, that costs \$25, and works. She has cures for cancer and just about every disease known to man. She is a master of using a pendulum and my wife and I have checked out her claims with our pendulums and she is totally right on.

She has an apprentice teacher in the Los Angeles area by the name of Sherry Cash, who works out of the Balanced Life Centre, phone 818 348-8818. Sherry has all her books and products. She is a healer and can test you for all Hanna's products with her pendulum.

I, personally, think that Hanna Kroeger makes the finest herbs in the country. Part of strengthening one's energy field has to do with getting rid of all the residual toxins, viruses, and bacteria infections that have been stuck in our bodies since childhood. Seeing someone like Sherry Cash, and a good homeopathic doctor who does some kind of "vega machine testing" is essential.

A vega machine is just one of many types of similar machines that new age holistic homeopathic and naturopathic doctors are using to be able to instantly test a person for things like pesticide poisoning, mercury poisoning, metal poisoning, chemical poisoning, parasites, viruses, bacteria infections, and, in truth, any physical problem or weakness you may have.

If you have never gone to a doctor of this kind, I cannot recommend it more highly. In my personal opinion, these are the doctors of the future. With the help of these machines and homeopathic medicine you can be checked out in one hour for just about every disease known to man without having to take blood tests, or the invasive tests of traditional medicine. I am not saying you shouldn't have a traditional medical doctor, I am just suggesting you should do both.

Pesticides, chemicals, metals, mercury, and an infinite number of other possible toxins can be cleaned out of your system in a month or two months time using homeopathics and/or herbs. Since we are on the subject of food, I would also recommend you buy organic vegetables, and ask your produce man at your regular market if the produce has been irradiated. If it has, don't buy it.

I would also recommend, as much as possible, to buy beef or poultry from your health food stores that is grown naturally. You will never have to worry about bacteria poisoning, or meat that is filled with antibiotics, stilbesterol, and other shots, and chemicals. Hanna Kroeger has another invention called an iron ring, which you can read about in her books, or talk to Sherry Cash about. It is a ring that my wife and I have that we stand in for 90 seconds and it clears all the environmental pollution from living in a city out of the aura. You can make one yourself for less than five bucks with some strong wire. Sherry Cash might know of someone that can make one for you.

I am taking it for granted here that everybody knows the importance of eating a good diet. One of the ways that dark forces get us is when we are physically exhausted and over tired. Eating a good diet and getting lots of physical exercise is essential for building a strong immune system.

I would also recommend drinking six to eight glasses of pure water a day. This clears a lot of toxicity out of the body. It is also very important not to eat right before bed. Edgar Cayce said that doing this was the cause of nightmares for many people. It is also of the highest importance to get off coffee, sugar and artificial stimulants as they have a very great weakening effect on the body over time. On rare occasions or in emergencies only, it's all right, but not on a regular basis.

The idea of the spiritual path is to achieve even mindedness and evenness in one's physical energy, so as not to be on a roller coaster. The question of whether to eat meat is an individual choice. Some types of physical bodies need it more than others. If you do eat it, don't eat too much, and try to get it as fresh and natural as possible. It must be understood that food does affect our emotional states. This is working with what is called the "law of similars".

Other physical types of techniques are to never cross your legs when sitting or standing. This immediately cuts off the flow of energy through your chakra system. As long as your aura is strong you cannot be affected by negative entities. All these tools and understandings are subtle but accumulated together have a very profound effect.

If you work with a computer it is essential to get some kind of protective computer screen. Hanna Kroeger also sells an inexpensive "computer pillow" which will protect you from this radiation.

Whenever you eat your food it is also a good idea to bless your food. A prayer that I learned, I received from a channeling of Paul Solomon from the Universal Mind for this purpose. "As you are created by God, adore thy Creator in what you shall do within my body and temple as I build it to His glory. Amen".

Another very simple technique to activate, open and energize your chakras is to cup your hand in front of you just below the first chakra. Slide your hand upwards through all your chakras and then over the top of your head feeling the subtle magnetism as you do this. Do this from three to seven times and it will energize you if you are feeling sluggish.

If you ever feel yourself under psychic attack of some kind, or there is a negative energy in your home, there are a number of physical things to do. One is to shower and set the intent as you shower, that you are also cleansing all seven bodies. A dark entity can only get in if you are weakened, or vibrating at a similar level of consciousness. Showering cleanses the aura and body. Put on clean clothes, and wash your old clothes. You can put spiritual books around your bed in a "ring pass not".

In a severe case of psychic attack it is a good idea to eat frequently, like every two hours. Food makes one less sensitive, and at a time like that you want to be more grounded. It is also a good idea to be around positive people. In the next section I will give plenty of psychological and spiritual things to do which will immediately get rid of the energy, but for this section I want to focus on the physical things to do.

In the Chinese art of Fung Shui, the art of environmental design, they have many ideas. They talk about the importance of closing closet doors and putting up screens in certain areas of the house.

Another idea was to put a pie tin on the outside of our home to collect and reflect the noise and attract in prosperity. In this Chinese art of Fung Shui, every room in the house has a specific function. For example, my office turns out to be the room of knowledge and wisdom, which is perfect.

Other tools to clean the energy is to invest in an air freshener machine, or an ion generator. Another Indian technique is that of smudging a house when you move in and at certain periods of time. You can buy smudge sticks at your metaphysical bookstore.

Another excellent technique for strengthening your energy field and killing all bacteria and viruses is to sun bathe. This totally vitalizes the etheric body. Something as simple as getting enough sleep and not burning the candle at both ends is also important. Moderation in all things.

The playing of spiritual types of music or devotional songs or mantras on tape can be very uplifting and protective if you feel negative energy around you. Sometimes just the physical changing of rooms.

It is also a good idea to have your bed face East, for this is the direction of the strongest spiritual current. This is also recommended for when you meditate. It might

be important for some people to actually study a martial art like Aikido, tai chi, or any of the others you might be guided to. This will have a physical and obvious psychological and spiritual affect.

The less drugs and alcohol, the better. Read labels, and eat to live, don't live to eat. It is also a good idea to supplement your diet with a "Natural food source" vitamin and mineral supplement. This will have a very strengthening effect on the auric field along with other appropriate supplements. In this modern society with the depleted food we eat, this is almost essential to get all the nutrients we need.

Maintaining a proper chemical balance in the body is essential. When this gets out of balance it can cause severe emotional mood swings and other problems.

It is also a good idea, when you move into a home, to scrub the walls with a strong cleaning agent throughout the house and, if possible, paint the walls. This will clean off most of the negative energy that has become imbedded in the walls from past tenants.

It is also important to search for and clear any negative energy vortexes. This can be done with a pendulum. As you go through the house with your pendulum, when you find a spot that is spinning backwards you can breathe into it to spin back in the proper direction. Very often we sleep in these negative vortexes and it is the cause of our restlessness during our night sleeps. This should also be done if you are ever traveling and staying in a strange hotel.

Another super important tool is to take an Epsom salt and baking soda bath. This has an absolutely fantastic effect of clearing out radiation, low grade electrical magnetic frequencies from your field, and any hypnotic connections with other people.

Now we are ready to move to the next level of psychic self defense that uses the emotional, mental and spiritual faculties as well, for protecting ourselves from unwanted negative energies.

Psychic Self Defense on Mental, Emotional, and Spiritual Levels

The first technique I would like to recommend is that of what Christian Science has called putting on your "mental armor". This is something that should be done every morning when you get up, and any other time you feel the need for it. Just as you put on physical clothes every morning. It is also important to put on your psychological and spiritual clothes every morning. This means putting on your personal power, self-mastery, invulnerability, unconditional love, attunement to God, self love, centeredness. In other words, you psychically put on the psychological attributes you want to wear that day.

This must be done consciously with intent each morning. Most people just bumble into life on automatic pilot, wearing the qualities of energy they happen to wake up with. This is not self-mastery. This putting on of one's mental armor can also be called putting on one's visual armor. Visualize around yourself a:

Bubble of protection,
A tube of light of protection,
A grounding cord,
Your chakras being lighted up in their appropriate colors,
Putting on a robe of light and vitality,

Carrying a sword as a symbol for your personal power.

Wearing a symbol such as a rose in your heart as a symbol for self love and love for others.

This prepares you and sets your mind set for how you want to create your day. In essence this is a type of meditation that will also greatly strengthen your auric field.

One of the most powerful prayers of protection is the Lord's Prayer:

"Our Father which art in heaven, hallowed be Thy name. Thy kingdom come, thy will be done on earth, as it is in heaven. Give us this day, our daily bread, and forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil. For Thine is the kingdom, and the power, and the glory forever. Amen."

Another one of my favorite prayers of protection is one by Isabelle Hickey:

"I ask and pray to be clothed with a robe of light composed of the love, wisdom, and power of God. Not only for my protection, but so that all who see it or come in contact with it will be drawn to God and healed."

One other prayer of protection is from the Fellowship of Universal Guidance, founded by Bella Karish.

Mantra Prayer of Protection

"Father-Mother God, I ask that I be cleared and cleansed within the universal white Christ light. The green healing light, and the purple transmuting flame. Within God's will, and . . .for my highest Good. I ask that any and all negativity be completely sealed in its own light, encapsulated within the ultra-violet light, cut off and removed from me. Impersonally, with neither love nor hate, I return all negativity to its Source of emanation, decreeing that it never again be allowed to re-establish itself within me or anyone else in any form. I now ask that I be placed within a triple capsule of the Universal White Christ Light of Protection, and for this blessing, I give Thanks. Amen."

Whenever you desire protection it is very appropriate to call on Archangel Michael and his legions of Angels of Protection. Archangel Michael's specific purpose and function is to provide this protection for light workers when asked. This can also be visualized with a blue ray of protective light.

Djwhal Khul has recommended visualizing a golden egg and then spray painting the outside of the egg black, if you really want super protection. Leave a little hole at the very top of the egg for the tube of light and your antakarana that connects you with your soul, monad, Ascended Masters, and God.

One of the most powerful tools of protection if you feel under psychic attack or feel negative energy around you is to hold a crystal or piece of jewelry that has a lot of your energy in it and chant the name "Elohim or Jesus Christ" for fifteen minutes.

This can be done silently or out loud. Repeating the name of God and visualizing God's form while you do it, is an absolutely sure fire method of getting rid of all negative energy from your field. I recommend you do this as a daily practice even if you don't need protection.

When you are around people who are negative, visualize a glass window in front of you. In serious cases put up a brick wall. The Berkeley Psychic Institute uses a protective device of imagining a red rose in front of you protecting you. When negative energy comes towards you the flower will absorb it and start to wilt. When it does, put up a new rose. If you want, you can put a ring of roses all around you. Check the roses two or three times a day, when you are dealing with a lot of negative energy.

One of the most powerful mantras of all to use is the soul mantrum made known by Djwhal Khul.

"I am the soul,
I am the Light divine
I am love. I am will. I am fixed design."

This immediately connects you with your soul, and I would recommend using this mantrum before using all other methods listed in this chapter. Other mantras I would recommend in emergencies are: "Aum" or "Om Mani Padme Om", "So Ham", "I Am God", or "I Am That I Am". It is fun to switch around.

You can also just chant the name of the spiritual master and saint you have most affinity for and visualize His form while doing this. You can also visualize His or Her form descending down and superimposing itself on your body. If you want you can also miniaturize this form and place it within your heart, for example.

When feeling negative energy around you before bed call forth and visualize the Ascended Masters around your bed in a protective circle, and ask them to serve as guards and sentinels. You can also place a grid of crystals either in imagination or physical form around your bed, and program them for whatever purpose you want.

When you feel negative energy in your aura, do your soul mantrum and then call forth from your soul, monad, God and the Ascended Masters for a shower of light to pour down your antakarana or rainbow bridge. In essence you are taking a light shower.

When you ask for this light shower, also ask that the light fill your room and entire house and the homes of other people you love, if you like. There is no limit to the light. It is an inexhaustible supply. It is there for the asking. If you really want to clear the aura out, do the soul mantrum, and then say, "In the name of the Christ I call forth the spiritual vortex."

Visualize a vortex coming down from your monad and soul, moving through your entire auric field clearing away all auric debris. This is not just imagination, I will guarantee you that it will actually be there. The power of the mind is incredible, and it is even more powerful when you invoke the soul and monad or "Mighty I Am Presence" to help also.

Phyllis Crystal, a psychologist and devotee of Sai Baba, tells a story of a young man who kept having his car broken into. She told him to visualize a beach ball around his car to protect it. To his amazement he had no more break-ins. She then told him to put a beach ball around himself for protection. He did this and about two or three weeks later he was visiting a friend who was clairvoyant, who all of a sudden stopped their conversation and said to him that she kept seeing a beach ball around him and she had to ask him what it was for.

Edgar Cayce, in his channelings of the Universal Mind, kept saying over and over again, that "thoughts are things". God created the universe with the power of his mind. We are creating our universe with the power of our mind. As we develop spiritually we learn to take the things we think and imagine and actually lower their vibration and make them become physicalized. This is one of the things we will be able to do when we ascend and become Ascended Masters, and maybe even before that.

Other effective tools are to make the sign of the cross, the sign of the pentagram, or the sign of the kabbalistic cross. These may seem kind of superstitious to you and not that effective, but I guarantee you that this is not the case. There is enormous power in these psychic and spiritual techniques.

Another absolutely extraordinarily powerful prayer is that of the rosary of the Virgin Mary. This is not just a catholic prayer, and she has said this herself through channelings of Earlyne Chaney. She told Earlyne Chaney that saying the rosary was so powerful that it could even protect a person from a "nuclear bomb" being detonated. Earlyne Chaney didn't believe her.

Three months later she was told a story of seven priests who lived in Hiroshima during World War II. Their church was something like eight blocks from ground zero of the atomic bomb being dropped. After the explosion everything was destroyed for an entire mile in all directions except this church. Sociologists were baffled. The only thing they could come up with was that these seven priests did the rosary religiously three times a day.

I have enclosed a copy of the rosary. I, personally, love this prayer, and I am not a Catholic. I think it is one of the most powerful prayers in existence. Some of the words from the Catholic interpretation bother some people. If it does just change a word or two to make it suit you, if you like. It is not necessary to use an actual rosary, however, if you want you can.

There is something else I would like to recommend, which is to also order a new age version of the rosary which was channeled by the Virgin Mary through Sylvia Clarice. This particular rosary is called the Ascension Rosary, and it is fantastic, and Djwhal Khul has confirmed its efficacy. The Ascension Rosary comes in a complete booklet and costs around ten or fifteen dollars. You cannot get it in bookstores, so if you are interested write to:

The Mother Matrix
PO Box 473
Mt. Shasta, CA 96067

Prayers of the Rosary

--- THE SIGN OF THE CROSS ---

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

--- THE APOSTLES' CREED ---

I BELIEVE in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord; who was conceived by the Holy Spirit, born of the

Virgin Mary, suffered under Pontius Pilate, was crucified; died, and was buried. He descended into hell; the third day He arose again from the dead; He ascended into heaven, sitteth at the right hand of God the Father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

--- THE OUR FATHER ---

OUR FATHER, who art in heaven, hallowed by Thy name: Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread: and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation: but deliver us from evil. Amen.

--- THE HAIL MARY ---

HAIL MARY, full of grace; the Lord is with thee: blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

--- GLORY BE TO THE FATHER ---

Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and ever shall be, world without end. Amen.

--- THE HAIL, HOLY QUEEN ---

Hail, holy Queen, Mother of Mercy! our life, our sweetness, and our hope! To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley, of tears. Turn, then, most gracious Advocate, thine eyes of mercy toward us; and after this our exile show unto us the blessed fruit of thy womb, Jesus; O clement, O loving, O sweet Virgin Mary.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

--- LET US PRAY ---

O God, whose only begotten Son, by His life, death, and resurrection has purchased for us the rewards of eternal life, grant, we beseech Thee, that meditating upon these mysteries in the most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain, and obtain what they promise: through the same Christ our Lord. Amen

Another good protective tool is to image your golden bubble or golden egg and then breathe into the inside of it, love and peace. Send any negative energy down your grounding cord into the earth for transmutation.

Probably the most important protective mechanism of all is psychological understanding of "denial and affirmation". The "Course in Miracles" says, "Deny any thought that is not of God to enter your mind." If people in the world would just do this one thing they would be automatically protected.

Again, most people do not keep enough vigilance over the thoughts that they allow to enter the mind. The thoughts can be coming from your subconscious or a possessing entity, or from other people in the world. If you would push these thoughts out of your mind and then replace them with a positive thought and/or affirmation, your subconscious would be reprogrammed within twenty one days.

Another variation on the same theme is a technique I learned from the great mystic, Dion Fortune. She suggested visualizing the negative thought or image as a mirror

which you shatter and then immediately visualize a more positive spiritual image, like a spiritual temple or image of a spiritual Master.

There is another very effective tool I learned from Phyllis Krystal's book, "Cutting the Ties that Bind". When you are dealing with someone with whom you need to keep boundaries, imagine yourself in a circle. Then make another circle around the person you need the boundary with, that is touching but not entering your circle. Do this with golden light and make it a thick line. The two circles then end up looking like a figure eight.

If you like, you can draw the circles in a figure eight motion. The figure eight is also the sign of infinity. When completed, then draw a blue light in between the golden beam of light so it still looks like a figure eight but the golden light has blue inside of it. I would enlarge upon this by suggesting the two circles could be made into two golden spheres of light with blue inside of them for even more protection.

Another very important tool for cutting the ties that bind us to other people is to image the co-dependent ties as "cords of energy" that connect with other people coming from our chakras. Imagine a gigantic scissors, or flaming sword of Lord Michael, or a light saber of a Jedi Knight. Use this instrument in your visualization, but also with your physical arm to slice through these codependent cords. When they are all cut, pull them out of your chakras and burn them. Then say the soul mantram and call forth a golden sun to come down and fill any emptiness or void with the love and wholeness of God. You can call down as many suns as you need until your aura is healed, whole, and full.

If you ever sense a dark spirit around you, just say to that spirit, "In the name and power of Jesus Christ, I command you to leave." It is very important when dealing with dark spirits in this world or from the other side that you have no anger or fear. Remember what Master Yoda said in the "Star Wars" movies. "Don't give into your anger or fear, or you will be seduced by the dark side of the force."

Keep a state of consciousness, of even mindedness, divine indifference, detachment and neutrality. This way you are giving the confused spirit no energy. They feed off of anger or your fear. It is also important to see them as the Christ and God, even though they don't see themselves that way.

So if you ever have negative entities around, with your full power and full love, command them to leave. As the commercials say, "Just say no." If a person you know is possessed say the following prayer:

"Beloved God, Christ, Holy Spirit, Mighty I Am Presence, my monad, my soul, Sathya Sai Baba, Babaji, Jesus Christ, Master Djwhal Khul, Vywamus, Ascended Masters, and any saint or spiritual Master on the spiritual plane,
You are healed and forgiven,
You are one with your soul and higher self,
You are filled with the love of God.
You are filled and surrounded with the light of God.
You are free from fear, and suffering, and the vibration of the earth plane.
I ask the above mentioned spiritual Masters and God, Himself, to take you to your rightful place.
Go in peace."

Say this prayer three times with full power, after doing your soul mantram first. In very serious cases there is an organization called the "Teaching of the Inner Christ",

in San Diego which can guide you to a minister to perform the needed exorcism. The phone number is 619 233-7745.

With all the tools in this book you should have absolutely no problem doing it yourself. Possessing spirits are usually just confused souls, who don't know how to let go of their material focus, and move back through the tunnel to the other side.

It is important to remember that the only thing that allows negative energy or entities into your field is when you have allowed your own negative ego and lower self into your field. If you keep your negative ego and lower self out, then all the other energies and entities will stay out also.

Another good visualization for protection is to see yourself in a pyramid of light. Another good one is a wall of light. Sai Baba has referred to this as a divine buffer. It is also important when dealing with the Dark Brotherhood or dark spirits, that you shouldn't try to send them love to win them over. They will use your love as an energy and power source and it will boomerang back at you. Be loving in a neutral sense of the term.

Another very simple tool is to just detach yourself like you are watching a movie when dealing with a negative person. Pretend you are seeing them through a binoculars turned backwards.

Another very powerful tool that would be a good thing to do every morning in putting on your mental armor is to place and visualize an army of Ascended Masters and Saints behind you, and supporting you as you start your day.

Some of my favorite affirmations for strengthening myself are:

"If God be for me, who or what can be against me!!!"

"I can do all things with Christ, who strengthens me!!!"

"God, my personal power, and the power of my subconscious mind are an unbeatable team!!!"

One of the best ways to keep away dark forces is to "not think about them". The more you think about them, the more you attract them. If you keep your physical, mental, emotional, and spiritual vibration at a higher level then they never enter your existence.

Never go under anesthesia, or major surgery without doing massive prayers of protection first. If someone touches your jewelry use the light invocation of Deal Walker, the crystal man.

"I invoke the light of the Christ
I am a clear and perfect channel.
Light is my guide."

Hold your jewelry and say this mantrum three times out loud, and channel the Christ and light vibration back into the jewelry to cleanse it and spiritualize it. The soul mantrum is good for this also. The most common protective tool is to just call forth the white light. All you have to do is make the request to your soul and Mighty I Am Presence and it will immediately come pouring in.

The law of the mind is that where you put your attention, that is where you live. The idea is to keep your mind and attention steady in the light, and that is where you

stay. Most people do not exercise enough control and self mastery as to where they allow their attention to focus.

The other psychological quality that is needed for protection is that of spiritual discernment and spiritual discrimination. When we start falling back into automatic pilot, we become very impressionable and hyper-suggestible. Even though I am licensed as a hypnotherapist, most of my work is not hypnotizing people, most of my work is de-hypnotizing people. Everybody is in hypnosis and I am trying to get them out of it.

On a psychological and spiritual level it is very important not to give away your power so easily. For example don't give your power to your physical body when it gets tired and fatigued. Don't give your power to astrological forecasts. Don't give your power to your dreams. I know people who have bad dreams and they let them wreck their whole day.

In essence, what I am saying is, don't give your power to any one or anything, and this includes God. This is not blasphemy, God does not want your power. God wants you to own your power while simultaneously surrendering to Him and His will, and not the ego's will. God helps those who help themselves. Don't give your power to your thoughts, feelings, emotions, physical body, negative ego, subconscious mind, other people, weather, astrology, biorhythms, past lives, inner child, sub-personalities, energy and vital forces, Ascended Masters, spirit guides, or a guru. Any spiritual teacher worth his weight will be encouraging you to own your power and recognize your equality.

If people would just learn to stay in their power all these other tools would be unnecessary, for they wouldn't need them. You become victimized when you lose your power. We get abducted and implanted because there is an opening in our aura that allows this to happen. Close it, and get back your personal power and what Edgar Cayce calls your positive anger and this will cease to become a possibility.

One of the confusions of many very good spiritual people is that they think that they should be open all the time. Nothing could be farther from the truth. Everything in life is balance. There is the yin and the yang, the feminine and the masculine. There is a time to be "open" and a time to be "closed". You must learn to open and close your mind at will.

When there is negative energy around we must learn to be able to close down and protect our psychological and spiritual space. We can still be loving, even though we are closed to negative energy. To be open all the time is a prescription to be a victim and an effect of life.

The chakras are like camera lenses that can be opened and closed at will. If you make up your mind that there is no way in God's universe that negative extraterrestrials are going to abduct you, they won't. Be still and know you are "God". Can God, the Father, be victimized. Well, you are made in His image and likeness, so you can't either except if you allow yourself to be by not claiming your full power.

In respect to getting sick physically, if you think you are vulnerable you are probably right. If you use your powers of creation, to program your physical body that you will not get sick, you won't. If a person thinks they're insane then that's where they live. If they think they are the Christ and one with God, then that is where they live also.

It gets back to that lesson of where you put your attention. We must learn to keep it where God would have us put it. We allow ourselves to be far too weak in this respect. This is where Djwhal Khul states over and over again, to keep the mind "steady in the light". When you are in a state of anything other than perfection, then the lesson is to immediately say an affirmation or prayer to bring yourself back into that perfected state the God sees us in.

If you are dealing with a negative feeling or emotion inside of you, visualize yourself vomiting it up and then killing it with a spear or sword. Then place a beautiful angel inside of you or your spiritual teacher, to replace what was there before.

Another really good prayer for exorcising a possessing entity is from Isabelles Hickey's book, "It's all right". "In the name and through the power of Jesus Christ, leave my magnetic field and go back to the source and be lifted up into the light." Another one she recommended for protection is, "In the center of all light I stand. Nothing can touch me there."

Max Freedom Long, the founder of the long lost Huna teachings for the Western world gave a mantram to the Huna researchers that was for those who had fear of negative forces. "I refuse to accept any suggestion from any negative source, I merit only good and only good will come to me. I have the protection of my high self about me at all times and it surrounds me with a robe of light. I fear no evil. Nothing but good can touch my life in any way. I remain serene, safe, and calm in the full knowledge that I am protected every moment, night and day."

Another protection mantra of Edgar Cayce, which he recommended before meditation was to say, "I put around myself the protection found in the thought of the Christ."

A very powerful prayer of protection is found in Dion Fortune's book, "Psychic Self Defense". "Visualize yourself holding the flaming sword of Lord Michael in your right hand and say; "In the name of God, I take in hand the sword of power for defense against evil and aggression." Imagine yourself growing in height to double or triple your present size. Now draw a magic circle upon the ground all around you with the point of the sword. See a line of flame following the point of the sword.

"Upon completion, clasp your hands in prayer and raise them above the head while facing east and pray, saying; "May the mighty Archangel Raphael protect me from all evil approaching from the East." Turning to the South, say the same thing but invoke Archangel Michael. Then to the East, invoke Archangel Gabriel. Then to the North invoke Archangel Uriel. Then back to the East.

This formula is especially effective in protecting one's sleeping space. The idea is to draw the circle around one's bed. The circle will last from sunrise to sunset or sunset to sunrise. To end this prayer and begin this prayer it is necessary to make the Kabbalistic sign of the cross. This is an extremely powerful tool, much like making the sign of the cross in Catholicism.

The formula goes... touching your forehead, say; "To Thee, Oh God..." (touching your solar plexus, say;) "...be the kingdom..." (touching your right shoulder) "...and the power..." (touching the left shoulder) "...and the glory..." (clasping your hands) "...unto the ages of the ages. Amen."

To seal your aura using the sign of the cross, Dion Fortune, in the same book, says to; "stand upright and cross yourself by touching forehead, breast. right shoulder and

left shoulder, saying; 'By the power of the Christ of God within me, whom I serve with all my heart and soul and mind and might, I encompass myself about with the divine circle of His protection, across which no mortal error dares to set its foot.'

If you like, you can also just use the sign of the cross. If you would like triple protection you can also then use the sign of the pentacle or five pointed star. This star can be created in front of you and is very effective in protecting a house from intruding spirits. It can be created in the air in front of you and then immediately visualize it in all the windows and doorways of the house. This can be created in the following manner.

Another way to seal your aura, when you are with someone who is trying to drain your vitality, is to interlace your fingers and with your hands, then, placed over your solar plexus. While doing this press your elbows against your side and keep your feet touching each other. By doing this you have made your physical body a closed circuit and you cannot be drained.

Dark forces cannot enter your field if your overall vibration and frequency is raised to a high enough vibration. To quickly raise your vibration, say the following prayer I have formulated for this purpose.

"Beloved God, Christ, Holy Spirit, Mighty I Am Presence, Mahatma, my Monad, Vywamus, Sai Baba, Djwhal Khul, Master Jesus, Virgin Mary, and the Great White Brotherhood.

"I hereby call forth a pillar of light. I call forth my glorified light body, I call forth a complete infusion of the Mahatma energy. I call forth the golden twelfth ray. I call for an Ascension column of light. I call forth the violet flame of Saint Germain. I call forth the light of 1,000 suns to descend now into my four body system. I call forth my fifth dimensional Ascended Self to merge its aura with mine.

I call forth the Ascension Flame. I call forth my living light merkabah vehicle and ask to be placed inside of it. I call forth an axial alignment. I call forth the complete anchoring of my twelfth chakra into my crown chakra. I call for the complete descending of my soul and Monad into my four body system. I call forth a raising of my vibrational frequencies to that of the Christ. I call forth the AUM vibration!!!"

The I Am Discourses of Saint Germain recommend the following tube of light protection prayer. "Beloved Mighty Victorious Presence of God, I AM in me! Blaze Thou around me now, Thy invincible Cosmic Christ protection of the tube of pure electronic light essence. See to it, for me, that this protection is all-powerfully active and eternally sustained.

Let no human discordant creation ever reach me through it. Let this tube of light essence make and keep me invisible and invulnerable to every human shadow, constantly raising and holding my attention upon Thy omnipresence -- in everyone, everything, everywhere. I consciously accept this done right now with full power!!!" I will end this chapter with what I believe to be the most powerful prayer on the earth today. This prayer is guaranteed to provide protection.

It is The Great Invocation of the Lord Maitreya, the Planetary Christ.

From the point of Light within the Mind of God

Let light stream forth into the minds of men.
Let Light descend on Earth.

From the point of Love within the Heart of God
Let love stream forth into the hearts of men.
May Christ return to Earth.

From the centre where the Will of God is known
Let purpose guide the little wills of men __
The purpose which the Masters know and serve.

From the centre which we call the race of men
Let the Plan of Love and Light work out
And may it seal the door where evil dwells.

Let Light and Love and Power restore the Plan on Earth.

The Human Aura and the Seven Bodies

"Our life course, our habits, our health and mental appreciation, in fact our life history, is written in color, forms, and lines comprising the energy fields of our several levels of being or conscious states."

Ronald Beesley

By

Dr. Joshua David Stone

Just as there are seven dimensions of reality we have seven bodies. Each body corresponds to the seven dimensions of reality. We have a physical body, etheric body, astral body, mental body, soul or causal body, buddhic body, and atmic body. There are other bodies beyond this level which I call the celestial bodies, which are beyond our comprehension at this level of evolution.

Each body also has a characteristic or quality of energy associated with it. The physical body has to do with instinct. The etheric body with the vital force and vital energy. The astral body with desires, feelings and emotions. The mental body with the concrete mind. The soul or causal body with the abstract mind. The buddhic body with intuition. The atmic body with spiritual will.

The Physical Body

Explanation of the physical body is not needed for we are all very familiar with this body. The only thing I would add would be to say that the physical body is the temple for the incarnating soul extension. It is an instrument, and vehicle for exploration of the physical world. The physical body is the vehicle for the manifestation of soul on this plane of existence, and the soul is the vehicle on a higher plane for the manifestation of spirit or the monad.

A great many people don't realize the importance of evolving the physical body along with the other bodies. For it is impossible for those with coarse, dense bodies to contact high vibrations. The refinement of the physical body is essential. Many spiritual aspirants work on evolving the other bodies and not the physical body, and end up getting sick because of the discrepancy in vibrational frequency.

It is not the purpose of this book to be a manual on how to care for the physical vehicle. However, it is suffice to say that the following simple suggestions would be extremely helpful. 1. Physical fitness program daily. 2. Eating of pure food. 3. Proper sleep habits. 4. Sunshine, at least ten to twenty minutes a day if possible. The sun kills all germs and frees one from disease, as well as vitalizes the etheric body. 5. Cleanliness, much use of water both inwardly and outwardly. 6. Stay away from sugar as much as possible and artificial stimulants (coffee and tea) and drugs as much as possible. 7. Make sure to create playtime.

The Etheric Body

The etheric body or the etheric double is an exact replica of the physical body. It is the archetype upon which the physical form is built. There is nothing in the manifested universe, solar, planetary or the various kingdoms of nature which does not possess an energy form or etheric body. This etheric body controls and governs and conditions the outer physical body.

The function of the etheric body is to store up the rays of radiatory light and heat which are secured from the sun, and to transmit them via the spleen chakra, to all parts of the physical body. The etheric body is a web or network of fine interlacing channels. These nerve channels are called "nadis".

This etheric web or network, during incarnation, forms a barrier between the physical and astral planes. People who have taken large amounts of drugs or psychedelics can cause this etheric webbing to be broken which can causes them to be unprotected from lower astral energies.

The etheric body can also be likened to the energy battery of the physical body. Etheric congestion in some part of the etheric body can lead to many forms of disease and mental un-clarity. The etheric body is vitalized and controlled by thought, and can be brought into full functioning activity by right thinking. Most diseases that the physical body suffers from, have their roots in the etheric body, and astral bodies. The principal factors in establishing a healthy well flowing etheric body are sunshine, careful diet, with emphasis upon proper proteins and vitamins, and the avoidance of fatigue and worry.

Astral Body

The astral body relates us to the astral plane and to our desires, feelings, and emotions. Most people in the world are run by their astral body. In other words they are run by their feelings, emotions and desires. The astral body ends up running the conscious mind, instead of the conscious mind having self mastery to the proper integration of their feelings and emotions.

Many people travel in this body when they "astral project". We all do this when we sleep at night and often have dreams of flying in this body. Some people have developed the ability to travel in this body consciously. The limitation of this is that one is then limited to traveling only in the astral plane. If one would travel in their soul body or light body they would have greater range of dimensions in which to travel.

The great teachings of Hinduism and Buddhism emphasize the need to eliminate desire. What this means is to make one's only desire the desire for liberation, and God realization instead of all the material desires of the negative ego consciousness.

The astral body receives the impression of every passing desire it contacts in the environment. Every sound causes it to vibrate. The great need of the spiritual aspirant is to train the astral body to receive and register only those impressions which come from the level via the higher self.

The aim of the aspirant would be to so train the emotional body that it will become still and clear as a mirror, so that it reflects perfectly. The words that ideally describe the emotional body should be "still, serene, unruffled, quiet, at rest, clear."

Ponder on This

Djwhal Khul, in the Alice Bailey books, has elucidated how this should be accomplished:

1. "By the constant watching of all desires, motives and wishes, that cross the horizon daily, and by the subsequent emphasizing of all those that are of a high order, and by inhibition of the lower."
2. "By a constant daily attempt to contact the Higher Self, and to reflect its wishes in the life."
3. "By definite periods of meditation daily, directed to the stilling of the emotional body... Each aspirant must discover for himself when he yields most easily to violent vibrations, such as fear, worry, personality desire of any kind, personality love of anything or anyone, discouragement, over sensitiveness to public opinion: Then he or she must overcome that vibration by imposing on it a new rhythm, definitely eliminating and reconstructing."
4. "By work done on the emotional body at night, under the direction of more advanced souls, working under the guidance of a Master."

When illusion and glamour have been overcome, the astral body fades out in the human consciousness. There is no desire left for the separated self. Ego disappears, and man is then regarded as consisting essentially of soul, mind, and brain within the physical body nature.

The Mental Body

The mental body is associated with the mental plane and the concrete mind. The refinement and development of this body is the result of hard work and discrimination. There is a great need for clear thinking, not on subjects where interest is aroused, but on all matters affecting one's life and humanity. It means the ability to make thought forms out of thought matter, and to utilize these thought forms for the helping of one's fellow man.

One of the great needs in respect to the mental body is to learn to still the mental body so that thoughts from abstract levels and from the intuitional planes can find a receptive mind whereon they may inscribe themselves. Two qualities should be developed above all else in respect to the mental body. First is an unshaken

perseverance, and fortitude. The second being a progress that is made without undue self-analysis. Pull not your selves up by the roots to see if there is growth.

The capacity of perseverance explains why the non-spectacular man or woman often attains initiation before the genius.

The mental body remains clear because of keeping a good mental diet. Every thought that comes from your subconscious mind or from other people should be discerned and discriminated against to determine if it is of God or not of God, and if it is truth or illusion.

If it is positive and of God, the idea is to let it into your mind, like you would good food into the stomach. If it is negative and not of God, then the idea is to deny its entrance into your mind. It is the ongoing process of remaining conscious and vigilant and not going on automatic pilot that will keep your mental body clear.

By keeping your mental body clear it will help to keep your emotional body, etheric body, and physical body clear, for it is your thoughts that create your reality. This last point cannot be emphasized enough!!!

The Soul and/or Causal Body

The soul body or causal body is on the higher mental plane and the quality or characteristic of it is the abstract mind. The causal body is the temple of the soul. The causal body is the storage house of all our good karma and virtue from all our past lives and our present life.

The causal body is a collection of three permanent atoms enclosed in an envelope of mental essence. The three permanent atoms are recording devices for our physical, astral, and mental bodies. These permanent atoms record our karma.

In our very first incarnations on earth our causal body was a colorless ovoid holding the soul like a yolk within an egg shell. As we incarnated over and over again we began to build good karma and virtue into our causal body and it began to become a thing of rare beauty, containing within itself all the colors of the rainbow. Djwhal Khul has called this a form of "divine vampirism" where the soul sucks the good out of the personal life, and stores it in the body of the soul.

This building proceeds slowly at first, but towards the end of incarnation when one steps more firmly on the path of probation and initiation, the work proceeds rapidly. It is at the fourth initiation when one has achieved liberation from the wheel of rebirth, that the causal body is burned up and merges back into the monad, and the evolving soul extension receives guidance from the monad, rather than the soul. This is a great marker point in the initiation of a soul on the spiritual path.

The Buddhic Body

The buddhic body is associated with the buddhic plane and the characteristic quality of it is intuition. After passing the fourth initiation one lives in the buddhic body.

The Atmic Body

The atmic body is associated with the atmic plane and the characteristic and quality of it is spiritual will. This is the body one inhabits upon passing the fifth initiation.

The Glorified Light Body

There is one other body which I have not mentioned, which bears great importance on the spiritual path, and that is the importance of creating one's "Light Body".

The light body or body of light is the body we will inhabit at the time of our ascension. The ascension being the complete merger with the monad and/or I Am Presence on earth. It is at this time our entire being including our physical body merge into light. It is the light body that we will officially step into. It is in a sense, the "wedding garment" that we are building day by day as we travel the path of initiation. It is created by the light that we are creating in our daily lives. This body is not fully complete until right before ascension itself.

The Aura

Everything that has been created has an aura of some kind. In human beings the aura surrounds the central nucleus or soul fragment or extension of the overshadowing soul.

The aura is composed of four basic fields. These are the physical health aura, the astral or emotional aura, the mental aura and the etheric body aura. The astral aura is usually most dominant in most people in our planet although this is beginning to change as we move deeper into the Aryan root race which is a mental attunement.

The mental aura is usually very small in the average person, however, develops rapidly once the disciple becomes polarized in the mental body at the latter stages of the second and beginning of the third initiation. Djwhal Khul says in the Alice Bailey book, "Ponder on This", that the "mental aura will eventually obliterate the emotional or astral aura and then the soul quality of love will create a substitute, that is of a higher nature."

Every person lives and moves within their fourfold aura. This living, vital aura serves as a recording agent of all impressions of both an objective and subjective nature. It is the aura which creates the effects upon other people. Not so much the words as some people think. It is also the aura which the Master watches. Specifically, the Master is looking for the light of the soul within the aura to determine whether the disciple is nearing the path of discipleship. As the emotional reactions lessen, and the mental apparatus clears, the progress of the aspirant is noted.

The aura is radiatory in nature and extends from all the bodies in every direction. The seven chakras also have a great effect on the nature of a person's aura. A highly emotional person working through an overdeveloped and uncontrolled solar plexus chakra can wreck havoc in a home or office. On the other side of the coin, a disciple consciously using the heart or throat center can carry inspirations to hundreds.

The aura is brought into right radiatory condition by right living, high thinking, and loving activity. This leads the initiate to become a center of living light where all seven of the chakras are merged into one light. Each person looks out into the world through their aura.

The four words that best describe the human aura are color, light, quality, and sphere of influence. Most psychics or clairvoyants are just seeing the astral range of the aura. In reality there are seven layers to the aura.

Christ's aura was so powerful that all people had to do was touch Him and the virtue would pour out of Him and heal. Every person's aura either attracts or repels depending on the programming and patterning within the individual. Groups have an aura, countries have an aura, and the earth, as a whole, has an aura. I once bought a very beautiful statue of the Buddha, and a clairvoyant friend of mine came over and without my asking told me that the statue's heart chakra was spinning and open. A Master only has to look at the light reflected in a person's aura to determine their level of evolution.

The Meaning of Colors in the Human Aura

Red: The color red reflects the physical aspect of the mind, such as passion, anger, physical desires, emotion, vigor and vitality.
First ray quality of will.

Blue: The color blue reflects the religious or spiritual phase of the mind. It deals with contemplation, prayer, heaven, spirituality, selflessness. Emotions such as love, devotion, altruism, reverence. Blue is a soothing and calming color.

Yellow: The color yellow reflects intellectual pursuits, such as logic, induction, active intelligence, analysis, judgment.

White: Represents pure spirit.

Black: Black is the absence of color. It is the opposite pole of pure spirit, hence the term black magician. Also indicates hatred, anger, avarice, revenge, malice.

Gray: Gray in the aura reflects negative thoughts and emotions.

Violet: A very spiritual color to have in the aura, it usually indicates evenness of mind, and indicates a searching for a cause or religious experience. Has been associated with transmutation because of connection with the seventh ray.

Orange: A vital good color usually indicating thoughtfulness and consideration of others. Connected with fifth ray energy of concrete science.

Green: Usually deals with healing, and is helpful, strong and friendly. It is a color which doctors and nurses often have. Connected with fourth ray energy of harmony through conflict.

Color Chart for the Human Aura

The following is a color chart of the human aura from a book by Edgar Cayce, called "Auras". What is interesting in this chart is that it also shows the afflictions or negative aspect of each color as well as the positive side. The diagram also shows the planets and musical notes connected with each color.

Color	Musical Note	Planet	Interpretation	Affliction
Red	Do	Mars	Force, Vigor, Energy	Nervousness, Egotism

Orange Re Sun Thoughtfulness, Consideration Laziness, Repression
Yellow Mi Mercury Health, Well-being, Friendliness Weakness of Will
Green Fa Saturn Healing, Helpful Mixed with Yellow Deceit
Blue Sol Jupiter Spiritual, Artistic, Selfless Struggle, Melancholy
Indigo La Venus Seeking, Religious Heart & Stomach Trouble
Violet Ti Moon Seeking, Religious Heart & Stomach Trouble

The Twenty-Two Chakras
"The chakras are in the nature of distributing agencies and electric batteries,
providing dynamic force and qualitative energy to man."

Djwhal Khul
As Channeled Through Alice A. Bailey

By
Dr. Joshua David Stone

The most common understanding of our chakra system for most people, is that we have seven chakras. This is a valid understanding if we are only considering the third dimensions of reality. The fact is that we have eight fourth dimensional chakras and seven more fifth dimensional chakras.

There may possibly be more even beyond this on into the sixth and seventh dimensions of reality, however, this is far beyond my ability to explain or access information on.

This information concerning the 22 chakras was brought through by Vywamus through the Tibetan Foundation. The following diagram delineates these 22 essential aspects of our being:

The Higher Chakras Through the Dimensions
VYWAMUS/Dorothy Bodenburg

Third Dimension	Fourth Dimension	Fifth Dimension
0 - Earth	8 - Seat of the Soul	16 - Ascension, Universal Being
1 - Base	9 - Body of Light	17 - Universal Light
2 - Polarity	10 - Integration of Polarities	18 - 6th Dimensional, Divine Intent
3 - Solar Plexus	11 - New Age Energies	No Correspondence
4 - Heart	12 - Christ Consciousness	19 - Universal Energy
5 - Throat	13 - Manifesting Vibratory, Communication	20 - Beingness
6 - Third Eye	14 - Divine Plan	21 - Divine Structure
7 - Crown	15 - Monadic Connection	22 - Source Connection

Our seven main chakras are the ones that connect the etheric body or energy body to the physical body. The seven chakras are within the etheric body, not within the dense physical body. Each chakra is a specific pattern of energy for a specific purpose.

Since the Harmonic Convergence there has been an energy structure developed to allow the fourth dimension to come into physical existence.

The First Chakra

The first chakra is the seat of the physical body. It is the connection that focuses our earth life. It connects us very specifically to the earth. It deals with issues such as grounding, and survival. In the early Lemurian period it was the base chakra that was

most open. The first chakra deals with considerations about being here on earth. It is the color red, and is connected to the gonad glands.

The Second Chakra

The second chakra is the polarity chakra. It has to do with creativity, masculine and feminine balance, and our sexual energies. The back side of the second chakra relates to the seat of the subconscious. The gland that it is connected to is the ludig, or lyden gland which relates to the lymphatic system. The color of this chakra is usually designated as orange. This chakra was focused on in the latter Lemurian development.

The Solar Plexus Chakra

The third chakra is the seat of the emotional body. The gland that relates to this chakra is the adrenal gland. The color usually associated with this gland is yellow. The Atlantis period of earth's history focused on the development of this chakra.

The Heart Chakra

The fourth chakra deals with unconditional love. The gland that is associated with it is the thymus gland. The color most usually associated with it is green. This has been the focus in the Christian era.

The Throat Chakra

The throat chakra deals with communication, expression, and the use of will. The gland associated with this gland is the thyroid gland. The color most associated with this chakra is blue. This chakra is the one that is being developed in the Aquarian Age.

The Third Eye Chakra

The third eye chakra has to do with inner seeingness or spiritual sight and vision. The gland associated with this chakra is the pituitary gland. The color most often associated with this chakra is violet. The third eye chakra also relates to the conscious mind.

The Crown Chakra

The crown chakra has to do with the superconscious mind, the soul, the Higher Self, the Monad and/or God. It is truly our gate to bring through the higher energies. The color most often associated with this chakra is white light, or a rainbow speckled white light. The gland associated with this chakra is the pineal.

Chakra Toning

Besides using light and color to work with and open your chakras, it is also possible to use sound. Djwhal Khul has channeled the sounds that correspond to the seven three dimensional chakras. On the third column of the following diagram are words that will help you to enunciate the sounds properly.

Djwhal Khul Sounds Eastern Religion Sounds
Root chakra O oh Lam
Second chakra SHU shuck Yam
Solar Plexus chakra YA yawn Ram
Heart chakra WA way Yam
Throat chakra HE he Ham
Third eye chakra HU hue Om
Crown I I Aum

The Fourth Dimensional Chakras

My personal experience of becoming aware that we had more than seven chakras occurred a couple years ago when Djwhal Khul told me we had twelve chakras. I think we were working with my chakras at the time and he told me that as a person evolves, the higher chakras begin to move downward and descend into the former third dimensional chakras. In that conversation I asked if my higher chakras had descended. He told me during this initial conversation that my 10th chakra was in my crown, and my ninth chakra was in the third eye chakra. My eighth chakra was in my throat chakra, and so on all the way down my body and chakra system.

I found this piece of information fascinating. Since the time I knew that there were twelve chakras I began calling my twelfth chakra down into my crown. I also began working with focusing the energy and quality of this chakra more clearly in my life, which is the "Christ consciousness".

In a later conversation with Djwhal, he said I had stabilized the 12th chakra in the crown chakra and the eleventh in the third eye, and the tenth in the throat chakra and so on all the way down my chakra system. It was only in the last three months that I became aware from Vywamus that there are in actuality 22 chakras. My current focus in my own spiritual path has been to now anchor the 15th chakra into the crown. The 15th chakra having to do with our Monadic connection.

The 16th chakra, as I mentioned in a previous chapter, is the chakra that is anchored in the crown when an initiate ascends. Djwhal Khul has definitely recommended that prior to ascension that people not call down any chakra higher than the fifteenth chakra, for there is a danger of burning out the physical body with too high a frequency of energy. It is permissible to call forth the colors of energy that are associated with the fifth dimensional chakras.

These colors associated with each chakra will be explained as I go through the meaning and purpose of each of these chakras as explained by Vywamus through the Tibetan Foundation. I will begin with the fourth dimensional chakras.

Eighth Chakra

The eighth chakra is the first chakra of the fourth dimension, and is the seat of the soul. In the third dimensional chakras the earth designated number zero represents

physical existence. It is solid and concrete. The seat of the soul now becomes the seat of our existence, just as the earth was the baseline for our existence in the third dimension.

The colors of the chakras eight through twelve are exactly the same as the colors of the higher fourth dimensional rays (These rays will be explained in great detail in a later chapter.) The color of the eighth chakra is emerald green and purple.

Color Chakras Visualizing

The standard, or most common colors that most schools of thought have used for the visualizing of the chakras are listed below. I have also included the updated colors that Djwhal Khul has most recently channeled to me.

Chakra	Standard Color	DK Updated Colors
Root chakra	Red	Violet
Second chakra	Orange	Indigo
Solar Plexus	Yellow	Yellow
Heart chakra	Green	Pink (with a hint of violet)
Throat chakra	Blue	Blue (with orange triangle in center of it)
Third eye chakra	Indigo	Gold
Crown chakra	Violet	Rainbow white

The Ninth Chakra

The ninth chakra corresponds to the base chakra in the third dimensional chakra grid. The ninth chakra corresponds to the body of light. It has to do with joy. When this chakra is activated the body of light is now in your cellular and sub-cellular structure. The color of this chakra is blue/green.

The Tenth Chakra

The tenth chakra is associated with the polarity chakra in the third dimension. It has to do with the integration of polarities. The proper integration of male and female within self. This chakra actually starts functioning when the male and female energies are in total balance. This is experienced as a state of effortlessness, and alignment with one's soul. The color of this chakra is a pearlized color.

The Eleventh Chakra

This is the chakra of the new age energies. It corresponds with the solar plexus chakra in the third dimensional chakras, connecting the third chakra to the eleventh chakra allows us to diminish the present and past life trauma stored in the third chakra. The eleventh chakra energy feeling will be like a wave, and it will move through your body and out again without staying in the body or without attaching itself to an area of misperception.

Before the fourth dimension was available, when someone responded in an emotional way, it would attach itself to some misperceptions already in the body. The color of this chakra is pink/orange.

The Twelfth Chakra

The twelfth chakra is the Christ consciousness, which is a transformational energy that connects all energy forms. It is associated with the heart chakra in the third dimensional chakra grid. It is a shimmering gold color.

The Thirteenth Chakra

This thirteenth chakra has to do with the manifesting of vibratory communication. This is the chakra that is used in materializing and dematerializing things. It is also the chakra used in teleportation. This chakra is also used for healing. It is pale violet pink in color.

The Fourteenth Chakra

The fourteenth chakra has to do with the Divine Plan. It allows the mental mind to surrender. The fourteenth chakra is saying that you are allowing the Divine Plan to show you the way without reviewing or evaluating from your mental thought beliefs.

This chakra corresponds to the third eye in the third dimensional chakra system. It is bringing clairvoyance into the fourth dimension. It is beginning to activate your unlimitedness. The color of this chakra is deep blue/violet.

The Fifteenth Chakra

The fifteenth chakra has to do with your Monadic connection. It corresponds to the crown chakra in the third dimensional chakras. The seventh chakra is your spiritual connection. With the fifteenth chakra your new spiritual connection is to the Monadic level as discussed in the chapter on initiation, when one passes the fourth initiation.

At the fifth initiation we become merged with the Monad. This brings us to the doorway of ascension. When this chakra is operating it is saying that the structure of your soul is stable enough to handle the energy and the scope of the information coming from the monadic level. It is a light golden/white.

The Fifth Dimensional Chakras - Becoming Universal Being The Sixteenth Chakra

The sixteenth chakra, as mentioned earlier, has to do with ascension and becoming a universal being. Again it is the sixteenth chakra that descends into the crown chakra at the time of ascension. When this chakra has been activated, the Master needs to decide whether he or she is going to stay in physical existence. The universal being moves from any time frame, any dimension into different bodies and can adapt to the energy form needed.

This chakra is the first chakra of the fifth dimensional chakra grid system. The chakra of ascension into the Monad and I Am Presence and becoming a universal being becomes one's new base line, just as the eighth chakra, the seat of the soul, was the base line in the fourth dimensional chakras. The color of this chakra is light violet white.

The Seventeenth Chakra

The seventeenth chakra has to do with universal light, which corresponds to the ninth chakra, or the body of light in the fourth dimensional chakra grid. We are going from the third dimension which is solid, to the fourth dimension which is solid and light, to the fifth dimension which is total light. It is multi white in color.

The Eighteenth Chakra

The eighteenth chakra has to do with sixth dimensional divine intent. This chakra when activated will bring in the ability to bring in the sixth dimension of reality. In looking at your charts of the chakras you will see that there is a gap between the eighteenth and nineteenth chakra that says, no correspondence. The reason for this is that at the fifth dimensional level there is no correspondence to the solar plexus because it has united with the heart chakra. It is pink/gold in color.

The Nineteenth Chakra

The nineteenth chakra has to do with universal energy. The heart energy was the focus in the third dimension. The Christ consciousness is the expanding energy in the fourth dimension. In the fifth dimension the correspondence is the universal energy. This universal energy is being felt by those that are allowing the new source energy to come through this source, through their Monadic level, through their soul level to their physical body. It is magenta in color.

The Twentieth Chakra

The twentieth chakra has to do with Beingness. In the third dimension you needed to communicate. In the fourth dimension you were able to communicate in a more expanded way through communication by vibration through light. In the fifth dimension there is no need for an exchange, it's a beingness where exchange is not necessary for communication. It is violet/gold in color.

The Twenty-First Chakra

The twenty-first chakra has to do with divine structure. it is creating from a point of evolution, which is really from a point of resolution. So as you have the third eye which allows you to be clairvoyant in the third dimension, now then you way in the fourth dimension, the Divine Plan. You are now beyond the structure of the fifth into the learning that took place during the Divine structure. Vywamus said in respect to this chakra, and I quote, "Now I must tell you that none of you have to worry about this in the next two or three years." It is blue/gold in color.

The Twenty-Second Chakra

The twenty -second chakra has to do with Source or Godhead connection. It is platinum in color.

The Raising of the Kundalini

"It is easy to awaken kundalini but it is very difficult to take it to the crown chakra through the different chakras. It demands a great deal of patience, perseverance, purity and steady practice."

Swami Sivananda

By

Dr. Joshua David Stone

In a previous chapter I have discussed the seven third dimensional chakras and the fifteen fourth and fifth dimensional chakras. I have also discussed the seven main bodies. Our discussion will continue now of the spiritual constitution of man by coming to a clear understanding of the nadis, or etheric nerve channels.

The Nadis in the Etheric Body

The etheric body or etheric double is the energetic blueprint of the physical body. It is the body that distributes the vital force through the physical form. As mentioned earlier it is like the battery of the physical body. The etheric body contains an etheric nerve system of thousands of nerve channels interpenetrating both the physical and etheric forms.

Indian literature suggests that we have 72,000 meridians or nerve channels that pervade the etheric body. There are three of these nerve channels that are of specific and great importance in understanding the kundalini. These most important nerve channels are the sushumna, the ida, and the pingala.

The Sushumna and the Sutratma or Silver Cord

The sushumna is the central nerve channel which lives within the spinal cord. It flows from the base of the spine all the way up to the third eye area and then merges into an even more powerful light ray called the sutratma, or silver cord. The sutratma extends up through the crown up through the soul all the way up to the monad. The chakras also live within the etheric body, so the sushumna runs through and connects the seven third dimensional chakras.

The Ida

The ida is the feminine channel which extends from the base of the spine to end in the left nasal passage. It flows principally along the left side of the spinal column. It travels in a curving crisscross pathway through the seven third dimensional chakras.

The Pingala

The pingala is the masculine nerve channel which flows upward from the base of the spine and ends in the right nasal passage. It flows principally on the right side of the spinal column. It travels in a similar curving crisscross pathway along the spine through the chakras. The ida and pingala represent two opposite poles of the same energy.

In this book, I speak a great deal of the need to become balanced within our four bodies, three minds, seven chakras, and in terms of the yin and yang aspects within self. It is fascinating to see how the ida and pingala represents these facets within our actual spiritual constitution. When a person is too feminine, or too masculine, this will show up in the flow of energy up the ida and pingala.

The pingala controls the right half of the body, and the ida controls more of the left half of the body. The sushumna is more neutral. The ideal is to balance the currents of energy up the ida and pingala. The sushumna is the most active at sunrise and sunset, and the hours between 4 a.m. and sunrise. This is why it has been suggested in Eastern cultures to meditate at this time.

The Kundalini

The word kundalini means coiled and refers to the dormant energy or power in every human being that lies, like a coiled serpent, at the base of the spine in the etheric body. This spiral force, while still asleep, serves to vitalize the physical body and organs.

When this kundalini force is aroused, it will steadily increase the vibratory action of the chakras, and the physical, astral, and mental bodies. The rising of the kundalini has two basic effects. First it begins to eliminate all that is coarse and unsuitable from the physical, emotional, and mental vehicles. Secondly it causes the consciousness to absorb into its sphere of influence those more lofty qualities which will serve to raise the energy content of the etheric body.

One of the main objects of activating the kundalini up the sushumna is to awaken the pituitary and pineal glands, which results in the opening of the third eye. This results in a revelation to the individual of the subtler planes of spiritual life.

When the kundalini is awakened and ascends up the sushumna to reach the third eye and the crown it becomes an upraised serpent. When dormant or down flowing it can be stimulating to the reproductive organs and sexual impulses. Many young souls dissipate this energy by overindulging in sexual activity and hence, miss the opportunity to raise a portion of this energy up the sushumna to the third eye and crown.

Many people in the new age are beginning to practice tantric sexuality, which is the practice of learning to raise this energy up the sushumna and through the chakras to have orgasms in a sense on all seven levels of their being. Learning to blend and merge with your mate or partner with all your chakras is like a love making meditation. There are many good books on the market today that explore how to raise the sexual energy.

In the Taoist religion the man is taught to divert the flow of semen upward and inward rather than dissipate it outside the body. The Taoists teach that too many orgasms can dissipate your life force. I, personally, adhere to a philosophy of moderation and balance in these matters, however I do know that there is some truth to what the Taoists say.

When the kundalini rises one's personal radiance rises and a person becomes like a lit up light bulb. Swami Vivekananda, one of India's great saints, wrote the following in his book, "Raja Yoga" on the kundalini; "When, by the power of long internal

meditation, the vast mass of energy stored up travels along the sushumna and strikes the head centers, the reaction is tremendous - immensely superior to the reaction of sense perception.

Wherever there is any manifestation of what is ordinarily called supernatural power or wisdom, there is a little current of kundalini which must have found its way into the sushumna. In the vast majority of such cases, people have ignorantly stumbled on some practice which set free a minute portion of the coiled up kundalini."

Another one of India's great spiritual Masters is Swami Sivananda. In his book, "Kundalini Yoga" he says, "It is easy to awaken kundalini but it is very difficult to take it to the crown chakra through the different chakras. It demands a great deal of patience, perseverance, purity and steady practice. The yogi who has taken it to the crown chakra is the real master of all forces.

Generally yogic students stop their spiritual practices halfway, on account of false satisfaction. They imagine they have reached the goal when they get some mystic experiences and psychic powers. They desire to demonstrate such powers to the public to get reputation and fame, and to earn money. This is a sad mistake. Full realization alone can give the final liberation, perfect peace and highest bliss."

Earlyne Chaney, in her book, "Kundalini and the Third Eye", eloquently states about the kundalini; "When the union of the ida and pingala occurs through meditation, and breath control, and the balanced positive/negative forces rise through the sushumna meridian, the all-powerful force of aroused kundalini, being drawn upward along with the balanced pranic force, strikes the pineal-masculine gland. This stimulates the usually passive pineal into action.

Thus aroused and erected, he projects his energies across the third ventricle to simulate the pituitary-feminine gland. Responding to the essence of pineal, the pituitary unites with pineal in their mystical marriage in the chamber of the third ventricle --and the ineffable third eye momentarily opens, bringing transcendental illumination to the devotee. The experience is what Westerners call Christ or Cosmic Consciousness."

Liberation and the Kundalini

The awakening of the kundalini does not mean that the disciple has achieved liberation. As mentioned in the chapter on initiation and ascension there are many requirements way beyond having kundalini experiences. Even when the kundalini is awakened it usually doesn't remain that way until the higher initiations are achieved through years of steady spiritual practice, purification, and service to mankind.

Possible Signs of Kundalini Awakening

1. Conscious of small area of physical warmth at the base of the spine.
2. Light physical pressure along the spinal column.
3. Slight moments of dizziness, or sudden increase of vitality, or seeing a blinding flash of light.
4. A sense in your meditations of immanent contact with the higher planes and dimensions.
5. A sense of ascending or rising into the spiritual spheres of life in your meditation.

Dangers of the Kundalini

Djwhal Khul, in His teachings, says that using artificial means and exercises for the specific purpose of raising the kundalini should be used with extreme caution. The kundalini is an enormously powerful force, and if raised prematurely, or in a forced manner when a disciple is not ready, can cause extreme damage to that individual.

There are basically, what I surmise to be, three schools of thought on this matter. There is the school of thought of Kundalini Yoga Masters who freely teach students whether ready or not, exercises to raise the kundalini. Then there is the school of thought to never even think about the kundalini and let it evolve on its own in the normal non forced development of one's spiritual evolution.

The third school of thought is the one that I would say Djwhal Khul, and the teachings of Earlyne Chaney, have recommended, which is to be exceedingly careful, and to only practice these exercises under expert guidance when one has purified, balanced, and attained sufficient self mastery to handle this energy.

Djwhal Khul told me the premature, unwise, forcing or raising of this energy in a disciple that is not ready can create an imbalance in the four body system that could take as much as two years to re-balance. The raising of the kundalini force, if brought about ignorantly and prematurely, may lead to serious nervous trouble, inflammation of the tissues, spinal disease, and brain trouble. When the kundalini is allowed to proceed progressively and naturally through disciplined living, the expert guidance of a qualified spiritual teacher will serve to open the gates to the higher realms.

It is also very important that one's emotions be pure and under control when dealing with kundalini energy. Fear and anger or improper motives can cause the kundalini to descend rather than ascend, causing this energy to be used by the lower more carnal negative ego self.

Summary of the Kundalini Awakening

For those of you who are interested in learning more about the kundalini, and feel you are ready to begin the slow and gradual process of raising and activating this energy in a safe way, I would personally recommend reading Earlyne Chaney's book, "The Kundalini and the Opening of the Third Eye". It is a fantastic book, and gives a lot of the basic knowledge information, postures, meditations, mantras, and exercises for beginning this process.

Earlyne is a channel for Kuthumi, the Virgin Mary, and the Ascended Masters and her information correlates very well with the teachings of Djwhal Khul who is one of my main teachers. After reading this book, if you are still interested in going even deeper, I would recommend sending for her lessons. The lessons of Astara (Earlyne's mystery school) present even more in depth practices that are not presented to the general public. I think these lessons are received twice monthly, and over a gradual period of time you can practice Lama Yoga practices which have been taught to her by Kuthumi.

My personal feeling is that this a very safe, gradual, orderly, training for those of you who feel guided to focus on the kundalini activation. I do want to say, however, that it is not necessary to focus on it if you truly do not feel guided to do so. As one evolves spiritually and goes through the basic initiation process as I have described, the

kundalini will eventually rise on its own as long as you are obviously performing some form of consistent spiritual practices.

The form of religion, spiritual path, or mystery school you are involved with does not matter as long as the teachings are pure, for all paths lead to the same place. Swami Vivekananda's book on "Raja Yoga" is also worth reading, as is Sivananda's book, "Kundalini Yoga".

Channeling

"Learning to channel is the single most important spiritual practice a person can learn to accelerate spiritual growth."

Vywamus

By

Dr. Joshua David Stone

Most people look at channeling as some strange metaphysical and esoteric phenomena while, in actuality, there is not a person in this world who does not channel all the time. We are all channels. The key point being who and/or what are you channeling.

People channel all kinds of things, some of which are: Physical body, their subconscious mind, their ego, their impulses, vital force, insights, inspiration, instincts, intuition, their soul, imagery, their Monad, dreams, spirit guides, Ascended Masters, art, music, creative writing, healing energies, and so on. What I am suggesting here is that most people are what I would call "unconscious channels". They are channeling and do not realize it, and are not always in control of what they are channeling.

Everyone is a channel. The key question is what are you channeling and do you have self mastery over the process. As one gains self mastery over their energies they develop total control over what channels through them. The ideal is to become a channel for those energies that serve the soul and the monad or God.

Every person has specific strengths in terms of what they channel. Some people are thought and intuitive channels as their greatest strengths. Other types of people are very good at channeling imagery and visualizations. Some people are great channels for music, as they hear the music just come to them inside their head. Other types of people are channels for great artistry. Healers are great channels of energy and vital force. It is important to become attuned as to what your specific gift is this lifetime and to use it for service to mankind.

Right Brain - Left Brain

We each have a right brain and a left brain. The only problem is that we are taught in school to deny our right brain for the most part and to only use our left brain. We are taught to be totally logical, scientific, and deductive in our reason. The imaginative, psychic, intuitive, part of ourselves - we are taught to disown. As children, this side of ourselves is very open. Children are very clairvoyant (inner sight), claudient (inner hearing), and clarsentient (inner feeling and touch). By the time they go through a traditional schooling these natural faculties get shut down and programmed to close down.

Albert Einstein used to sit in his rocking chair and gaze at the clouds which would make him very dizzy, and put him into a self-hypnotic state. In this state he would ask questions about his inventions and answers would come to him.

Thomas Edison would sit in a chair and hold ball bearings in his hand and squeeze them as hard as he could for as long as he could. After five minutes or so the ball

bearings would drop from his hand in exhaustion and he would ask questions about his inventions and answers would come to him.

Nikola Tesla would receive detailed images in his mind of inventions in the most detailed form. These blueprints he would receive in his mind were so detailed that he often didn't even need to create physical blueprints of his inventions.

All knowledge is already known in the universe. We need to just learn to quiet our minds and ask questions and all the answers, guidance and direction we need is totally available for the asking. Most of us are too busy allowing our minds to chatter away, which blocks the ability of this information to flow through. Each of us has within us the ability to access all knowledge. It is available to everyone. It is just a matter of learning how to tune into it, like you would tune a radio receiver.

Edgar Cayce called prayer talking to God. He called meditation listening to God. Many people have the idea that they have done their duty if they have said their prayers, after which they just jump up and go about their business: but what if God were listening patiently and just waiting to give answers, illumination or insight right then and there and they have left the attentive state without waiting to even receive those answers.

Most of us do not listen as well as we pray. Channeling is the ability to learn how to listen, to be receptive and to allow information to come to us without using the left brain to figure it out first. Part of the ability of channeling is to learn to quiet the left brain.

I emphasize again, that everybody reading this book knows how to channel and has been doing it for a long time. The purpose of this chapter is to refine and hone this ability.

Voice Channeling

When most people think of channeling they think of voice channeling. This is where a person attunes to the spiritual world and allows a spirit guide, or their Higher Self, or an Ascended Master to speak through the person who is channeling in a sense using the person's vocal chords. This is one type of channeling, however, not the only way it can be done.

Some people channel through what is called automatic or channeled writing. They use a pen, typewriter or computer and allow guidance to bring forth information through their hands. This is also an excellent way to do it. As I have said, other people can tune into spirit and will channel images which are guidance from spirit. Others will channel through the medium of telepathy, or thoughts not in a voice. Some people will receive poetry or sounds, or spirit may paint or write music through a person. All of these forms and many more can be learned and developed with practice.

I would highly recommend you find a psychic development, and/or channeling class where you can initiate this practice with other people. Then on your own begin to try out various forms and practice, practice, practice. These are skills which take practice and with which one gets better and better over time. You may also find some form which you didn't expect, to be especially satisfying, thus trying a variety is recommended.

Try to recognize what your strong points and weak points might be in terms of the kind of channeling you are most suited for. I want to emphasize here that no one form is better than another. No one person has all abilities. People can be likened to a forest on a sunny day. As the sun shines through the top of the trees in a forest it reaches the ground in individual rays of light. Each person is like one of these rays of light. We are each cells in the body of God, and each cell has its unique and specific function in God's Divine Plan. The most important thing is to not compare yourself with other people and to find, instead, the essence of your core function which God would have you express. My wife and I channel in completely different ways. I can't do what she does and she can't do what I do. Together we make a greater whole. Find the way that is best suited for you.

Two Levels of Channeling

There are two levels of channeling I am differentiating here. A person can channel on a psychological level or on a spiritual level. When you are channeling psychologically you are channeling subconscious parts of oneself. For example you can channel specific sub-personalities in your subconscious mind. You can channel your emotional body or mental body or even your physical body. You can channel your inner child or inner parent. This list is in actuality endless and infinite. Again we all do this all the time but we are not doing it consciously. You might try doing this in your journal writing. It is like role playing. Just pretend you are leaving the conscious mind state and becoming a part of yourself. Let that part write through your journal. Then go back to the conscious mind state and talk back to it. You are dialoguing in your journal which is a form of channeling.

Spiritual Channeling

The second level of channeling would be your attempt to channel a higher spiritual source of information. You can channel spirit guides, the soul, your monad, Ascended Masters, angels, nature spirits, extraterrestrials. The one warning I would give you is that, as Jesus said, "In my Father's house there are many mansions." What He meant by this is that there are many dimensions of reality. When you are channeling spiritual guidance I would recommend only channeling your own soul or monad, and beings that are ascended Spiritual Masters.

People who fool around with ouija boards and the lower psychic arts often begin channeling and contacting what I would call lower astral entities. Remember how I told you in a previous chapter that there are seven dimensions of reality. I would recommend channeling only beings that are on the Monadic, Logoic or higher planes of consciousness in terms of their evolution. Astral plane entities are not likely to have very much more knowledge than you have. Just because a spiritual entity is on the other side does not mean they are evolved. You might be talking to Aunt Betty who just died, who didn't believe in spiritual things when she was living and still doesn't even though she died.

I am suggesting that you should skip the physical, astral, mental, buddhic and atmic planes, and attune to the sixth and seventh dimensions of reality which, again, are the Monadic and Logoic planes of the Ascended Masters. When you are about to begin channeling all you have to do is make this request. You just say something like, "I now attune myself to the spiritual dimensions of reality where the Ascended Masters dwell and I now ask to speak to ...(Jesus, for example)... I do not accept any other guidance except from the planes of the Ascended Masters." It doesn't matter

really how you say it. The formation of the request in your mind and thought-form will protect you. How you form your thoughts is like the radio receiver I was speaking of earlier. If you set your intent and attunement as I have mentioned, then that is all that can come in.

If you ever hear a voice or receive guidance in any way that feels unloving, or authoritarian, you can ask with whom you are speaking and they will have to tell the truth. If you feel that your radio receiver (your mind) has attuned to a lower vibration then just with the power of your mind, dismiss the connection and say some prayers or protection and attunement and be firmer and more focused in your attunement. (See the chapter on Psychic Self Defense.)

Sometimes doing a little praying or spiritual reading or chanting God's name before you start can help in the beginning until you get the hang of it and it becomes a natural easy habit. In fact, it is always good to clear and attune yourself to the Highest before beginning any endeavor of this sort or before beginning your day, as a matter-of-fact.

In summary, don't waste your time channeling astral or mental plane spirits, go for the spiritual level and higher. Why channel astral and mental plane beings when you can just as easily channel your soul, your monad and Ascended Masters who are longing to speak to you and help you in any way They can. It is their greatest pleasure to do so. They are there for the asking, however, they never interfere with our free choice. The same goes for your soul and monad. They are happy to speak to you and give you guidance and direction, but they must be asked for help. This is Divine Law.

Prayer of Protection

The following is a good prayer of protection to start your channeling, or even before bed, or any time you need it.

Beloved Presence of God, my monad, my soul, and beloved Ascended Masters, I ask to be clothed in a robe of light, composed of the love, wisdom and power of God. Not only for my protection, but so that all who see it or come in contact with it will be drawn to God and healed. You might also use the "Tube of light" prayer of protection in the chapter on the might I AM Presence.

How to Channel

The actual process of channeling is quite easy.

Step 1.

Begin by saying the soul mantrum of Djwhal Khul.

I am the Soul
I am the Light Divine
I am Love
I am Will
I am Fixed Design.

Next begin by imagining a tube of light extending from the top of your head all the way up to the highest spiritual dimensions of reality. Even though you may be imagining this tube for the first time as you read this, the tube has been there all along.

Step 2.

Imagine a clockwise spiral moving down the tube coming from the spiritual plane and moving right through the tube down through all your chakras right into the earth. Do this two or three times and move it with your breath. The purpose of this is to clear your tube and chakra column of any psychic debris before you begin.

Step 3.

Invoke the Ascended Master, or your soul or your monad that you wish to speak to. You have already made contact with your soul and invoked the soul's help by doing the soul mantram. Just say something like, "I now call forth _____ ! The soul mantram has provided an added protective field, besides any other prayers or attunement you may have done on your own. As you call forth the Ascended Master you wish to speak to, feel this energy coming down the top of the tube into the top of your head. Feel the contact and ground it into your physical body.

Step 4.

You are now ready to channel. To begin you must "kick start" the process by either saying something out loud if you are doing voice channeling, or beginning to write or type if you are doing channeled writing. The Ascended Master glides in on top of your initial words, then just let it flow. Get the left brain/critical mind out of the way and don't worry about what comes out.

You might want to tape record it if you are doing voice channeling so you don't have to think about what you are saying. If it doesn't come through in a claudient voice (so that you actually "hear" words), then just say the first thing that comes to your mind.

In the beginning it may also be important to "pretend" if your critical mind is doubting the process. Just pretend, let's say... "Djwhal Khul" is speaking. By pretending you are allowing Him to glide in on your role playing. As you let go more and more it will no longer feel like pretending, it will be the real thing. If you are doing other forms of channeling such as dancing, then you have to take the first step. If you are channeling music, then you have to play the first chords to "kick start" the process. If you are painting, then you need to start the process by making the first couple of brush strokes, and so on.

Step 5.

Closing and clearing the process. Sometimes the teacher will leave first. If not, kindly dismiss the connection and thank the Master of your soul for the guidance. It is very important to dismiss the connection, for you do not want to stay in the channeled state all the time. It is not healthy for the physical body to channel all the time.

As I mentioned earlier there are the two levels, the spiritual and the psychological and both need to be lived. If a person would channel all the day they would get disassociated and perhaps confused. The ideal is to channel and receive your guidance and energy and then ground yourself and live your life demonstrating that which you have learned. To channel all the time would be like meditating all the time and not living.

When you dismiss the channeling connection you are getting back your "sense of self" and your own personal power and self mastery. So, in essence, you have the best of both worlds.

A Spiritual Perspective on Dreams and Sleep
"It is only when we wake from dreams that we know we have been dreaming.
Similarly, this life may be realized as a dream only when we awake in Cosmic
Consciousness."
Paramahansa Yogananda

By
Dr. Joshua David Stone

Dreams are a feedback mechanism of our subconscious mind and Higher Self. Most of us don't have the ability to talk to our soul, or Higher Self, directly in a voice, so the soul uses dreams as one of the ways it seeks to communicate with us. Most of our dreams, however are created by the subconscious mind until that time that the incarnated personality begins to awaken spiritually.

Dreams are like a newspaper printout of our previous day's thinking, feeling, and actions. Instead of this newspaper being in words it is in symbols. The key to understanding dreams is to understand that every part of the dream is a part of ourselves. By examining the organization of these symbols in the dream we can become more conscious of what we are creating, and causing to happen in our lives.

It is very important to understand that the conscious mind is not always conscious. For example, maybe we are being rude to people in real life and are not really aware of it. Our dreams can then give us a dream of a very rude individual taking his irritability out on people. The subconscious and/or superconscious mind is giving us feedback. We cannot come into self mastery of a pattern unless we know what it is.

A lot of people don't pay attention to dreams because they don't understand what they mean. Dreams are like a foreign language. When you are first exposed to a foreign language it is meaningless. Once you study that language, in a very short time it is easy to understand. The same is true of dreams. Dreams are the foreign language or really the universal language of symbols.

Very often people will have prophetic dreams, or dreams of past lives, which are a category of dreams unto themselves. Another common occurrence for people is to have recurring dreams. These types of dreams are especially important for it is saying the subconscious mind and/or soul are trying to make you aware of a certain pattern in which you are stuck.

Most of our dreams, as I have already said, speak to the inner organization of our thought and emotional patterns, however sometimes dreams can also be giving a clear outer life statement. For example, if you dream about a particular person who is about to get in a car crash, the dream may be reflecting that person as being an inner symbol or part of your own personality that is about to crash. Or the dream might be making a statement about this real life person. Maybe your Higher Self and soul, is giving that other person guidance through yourself. That is why I am a firm believer in sharing my dreams with my friends and loved ones when I have dreams about them.

In interpreting dreams there are personal symbols and universal symbols. It is always safer to look at the symbols in your dreams as personal. An example of this might be the symbol of a cat. The standard universal meaning for a cat is independence in most dream books. You, however, may have had certain experiences in childhood that gave cats a special and specific meaning for you besides this, or other than this.

It is also very important when dealing with your dreams not to give your power to them. I bring this up because I know people who have had a bad dream and they let the bad dream depress a good part of their day. We must find a balance of honoring and acknowledging our dreams, yet also understanding that we need to own our personal power and cause our own reality.

It is also a very helpful practice in the morning to reenact our dreams. When we get up in the morning there are certain dreams that we don't like the outcome of. For example someone may be breaking into our house and stealing things. We can reprogram this negative pattern by re-visualizing the dream in the morning and having the police come and arrest this burglar and take him to jail, and then have all our things returned. This procedure corrects the faulty pattern that the dream was indicating to us.

Another common process in dreams is to be flying. This could be a symbol that we are flying in our lives in a psychological sense, however, it could also be a real experience. When we dream at night we leave and very often "astral project". Our flying dreams are, hence, a lucid dream of our astral travels.

Another common phenomena in dreams is for the Masters to contact us in our dreams. When we are dreaming we are experiencing ourselves in a spiritual state without our physical bodies, so it is easy for the Masters to enter our dreams. Sai Baba, the great Master from India, has said that no one ever dreams about Him without His willing it.

Carl Jung, the great Swiss psychologist and contemporary of Freud, called some dreams big dreams, and other ones more normal dreams. Big dreams were the ones that were even more important to remember because they were often created by the soul, or the Masters.

Very often people get scared when they die in a dream. They think that this means that they are going to die. This is most often not the case. When you have a dream of yourself, or some part of yourself that is dying, this can be a very positive dream. This could symbolically mean that you are dying to a certain phase of your life, or part of yourself that is negative. You are being given a message of death and rebirth.

Another confusing symbolism to people is the act of making love in a dream to someone other than your spouse. This does not mean that you should do this in real life, or is something you should be embarrassed of. When we make love to someone we are symbolically connecting with that part of ourselves. Focus on the meaning and symbolism of the person you are making love to.

The Senoi Indians' entire culture is based on dreams. They look at dreams as being almost more important than real life. Every morning upon arising they share their dreams with each other as a sacred ritual. There are many wonderful books that have been written about this most amazing group of people.

Another common occurrence in dreams is to be given direct messages. Very often we don't even need to interpret our dreams, the meaning is given in a clear straight forward message by your soul, a Master, or some symbolic person in your dreams. Words in dreams very often have double meanings. For example, you might have a dream about bugs flying around. This may have to do with someone bugging you.

Another very important thing to look at in your dreams is to see where the conscious mind, or where you are in the dream. In other words, are you just watching the dream, or are you actively participating. An example of this might be you being two hundred pounds over weight, eating too much food, in the kitchen.

This dream image as compared to watching someone else be over weight and eating too much food is a very important differentiation. The dream image where you are watching this occur shows "disidentification" from the process. The pattern of overeating is still in play, however you are aware of it. In the first dream there is no awareness of disidentification from the pattern.

This example gives the importance of watching the sequence of dreams you are having. By watching the sequence of dreams you are having you can watch the development of your consciousness, from total identification to a negative pattern, to disidentification, to self mastery.

How to Remember Our Dreams

This is a very easy process. All one needs to do is give their subconscious mind suggestions right before bed. This can be done verbally, or in writing. Writing might even be better because the physicalness of doing it helps it get into the subconscious mind a little easier. Just say, or write, "I am remembering my dreams tonight" ten times. This will program your subconscious mind, to wake you up.

It is then a good idea to have a small lamp or flash light and pen and paper near your bed. If you don't write the dream down or at least take some notes it is a good likelihood you will forget it in the morning. The interesting thing about dreams is that you remember them from the back forward. They are like a thread or fishing line which you are reeling in. If you don't catch that initial line it drifts away.

It is of the highest importance that you write your dreams down at least in the morning. Just the act of writing them down is healing and integrating. Often the meaning will come to you later in the day or days, or even weeks later. They are also helpful to refer back to when watching your dream sequences.

If you get stuck in interpreting them pray to your Higher Self and soul for help. They will give you immediate insights then or later in the day when you are in a more quiet and receptive moment. It is also important to try and watch how your inner life perfectly correlates with your outer life. Remember what Hermes said in his great Hermetic Law, "As within, so without. As above, so below."

Sleep Walking

Another very interesting phenomena of the sleep state is sleep walking. What is happening here is the person is identified with their astral body, however the physical body is moving along with the process.

I once had a client who was a young adolescent. About two hours before bed he was planning to steal his parents car and go visit his girl friend. After planning this whole affair out, he changed his mind just before bed and decided it wasn't worth the risk of getting in trouble and getting punished. His conscious mind decided not to do it, however the plan was still in his subconscious mind, and this was an adolescent that was not in control of his subconscious mind.

What happened was that he started to sleep walk and proceeded to steal the keys and push the car out of the driveway and down the street. The car was a block and a half down the street, then he got in the car to start it up when he woke up.

A good lesson here is about the importance of gaining self mastery over the subconscious mind in service of the superconscious mind or soul. This is an example of what can happen when the three minds are all doing separate things and aren't in alignment.

Attending Classes at Night

Every night while we sleep we travel in our different bodies. There are classes in all parts of the world every night on the inner plane which are held by the Masters and their initiates. Most people don't realize that while the physical body is sleeping and obtaining its needed rest, we can be going to spiritual workshops and seminars of the highest order.

In the chapter on the Mighty I Am Presence I presented a number of prayers for requesting to be taught on the inner plane while one sleeps. Most people don't take advantage of the tremendous opportunity for spiritual growth that is available to them.

When you sleep one third of self is shut down, and the other two thirds (subconscious and superconscious) are left to be active. Most people function on the astral plane while they sleep, however it is possible and highly recommended to go to higher dimensions if possible.

What governs this is asking to go to the soul or spiritual planes before bed. The other thing that determines this is what you are thinking about before bed. In the "Bhagavad Gita" it says, that where you go when you die is the last thought on your mind before death. The same is true of sleeping. Where you go is the last thought on your mind.

This is why it is terrible to watch the news before bed. The ideal thing to do is to do spiritual work, reading, study, journal writing, meditation or prayer for the last 30 minutes or hour before bed. This will assure you to traveling to a higher level, minimally the higher astral plane.

It is also important to know that the quality of your physical sleep and level of physical rejuvenation will be greatly governed by your thoughts before bed. The physical body is not a machine. It is a synergistic, holistic organism whose quality of sleep is determined by the thoughts you are thinking, and the feelings you are experiencing and creating.

The monad and soul and Master have a very direct connection into your subconscious mind while you sleep. They have this connection when you are awake, however the conscious mind with its critical thinking, and unceasing chatter tends to get in the way. While sleeping you are in a state much like hypnosis, which is hyper-suggestable and totally open. Almost every body goes to school in dream state, even those who are not consciously aware of wanting to go to school. It is the soul that is in charge of each person's course of study. Your prayer requests can and do affect

that nature of schooling that does occur, so do take responsibility for your co-creative part in this process.

Many of the Archangels are teachers in the inner classrooms. Some incarnated personalities do service work during dream time. Souls that have died are aided by letting them know they are no longer in the physical, and are lead into the light and towards their next step in their evolution.

Another thing to be careful of is to not go to sleep angry and filled with negative emotions. These thoughts and emotions can pull you like a magnet into the lower astral planes, which are the hell regions traditional to which traditional religions refer.

Sometimes when we are tired in the morning it is because we have worked long and hard on the inner plane. Sometimes this work has to do with going over blueprints, trying to get something built on the astral plane. Often things are built on the astral plane first before they are brought into existence on the physical plane. Some people enjoy the activities of the sleep realm more than the awake state. The ideal, however, is to bring the spiritual state to one's earthly life.

Entering the Temples of Wisdom

At a specific and special point in your spiritual evolution the sleep state becomes even more important. This occurs when you have entered the path of probation and the path of initiation. It is at this time you enter the "Hall of Wisdom". You have moved to a higher set of classes and learning. It is like graduation from high school to college. The classes become much smaller, sometimes with only two or three students.

Occasionally in these classes you may hear the same lesson for a month straight so it gets totally reinforced into your subconscious mind. It is a way of learning in a more intense manner.

How Much Sleep Does a Person Need?

Most people average around seven to eight hours of sleep a night. You can accomplish all you need to get done in the sleep state in four hours, however. Some people sleep a great deal more if their conscious life is traumatized, as a means of escape.

There is an illness where a person falls asleep all the time. This is an extreme case of the subconscious mind not wanting to be here. People in mental hospitals will usually either sleep too much or won't sleep at all. This obviously has to do with their extreme emotional problems.

Breakthroughs in the Middle of the Night

Very often great inventions and breakthroughs occur in the middle of the night. All knowledge already exists, and only has to be attuned to. At specific times the spiritual Hierarchy put into the earth's universal mind certain concepts and ideas. Those people with the proper attunement and receptivity will pick these ideas up.

This also occurs on a personal level. All that you need to do is state the question you are seeking the answer to. It can be about your personal life or an invention you are working on, or ideas for a script. Your subconscious mind and soul and higher teachers will give you the answers you are seeking. Many people think they are creating great paintings, music, theater, inventions, and so on, themselves. They are more often than not, not creating themselves. They are channeling them from the universal mind or spirit guides.

One other suggestion that I learned from Edgar Cayce is the importance of not eating right before bed. Edgar Cayce said this practice is one of the causes of nightmares.

Astral Plane Service

Many people who are currently incarnated on the earthly plane volunteer to serve on the astral plane while sleeping. These work out of their bodies at night to aid people who are in transition, and by teaching and helping to expand awareness.

Lucid Dreaming

The psychological state of lucid dreaming is the state of consciousness of being conscious and aware even though your physical body is sleeping. There are four basic levels of this. The first level might be called witnessing. Witnessing is when you are very much aware you are sleeping, but very much aware of what is going on in the room.

The second phase is when you are sleeping and are aware you are dreaming, and the choices that you are making in your dreams. The fourth stage is that you are sleeping, and aware of your dreams and choices, and then use your will in the dream to create the dream the way you want to from a conscious state of awareness. This is the highest level of lucid dreaming, and most definitely one to be achieved if possible. This is the same process as reenacting your dreams in the morning, except that you are not doing it in the morning. You are doing it while the dream is actually occurring.

Your Eleven Other Soul Extensions

Another very important process that takes place within your dreams is the contacting and communicating with your eleven other soul extensions while you sleep. Remember, your monad or "Mighty I Am Presence" created twelve souls, and each of your twelve souls each created twelve soul extensions or personalities who incarnated into the material world. It is in the dream state that we have communication with other of the eleven soul mates or soul group, so to speak.

I was told by Djwhal Khul that I was like an oversoul or teacher to my eleven other soul extensions, and that I had been instrumental in their collective transformation. This all occurred even though on a conscious mind level I had been completely unaware of this.

One other interesting point on this front is that Djwhal Khul also told me that I had a co-dependent relationship to my other eleven soul extensions. When Djwhal told me this it didn't make sense, because I believe myself to be one of the least co-dependent people on planet earth. If anything, I tend to be too independent at times.

What Djwhal Khul explained to me was that what I had just said was true in my earthly relationships but in respect to my eleven other soul extensions, I had been running their karma through my physical body and that was weakening me. He explained to me that the spiritual Hierarchy wanted me to use this body for service, and to let my other soul extensions deal with their own karma and not use me to help them.

This immediately made total intuitive sense to me and I told my eleven other soul extensions in meditation, that I was cutting the co-dependent cords, and that they were on their own in terms of dealing with their own karma. From now on I was responsible for my karma alone and not theirs. They immediately listened and I have not had a problem since. This pattern occurred without me being consciously aware of it.

Dreams Utilizing the Mental and Emotional Bodies

Your soul and the Ascended Masters can teach through symbols, and direct word communication, and they can communicate through direct emotion. When the emotional body is involved with the dream experience, the communication is far more rich and meaningful. These types of experiences can be very profound because of their emotional intensity.

A dream I had of this nature was when I went, in dream state, to India to be with Sai Baba. At one point in the dream I told Sai Baba how much I loved Him and I burst out crying with tears of love and devotion. Sai Baba came over to me with a box of kleenex and I saw a tear in His eye too. This dream was extraordinarily meaningful to me.

How to Interpret Your Dreams

The interpretation of dreams begins with writing the dream down. Once the dream is written down the key is to isolate out each symbol in the dream and find the experiential meaning it has for you. In Gestalt Psychology it is done by actually physically experiencing or role playing the symbol. No interpretation is made until this is done for all the symbols in the dream.

Carl Jung, and Freud used a process of free association for each symbol in the dream. This method is obviously the most practical. An example of this might be to take a particular person who shows up in your dream and free associate as to the qualities and characteristics that describe them. It is important to write these free associations down on paper for each symbol you are working with. Once you have completed this process you are ready for the actual interpretation.

It is important to realize that dreams are not telling us what to do, they are just describing in symbols what is actually happening within the organization of our thought, emotional and behavioral patterns.

One of the very big dangers of dream interpretation is that the way we interpret our dreams is going to be governed by our belief structure and outlook on life. Because of this fact there is a danger of self-deception. This process can be overcome to a certain extent by using one's inner guidance and intuition, and asking for the help of your soul and monad in the interpreting procedure.

Once the psychodynamics that are occurring are seen in the dream then it is the job of the conscious mind to make choices as to whether you want to continue the pattern that is in operation. If you don't then you need to exercise your personal power and will to change the pattern, and to do visualizing and affirmations to reprogram the subconscious power of all three minds in your life, not just one or two.

Examples of Possible Interpretations of Dream Sequences

If you have a dream that someone else is driving your car, then you want to examine who it is and what meaning that person has for you. If the person driving your car is your crazy erratic grandmother, then the dream means that the crazy erratic grandmother part of you is driving your life.

Being nude in a classroom means that you are not "mentally prepared or protected". The symbol of the being in the basement or upstairs would have to do with being in the subconscious realm, or realm of the Higher Self.

Ocean - unconscious

Water - feelings

Water leaking all over the place - It means your emotions are leaking all over the place.

You are speeding in your car and the police are chasing you - It means you are speeding in your life and the law and order part of you is after you and you are not listening.

Someone is breaking into the house - Some thought or feeling in your subconscious mind of a negative nature is breaking into the sanctity of your mind.

The color white - the spiritual aspect

Babies - An aspect of self that is just being born. Birth of a new state of consciousness, idea, principles.

Fly - irritation

Birds - transcendent quality

Hair - thoughts

Lamps or lights - spiritual or mental illumination

Wedding or engagement ring - spiritual integration

Feet - understanding

Homes and buildings - Represent the various stations of thought and action of individuals.

House with rotting floors - poor spiritual foundation

Cellar - Buried dimensions of consciousness

Prison - Some way you have imprisoned yourself with your mind.

Airport - High ideals or religious beliefs because the planes take us heavenly.

Soap dish - A good clean life

House on fire - Indicating anger

Telephone ringing - Message or communication coming

Missing teeth - Possibly a breakdown in one's ability to discriminate properly.

Bathroom clogged - Not getting rid of your psychological shit.

These are just a few examples of possible meanings of just a few of the common symbols that often occur in our dreams. Dreams are an invaluable source of feedback, guidance and direction. Take the time to write them down and work with them and they will become an invaluable aid in "knowing thyself", and accelerating your spiritual growth.

Djwhal Khul's Ten Sources of Dreams

Djwhal Khul, in His writings through Alice Bailey, has enumerated ten sources of dreams. These are:

1. Dreams based upon brain activity.
2. Dreams of remembrance.
3. Dreams which are recollections of true activity.
4. Dreams which are of a mental nature.
5. Dreams which are records of work done.
6. Telepathic dreams
7. Dreams which are dramatizations by the soul.
8. Dreams concerned with group work.
9. Dreams which are records of instruction.
10. Dreams connected with the world plan.

Dreams based upon Brain Activity

In this first source of dreaming, it is caused by the person sleeping too lightly. The person never leaves the body and so the thread of consciousness (thread from soul to pineal gland) is not completely withdrawn as it should be if the person were in a deep sleep. The person hence remains closely identified with the physical body. This particular state of consciousness can last the entire night, although usually it lasts the first two hours of sleep or the last hour before waking up. Djwhal says that these dreams are manifested by a type of physical nervousness and don't have a lot of significant spiritual meaning.

Dreams of Remembrance

This type of dreams are the remembering of the experiences during sleeping on the astral plane. It is on the astral plane that the person is usually found when the thread of consciousness is removed from the body.

Dreams Which are Recollections of True Activity

These types of dreams are exactly same as waking life, except you are totally lucid while being active, and yet the physical body is sleeping.

Dreams Which are of a Mental Nature

This type of dream is a record in the waking brain consciousness of one's experiences on the "mental plane" as opposed to the astral plane. A person more polarized in the mental body is likely to have this type of dream. There are three types of dreams of a mental origin.

The first is based on contact with the world of thought forms. These thought forms can be of an ancient, modern, or recently emerging nature. The second type of mental dream is one in which the dreamer dreams of geometrical archetypal symbols. Djwhal refers to some of the geometric shapes as a point, line, triangle,

square, cross, pentagon, and circle. There are seven such symbols for every root race.

Given that mankind has moved through the Lemurian, Atlantean, and now Aryan, that means there are 21 of these geometric forms that people can potentially dream about. The third type of dream of a mental nature is one of a symbolic nature. These are presented from the Hall of Learning, and from the Hall of Wisdom on the mental plane.

Dreams Which are Records of Work Done

This type of dream records service work done in borderland (between astral and physical plane), summerland (where the entire wish life and racial desire exists), and in the world of glamour which is part of the astral plane.

Telepathic Dreams

These dreams are a record upon the physical brain of real events which are communicated from one person to another. Usually a friend or relative goes through an experience and shares the experience during sleep, which is picked up by the recipient in dream form.

Dreams Which are Dramatizations by the Soul

This type of dream is a symbolic presentation by the soul for the purpose of giving spiritual instruction to the incarnated personality. These types of dreams are very common for aspirants and disciples. These types of dream experiences can also come during meditation.

Dreams Concerned with Group Work

In this type of dream the soul is training and fitting the incarnated personality for group service and activity. The group work is carried on in the world of soul life not on the physical plane. One's experiences in the Master's group or ashram might be an example of this. The work the aspirant and disciple does on the inner plane in terms of this type of group service work is registered in the human brain in the form of a dream.

Dreams Which are Record of Instruction

This type of dream gives the teaching given by a Master to His accepted disciple. The job of the disciple is to learn to interpret these instructions properly upon waking up from sleep. Usually the Master gives the guidance to the soul and the soul then passes on the instruction to the mind of the disciple.

Dreams Connected with the World Plan

These types of dreams are communicated to the world disciples. They deal with the world plan, the solar plan, and cosmic plan. This type of dream can come in words or

as a dream. This type of dream indicates a high stage of evolution on the disciple or initiate's part.

The Laws of Manifestation

"Manifestation is not magic. It is a process of working with natural principles and laws in order to translate energy from one level of reality to another."

David Spangler

By

Dr. Joshua David Stone

The laws of manifestation are one of the most essential spiritual practices a disciple on the path needs to master. In this chapter I have put together one of the most comprehensive, yet easy to understand thesis on the subject you will ever find. I have organized the information into a series of approximately 70 laws or principles to achieve mastery of this subject. The careful study, meditation, and note taking of these principles will literally be worth your weight in gold.

The first law of manifestation is that every person must learn to manifest with all three of his or her minds. We must learn to manifest with our conscious, subconscious, and superconscious and/or soul mind. Manifestation on a conscious mind level is through the use of will, or personal power. Most people manifest their businesses through sheer will power. They work 18 hour days and just power it out. The conscious level of manifestation is also connected with physical action. This means, making phone calls, physically organizing, seeing clients, running errands, administrating, and so on. This is a very valid and important way to manifest.

The second way to manifest is through the power of your subconscious mind. Now in reality everyone is using this level of manifestation, whether they realize it or not. The problem is that most people are not using it consciously. The other problem is that some people are using this level of manifestation to actually block manifestation rather than help their businesses.

The law of the subconscious mind is based, again, on that famous Hermetic law or correspondence. This law states, "As within, so without - As above, so below". That which you think and imagine in your conscious and subconscious mind will manifest its mirror likeness in your external circumstance. Your outer world is a mirror of your inner world. This is the law and it manifests for the good or for the bad because the subconscious mind has no reasoning. It does whatever it is programmed to do. It is constantly attracting and repelling to us that which we allow to be put into it. The major work of the spiritual path is to clean it out of all lower self, and negative ego and imbalanced programming that is not of the soul and Higher Self. When this is done you have "the Midas touch" where everything you do turns to gold.

This occurs because your subconscious mind is subservient to the conscious mind, which is subservient to the superconscious mind which is subservient to the superconscious or soul mind which is subservient to the Monadic mind which is subservient to God. The subconscious mind totally runs your physical body and will create health or disease depending upon how you program it, and the food you put into your physical body. The subconscious will attract to you everything you need for all minds are joined in truth. This is why the use of affirmations, visualization, and autosuggestion is such an important science.

To learn to manifest effectively, the disciple must learn to be in control of the subconscious mind. Most people let their subconscious minds run them instead of the

computer programmer (conscious mind) running the subconscious mind. Ideally it is your servant. It has been called the basic self, or servomechanism in other teachings. It is your faithful servant and will supply you with whatever you need as long as you program it directly.

The third way to manifest is through the power of the superconscious mind, the Higher Self, the spirit and/or God. This is, of course, manifesting not by affirmation or visualization, but rather by prayer. Prayer is the spiritual practice of asking God for what you want and accepting it is done once you have made your request.

God, through your Higher Self and Monad or Mighty I Am Presence, hears all prayers and answers all prayers. How, when, and in what form He answers them will be dependent on how you fulfill the universal laws of manifestation as outlined in this chapter.

Why manifest just with will power and physical work when you can pray every day and acquire God's help? Not only do you have God's help through prayer, but also the Ascended Masters, the Angels, the Elohim, the nature spirits, God working through other people, your Higher Self and/or soul, and your Monad and/or Mighty I Am Presence.

Most people do not pray enough. The ideal is to use all three levels of mind. Some people only use the conscious mind. Some people pray and don't get off their duff, but instead expect God to do everything for them. This will not work for God helps those who help themselves. Other people are constantly doing affirmations and visualizations, however, don't own their will power and do the physical action and work that is needed. This law deals with the importance of using all three levels of mind in perfect harmony, balance, and integration.

The second key law of this new age form of manifestation is to manifest from the consciousness that you are the soul and not the personality. If you manifest from the consciousness of personality you see yourself as separated from your brothers and sisters, and from creation itself. This is an illusion.

Your manifestation will be 1000 times more powerful if you recognize yourself as the Christ, the Buddha, the Atma, the Eternal Self, for that, in truth, is who you are. You are one with God and all of creation. So what you are trying to manifest is nothing more than a part of yourself. This cannot be emphasized or repeated enough times. The new age laws of manifestation deal with this shift in identity focus. To not use prayer and to not identify yourself as soul rather than personality, is to cut yourself off, to a very great degree, from the source of energy for the manifestation of your desires. Ask for help from the Ascended Masters, Angels, your Monad, the Elohim, The nature spirits, and/or the Ashtar Command if you would like extra help.

Do not be attached to what you are praying for or are trying to manifest, or you will repel it from yourself. Make your choice for manifesting a preference, not an attachment. With this attitude you will be happy until it arrives.

Surrender your prayer request to God and leave it in God's hands. God is happy to help but you must surrender it. You can visualize your prayer request going up in a bubble of pink or golden light and melding with God's light. Then it is your job to go about your business and do what you can on the conscious, personal power level, and on the physical action level.

Own that you are the Christ, the Buddha, the Atma, the Eternal Self. God created us and we are perfect, in truth. All that exists is perfection, in truth. Any time anything but perfection manifests, immediately pray and/or visualize and affirm the truth instead of the illusion of the negative ego. So this truth deals with the truth that you are the Monad, the Spirit, God, and all that exists is God's perfection. Cancel and deny any thoughts that try to enter your mind other than this truth. If you are sick, affirm and visualize only perfection. If your bank account is low, visualize that it is full.

This law deals with the fact that God's universe is abundant and limitless. It, however, attracts to us either poverty or abundance, depending on the attitude we hold. This brings us back to the Hermetic Law, "as within so without, as above so below". Your outer world and physical body is a mirror of the inner world of your conscious and subconscious thinking and imaging. Your thoughts and images that you hold in your mind create your reality.

The next law is that of faith. You know God exists and you know that God's laws are perfect and work every time. So after you pray, know that your prayer has been heard and God's law has been invoked. Nothing but perfection and perfect fulfillment of the prayer and law can happen as long as you have faith in God and God's laws. If you give into doubt and worry, you are blocking the energy manifestation which you just set in motion.

The next law deals with consistency and alignment. The four bodies must all be in alignment for a quick manifestation of your prayer request. The mind must be attuned to God, spirit, and the soul so that this energy can flow through you. The emotions and feeling body must be attuned to the mind and then the soul. The physical body must be attuned to emotional body, which is attuned to the mind, which is attuned to the soul, which is attuned to the Monad, which is attuned to God. Another way this could be said is that the subconscious mind serves the conscious mind, which serves the superconscious mind or soul, which serves the Monad or spirit, which serves God. Each level is subservient to the one above.

After you pray, you don't want the subconscious mind going renegade and saying, "I don't believe this is going to work." If this starts to happen, push that out of your mind and say, "Get thee behind me, Satan", then reaffirm God's perfection.

The next law deals with the recognition that everything in God's universe is just energy, and all energy is just God. Even physical matter is must energy vibrating at a slow rate of vibration. So all you are really doing in working the laws of manifestation is changing or transferring energy from one form to another.

This law deals with the fact that energy follows thought. What you ask for already exists on a higher level once the prayer, affirmation and visualization has been done. You are just waiting now for it to manifest into physical reality. The attitude should be one of expectancy, like it is about to happen at any second. You are just waiting for it to move down the dimensions and ground itself into physical reality. As long as you keep your four bodies and three minds in alignment there is no reason for this not to happen.

This law deals with the fact that these laws are operating whether you are consciously aware of them or not. They are also perfectly happy to work with the negative as well as the positive as they are not selective or discriminative. Whatever you give the subconscious, it will use. If you hold a negative thought and image for too long, it will manifest into your physical reality eventually. So if you are not

working these laws of manifestation for the positive then they are going to work to your detriment.

Remember that every moment of your life you are working the laws of manifestation even when you are not praying, willing, visualizing or affirming. Every thought you think in your mind as you go through your daily life and that you think when you are sleeping is part of this process.

If you never did any specific manifestation work but just were vigilant over every thought that you let into your mind, and only allowed those thoughts of perfection, prosperity, God, love, balance, and perfect health in, then you would have, in truth, everything you needed. In this state the three minds are functioning as one mind. The soul and Higher Self is doing your thinking, not the negative ego or personality.

This next law deals with the importance of making sure what you pray for is coming from your soul and not the negative ego. Your soul won't help if what you are praying for is something that is not for the highest good of all concerned, and is hurting someone else, or some aspect of God which is everything. If a prayer doesn't manifest there is a possibility it is not meant to be and not truly a part of the Divine Plan for you.

The next law deals with the need for perseverance. On this earthly plane of reality the space is slowed down so we may practice these laws. In the higher dimensions of reality things manifest instantly. We are on this plane of existence to prove our mastery of these laws so we won't create havoc on the higher planes.

The higher one goes in initiation the quicker is the manifestation. Sai Baba can manifest whatever He wants instantly, while still in a physical body. We will be able to do this, too, in the future, but for now we may need to demonstrate the perseverance and endurance.

This law deals with the understanding of not limiting how the manifestation will occur. If you are trying to manifest money, don't think or imagine it as only coming from working, for example. Maybe it will come from the lottery, or an inheritance, or you will find it, or someone will give you money. God works in mysterious ways, so don't try to out think God. If you think your prayer can only manifest in one way, then you have limited God and your subconscious mind's ability to manifest for you.

This law deals with the ability to receive as well as give in life. I know a lot of spiritual people who are great givers, but do not know how to receive. They are offered a gift and they say, "no, I can't accept this" and they have just blocked their abundance. This is an essential part of having prosperity consciousness.

Another extremely important law is that of gratitude. To be humble and thankful for the abundance that God has bestowed upon us, to be thankful to God, the soul, the Ascended Masters, the subconscious mind, the angels, the nature spirits, for all the wonderful work they do for us. Make every day a thanksgiving holiday.

This next law was made famous by Edgar Cayce, when he said, "Why worry when you can pray?" Own your own power and affirm and visualize anything you want into reality any time you want. If you are starting to worry it is time to get back to your spiritual practices of proper manifestation. If you continue to worry you might just manifest what you are worrying about.

The next law is the understanding that you cannot fail. How can you fail with God, the soul, the Ascended Masters, the angels, the Elohim, your personal power, the power of your subconscious mind, your physical body, the nature spirits, other people, and your monad all helping you. Plus the fact that in truth, you are the Christ, Buddha, the Atma, the Eternal Self. You are God. Can God lose against the forces of illusion and maya. In truth, they don't even exist, we just think they do.

I ask you, can God, the infinite Creator and God's sons and daughters, the Christ fail in their manifestation with all the forces working on their behalf? Can illusion win over God? Can God's laws not work? All that exists is God. There is nothing else. The only thing that exists that can stop your manifestation work is the glamour, maya, and illusion of your own negative ego and lower self. The only thing that can stop you from manifesting anything you want is you. God has given you everything. It awaits for you to just claim it. That is the only thing that God can't do for you. We must claim God's abundance and then it is instantly ours.

"There is no force more powerful in the universe than our will." This is a famous quote and statement by the Universal Mind through Edgar Cayce. To manifest efficiently we must own our full personal power and will in conjunction with unconditional love, and the fact that we are God in action.

To have all, give all to all. This is a law of manifestation made known in the "Course in Miracles". We must learn to receive, but we also must learn to give to manifest effectively. We must keep our abundance in circulation. When we become selfish and stingy, and stop giving then the universe becomes selfish, stingy, and stops giving to us. When we stop giving to the all, which is God, our pipes get clogged and we are not able to receive as much. The idea is to keep giving which allows us to receive even more, which keeps the abundance circulation factor flowing.

This next law of manifestation deals with the importance of being vigilant over your speech. The power of your spoken word is even more powerful than the thoughts you allow to run through your mind. Every word you speak is a decree and fiat of manifestation. Just because you are not focusing on your manifestation work doesn't mean that you are not doing manifestation work.

This next law of manifestation has to do with wording your affirmations and prayers with positive language instead of language with negative words and imagery. For example, if you want to heal a broken leg it would be better to phrase your affirmation and prayer without saying, "I am now healing my broken leg." It would be better to say, "My leg is now powerful, healed and whole." The reference to the negative image can have a negative affect on the subconscious mind. The subconscious mind has no reasoning and will manifest anything that is put into it. There is a danger here of giving it a double message.

Before doing your manifestation work, build up your vital force and energy. The angels and spirit sometimes use the energy as well as the thoughts and imagery you send them in your prayer request. Vital force can be built up by deep breathing or physical exercise for a few minutes before you begin.

The new law is that of enthusiasm. When you do your manifestation work be enthusiastic. Your enthusiasm is part of the previous law of building vital force, and also is incorporating your emotional body in the manifestation work which will make the manifestation happen 1000 times quicker. The emotional body is connected to the subconscious mind, and nothing will manifest unless the subconscious mind is involved in the process. The subconscious mind is a real powerhouse.

The next law of manifestation deals with the understanding that, in truth, there is just one universal subconscious mind. We each focalize an aspect of this mind, while simultaneously we are connected to this universal mind, or as Jung called it, "the collective unconscious. This understanding and awareness in your manifestation work, again, gets rid of the belief in separation that can slow down manifestation.

The next law deals with the understanding that the only block to manifestation is your own thinking, and imaging. If you master your thinking and imaging and hence feeling body, then nothing can stop the manifestation from occurring. Forgiveness is the next key law of manifestation. Be sure you have forgiven all people, situations, and your own self before beginning your manifestation work. If lack of forgiveness is involved, this builds guilt and other psychic blocks that make the subconscious mind not cooperate in the prayer process and affirmation work.

Another key to manifestation work is self love. If you have lack of self love, this manifests as getting down on yourself, lack of self worth, and feeling undeserving. This undeserving faulty belief is again putting out a double message. If this is a lesson for you, seriously study the chapter in this book on "How to Achieve the Christ Consciousness".

The next law deals with the importance of not overpraying or underpraying. Some people pray too much which is a sign of lack of faith. In reality, once is enough. If, however, worry and doubt is beginning to set in, there is nothing wrong with repeating your prayer to re-solidify your faith. There is a balance to achieve in this regard that is unique and specific to each individual.

Another law of manifestation is the importance of writing your prayers and affirmations down on paper. The act of physically doing this serves as a stronger message to your subconscious mind than just thinking your prayers, or saying them out loud. the subconscious mind is more greatly influenced when some kind of physical action is taking place. Another law of manifestation is to do your manifesting work whenever in a state of meditation, or in an altered state of consciousness. At these times you are in a state of hypnosis which allows suggestions to get into the subconscious mind much easier. A good time to do manifestation work is just as you are falling asleep at night, and when you are just waking up in the morning. In hypnosis this is called the hypnogogic state. It is the twilight state between sleep and waking.

The next law of manifestation is to not talk about your manifestation work. This is not a hard and fast rule, however, very often talking with friends or people about what you are trying to manifest can dissipate the energy. There is also the negative reaction that often comes from people that you may have to fight off and try and prevent from getting into your conscious and subconscious mind. (See chapter on Psychic Self Defense.)

The next law of manifestation is the importance of being around a positive environment and positive people. Until one achieves self mastery this is the single most important fact on one's spiritual path. In manifestation work you are trying to hold a certain thought form, energy and vibration. You want to be around people that support this process. Being around negative people and negative environments tends to, over time, deplete one's energies physically, emotionally, mentally, and spiritually, and hence make it more difficult to hold the vibration.

The next law of manifestation is that you are and have everything already. Since you are God, Christ, the Buddha, the Atma and the Eternal Self, the Monad, the soul, in truth everything is yours just like everything is God's. This has always been the case, however it is difficult for us to own this because we are so used to believing the ego's interpretation of ourselves that tells us we are just a physical body, a personality, and are separate from creation. If we truly held this truth that we are the Eternal Self then all our thoughts would stem from this basic understanding, which would then mean that everything we need would manifest whenever we need it.

The next law is to only ask for what you truly need. If the ego becomes involved and starts asking for things you don't really need, then the prayer request is coming from glamour. This will sabotage your manifestation. Learn to rely solely on God and God's laws for your abundance, and prosperity. God, your personal power, and the power of your subconscious mind are an unbeatable team. When this is the case your security is inside of yourself instead of outside of yourself. No matter what happens in your outside, in terms of disasters of one sort or another, you always know that you can manifest whatever you need with God's help, your will, and the power of your subconscious mind. The next law deals with a method of prayer that was developed by the Kahunas of Hawaii. In the Kahuna system of prayer all three minds are utilized. Their method is to write your prayer down on a piece of paper very specifically, and with lots of colorful imagery. When you have the prayer worded and imaged in a way that you feel good about, then say it three times out loud, addressing the prayer to God, your Higher Self, and whom ever else. After saying the prayer three times, then command, in a powerful but loving way, your subconscious mind to take the prayer to your Higher Self.

Visualize this happening like the Old Faithful Geyser, shooting up into the air through your crown chakra. Then forget about the prayer and do whatever you need to do on a conscious and subconscious level to manifest the prayer. In other words, all three minds are working together in perfect harmony, synchrony and balance. One thing I forgot to mention is to build up your vital force and energy before you begin the prayer process, and do it with enthusiasm when you begin. I have used this method countless numbers of times in my life and it never fails to work. All forms of prayer work however, I would recommend using this method for important events.

The next law deals with the importance of using all five of your senses when visualizing what you want to manifest. See it, hear it, taste it, touch it, and smell it. Make your visualization so real that this meditation reality is just as real or more real than your physical life reality. when the visualization is done in this way you are assured of success. Another method of prayer is to just write a letter to God and your Higher Self. Your Higher Self will respond to your letters in your daily life.

The key law of prayer is that you must ask for help to receive it. If you don't ask for help your Higher Self and the Ascended Masters and angels are not allowed to help. Ask and you shall receive, knock and the door shall be opened. If you don't ask, God doesn't help. This is the law.

The law of the subconscious mind is just the opposite of the previous law. You must tell the subconscious mind what to do, and give it suggestions. If you don't give it suggestions, affirmations, visualizations and computer programs, then it will manifest whatever happens to be in its computer banks already, and it will manifest what you allow other people to put into your computer and/or subconscious mind.

This next law deals with the physical level of manifestation. Just because we are working with prayer and affirmation and visualization, this doesn't mean that we don't have to do physical work for a living. We will have to make phone calls, stay organized, and do our physical work. The attitude of this work from the soul's perspective is, however, that our work is our service to God and that true pleasure is serving God. Once we achieve some level of self realization there is no other reason to be here except to be of service to humanity which is God.

Manifestation on the mental level has to do with concentration and staying focused, and keeping one's mind steady in the light. It has to do with not losing the idealized potential that you are in the process of manifesting. As we evolve we will not even have to be patient and wait, for what we choose to manifest will happen instantly, as it does with Sai Baba.

Manifestation on the emotional level deals with child like faith and devotion to God. Did not the bible say that if you had the faith of a mustard seed you could literally move mountains. This child like faith, of many non educated people is a wonder to watch. Who is more prosperous, the multimillionaire banker who worries about money all the time, or the black woman living in the ghetto with six children who manifests everything she needs with her simple faith in God.

Manifestation on the soul level deals with identifying ourselves as soul, not as the personality, and staying attuned to the soul consciousness. This leads to the energies of the soul being involved in the manifestation of whatever you need. To just work on mental, emotional, and physical levels for manifestation, and not utilize one's soul, would be to be cut off from the source of all life.

Without the soul we are living in the illusion of separation, and negative ego with all its attributes. When the soul is included what we want to manifest is a part of us already. Manifestation, then in a sense, is just undoing or stripping away that which is already ours, but has been hidden by the delusion of the personality. The soul is not separate from the object that it is trying to manifest, as the personality would have you believe. The object you are trying to manifest is part of the soul, for soul pervades all things. This is why you have and are everything already. In reality it is already ours in a spiritual or soul state.

A person such as Sai Baba, who is one with Spirit, thinks and images and it instantly manifests. The same is true for us except the process is slowed down a bit. When we think from a soul consciousness it instantly manifests also, except we can not see it yet with our physical eyes. Time and space do not really exist so once you claim your manifestation it is already yours. We are just waiting for it to come into manifestation on the earth plane.

For those who have the clairvoyant ability already developed, it can be seen. Many people lose their concentration before it has the opportunity to move from the etheric into the physical. These laws are just slowed down for us on the physical plane so it doesn't appear to happen instantly. On this plane it takes a little longer for our manifestation to ground itself into the physical. Manifesting with a consciousness of the soul is a real key.

Miracles are natural is the next law of manifestation. Miracles are the natural by-product of expressing and working God's laws for the service of mankind.

When you are manifesting use the words "I Am" in beginning your affirmations, and if you like in addressing God. When you say, "I am" you are affirming God's name

which is your own. (See chapter on the Mighty I Am Presence.) The next law of manifestation states, "Seek ye the kingdom of God, and all things shall be added unto thee." I think that this statement needs no more explanation. It is self evident.

The next law of manifestation is "So what that you gain the whole world but lose your own soul." Many people judge prosperity by the amount of money or material things you own. True prosperity is being merged with the soul and spirit, which then leads to all your needs being taken care of, in service of God.

This law of manifestation states that it is okay to ask and pray for material things. This is a point that some people in the spiritual movement are confused by. It is perfectly okay and actually desired by the soul and Monad, for you to utilize their help in this capacity, however don't be greedy. Ask for exactly what you need, no more and no less.

Manifestation on the level of personal power is greatly increased when your work is seen as and focused upon as service of humanity. There is an ancient metaphysical saying that says, "When your heart is pure you will have the strength of ten." When our work is for a noble cause, and we are doing it with a pure heart and intent, we will have a much greater amount of energy to do what we need to do for we are aligned with the universal force.

Another law of manifestation is to be very specific in your visualization and affirmation or treatment for manifestation. If you are too general, then by the laws of the universe you can only manifest a general solution, or one that is too vague to manifest at all.

This law deals with the understanding that whatever we manifest is not really ours. We are in truth the caretaker for it. It is really God's and we are just taking care of it. There is no ours as separated from God's.

The new law deals with the importance of taking good care of that which we manifest. If we manifest a car and don't take care of it, then we are not deserving in truth of the manifestation on the physical level. All levels need to be in alignment or manifestation can be blocked.

This next law deals with what abundance really is. True abundance is not having everything, but rather being a source through which that which is needed can manifest. It is being at one with the essence behind and within all things. This law of manifestation deals with the need for self discipline. There is no way you can learn to manifest effectively without this quality. One must learn to discipline their mind, emotions, body, and their consciousness to hold the proper vibration and attunement to the soul. One must have self discipline so as to not let the lower self infiltrate the mind with its doubts and fears. Having discipline gives us consistency. It allows us to stay continually in the light, joy positivity, love, and to maintain an unceasing abundant consciousness.

This law deals with the lesson of manifesting from the state of consciousness of authority and being a master. There is no force more powerful than your will and to manifest effectively you must own your full power and identity as the Christ, the Buddha, the Atma, the Eternal Self. You must manifest with the full power of your self as soul and as spirit, and the universe will instantly comply with your command and fiat.

In reality we have only one need and not many needs as the negative ego would tell us. Our only need is to own the fact and truth of our identity and oneness in God. When this need or illusion of need is met, then all other needs are instantly met as a by-product of this state of consciousness.

This next law deals with the importance of not looking at what you are trying to manifest as a lack. Everything, in truth, is really a part of yourself so you lack nothing. The need for manifestation then becomes nothing more than an opportunity to demonstrate the presence of God. Sai Baba talks about this when He does His miracles of manifestation, as being nothing more than a by-product of its infinite nature. Manifestation is really just creativity at work.

This next law deals with the issue of group manifestation. When groups of people are trying to manifest it is essential that all share the same vision. If not, the differing visions can cancel the manifestation from taking place.

Another very important key of manifestation is to follow your inner promptings and intuitions after praying for help. For example let's say you have prayed for a specific dollar figure for your rent check next month. The universe is manifesting this through a person you are supposed to meet at a party. If you get the guidance to go to this party, however your lower self tells you that you are too tired and lazy to do that, then you may miss the manifestation that was provided for you. This is where self discipline dovetails with being obedient to your intuition and soul and spiritual guidance.

There is no order of difficulty of miracles. One is not harder or bigger than another. They are all the same. All expressions of love are maximal.

--"A Course in Miracles".

Miracles are natural. When they don't occur something has gone wrong.

-- "A Course in Miracles".

Prayer is the medium for miracles. It is a means of communication of the created with the Creator. Through prayer love is received, and through miracles love is expressed.

--"A Course in Miracles".

Miracles are examples of right thinking, aligning your perceptions with truth as God created it.

--"A Course in Miracles".

Miracles arise from a miraculous state of mind, or a state of miracle readiness. --"A Course in Miracles". The last law of manifestation is one of absolutely essential importance. After praying accept your prayer as answered. You have followed all the universal laws and principles of manifestation. You have fulfilled the law. Don't just believe that it is answered, rather "know" that it has been answered with every cell, molecule, and atom of your being. It is done. It is finished. So be it, for you have decreed it to be so. Your work is God made manifest. You are God, and you are one with God. You have fulfilled the law so how can your prayer not be made manifest.

This last law of manifestation is the law of tithing. The law of tithing has to do also with the law of seed money. The universal law states that if you give one tenth of your income to a charitable or beneficial cause you will receive a tenfold return on your generosity. This law is working with the law of karma, which states that that which you sow you reap, what you put out comes back to you. The giving of a tithe and/or seed money keeps the energy of money in circulation. If you are stingy with the universe which is God, then the universe and God will be stingy with you. If you are generous with the universe then the universe by law, will be generous with you.

The Laws of Karma

"For verily I say unto you, till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, 'till all be fulfilled."

The Bible - Matthew V:18

"And it is easier for heaven and earth to pass, than one tittle of the law to fail."

The Bible - Luke XVI:17

By

Dr. Joshua David Stone

The basic law of karma states that as you sow, you reap, what you put out comes back to you. This is the law of cause and effect. There are a lot of people who think that many people living in this world get away with a lot. I am here to tell you that no one gets away with anything. As Edgar Cayce said, "Every jot and tittle of the law is fulfilled."

The interesting thing about this law of karma is that it extends over past lives. Even if it appears that someone has unfairly taken advantage of another and appears to have escaped unscathed, it is really not so. The continuity of the soul continues even if you have reincarnated into another physical body. Later on in this chapter I will give many examples that I have researched from the Edgar Cayce files.

Jesus gave an excellent understanding of the law of karma when He said, "Do unto others as you would have others do unto you." This is more literal than people realize. There are different levels of karma. What I have been speaking of so far is what I would call one's personal karma. In other words, what we personally have set into motion with the power of our consciousness and mind.

A second type of karma would be group karma. When we incarnate into this world we are born into a group and join groups. We are born into a group in respect to our skin color, our religious affiliation, and so on. When a person is born into a black body in the United States they have to deal with racism and prejudice. Not because a black body is less than or more than a white body, but because of the low level of spiritual consciousness of so many souls on this plane. A person in a black body or any minority, takes on karmic lessons of that group.

Another type of karma might be national karma. We are born into a certain country, and then indoctrinated through school with its egotistical identifications. If, for example, there was a nuclear war between communist China and the United States, we would get caught up in this national karmic lesson. No person is an island unto themselves.

Then there is planetary karma. This particular school called earth has certain unique lessons that are quite different than other planets in this galaxy or universe. We must deal with the planetary karma and the phase of history we are born into.

It could also be said that all karma is personal in that we, as souls, choose our skin color, our families, what religion, what country we are going to grow up in before incarnating, so in that sense, one could say that all karma is personal karma because we chose it.

The word karma has often been associated with "bad karma". In other words, when we have karma we are experiencing some form of suffering from a lesson not

learned. This is opposed to the state of grace. The reading of this book and applying its principles allows a person to avoid suffering, for what is stated in this book is in harmony with God's laws.

Everything in this universe is governed by laws. There are physical laws, emotional laws, mental laws, and spiritual laws. When a person gets out of harmony with these laws they suffer. Karma, hence, is not a punishment but a gift, a signal and sign that we are out of balance.

The proper attitude towards everything that happens in life is the statement, "Not my will but thine. Thank you for the lesson." In Buddhism they talk about this as non-resistance. In psychology it is talked about as acceptance. Instead of fighting the universe, the idea is to work with the universe and learn from the universe.

This does not mean to give up our power. Just the opposite. It means to own our power and to see what has happened as a teaching, lesson, challenge and opportunity to grow. The idea is to look at the karma as a stepping stone for soul growth.

There is no need to suffer. Suffering is not God's design, it is our own. It is a sign that we are letting our negative ego or separated fear based self be our guide, not the soul or spirit.

It is important to understand that there is no such thing as sin. A sin is like some unshakable stain on our character that cannot be removed. Sin is an egotistical concept, not a spiritual one. There are no sins, only mistakes.

The true meaning of sin means, "missing the mark". Mistakes are, in actuality, positive not negative. The idea is to not go out of our way to make them, but when they do happen to learn from them and most of all forgive ourselves, for they are positive. Perfection is not never making a mistake. True perfection is the state of always forgiving oneself for one's mistakes and then trying to learn from that experience.

Another very important point in respect to karma is that all lessons are learned within self. In other words, if you are having a vicious fight with a former friend, if you choose to forgive and hence, unconditionally love that person and let go of your animosity, you are freed from the karma, even if the other person chooses to hold onto a grudge for the rest of the incarnation. This is a very freeing understanding, and is confused by many people.

Karma comes back to us on all levels: physically, emotionally, mentally, and spiritually. How we take care of our physical body in this lifetime will determine how healthy a physical body we have in the next lifetime if we are destined to return.

If you master your emotions in this lifetime and become peaceful, calm, joyous, and happy, then when you incarnate again next lifetime, as a baby you will be a peaceful, calm, joyous, and happy baby. Some people believe in this idea of the "tabuleau rasa", or blank slate philosophy. This is obviously absurd. We are not blank slates when we are born. As a matter of fact, there are really no such things as children. There are only adult souls living in babies bodies. The average person has 200 to 250 past lives. The soul with all its twelve soul extensions has an average of 2,000 to 2,500 past lives.

Another very interesting point in respect to karma is the understanding that there really is no such thing as linear time in the spiritual world. Time is simultaneous. So your past and future incarnations are really happening now. For the now is really all that exists.

It is also possible to have karmic bleed through from one of your eleven other soul extensions who are still in incarnation. This bleed through can come from the past or the future. I realize that this is a very difficult concept to understand on this plane. I have difficulty understanding it fully myself. This is a concept to try and grasp with your right brain rather than your left brain.

The karmic bleed through can manifest as, let's say, physical symptoms you are experiencing that aren't in reality your own. Let's say one of your fellow soul extensions is close to death in his or her incarnation. You may be experiencing this or running some of their karma through your physical body. If you want to do this for one or many of your soul extensions you can, however, I wouldn't recommend doing it too much unless you receive clear guidance to do so.

As I mentioned in an earlier chapter, a co-dependency can take place with them relying on you too much which is not good. In another experience I, personally, had with Djwhal Khul one day, he said that there was cigarette smoke in my field. I said, "cigarette smoke, that's impossible for I have never smoked cigarettes." I asked Him if He was sure it wasn't incense, which I sometimes light. He said, "no, it was cigarette smoke." He searched more deeply into the cause and he found it was coming from one of my soul extensions.

To understand this concept of soul extensions being guided by the soul or over soul, I would recommend reading one of the Seth books, called "The Education of Oversoul Seven". This will help to give you a better understanding of this concept of simultaneous time, and the concept of soul extensions being guided by the soul.

Later in this book I will talk more about the three permanent atoms, which are recording devices for our personal karma, in our physical, mental, and emotional bodies. The three permanent atoms record all of our good and bad karma, like our own personal akashic records. These permanent atoms are also dispensers of karma. They dispense karmic pictures into our blood stream which has an enormous affect on our glandular system. This is part of God's system for implementing the law of karma fairly.

Another important point in respect to karma is that you are only given as much as you can handle. This is controlled by your soul and monad. If all one's karma was dumped upon a person all at once, no one could obviously handle it.

It is possible to slow down the karma coming your way if you are feeling overwhelmed, and it is also possible to speed up your karmic lessons if you want to grow faster. This is achieved by just praying for this to your soul and monad and/or God. It is their joy to work with you in any way that you feel most comfortable.

As mentioned in the chapter on initiation, all our good karma from all our past lives and this one is stored in our casual body, or soul body. The building of this causal body is one of the main requirements for achieving liberation from the wheel of rebirth.

It is also important to realize that to achieve ascension one needs to balance only 51% of the karma of all their past lives. This is one's personal past lives, not the karma of your eleven other soul extensions.

Much of the karma we experience in our lives is not necessarily from past lives. Much of it we have created in this life. For example, let's say someone falls asleep at the wheel while driving and gets into a serious car accident. The lesson may be as simple as being foolish enough to drive when one is over tired.

The important lesson here is that all karma from past lives is basically just programming in your subconscious mind and in your three permanent atoms. This can all be transformed in this life by learning to be the master of your three lower vehicles, the physical, emotional, and mental bodies, in service of spirit, and unconditional love. It is possible to completely clear your subconscious mind and three permanent atoms of all negative programming and to replace them with positive programming.

The laws of karma even extend to the type of soul you attract during intercourse and conception. The kind of soul that is attracted is greatly determined by the quality of feeling and love that is shared and being made manifest during the love making experience.

Another very interesting point in respect to karma is how it relates to blood transfusions, organ transplants and animal organ transplants. Djwhal Khul has said that all three are highly not recommended if at all possible.

Take, for example the blood transfusion. Let's say that you are a third degree initiate and have just taken your soul merge initiation. Then you go into a hospital and get a blood transfusion from the blood from a street person who hasn't stepped onto their spiritual path yet. The blood physically and spiritually speaking, would be totally dissonant to your vibration. You are, in essence, running their karma through your blood stream.

The example of an organ transplant would be even worse. Even worse yet would be putting a pig's liver into a human body which they are actually doing now. This really blows my mind!

The basic law of the universe is that it is our thoughts that create our reality. All karma has its antecedent in some ancient thought, that led to a feeling or action. It is sometimes helpful to do hypnotic regression work to release karmic blocks from past lives or early childhood. Under hypnosis one can re-experience a past trauma that can help give insight as to the true catalyst and cause, and can very often help to release that program from the subconscious mind. I will give many other tools later on in this book.

One last interesting understanding in relationship to karma has to do with a master taking on the karma of one of its disciples. Sai Baba, the great Master from India has done this frequently with devotees. In one instance he took on a heart attack, a stroke, and ruptured appendix of a devotee who would have died for sure.

Sai Baba became deathly ill for ten days. Over twenty five of the finest doctors in India were at His bedside on the tenth day. He had turned completely black and the consensus of the twenty five doctors was that He had only ten minutes to live. Sai Baba would not take medication and said, "At four o'clock today I will be giving a lecture." The doctors thought He was crazy. At the appointed hour he apparently

sprinkled some water on Himself and instantly cured Himself and was fine. The twenty five doctors began praying to Sai Baba for help before treating any patient from that moment forward.

Examples of Karma as it Extends Over Past Lives and/or Future Lives

In my research I have extensively studied the Edgar Cayce files and come up with some fascinating cases showing how the law of karma extends over past or future lives.

The first example is that of a man who lived in Rome in a past life. He was a very handsome man, and he used to go around criticizing other people for being fat and not handsome like himself. In his present life he had an under-active pituitary and was obese. I had mentioned earlier in this book how the three permanent atoms often release karma into the bloodstream which adversely affects the glandular system. This is one very good example of this process.

In another reading of Cayce a man had knifed and killed someone in a past life. In this life he was suffering from leukemia. In another similar type of reading a man had killed someone and this life he was shedding his own blood with anemia.

The parents of a young eight year old boy took him to see Edgar Cayce for a chronic bed wetting problem. It turned out that the bed wetting was a karmic lesson from a past life in Salem, Massachusetts during the witch trials. He had been one of the men who was responsible for dunking the witches under water and torturing them for their metaphysical beliefs. The eight year old boy was suffering from a deep seated guilt for having mistreated his fellow man which was being manifest as bed wetting.

The cause of epilepsy in two different readings was caused by a misuse of psychic powers in a past life, and in another reading by overindulgence in sexuality. A black couple went to see Cayce and asked why it was they were black in this racist society. It turns out in their last previous past life they were white plantation owners in the South and had mistreated blacks. This reminds me of Jesus' statement to "do unto others as you would have others do unto you", for that is exactly how the law works.

A friend of mine had a fear of swimming in the water. Two different psychics separately told her that she had died in the sinking of the Titanic. This same friend's three main interests in this life have been art, music, and the American Indians. The same psychic, without knowing this, told her that her last three past lives had been as a famous artist, musician, and as an American Indian.

A woman's fear of knives had to do with a life in Persia where she was attacked by invading forces who killed her with a knife. In another reading a man had a very painful hip condition which the doctors said was cancer of the bone. Cayce said that it was a karmic situation from a past life in Rome where this person was in the Coliseum arena. This person was apparently laughing at the suffering of one of the people in combat.

In another reading a man was suffering from severe congenital cataracts. Cayce said it was from a past life in Persia where this person was in a tribe of barbarians who blinded other tribesmen with hot irons.

Cayce has said that hives are caused by animosities, holding grudges, and unkindly thoughts. Cayce also said that no one can hate his neighbor and not have stomach and liver problems.

In another reading a child was suffering from infantile paralysis at one year of age. Both legs were crippled and both feet stunted in their growth. Cayce said that this was from an Atlantean incarnation where she used drugs and hypnosis to make people weak in limb and body so they would have to follow her orders.

Another fascinating Cayce reading tells of a man who hated blacks. He was a Nazi and member of the Ku Klux Klan. He said that blacks were like animals. This man obviously would not come for a reading, but someone who did asked how anyone could be filled with so much hate. It turned out that this soul, in a past life, was a Phoenician around, I think it was 500 BC. Apparently there was a war between the Phoenicians and the Carthaginians and he was captured and made a slave in one of the ships.

The ships were like the ones depicted in the movie Ben Hur, when they were chained to their seats down below deck and made to row the oars. A black man would beat the drum and all the slaves would have to row to the beat of the drum. Another black man would beat the slaves that didn't keep up to the proper rowing beat. This man apparently lived for thirty years being transferred from ship to ship, being made to row and constantly beaten. In this life this is a good example of karmic bleed through. He built up so much hate in that lifetime that when he incarnated again it came right out.

In another reading a man was born in a deformed physical body. People always wonder why one person seems blessed and another cursed. It turns out that in a past life this soul was the Roman emperor who fiddled while Rome burned. This deluded soul built up so much bad karma in that life he chose to balance it out in one fell swoop by having a deformed body.

In another reading a woman had an overpowering fear of animals. This fear came from an experience in Rome when this entity's husband had been made to fight wild beasts in one of the arenas.

Another woman had been married for nine years and had a very sweet and loving husband. The woman was still afraid to get involved sexually. It turns out that in a past life during the Crusades he had restrained her with a chastity belt which caused her to hate him. This karmic lesson still obviously hadn't been worked out.

A woman came to see Edgar Cayce who had glandular disturbances that caused an excessive menstrual flow which made it impossible for her to attend school and led to extreme depression and a nervous breakdown. Cayce said in a past life she had been a nun in a French convent at the time of Louis the XIV. She had been very stern, cold, and intolerant of human weakness. Her understanding of scripture was purely literal. She acted superior and very intolerant of others.

In another reading a woman couldn't commit to marriage. Cayce told her that her wariness sprang from a life during the Crusades where her husband deserted her. Another woman had an abnormal shyness and inability to make friends. It stemmed from a life in France when she had much talent and beauty, but her husband's jealousy caused him to suppress her every natural impulse with cold and merciless tyranny. He even went so far as to beat her with a whip at times.

In another reading a doctor had a marked uncommunicative nature. Cayce said it stemmed from a past life of practicing silence as a Quaker. Another person was deaf. This stemmed from closing the ears to the suffering of others in a past life. Another person had digestive problems. this was caused by a past life of gluttony.

A motion picture producer had polio. This came from a life in Rome, again, where he jeered and mocked others for not resisting death in the combats at the Coliseum in Rome. In another reading a man was a homosexual who wanted to become a priest. This was a source of great confusion and conflict for him. In a past life he was apparently a satirist and gossip monger in the French court who took particular delight in exposing homosexual scandals of the court with his cartoon skill.

I have given a lot of examples of bad karma, carrying over to this life. Karma can also be of a positive nature. For example, how did Mozart create piano concerto's at five years old? He had four or five lifetimes as famous musicians previous to this life.

How did each of you reading this book receive a healthy body and grow up in the United States? You could have been a starving Somalian, or you could have grown up in Communist China or a thousand other places that wouldn't have allowed you the freedoms and opportunities you have here.

Djwhal Khul on the Law of Karma and Rebirth

I would like to end this chapter with a series of 13 statements by Djwhal Khul in the Alice Bailey book called, "The Reappearance of the Christ". These 13 statements by Djwhal provide a good summation of the entire process.

1. The Law of Rebirth is a great natural law upon our planet.
2. It is a process, instituted and carried forward under the Law of Evolution.
3. It is closely related to and conditioned by the Law of Cause and Effect.
4. It is a process of progressive development, enabling men to move forward from the grossest forms of unthinking materialism to a spiritual perfection and an intelligent perception which will enable a man to become a member of the Kingdom of God.
5. It accounts for the differences among men and - in connection with the Law of Cause and Effect (called the Law of Karma in the East) - it accounts for differences in circumstances and attitudes to life.
6. It is the expression of the will aspect of the soul and is not the result of any form decision; it is the soul in all forms which reincarnates, choosing and building suitable physical, emotional and mental vehicles through which to learn the next needed lessons.
7. The Law of Rebirth (as far as humanity is concerned) comes into activity upon the soul plane. Incarnation is motivated and directed from the soul level, upon the mental plane.
8. Souls incarnate in groups, cyclically, under law and in order to achieve right relations with God and with their fellowmen.

9. Progressive unfoldment, under the Law of Rebirth, is largely conditioned by the mental principle for "as a man thinketh in his heart, so is he." These few brief words need most careful consideration.

10. Under the Law of Rebirth, man slowly develops mind, then mind begins to control the feeling, emotional nature, and finally reveals the soul and its nature and environment to man.

11. At that point in his development, the man begins to tread the Path of Return, and orients himself gradually (after many lives) to the Kingdom of God.

12. When - through a developed mentality, wisdom, practical service and understanding - a man has learned to ask nothing for the separated self, he then renounces desire for life in the three worlds and is freed from the Law of Rebirth.

13. He is now group conscious, is aware of his soul group and of the soul in all forms and has attained - as Christ had requested - a stage of Christ like perfection reaching unto the "Measure of the stature of the fullness of the Christ."

Children in the World Today

"The teacher has the greatest role in molding the future of the country. Of all professions, his is the noblest, the most difficult and the most important."

Sathya Sai Baba

By

Dr. Joshua David Stone

This chapter may be the most important one in this series of books. This problem is certainly one of the most urgent problems confronting humanity at this time in its history. The problem of the children in the world today is very complex. However, let us begin with the realization of how utterly inadequate our educational system is.

The sole purpose of life is to achieve God realization, liberation, immortality, ascension, and resurrection, so we may be of greater service to mankind. Our educational system has utterly failed in this regard. Instead of focusing on building character, moral values, ethics, elevating spiritual ideals, right human relationships, right living, virtue, soul and spiritual consciousness, it has one hundred percent decapitated the soul from all facets of learning.

This stems from political decisions of schools being secular, so politicians have attempted to separate church and state. Although, maybe meaning well, they have thrown the baby out with the bath water.

Education has become a physical and mental instruction completely devoid of soul consciousness. Instead of dealing with the whole person, we are now dealing with only a half a person, and the most important half, and the only purpose for living, is the part they have gotten rid of.

Now let me speak to this issue of separation of church and state. The reason they did this was to prevent groups like the self righteous fundamentalist Christians, and moral majority from imposing their egocentric values on other people in school. In this sense they did us a favor. The problem is that it is totally not acceptable to get rid of spirituality from school all together.

There is another answer. The only answer is to re-integrate the teaching of spirituality back into school, but to do it in the context of teaching comparative religion and one universal religion. (See chapter, "Essential Unity of All Religious Thought").

In other words, all religions could be taught with the requirement that no one religion could be made better than any other religion. This, of course, would take special training for the teachers who will eventually be required. Another way around this problem is to teach spirituality rather than religion. Even right now, there should be classes on the development of morals, ethics, character building spiritual values, right human relationships, to name just a few.

Education now is totally materially and egotistically based. The total focus is to make a living, accumulate possessions, to be as materialistically successful as possible, and as comfortable as possible. Our education system breeds competitiveness, pride,

ego, nationalistic prejudice, separativeness, and superiority from other people, cultures, and nations.

World citizenship is not emphasized. One's responsibility to one's fellowmen is completely ignored. Our education system is an exercise in stuffing and cramming massive amounts of unrelated meaningless facts into our minds to get a good grade. We forget that in a very short time education is an exercise in short term memory development. It is devoid of enjoyment. The older one gets and he or she is going through school, the more goal oriented (instead of process oriented) the person becomes. It is a means to an end.

If you happen to enjoy something it is a pleasant surprise where most of the time it is a lesson in self discipline. College is even worse. Those that make it to the higher professions are complete neurotics. That is the definition of success. You definitely can't be a whole complete and balanced person and compete to make it to the cream of the crop in your given profession.

Sai Baba has said that the most precious gift a young person can learn in school is the precious gift of character. He has also said that politics without principles, education without character, science without humanity and commerce without morality are not only useless but positively dangerous.

This is the predicament we find ourselves in the world today in all four categories. Without integrating soul consciousness into our educational system in some universal, eclectic, non biased manner, we are training our leaders of the future to be intellectually developed, however spiritually retarded.

Is it any wonder why politicians are so corrupt, lawyers and doctors, on the whole, so egocentric; why scientists are so incredibly cruel to animals; why half the businesses we utilize will overcharge us to make an extra buck if they can get away with it.

Our children are getting degrees and they don't have inner peace or happiness. They are not right with themselves or right with God. They are ill equipped for marriage, let alone having children. Is it any wonder there is so much child abuse.

Schools, instead of just focusing on reading, writing, arithmetic, history, and geography, should be adding classes in self mastery, learning to own your personal power, how to develop self love, learning to integrate your three minds, proper diet and nutrition, meditation, the seven levels of initiation, how to integrate the monad, soul, and personality, how to balance your seven chakras, studying the saints of all religions, comparative religion, angels, the Spiritual Hierarchy, the evolution of minerals, plants, and animals, death and dying, the science of the bardo, the soul, how to build the antakarana, studying the scriptures of the world, art appreciation, music appreciation, how to transcend negative ego and duality, how to channel, how to utilize your right and left brain, mantras and words of power, ethics and moral training, psychic self defense, extra terrestrial civilizations, spiritual ways of doing business, how to be a spiritual politician, psychic development, balancing our four bodies, understanding the law of karma, and the story of creation from the different religions.

Wouldn't school be fun if this were the curriculum. I am not saying that we shouldn't teach reading, writing and arithmetic. Of course we should. It should, however, be balanced with classes on soul development. What does it matter if you go through twenty years of school and get a Ph.D. and then you are a raving egomaniac. If you

do not integrate soul consciousness into the schools, then by definition, you are teaching negative ego consciousness and this is an indisputable fact.

Are these the leaders we want for our future? This is exactly what we are training. You cannot separate spirituality and/or soul from life. This is exactly what our ego based politicians have done. We do need protection from the conservative and reactionary fundamentalists in all churches and religions, but we have gone to the other extreme.

You may think the classes I have mentioned above will not make it into regular school. Mark my word, in the not too distant future when the Lord Maitreya makes His declaration along with the externalization of the Spiritual Hierarchy, a radical transformation will begin to ensue which will change all the existing ego based institutions on this planet. I prophesy that within thirty years this will take place.

Our educational systems should prepare us for living not just to get an "A" on a report card, or to get into a good college. There should be required classes teaching us how to have an effective marriage, and to be good parents. Most parents are completely ill-qualified for this adventure.

There should be required classes in birth control, and AIDS awareness. There should also be classes in teaching your people how to develop self mastery and control over the physical, emotional, and mental bodies. How to control the desires of the body in service of unconditional love and soul purposes.

Children should be taught in an atmosphere of unconditional love and firmness. This is sadly lacking in our schools today. A lot of what I am suggesting requires our teachers to be the embodiment of these ideals. If our teachers don't embody these ideals how can the children learn them?

Don't you see the vicious cycle we are in. Education, as it is practiced today, hardens hearts and squeezes out any semblance of unconditional love and compassion. We are taught that it is a dog eat dog world out there and it is every man for himself. It's the law of the jungle so you better get good grades and get into a good college.

Who would you rather be, the egotistical Harvard lawyer, or the uneducated person who lives and practices a simple Christ consciousness? God doesn't care about degrees or higher education if this is what it is used for. It is a waste of time! The key question is always, "What is the purpose of life? " "Why have you incarnated into this physical body?" The answer is to realize God. Education as it now is practiced does not lead our children in this direction.

The crisis on character is at the right of all problems. Schools should be teaching truth, righteousness, humility, equanimity, service of others. Instead we are taught selfishness and materialistic ambition. Children don't need nine tenths of the useless knowledge that is crammed into their heads.

The average child goes to school from the age of five to the age of 22 or even twenty five if they go to college. They are in school for twenty years, five days a week. Can you imagine what could be done if our educational system had its head screwed on straight?

Another example of its imbalance is the total focus on left brain forms of education and the total rejection of all right brain form of education. I am picking on our

education system here, however, in truth, it is going on in all institutions and aspects of our society.

Look at our prison system. It is one hundred percent egotistically based. Prisons are based totally on the premise of punishment and suffering, which is not a spiritual concept. They should be based on tough love, which is geared towards rehabilitation. Our prisons are filled and our reform schools are filled because of the lack of spiritual and moral training in our schools.

You may say why don't they get this training in church or temples? The problem is that the ego has completely infiltrated all our religious institutions. If man isn't right with his self, he projects his wrong relationship to self on to everything in his life including God.

People are leaving traditional religion in droves. Look at how people are turned off by the fundamentalist Christian movement, or the moral majority, the Jews, Jesus. I don't mean to be judgmental or pick out any particular group. All the major religions have been twisted and distorted by man's allowing his ego, rather than his soul to interpret scripture.

When God is seen as punishing, judgmental, sin, hell, original sin, eternal damnation, who would want to go to church! Traditional religion, in its present form, is completely bankrupt. I will speak to these issues much more in the chapter on how glamour, maya, illusion and ego have infiltrated the world's religions. For now I will just say the traditional churches of western civilizations need a major overhaul before they will be useful in this regard.

The fact is, a child may only be required to go to church on Sunday and listen to a boring stuffy sermon and that is not going to do the trick. Children who go to religious school are going to have a whole other set of psychological and spiritual problems dealing with the guilt, fear, and self righteousness, that is pummeled into them.

Religious institutions won't be the answer either until they cleanse the negative ego, glamour, maya, and illusion from their understanding of their doctrine, and accept the fact of a "universal religion" that recognizes that there are many paths to God. This will happen in the not too distant future as we move into the next millennium and the golden age on this planet.

We are just about to come out of the dark ages on this planet. I bet you thought that the dark ages was in the sixteen hundreds. Not true. We have had World War I, World War II, and we came very close to World War III which would have been nuclear destruction to the entire planet. People have no idea how close we came to taking this course. By the grace of God, it seems that mankind has been more intelligent than they were in Atlantis. We almost did a repeat. We still have a ways to go yet.

The next twenty years will be more accelerated than any time in the history of this planet. As I have said in previous chapters, we are about to do an axis shift from ego to soul thinking. This will mean a breaking down and destroying all our old institutions and the coming rebirth of these institutions based on soul principles and the Christ consciousness.

The other institution that needs total revamping is the political system. It is sickening to watch the partisan politics, where politicians do not serve their soul. They serve their Republican or Democratic party or special interest group.

Lobbyists are basically practicing legalized bribery. Politics is a classic example of what happens to a nation when we choose leaders who are highly developed mentally and totally undeveloped spiritually. Unless we change our educational system we can expect more of the same from our future leaders.

The Problems of Children

I would like to change course here for a little while before I return to the educational needs of our children and adolescents. I would like to focus on the problems that children face in our modern day society.

Our modern day society presents a whole new set of problems for children that mankind did not have to deal with in ancient times. Children are confronted with enormous amounts of negativity and negative programming in our "modern world". Let us begin this discussion with television.

Recent studies have ascertained that the average family watches something like six hours of television a day. Unfortunately the soul and Higher Self does not guide or control television in this period of our history. Little children watch cartoons that are incredibly violent. Ninety eight percent of the shows on television breed egotistical values. The airwaves are filled with violence, sex, machoism, beautiful people that totally program our children's subconscious minds.

It must be understood that children and adolescents, by definition, do not have developed conscious minds to protect themselves from negative programming. The soul doesn't usually even fully inhabit the mental body till the age of 21. Being emotionally based, and more subconsciously based they are hyper-suggestible. They are in hypnosis most of the time. The television they watch and the movies they go to see at the theaters goes directly into their subconscious minds.

The second thing that children have to deal with of a negative nature is that enormous amount of junk food and sugar they are confronted with. Since by definition, they have not obtained self-mastery, and most children are run by their desire body, once they get junk food and sugar into their bodies it becomes like a drug and they want more. Even the schools feed it to them. On every street corner through the city there is a fast food restaurant or ice cream parlor. The older they get the less control parents have over this facet of their children's life.

The junk food creates all kinds of chemical imbalances and a most definite lowering of the immune system from the sugar, also. This has its effect on the emotional body. Children and adolescents are unbalanced enough with the rapid physical growth and hormones that are being created during this stage of their development. Children are often dealing with a lot of negativity in their peer groups.

Children and adolescents, being emotionally-based, go through a great deal of ups and downs. The older they get, the more lessons they are confronted with in school which they are not prepared for, such as relationships, sexuality, dating, money, college, and so on.

Many children come into this life with karmic lessons from past lives of low self-esteem, lack of self worth, guilts, fears, inhibitions. Many other children come from dysfunctional families, or families with divorces which can be very difficult on the

children. Then there is the issue of child abuse, and sexual molestation which is so rampant in our society.

Parents sometimes take their adolescents to counselors or psychologists. This brings us to another bankrupt system in our society. Being a psychotherapist, myself, and growing up in a family with two psychotherapists, I am very attuned to this topic. I don't know if you are aware of this, but I would say ninety eight percent of all counselors, psychologists, psychiatrists, and social workers are practicing a form of psychology that is, again, cut off from the soul and the Higher Self. This is not to say that they are completely ineffective for they are not. They do some good. However, it is like what Einstein said about using only 8% of our brain.

Spiritual psychology and/or soul psychology is ten thousand times more effective and useful than forms of psychology that are not connected to the spiritual aspect of life. Here again, the child or adolescent is confronted with a lack of the complete help he or she needs. (I have written an entire chapter on this issue called "Soul Psychology, as Compared to Traditional Psychology", so I would refer you to this for a deeper explanation.)

We are saying how all the institutions in our society are not supporting the child properly. The child is bombarded also by the news that the parents watch, which is filled with a total focus on negativity. The news media feels compelled, for some strange unknown reason, to focus on every murder and crime that is going on throughout the world. If God controlled the news, I am sure He would have it be more focused on what is going on that is good in the world also. However, as we all know, the news is not focused on self realization, but on "ratings".

It is also a fact that the Trilateral Commission and secret government control the news, so nothing of real interest like extra terrestrial activity, or something of this sort will ever get through. A child has to constantly hear and get programmed by all the fearful things that are going on in the world and they don't have the tools for psychic self defense that those in the spiritual movement have. Their lack of training in un-conditional love, by definition, creates fear and children are filled with it.

Then children and adolescents have to deal with all the commercials on TV, in advertising, and magazines that appeal to their desire bodies of which they are not in control. Without spiritual training and ideals to hold on to it is inevitable that the lower self is going to win out and be in control. Children and adolescents, then, without the spiritual Masters and saints of all religions as their role models, take on those from TV, movies, and magazines.

Arnold Schwarzenegger, Tom Cruise, Playboy and Play Girl images that fill the mind with stereotypes and addictive love. Then the music young people listen to are filled with lyrics of a similar type of programming based completely on egotistical principles. All this music is programming the subconscious mind just like a hypnosis sleep tape would.

Then as the adolescent gets a little older they are confronted with pornography which is a creator of the carnal lower self. Without spiritual training there is absolutely no reason not to indulge in it which just reinforces all those images in the subconscious mind and is a type of training to treat people and the opposite sex as objects.

I cannot emphasize this enough, that there are only two types of people in the world. There are soul attuned people or egotistical people (over identified with matter) and

that is it. There are only two emotions in the world, love and fear. Children are confronted in the world we are living in, of getting no soul consciousness training.

Is it any wonder there is so much crime, juvenile delinquents, gangs, drug addiction, cult followers, sexual promiscuity, aids, physical sickness, cancer, emotional sickness, suicides, unhappiness and lack of inner peace, child abuse, molestation, divorces, people in therapy, social unrest, people in prison, war, prejudice, pettiness, ego battles, fear, anxiety, guilt, false pride. The list is endless.

Once the ego gets control, then it infiltrates every aspect of society, including religion. It is quite obvious that children and adolescents are dealing with an enormous amount of negativity. Without proper spiritual and psycho-spiritual training they are doomed to have serious problems in their lives. They are doomed to live in the school of hard knocks also known as karma. The last bastion of hope for a child and adolescent is the parent, and family system.

The Parents Role in Raising Children

Given the total lack of support of the traditional institutions for our children, and in reality the negativity they are perpetrating, the parents role becomes a thousand times even more important. In my opinion, as a psychotherapist and as a spiritual teacher, parents are much too lenient with kids. In my opinion, I think they should have much more strict control over their children's physical, emotional, and mental diet.

There is so much negativity and temptations in our modern society that adolescents and children are prone to. Parents are in the position to demonstrate the ideal, the conscious minds that children or adolescents don't have. They should only be given as much rope as they show themselves responsible with.

They should be watched extremely closely. They also need to be raised in an environment of unconditional love. Firmness and love, or tough love is the ticket. As long as they live in your house they follow your rules. It is the parents in our modern society that the spiritual and moral training falls upon.

The mother, in truth, is the guru for the children, especially up to the age of five years old. This is true for it is the mother who spends most of the time with the child. At five years old the fathers come much more into play. It is very important in the younger years that the mother spend as much time as possible bonding with the children. So much of our programming for our future personality in this lifetime takes place in these formative years.

An enormous responsibility falls on the parents in this period of our history. If parents fail in this responsibility there is literally no hope for the child. It is the parents who can educate the children about the universality of religions, and the great saints and masters. When you read them stories, read them spiritual stories that will inspire their consciousness with noble and lofty goals and ideals.

The unfortunate state of affairs in our society is that most parents are not competent to guide their children in these matters. They have been too screwed up by their parents and the educational system which they have gone through. They tend to dote on the child too much and have reprehensible habits themselves. They smoke, drink too much, gamble, play cards, fight in the home, gossip, judge. The only hope for children is that the parents and teachers of this world are going to have to

transform their own consciousness, otherwise they can't teach that which they don't embody.

Sai Baba has said that, "parents must feel that they are servants appointed by the Lord to tend the little souls that are born in their households, as the gardener tends the trees in the garden of the Master."

In the future every child at birth will get an astrological chart and workup done. This is common practice in the Hindu culture. Other things that parents should do is have a ray analysis and profile done on the child.

Parents also might consider having a spiritual profile done for the child by a skilled psychic or channel to determine the age of the soul, place in ladder of evolution, mystic tendencies or lack thereof. Last, a vocational profile and workup is recommended for the adolescent to determine whether this soul extension would be better suited for mental or physical work.

Parents must also understand that there is really no such thing as children. There are only adult souls living in babies bodies. Each incarnated personality has had anywhere from 200 to 300 past lives. It is also important to realize that parents are not really the parents. Parents are only the creator of the physical body. God created the soul. So in reality each parent co-parents with God.

In our modern day society this is completely forgotten and not understood. In the Hawaiian philosophy, the Higher Self is called the "aumakua". This is defined in Hawaii as the "utterly trustworthy parental self". We as parents are meant to co-parent with the "utterly trustworthy parental self", or that incarnated personality's Higher Self.

Children are born with very distinct skills, abilities, personalities, and character traits. There needs to be a fine balance by the parents of teaching, training, molding, and providing guidelines in moral and ethical training, along with also allowing the child's soul to have expression. This is not an easy job.

The best thing a parent can do in raising a child is to learn to be right with self and right with God. It is parents who have not achieved this and try to live through their children, that creates serious problems for both parties concerned. If the parents dedicate their lives to a path of God realization, then this will get energetically, and by example, programmed into the children.

Many parents are so busy that the child spends all its time at school, with friends, with baby sitters, maid, and these then become the role models from which the child learns. It is important for the parents to prepare food for their children. Otherwise they will eat junk food, and it must be remembered that this food is filled with the energy of the people who prepared it. If you prepare it, it will be done with love and filled with your life force. If other people prepare your child's food, it will most likely be of a depleting nature. Over time all these things take their toll on the four body system.

In every home there should be a little shrine of some kind, a place for prayer, meditation, repeating the name of God, reading scripture, and so on. The activating of divine qualities such as discrimination, renunciation, keenness of intellect, peace, truth, righteousness, helping others, non-judgmentalness, patience, and unconditional love should be stressed and praised. In your shrine stress the equality of all religions and all the great prophets and saints from all religions.

When children are very young it is a fantastic idea to talk to them while they are sleeping. Tell them how much you love them and how much God loves them. When they are sleeping they are in somnambulistic hypnosis. They are totally hyper-suggestable to all programming. You can even make a tape and play it while they sleep.

Fill them with thoughts of self-love, personal power, courage, strength, confidence, faith, trust, and God attunement. You can say whatever you want as long as it is positive and uplifting. If your child is having a problem, I would recommend you do this every night for two straight months. It will work wonders. The Responsibility of Teachers

Education in our present system is the term given to the art of collecting information in the objective world. The far more important task of education is transforming the nature of man into the divine. If this doesn't take place, the opposite takes place where one is unconsciously taught to live like an animal.

Too often teachers are more concerned about being paid for a job, instead of seeing the divine responsibility that has been placed within their hands. Real education is helping the child to manifest the divinity that is latent within him. It is essential that a moral fiber underlie even the worldly studies in school that need to take place.

It is also essential for the teacher to create an atmosphere in the classroom of unconditional love and nonjudgmentalness. Children must be taught the true joy of learning. If the curriculum were more balanced between worldly and soul education, I am sure this would happen.

Education has, in the past, provided the child ultimately with the goal of achieving a livelihood. In the future this will be balanced with the education to have a "life worth living". It is the teacher that makes the school or harms it. The teacher shapes the manners, behavior, attitudes, and even prejudices of the pupils under his or her care.

Sai Baba has described the educational system metaphorically like a bank. He says, "The educational system is the bank on which the nation draws a cheque whenever it wants strong, reliable, skilled workers. If it goes bankrupt, it is a national disaster." This is the situation we find ourselves in this day.

The lack of spiritual and moral training has created masses of humanity that are not whole, balanced, integrated people. They are fragmented. They are developed intellectually and physically, but not emotionally, psychologically and spiritually.

It is good that the educational system at least has given intellectual and professional training. This is not enough. It is like an apple that looks sweet and ripe to eat, but the core is rotten. Our soul is our core and true self. Parents and teachers must work together to prepare children and adolescents for the time when they move out on their own. If they have not received the proper psychological and spiritual training they will be taken over by the temptations of the lower self. As master Yoda said, "They will get seduced by the dark side of the force."

What if you have a man who is obviously highly educated, goes far in the political system and yet gets seduced by the dark side and begins to serve the Dark Brotherhood? As the Bible says, "so what that you gain the whole world (or even become president) but lose your own soul." When such a person dies it is not his

worldly accomplishments that he will be judged on, but rather his soul accomplishments.

If our teachers stray from the path of truth our entire society will suffer and it has. The true purpose of school should be also to teach the science of the soul and self, and to teach the young to transcend the lower self and negative ego.

If every teacher transformed 100 students in the ideals I have been speaking of, the entire country would be transformed. Education should open the inner eye, not just the outer eye. This is the balance that must be achieved. Prayer could be incorporated into schools that does not basically push any one form of religion or religious figurehead. The child could be allowed to choose whichever one they want on their own.

Children should also be trained in school and at home in dealing with their sexuality. They need to be trained as they get older in learning how to raise this energy into the higher chakras for use in creativity, physical strength, and mental clarity. Too much of this energy is often dissipated and/or a preoccupation at the second chakra takes place. It is only the drive to soul realization that will balance this most powerful of all human drives and instincts. The will to seek God is the only drive that is more powerful.

Two of the most important ideals that every child in school should be taught is the value of the individual and the fact of one humanity. The realization of this may require the rewriting of many of the textbooks that are now in use. These ideals will help break the stranglehold of nationalistic tendencies, separativeness, and competition.

This will foster a more cooperative consciousness. An atmosphere of love, patience, understanding will hence be fostered in all aspects of life. This will lead to an ultimate goal of world citizenship, and eventually universal citizenship. This will occur when the extraterrestrial cover-up by our government is uncovered.

Djwhal Khul, in the Alice Bailey book, "Problems of Humanity", has suggested that educators lay emphasis on the following:

1. A developing mental control of the emotional nature for children.
2. Vision or the capacity to see beyond what is, to what might be.
3. Inherited, factual knowledge upon which it will be possible to superimpose the wisdom of the future.
4. Capacity wisely to handle relationships and to recognize and assume responsibility.
5. The power to use the mind in two ways:
 - a. As the common sense mind, that analyzes and synthesizes information conveyed to it by the five senses.
 - b. As the search light, penetrating into the world of ideas and abstract truth.

It is interesting that in school educators put so much importance on IQ or the intelligence quotient. In the future they will be much more interested in the SQ (the soul quotient). I foresee a time when psychological testing may become balanced with spiritual testing in the schools, trained astrologers, psychics, channelings, and ray analysis specialists. Once we move into the golden age on this planet this is a distinct possibility although it may be 50 to 100 years down the road.

Educators will focus on the problems of youth from instinctual, emotional, intellectual, and intuitional potentiality. Currently they have made the intellectual aspect their God, to the neglect of the rest of the whole person.

Educators must understand that educating children for citizenship in the kingdom of God is not just a religious activity for the churches. This would be like saying that spirituality has no place in politics, or the prison system. Sadly enough this is exactly what has happened in all of our institutions on this planet. We have separated soul and spirituality from life itself. The whole purpose of life is to bring heaven to earth and integrate it in a balanced, eclectic, universal manner.

Psychology will be much more important in the future. Children will be taught who the central "I" is that thinks, feels, and acts. Most children and adolescents have very little sense of self. and disidentification from their emotions, desires, thoughts, instincts, and vital forces. This lack of training in psychology in schools has caused most children and adolescents to be run by their energies and bodies, instead of the "central I" causing one's reality.

Ideals such as the golden rule will be more emphasized instead of the absolute preoccupation with materialistic objectives that exist now. Instead of the training in memory, and the regurgitation of ill-digested facts, education will focus on teaching children to really learn how to think and use their minds. Finally, there will be classes on the "soul", and what it is, and how the child can incorporate and integrate it into their lives.

In the future, Djwhal Khul has suggested the creation of an international system of education by teachers from throughout the world. This would accelerate the potential for world peace by leaps and bounds. This will lead to a type of world democracy where all people, regardless of race, religion, nationality, or skin color will be seen as equals. Differences between people will be honored and respected, however the essential unity of all people emphasized.

The educators of the future will have to be more like psychologists and spiritual teachers facilitating the development of the whole person rather than just academic intellectuals cramming meaningless facts down their student's throats.

In conclusion, teachers, families, principalities, parents, politicians, ministers, rabbis, counselors, volunteer workers, must all work together to correct this imbalance in our educational system. Our children are severely paying the price for the future of our great country.

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