

100 Revelations About the Paranormal

You Weren't Taught in School



Questions You've Wondered About, but Were Afraid to Ask

by

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What you are about to read are my answers to questions that I have been asked over the years. My answers come from first-hand experiences I have had in exploring the paranormal for more than 50 years. My extensive experience in working with thousands of people in these non-conventional areas has given me a depth of understanding in not only explaining much of the phenomena, but also helping people free themselves from the negative effects of some such phenomena.

I went from not believing anything paranormal and having no psychic abilities, to highly refining my knowledge of such matters as well as developing my higher-sense perceptions.

I think everyone should be taught about these subjects as they are as much a part of our everyday lives as what people are aware of with the five major senses. For more information visit my website:
www.JonathanParker.org

Chapter 1: The Paranormal

Do you believe in supernatural powers and spirits?

What some consider supernatural, some others consider quite natural. At one time, years ago, I considered some abilities as being supernatural such as telepathy and clairvoyance which are two tools I now use regularly when helping people in my counseling sessions. To me they have become quite natural, and I also know most people can develop these abilities. I know that because I've taught hundreds of people to do them in my classes over the past decades.

The clairvoyance skills have enabled me to see with my inner eyes the nature of the energies surrounding people, but also to identify non-physical beings near or attached to people. Some are considered spirit guides, and others are relatives who have passed on, and still others are any of a variety of entities that inhabit the astral worlds. Some are positive and some are negative.

One interesting type of being I often see near people are what would be considered archetypes or actual spirit beings. For instance, I have often seen what I perceived to be Jesus near some who have had a close relationship with him. Furthermore, people were benefited by the relationship with the being that appeared as Jesus, so it was a totally positive and inspiring relationship. The positive results people experience speaks volumes.

I am quite aware that some people would have strong opinions about those type of experiences, perhaps relegating them to hallucinations or even demons masquerading as Jesus.

To those I would say I have many thousands of hours of experience in the non-physical dimensions and have considerable direct experiences in dealing with all sorts of phenomena and entities, and I can perceive the differences between beings who project illusions and those who are legitimate non-physical beings.

Beyond that example, I've seen (or maybe more accurately, perceived) all sorts of non-physical mythological creatures, Biblical characters, animals, angels, ascended masters, aliens, and even cartoon characters.

Furthermore, once these beings are dealt with, there is sometimes a very dramatic positive change in a person's life.

At this point in my life I have a lot of experience in these realms and have helped thousands of people in dealing with these phenomena. Sometimes, they call me as "a last resort" after trying all sorts of conventional approaches. In many cases, the improvements in people's lives have been so dramatic and positive, for me there is no denying their reality.

I relate all this only to inform others that there is a lot more going on around them than most are aware of. And, there are people such as myself, who are very familiar with these realms and know well how to deal with such phenomena.

Why do some deny the existence of non-materialist phenomena and the paranormal and don't have an open mind about it?

I do believe it is rational to be an open-minded skeptic, but that does not mean discarding non-replicable evidence.

Some respected scientists do accept non-physical phenomena and do research in the area, but others must keep their opinions and discoveries to themselves for other reasons.

Here's a few reasons:

1. If they admitted it their career could be threatened. Anthropologists and scientists have lost their jobs by going out on a limb on what is called "pseudoscience." They'd be looked down on by some of their colleagues.
2. They'd have to admit there is something they can't explain or understand. It is easier to dismiss the paranormal as delusions of lesser minds. So even if a scientist believes something supernatural or paranormal, or even if they've had their own experience with it, to keep their reputation they keep it quiet.
3. *The Structure of Scientific Revolution* by Thomas Kuhn discusses how knowledge in science doesn't progress slowly with gradual increments, rather it progresses by revolution. An old paradigm is overthrown and replaced with a new.

Here's the mechanism at work...

People tend to defend their beliefs, sometimes to their dying breath. That's what martyrdom is. So whether a person is defending a religious position or the belief there is nothing spiritual or non-material, it's pretty much the same mechanism at work.

Beliefs and truth are not the same, as most people continually modify or even change their beliefs as they live their lives. The reason why a person defends his or her beliefs is that they are convinced their beliefs are true, and if anyone believes something different they believe you are believing what is false.

Serious scientists know science moves through revolutionary discoveries, and yet they stubbornly defend existing models. Why? There is a human proclivity to cling to what is believed to be true and defend it vigorously. Eric Hoffer referred to this as "the true believer phenomena" in his classic book, *The True Believer*.

Even in the face of factual information and overwhelming evidence people remain stuck in what they believe. The psychological mechanism at play here is they identify themselves with their ideas and beliefs and therefore react as if they are being personally attacked if anyone disagrees. Furthermore, it is very destabilizing to be confronted with information that contradicts what you have based your life on. To defend themselves they attack anyone who proposes an alternative model.

Extraordinary Claims Require Extraordinary Proof

Skeptics will say anything paranormal is extraordinary and therefore requires extraordinary proof. More than a few million people reporting stories is not considered proof if the event can't be replicated under controlled conditions.

How many witnesses does it take to validate an observation as true? There is no number that would satisfy a skeptic. Let me site an example.

There is an experience referred to as the "life after death" phenomena that millions have reported. Their testimony is swept away by skeptics as being due to hallucinations induced in the brain. The skeptics ignore the examples that cannot be explained as hallucinations such as blind people seeing things that actually occur while they are "dead." There are other comparable inexplicable examples like this as well.

What About These Arguments?

Another argument put forward by skeptics is that there are a lot of people claiming to have been kidnapped by “little green men,” but that doesn't make the story true. I would say that neither does it make the story false.

Their claim is that the reason a scientist would see his/her career threatened by "admitting" supernatural explanations, is not for simply looking into the supernatural, but for admitting (the always) shaky evidence, suggesting a potential lack of scientific rigor.

See what I mean? The skeptic says with the paranormal it is always based on shaky evidence. The skeptic does not even accept the level of evidence that would easily stand up in any court of law. What they object to is they can't produce it on command under their laboratory conditions, or measure it with their instruments, and therefore they summarily dismiss it.

There is a lot of testimony about extraterrestrials from thousands who have such memories. Much of the testimony is unique and not based on Hollywood movies.

John Mack, M.D. was a well-respected Harvard professor who researched this subject extensively and concluded that many people had, in fact, been abducted. His book on the subject is *Abduction: Human Encounter with Aliens*. Another well documented book is *Walking Among Us* by another respected college professor David Jacobs, PhD.

To educate yourself more on unconventional science, read Michael Cremo's book *Forbidden Archaeology*. He has numerous examples that simply cannot be explained by our conventional theories of evolution or history. For instance, a gold necklace was found in a lump of coal. Obviously, it was created by intelligent life, but it was buried in coal. Coal is generally recognized as being formed around 300 million years ago; long before any humans were supposed to be around.

There were a lot of anomalous findings in archaeology in the 1800s that were reported in scientific journals. Shortly after the turn of the century, however, most of those type of findings were suppressed—some by our revered Smithsonian Institute.

Most skeptics do not have first hand experience with the paranormal, and they tend to ignore evidence that is there. The evidence is growing everyday, but skeptics do not accept it.

One of the most challenging tasks is to admit to yourself that a belief you have held and even based your life on is not true. It totally spins you around and undermines your sense of stability and reality.

For many people that is far too much to accept, and it is more comfortable for them to remain in their intellectual positions of what they believe is true, and they will not entertain anything otherwise unless and until it is demonstrated repeatedly to their satisfaction and under their requirements.

How can I explain metaphysics and the paranormal to my family and friends without being considered a nut?

It would be a good idea to practice your answers before you have such conversations. To some extent the language you choose will affect how people regard what you say. I would suggest starting the conversations on topics that are less controversial and use explanations that leave the door open for alternate viewpoints.

Many, if not most, metaphysical concepts can be explained with the functioning of the subconscious mind or quantum physics. The book *Holographic Universe* by Michael Talbot explains paranormal events, psychic phenomena, and mystical experiences from a scientific viewpoint. Almost any book on hypnotism will give you an understanding of the subconscious mind and how it influences our lives.

What are alternative ideas about the afterlife and for what happens after we die?

What is sometimes called the law of attraction states that like attracts like. In the case of a person's experience after death that a person will be drawn to whatever the predominant characteristics of their consciousness are.

The non-physical realms are stratified by the consciousness levels unique to that realm. You can find "worlds" with everything from hell to heaven and everything in-between. A person will eventually settle into whatever environment best reflects their beliefs, needs, and consciousness.

When a person first passes over, their experience is usually dependent on what they expect or what they have been experiencing just prior to death. In some cases, that could mean a peaceful resting place where they are healed of whatever caused them to die, and they are rejuvenated prior to moving on. There are spirit beings and guides there to assist with each step of the way.

Chapter 2: Past Lives & Reincarnation

If humans have an immortal soul, and reincarnation is true, how does the population keep increasing?

If the Earth were the only planet supporting intelligent life that would present a quandary. However, estimates that scientists are now conjecturing put the number of habitable planets in the trillions.

Michael Newton's excellent book, *Destiny of Souls* has accounts of people living on Earth today who have also lived on other planets. In some cases, they provide rather detailed accounts of the experiences.

Newton's books also describe places where new souls are being born on an ongoing basis which could account for there being more than enough souls to go around with an increasing population.

Is it possible to have a past life from another world?

I have certainly run into quite a few people who have memories of other worlds. I know, some think they are hallucinations or false memories, and undoubtedly some of them are.

However, I have a unique perspective because I am able to intuitively see the subtle energies around people and in some cases find they have patterns in their aura that are not of this world.

Often when I tell them what I'm seeing they typically respond with something like this, "I know, and I've never told anyone that because I was afraid they'd think I'm crazy."

In some cases, their astral body looks alien. In other cases, they have structures that carry over as appendages or attachments to their astral body. It is quite common for these subtle-energy structures to be responsible for physical problems.

I can only tell you that I've helped a lot of people in this category adjusting to life on Earth, and they feel validated knowing that I am able to see aspects of themselves others are not aware of.

Do you personally have memories from what you believe is your past life?

I actually have quite a few memories that have surfaced over the years and I'll relate one and how it happened because it did not involve doing a past-life regression.

Several years ago I went for a series of treatments called Cranial-Sacral Therapy. This is a very relaxing and stress reducing treatment that is done with a very gentle touch. As I was laying on the table, drifting in and out of consciousness, the therapist was focusing on some areas of my spine and neck when the most vivid visions opened up. It was almost like I was reliving an experience from about 1,000 years ago.

It was a complete immersion in a full color 3D lucid memory of being a religious figure interacting with other clerics. I related my experience to the therapist as it was unfolding and was told this is quite common with this type of therapy.

Apparently, the subtle-energies the Cranial-Sacral Therapists use can release memories stored in our subtle bodies. This experience was not only vivid, but had a "ring of truth" for me. It seemed familiar. Can I prove it was a past life? Of course not, but as with any past-life memory it represents some aspect of our consciousness we can learn something from.

Can a psychic confirm who I was in a past life?

No psychic is 100% accurate, so asking if a psychic can confirm your experience may not be 100% reliable. However, if you find a reputable psychic who is well experienced and you do not tell them details about what you suspect may be your past life, then there could be a higher level of reliability if they corroborate what you experienced.

You may need to give the psychic some information to get started. Since we've all had many past lives the psychic would need some general direction of where to explore. For instance, if you say you'd like the psychic to look at any past lives you've had in ancient Egypt, that would narrow the options and increase the likelihood of finding the past life you are wondering about.

Is there a way to remember details of a past life without hypnotherapy?

Generally, you'll get more details with an altered state exploration, but if you are averse to that, you can get some information through other means.

Your current life gives you hints about a past life. Just about every experience a person has is somehow rooted in a past life because the energy is set in motion in a past life and carries over into this life.

As you look around at what you are attracted to in terms of art, food, style, and history you'll have other clues. For instance, if you tend to like a particular style of furnishing that can be an important insight into where you've lived a past life.

Do you like traditional furnishings, French Provincial, or modern, etc.

What kind of art do you favor?

Do you collect certain types of pictures on your walls or on your computer?

What are your preferences in food?

Are you more drawn to any particular time in history.

What you love, what you fear, what you feel most comfortable with, and what you avoid are also all clues.

If you journal (write in a notebook) about those areas asking yourself to describe those areas in as much detail as comes to mind, you'll have more insights.

What is it like to go through past life regression?

Past-life regressions when done in a group or with a guided session on an audio recording usually produce limited experiences. On the other hand, past-life regressions done under the guidance of an experienced and skilled therapist can result in important and vivid experiences.

I have both been through regressions and lead them with groups and individuals. I find them curiously interesting, if not conclusive, but they usually give the person experiencing them insights into their life which they find helpful.

I have personally had some regressions that were extremely vivid and detailed. In some regressions it was like reliving a scene from another time. I was in the scene, not like watching a movie on a screen.

In some regressions I held an idea or question in mind that I wanted the regression to answer, such as gaining some understanding on a relationship I had in this life.

In the regression I interacted with people around me in conversations asking questions and receiving answers. Everything was three-dimensional and in full color. Some things that happened surprised me as they were completely unexpected, much like life and not knowing what another person would say or do. Some of the people I interacted with I did not know, and in other cases, I had the sense that they were people in my life now, or had been in my life.

They often have revealed details about historical times I knew little or nothing about which tends to be validating, but I do not form absolute conclusions about anything obtained this way.

Could they be hallucinations? Of course they could be. How can anyone prove otherwise, but that is besides the point. Was I helped by the experiences? Did they give me insights about my life and situations I found helpful? The answer to those questions is, yes.

So whether what is experienced is symbolism generated by some part of the brain, or an ancestral memory being triggered doesn't matter. Whether what is experienced is a memory of some aspect of who I was, is at best interesting in that it provides a context for some of what I experience now. But whether it was an actual real lifetime is really irrelevant to who I am today because whatever I experience in this life is a product of what I believe and energize in this life.

How can you remember your past life without doing past life regression with a professional?

You don't need a professional to regress you, but it is helpful to have someone guide you. It is not a complicated process at all.

If you try doing it on your own, your results are less likely to be as vivid or detailed. If you have not done guided visualizations or meditations previously you may need to try this a few times until you are relaxed with knowing how

the procedure works. The more familiar you are with how this works, the better the results, so be patient with yourself and explore it numerous times.

The person guiding you through the process just needs to give you suggestions to relax for a few minutes. Then by asking you leading questions and follow up questions it will help you explore details of your experience.

Below is a rough outline to follow and is very brief. You'll want to expand on these suggestions and modify them according to the type of responses the person being guided is giving. It is helpful to have a subject or issue in mind that you want to explore through the regression.

Sit back. Relax. Take a deep breath in through your nose...hold it....and release it slowly out your mouth. Feel yourself relaxing.

In a few moments you will be very deeply relaxed.

Relax your face by separating your teeth slightly, and feel yourself relaxing more deeply.

Let your shoulders relax and drop as you let go more deeply.

Take another deep breath in through your nose and release it gently out your mouth.

[You can add additional relaxing suggestions here such as relax your arms and legs, soften your abdomen, feel peacefulness filling you, etc.]

Now take another deep breath and ask your inner self to show you a moment in this present lifetime when you are feeling [or experiencing the issue you want to explore. For instance you could choose feeling alone, unloved, angry, etc. but choose only one for this regression].

Become aware of who is around you. See their eyes, feel their presence, hear their voice. If you are alone, feeling unloved, or angry become aware of that also. Be with the feelings and notice what you remember and what you felt.

Now, take a deep breath and ask your inner self to carry you over to another life in which you are experiencing the same type of feelings [of being alone, unloved, or angry, etc.]. Hold the intention to tune into the same type of feelings or reactions.

Become aware if you are alone, or if there are others with you. Look at them and see if you recognize anything about them... anything at all, as someone you know in your present lifetime.

Who do you recognize?

Ask yourself if you recognize anything about them as someone you know in your present life. Understand completely.

Describe for me what you are experiencing.

Describe something that happens to you.

Describe more details of what you are experiencing.

What is your connection with him/her?

Look and see. Have you known them before?

What is the other person thinking?

What is their attitude?

What agreements were there? Were they ever broken?

Take a deep breath and as you exhale ask your inner self to carry you forward in this present lifetime to the present moment here in this place and time.

Acknowledge that your memory is clear on everything you have experienced in this session and you bring all the memories with you into your everyday life.

Move your fingers and toes, and feel yourself returning to your normal state of awareness.

Draw in a breath again, and as you release that breath, whenever you are ready, allow your eyes to open, very, very gently, feeling wide awake, refreshed and very alert.

Chapter 3: The Supernatural

Can we attain supernatural powers by meditation?

Psychic abilities sometimes emerge spontaneously after practicing meditations for months or years, but they are not the goal of meditation. Passive meditation methods usually don't develop psychic or supernatural abilities.

If you want to develop those abilities there are practices you can do that can enable most people to become more intuitive or sensitive to subtle realms.

The best way to develop those abilities is to take classes designed for that purpose as they are not as likely to develop with understanding and refinement working on your own. Working on your own, you could meditate for years and never develop any of the abilities, so you need a good teacher and a lot of patience and practice.

On the other hand, there are plenty of stories of advanced practitioners of meditation who are said to have developed extraordinary abilities. For the most part, those people lived in far Eastern remote areas many years ago, and those stories are not scientifically validated, so whether they are believable or not must be an individual's choice.

There is some evidence of extraordinary powers that to this day are still inexplicable through any conventional explanations. One such example is Padmasambhava who lived in the 8th century and was able to leave impressions of his hands and feet in solid rock. Some of those impressions can still be seen today. No one knows how that was done, but apparently he also had students who could do the same. Most of the siddha powers often quoted are apparently quite rare or possessed by those not available for public scrutiny, so the stories are difficult to validate.

Another issue that confounds any discussion on this topic is the fact that there have been many who developed skillful means of deceiving people. Some have developed abilities of astute observation, the power of suggestion, distraction, slight of hand, or employed camera tricks.

There is also an interesting field effect that some mystics have been able to employ to project illusions around themselves creating the appearance of levitation, manifestation, facial and clothing changes, fragrances, mysterious appearances of lights, the earth shaking, visual illusions of the stars moving in the heavens, and many other spectacular illusions.

Naturally, if any of this were on camera nothing would be seen other than the mystic, but when in the presence of the subtle field of the mystic some manifestations appear.

Not everyone in the presence of such mystics have the mystical experience, nor does everyone perceive the same phenomena. The subtle-energy projections of the mystics creates a distortion field which each individual interprets somewhat differently.

Why don't psychics win all the lotteries?

The future is always written in pencil--In other words it can always be erased and changed up until the moment of manifestation. Lotteries are played by many millions of people all projecting differing energies on the outcome. When a psychic attempts to attune to the future numbers they are flooded with the conflicting energy patterns of all those playing. They may get a true reading for that moment, but it could change the next moment.

What is the role of diet on spiritual realization?

If a person gets exercise and has a healthy diet, the mind will work more clearly and the energies will flow more freely through the brain, mind, and body. Poor diet can cause a person to have a foggy mind and be less present.

Generally, fruits and vegetables will help create more of a lightness of being and assist with enabling spiritual realizations; however, since everyone's body has differences, you should determine your constitution and follow the guidelines prescribed. Ayurveda describes the characteristics of each body type with dietary and lifestyle recommendations.

One of the objectives of Ayurveda and yoga practices is to maximize health in order to prolong healthy life in order to accomplish as much as possible spiritually. You'll find good guidelines at the website www.MotherOfHealth.com

When seeking guidance, how can one know whether what is received is from God, a higher source, or your own mind?

Higher guidance always has one goal and purpose to further your spiritual progress. Life will always present you with what you need most. How you respond to it determines what is presented next.

Learning to clearly distinguish Higher guidance from the background noise of your own thoughts and the thoughtforms of others is a skill which takes time and practice over months and years.

Practice listening to your heart, for that is where the divine lives in you. It helps to put your hand over your heart area, close your eyes, relax, focus on your heart area, and ask your questions. Let the answers gently rise to your awareness.

If you leave your body when sleeping, can you direct yourself where you want to go?

This is a skill that can be developed. One way to start is by using the techniques for inducing lucid dreams. This consists of programming yourself before you fall asleep to have a particular type of dream and to be in conscious control of it. You can then play affirmation programs or self-hypnosis programs while you sleep to help reinforce this programming.

Are lucid dreams the same as astral projection?

As generally used, the term "astral projection" refers to a projection of the astral body with a degree of conscious awareness. It may be induced or spontaneous.

Many lucid dreams are actually astral projections. Yes, the astral body can separate from the physical body during sleep, but in most cases it remains close to the physical body.

A lucid dream is one that you have conscious awareness of while it is happening. Some people use lucid dreaming techniques similar to deep meditation. To learn more about how to do this look into lucid dreaming. Steven LeBerge has written books on the subject.

Is it possible when you are out of your body, for another spirit to take it over?

It depends what caused you to go out of your body. Excessive drug and alcohol use, and sometimes accidents can make a person more vulnerable, but there are usually other factors at work as well. For a normal healthy person following basic meditative procedures to induce an out of body experience, there is very little danger. There are a few protective procedures that insure safety, and these are usually discussed in books and audio programs on the subject.

What is a believable supernatural experience you have had?

This is a tangible paranormal experience that both my wife and I had years ago. We were both in our bathroom which has a very large mirror 3' X 8" and it was steamed up. We were talking to each other when my wife, who was facing the mirror, said she saw a man in the mirror. For some reason it didn't register with me what she was referring to, so I kept talking.

Then a minute later she said again that she saw a man in the mirror and when I turned around sure enough there was a clear image of not just a man in the mirror, but a whole scene began unfolding.

It looked like a king with a scepter in one hand was standing in front of a robed person and it seemed like a ceremony was taking place. Behind the king there appeared a unicorn and above the two people there was an angel.

The images were etched in the steam and were in color and 3 dimensional somewhat of like a hologram. I am not an artist by any stretch so I grabbed a felt pen and traced what we saw on the mirror. The next day I had an artist come in and reproduce what we had seen.

The question I am often asked when I tell people about this is could anyone have seen it? The answer is yes, it was clear, vivid, and lasted close to an hour before disappearing. It never occurred to me to try to take a picture of it, and I've kicked myself ever since, but at least I have a fairly good artist rendition to remind us of the experience.

The pencil drawing I have is a small 8" X 10" and it is nowhere near as dramatic as what we saw. Remember it filled our large mirror.

Neither of us had ever had any experience like that before or since. Nor do we know why it happened or what it meant. My wife did say she prayed that morning to know there were angels watching over her, and that is the best explanation we've ever come up with to explain it. Below is the drawing the artist made of what I traced on the mirror. Of course, this pencil sketch doesn't do justice to what we experienced, but it does give you an idea of some of the detail.



Can humans talk to spirits?

Some people do seem to have an ability to communicate with non-physical beings. One problem with this is that the communication is rarely, if ever, 100% accurate and verifiable. This is due to the fact that the communication is telepathic and often symbolic which the person has to interpret.

Legitimate psychics who do this type of work have to ask leading questions in an attempt to get clarity on what they are seeing, hearing, and feeling. This leads skeptics to say they are doing “cold reading” and while it may appear that way to skeptics, that is not the case with legitimate psychics.

This whole subject has led skeptics to ridicule those who claim such abilities, but the vast majority of skeptics have never sufficiently explored the paranormal to have first hand experience. The very nature of being skeptical can preclude being able to have paranormal experiences, which confounds them and strengthens their ridicule of those who do have such experiences.

What was the most powerful disillusion you've ever experienced?

Several years ago, after leading a meditation retreat for a week in Sedona, Arizona, I experienced a dramatic consciousness shift into the present moment that was very disorienting. This is often referred to as being in the now.

Being in the now is considered an important awareness since both the past and future are illusions and not actually real.

What happened to me was being in the now to the extreme. I found myself unable to think what transpired the moment previous, nor could I think of what I should do next. I was absolutely in the present moment unable to function. I was unable to drive my car to even get something to eat.

So I had to postpone my drive home and was basically stuck in my rented apartment for a couple of days waiting and hoping I'd integrate this shift. After 2 days I finally settled and integrated the energies sufficiently so I could function normally enough to drive home.

The after-effect of this is that I have been completely in the present moment ever since. It is automatic and I don't have to work at being mindful. So I've shifted to sustained present-moment awareness all the time.

Does a chakra stay open once it is opened?

The chakras are like computer storage and processing centers of every thought, belief, and emotion. Most people have a lot of stored history of pain, struggle, and suffering in and through their chakra system. That is what causes chakras to close down.

When you eliminate what causes a chakra to close down it will stay open and freely allow energies to flow. If you use methods to forcefully open a chakra it not only will close back up, but it could also cause some uncomfortable reactions.

This is why some people have negative Kundalini experiences in which energies are driven through the chakras which cause them to "fire" or trigger the fixations and emotions held there. For more details on this phenomena see Bonnie Greenwell's book, *Energies of Transformation*.

So whatever method you are using to open your chakras, I suggest you do so gently and gradually. It is best to address the issues unique to each chakra and apply methods of healing and releasing. You can do this with guided meditations designed to clear anything negative in your chakras. I have a program of 12 guided meditations to assist with that. It is titled *Chakra Healing*.

What is the meaning of seeing the number 11 frequently everywhere? Is it related to spiritual awakening?

Seeing certain repeating numbers appear frequently seems quite common. Some see 444 in various configurations such as 4:44. Repeating patterns of the number 3 also seems common, but the most common of all I've heard and personally experienced is 11. Especially, 11:11

Scientifically minded people will say it is coincidence or that a person just remembers that sequence more and therefore assumes it is appearing more often than it actually is, and isn't more common than any other number.

Any non-conventional explanation would be speculative, but it does seem to be more common with spiritually oriented people. Some have suggested it is an indication that spirit guides and angels are letting you know they are present.

What does black and grey represent in the Chakras?

Colors in a person's energy field need to be explored individually as general explanations may not be the actual reason a person has a particular color.

That said, the most common interpretations I find with gray in an aura or chakra generally indicates sadness, disappointment, or depression. It can also indicate other foreign energies in a person's energy field that are just clogging up the natural healthy flow of energy.

It can create confusion or "cloudy thinking," or forgetfulness. The energy could have been accumulated from being around others who have negative energy.

Black in an energy field is not a good thing. It indicates strong negativity such as hostility, hatred, bitterness, deep disgust, strong anger, or something severely wrong with a person's health.

Is it possible to have telepathy with a stranger we've never met?

If a person has developed psychic ability including telepathy, that person is often able to telepathically “read” some thoughts of another. They may attempt sending messages as well, but if the person receiving is not sensitive, they wouldn't be likely to understand the message.

The process is not like talking audibly to a person. It is usually more subtle and often comes in bursts of thoughts or even pictures or symbols.

As with all psychic abilities they take considerable practice to refine. For those who have developed such abilities they can attune to the energies and mind of anyone whether they know them personally or not.

If you miss someone a lot do you send actual energy or vibes to them?

Every thought accompanied with emotional content projects a “thoughtform” toward the person who is the object of the thought. The content of the thoughtform is determined by the thoughts, beliefs, and feelings the person has. For this reason it is a good idea to always think loving, kind, and healing thoughts to others.

For those who are new to meditation, what changes can a person expect to see with a daily meditation practice?

The type of meditations in my book *The Soul Solution* are of a proactive nature as opposed to passive forms of meditation. Each meditation contains a sequence of prayerful intentions to help form deeper integrations with one's spiritual nature.

The qualities often admired in saints begin to emerge automatically for they are the nature of the soul within us all. A meditation practice can lead to a progressive diminishing of disturbances physically and emotionally, while there is also an emergence of enriching qualities such as deep peace, unconditional love, sustained happiness, and beautiful spiritual awakenings. For most people, it takes years of dedicated meditative practice to sustain the experiences and realizations that emerge from meditation.

If dreams are astral experiences then why do blind people not experience being not blind in dreams?

Most dreams are driven by subconscious beliefs so it wouldn't be surprising that blind people do not have dreams in which they do see. Most dreams are also not astral experiences; that is a more rare and specialized form of lucid dreaming.

There is another phenomena that adds credence to the reality of a non-physical dimension that relates to the astral plane. There are some who are blind and some who are deaf who reported being able to see and hear while having near-death experiences. It is pretty difficult to explain these occurrences as hallucinations since what they reported was very specific.

The most comprehensive book on the subject is *The Big Book of Near-Death Experiences* by PMH Atwater

Does psychic healing work?

No form of healing works all the time for all people, but there is certainly no end to anecdotal examples of it working. You could say the same for any form of healing including conventional allopathic methods.

The answer depends to some degree on the condition a person is wanting healed. For instance, a painful emotion can often be reduced with psychic healing methods, whereas a condition in which there is physical damage to the body usually does not respond as well.

In some cases, the person's belief system also plays a role. If a person is a disbeliever or a skeptic with some cases they will be less likely to have improvement because they are in resistance. On the other hand, if a person is very open and receptive to receiving a positive benefit, they are more likely to have a benefit.

Another factor is the type of psychic healing being done. There are a lot of different forms of energy being used in psychic healing and the results can vary depending on the skill and experience of the healer.

For instance, if a person is merely having his or her aura cleared, they may feel lighter and uplifted, but a condition might not be cleared. If a psychic healer is sending healing energy such as reiki or pranic healing, the recipient may feel a sensation or feel relaxed, but the condition could persist.

In other cases, if a person's condition were being affected by or caused by a subtle-energy pattern, then the condition could go away.

There is no absolute answer to this question, but many conditions have subtle-energies that either cause or contribute to them and clearing them enables the body to better heal itself.

Can you describe a “psychic healing” you’ve done?

I particularly remember one elderly lady I had known for years who was having a gall bladder attack and asked me to come to the hospital immediately to pray for her. I rushed over and found her in severe pain and waiting to be scheduled for an operation.

As I followed a Biblical method of laying on of hands with fervent prayers for her complete health and wholeness, she suddenly exclaimed, “Wait. The pain stopped.” I had barely begun my prayer and had no sooner put my hands over her when the gall bladder attack stopped. She sat up with a smile saying, “I know I’m healed!” She was right. She never had a problem with her gall bladder again.

Since I had her in such a positive state I asked her if she wanted me to pray for her chronic diabetes, which I knew she had suffered with for many years. But she forcefully told me, “Oh, no. God would never heal me of that. I’ve had that too long.” This particular instance always perplexed me. It stands out in my memory because even though she had just experienced such a dramatic healing, she still did not have sufficient conviction to be healed of her diabetic condition.

Another curious phenomenon I observed was people who were instantly healed of a cold or flu. I would usually do healing prayers for people after church services every weekend and invariably a few came with colds or other more “minor” problems. Sometimes people would experience immediate relief, but other times they wouldn’t.

After keeping track of literally hundreds of cases, I realized that those most likely to experience a healing of the “minor” problems were children or adults who were new to the concept of healing and did not have resistance or preconceived ideas about what could be healed or what couldn’t.

This next example is one of the first I ever experienced several decades ago, but I remember the day clearly because of the circumstances. At about 4 a.m. I was awakened by the phone ringing, wondering who would be calling me at that hour. On the other end of the phone was a frantic father telling me he was at Children's Hospital in Los Angeles and his new born baby was seriously ill and could die and the doctors wanted to operate.

I had just moved to California and I was a considerable distance from the hospital and had no idea how to find it, so I told him not to worry because I would pray and do a healing treatment that would be as effective as if I were there personally.

I immediately closed my eyes and did a healing treatment. Four hours later the father called me again to say that as the doctor and nurses were wheeling the baby into the operating room, the doctor noticed the baby was no longer having difficulty breathing and color was returning to him. The father related how the doctor observed the baby return from near death to a healthy state in fifteen minutes. The baby did not even need any other therapy and was discharged later that day. The father reported that the doctor said they had all witnessed a miracle.

When I did the healing work on the baby, I still remember being able to clearly see the baby before me as I held my hands over him. I watched as his little body became brighter and brighter with light, and I knew when I was done he had been healed. By this time my wife was up and saw me in the darkened room making strange swirling motions with my hands in the air and asked me what I was doing at 4 a.m. I had never done anything like this before, but healing practices became a newly awakened awareness and ability that I have used many times since that morning.

THREE OBSERVATIONS

I learned three important observations from these and many other related experiences.

- ◆ One, I didn't need to be present for a person to experience healing.
- ◆ Two, in some cases people have blocks that prevent them from receiving the healing they need.
- ◆ Three, I was somehow able to see people at a distance that I was doing healing work on and this helped me greatly in knowing where to focus the healing energy.

As time went on, I gradually found that when I was counseling people, I would sometimes see patterns of color and images around them. For instance, I remember Barbara, a middle aged lady who told me she had a chronic distracting twitching in her neck for many years. She had actually come to talk to me about a problem she was having in her marriage, but as I was watching her talk, I noticed what appeared to be a faint spectral image of a rope around her neck.

I told her to close her eyes and put her attention on the feeling in her neck. She immediately began to feel a tightness and a choking sensation and her neck started to spasm. I could still see the image of the rope around her neck, and I started brushing it off as if I were trying to shoo it away with my hand and to my surprise her neck stopped twitching.

She later told me that she believed she had been hung with a rope in a past life and I was seeing the latent image of the thoughtform that was still with her due to her strong emotions about it. Even though she did not have this past-life belief before her session with me, as I was clearing the image of the rope off of her, she said she had images which she believed were her past life memories. In any case, the problem with her neck was gone.

Chapter 4: Extraterrestrials

Would the discovery of extraterrestrial life undermine religion?

It would undermine some religions, but the Catholic Church is already addressing the possibility by announcing they would accept it.

Missionary Christians would likely think it is an opportunity to bring Jesus to the aliens, so they'd probably embrace the opportunity.

The problem that would arise is the religious/spiritual beliefs of the aliens would undoubtedly be quite different from any conventional religion on Earth. They also would no doubt have a different story about creation and the nature of the Universe.

Some fundamentalist and traditional religions would feel threatened, while indigenous religions would welcome it.

Have you ever seen anything that absolutely made you believe in alien life?

If you've ever seen a UFO you know you've seen something beyond public knowledge, possibly from another world. I've seen dozens of different craft with characteristics that cannot be explained by conventional physics such as right angle turns, responsiveness to thought direction projected at the craft, extreme high speed, and massive size. I'll share one story with you here.

About 15 years ago I was at Mt. Shasta in California with a group of about a dozen people. In the evenings we'd go up on the mountain to look at the stars and for several nights in a row we saw lights moving across the sky in a steady trajectory we at first thought were satellites.

Then we discovered that if we projected a thought at the light (UFO) it would change direction according to our thoughts. We watched several of these lights making right angle turns at the precise instant we requested them to, and then we started asking for more complex patterns like spirals, squares, 180 degree turns, etc., and the lights would do that for hours.

The first time it happened we couldn't believe our eyes, but after taking turns requesting the craft to alter course we became convinced we were either seeing something extraterrestrial or something so advanced and secret that the public has no knowledge of.

I can't prove it was extraterrestrial, but the precision of maneuvers and instant responsiveness to our thoughts indicates something highly advanced. My wife and I have since seen this same phenomena over the years.

Have you seen a UFO and what happened?

I've seen dozens of UFOs. In fact, I have pretty much lost interest in just seeing lights in the night sky, but the one I'll tell you about now is quite different from what you usually hear about.

The most dramatic visual experience of UFOs I've ever had was in Sedona, Arizona in 1993. It was about 9 in the evening and I went outside my motel room for some fresh air before going to sleep. The motel I was at was on the side of a hill looking toward Coffee Pot Mountain and Boynton Canyon.

I closed my eyes and leaned back against my car in the parking lot and in a few minutes I was startled by a bright light. I thought there was a car coming toward me in the parking lot, but when I opened my eyes there was no car, but there was a very bright light in the sky.

What was peculiar was I could see the light source with my eyes open or closed, but the person with me couldn't see it. To this day I do not know or understand why I could see it and my friend couldn't.

The light source was about the size and shape of the way a full moon appears in the sky and about 30 degrees above the horizon and several miles from where I was observing. It reminded me of a geodesic dome as it had some geometric structures to it. Others familiar with this have described it like a soccer ball. It was mostly bright white but there were other vivid colors as well.

The circular object opened a full-length vertical slit and more light poured out. It was then that I noticed a large spaceship right in front of the opening, and when the disc opened fully and the ship went into the circular object.

That was when I became aware that there was a whole group of ships lined up waiting to go into the disc. The thought struck me that this must be some sort of stargate or portal to other dimensions or locations in the universe.

I watched for about an hour and a half as dozens of ships of all sizes went into this “stargate” and disappeared.

After one ship went in, the disc would close for a minute or two and another ship would line up in front of it, and the disc would open again and the ship would go in. It reminded me of an airport with planes waiting on a runway for their turn to take off.

Some of the ships that entered the disc were fairly small about the size of a car, but some of them I estimated to be at least ¼ mile long.

There was a wide variety of styles of the ships as well, but I did not see a single flying saucer style ship. They reminded me of space ships sometimes seen in science fiction movies.

The next morning at breakfast at the Coffee Pot restaurant there were a number of people excitedly talking about it, so I was not the only one witnessing it. David Wiccock describes something very similar in his book, “Ascension Mysteries.”

What is an interesting stories about humans meeting aliens and aliens visiting earth?

There are certainly a lot of stories about aliens, but in this day and age it is nearly impossible to separate delusion from what might have been an actual contact.

One example that has some information hard to dispute is Billy Meier. There is some controversy on some of his claims, but some of it is also quite compelling.

Perhaps one of the most challenging to dispute is concerning quite a few prophecies he made in 1958 that were very specific with people’s names and dates of what would happen years in advance. He claims this was told to him by non-terrestrial beings. The best book on the Billy Meier story is “And Still they Fly” by Guido Moosbrugger.

Why do ETs incarnate on earth?

Each soul chooses what is best to further its evolution. Earth offers a wide variety of experiences and humans have some unique characteristics. One reason I have found quite a few times is that humans have a somewhat unique capacity for feelings.

Some ETs who don't have a developed feeling aspect recognize that through feelings they can accelerate their evolution. It is our human ability to feel that enables us to have a complete and balanced spiritual unfolding.

Without feelings a being is relegated to intellectualizations. When an ET incarnates in a human body and they have not had experiences previously with feelings and emotions, they can find the experience quite foreign and challenging. This can cause them to be stunted in their emotional and social development until they acclimate to the new sensations.

Are humans scary to aliens?

There are those who say there are many thousands of alien species of many different sizes, appearances, and dispositions, some of which would no doubt regard humans as scary.

Just as humans find some animals and insects scary, some aliens would find humans scary. If a human were much larger than an alien and looked very different from the alien it would be natural for the alien to regard the human with caution or aversion. On the other hand, if an alien were much larger or more advanced than a human there would probably be little to be afraid of.

Chapter 5: The 3rd Eye

What is the significance of the 3rd eye?

The third eye is the common reference to the sixth chakra which is located behind the point between and slightly above the eyebrows. It is called the third eye because the sixth chakra is the center of clairvoyant (psychic) vision.

The sixth chakra governs ability to visualize, see colors, pictures and images. It is also where you see your path in life. You connect through the 6th chakra to the collective unconscious, mass thoughtforms, and archetypes.

The sixth chakra is the source of judgment. Integrity, honesty, and discernment. It is the center of trust, guidance, intellect, wisdom, imagination. unity, clarity, balance, aspiration, and serenity. If is open with no blocks along with the first 5 chakras, then ideas will materialize without obstruction.

The 6th chakra affects: The lower brain, eyes, ears and nose problems, sinuses, Inability to see clearly, lack of spiritual understanding or vision, problems with eyes, pituitary, hypothalamus gland, headaches. Fog, dimness, conceit, deceit. Confusion, semi-conscious, living in a fog, unclear mind, an intellectual approach to spirituality. Intellectual pride.

What are the advantages of opening the third eye?

The third eye is merely an instrument that gives access to refined energies. Since everyone has a third eye, with practice and utilizing third eye exercises, anyone can learn to open it and refine the ability to utilize what it offers.

What you see with clairvoyant sight can be colors, pictures, visions, auras, chakras, as well as inspirational and spiritual dimensions. For instance, a clairvoyant can often perceive the chakras and aura energies around people, plants, and animals. Sometimes they also have the ability to see non-physical realms including angels and other dimensional beings and objects.

As the clairvoyant sight opens more, you will see energy fields like clouds surrounding a person 10 or 15 feet from the person's body. Sometimes these fields extend much farther. These colorful layers of energy are what make up the biofield or aura around a person and they carry a lot of information.

One of the aura layers is known as the mental body which carries the beliefs and conclusions from life experiences, while the aura layer known as the emotional body carries pictures and emotional energies of the experiences.

It is not necessary to open your third eye or be clairvoyant to become spiritually enlightened, but it does expand your perceptions. An open third eye with understanding can be quite useful in clearing blocks, issues, and limitations, releasing karma, discovering information from your past, and exploring new and higher levels of consciousness.

What gifts do you get from opening the third eye?

If you want to learn to see someone's aura, or angels, or even your own subtle energies you will have to learn to open the third eye. This is not for parlor tricks or to impress anyone, but is an skill that can change and enrich your life.

When the third eye is opened a person is able to perceive subtle energies in the form of pictures and symbols. As the third eye opens more and more the light emanating from the third eye grows stronger and wider. Soon the person's forehead appears bright and radiant.

In the beginning stages of the third eye opening, colors are seen and indistinct images are perceived like looking through a steamed window, or like looking at something through heat rays on a hot summer's day; they are indistinct. With experience these images become more and more clear, and the energies underlying physical reality can be perceived. Some clairvoyants say that what they see with their clairvoyance is more clear and vivid than what they see with their physical eyes.

When do you know if your third eye is opening?

Some people have spontaneous 3rd eye openings but even in those cases considerable guidance is need to understand what is being perceived and, more importantly, what to do with what is seen. In the beginning the most common experience is to see color patterns, but with more practice images become more distinct.

If you are interested in the visual ability you can enhance your abilities by practicing visualizations. They help you get familiar with visual images.

Often what is perceived with the 3rd eye is symbolic and may not be as vivid as seeing with physical eyes, especially in the beginning. It takes practice to learn to interpret what you see. Most people who develop the skill spend many hundreds and even thousands of hours practicing.

How do I open my 3rd eye chakra?

To begin getting visual impressions intuitively most people benefit from practicing visualizing. This can be done in a number of ways, but it is important to recognize that "seeing" with the "mind's eye" is different from seeing with your eyes open.

Visualization Doesn't Necessarily Mean Visual Images, however. The variation is because people's minds work differently. Some people are more visual thinkers and can generate detailed mental pictures, colors, and images in their minds. They can actually close their eyes and see vivid mental "movies."

Others are conceptual thinkers, who don't see "movies" but receive conceptual impression, ideas, feelings, inner knowing or realizations. Some people receive a combination of images and impressions, falling between the two extremes.

Avoid expectations about how your imagination works, and don't worry if at first the images are vague. Fixed expectations or worries about whether you're doing it right tend to block impressions. The idea is to be completely open and receptive to whatever images or concepts come to your inner mind.

When you first begin your program, you may find yourself arguing with some of what you are imagining saying, "This is just not me," or "I'm just making this up." Don't worry if this happens. It happens to most people and is simply your mind responding to the old subconscious programming it has been repeating for so many years. As time goes on, the negative self-talk will grow less and less, and your abilities will grow greater and greater.

Practice makes perfect! Your ability to visualize or imagine will improve remarkably the more you practice! It makes no difference how your impressions appear. Just as each of us imagines in a different way, each person has his or her unique way of visualizing.

One technique you can try that often helps is to hold an object in your hand or on your desk and look at it for a minute and then close your eyes and try to visualize it. Repeat this a few times and you will discover what visualizations with your inner vision looks like.

In time, the visual impressions will become more spontaneous and reflect the subtle energies around what you are focused on.

The biggest obstacle for people developing a refined ability to receive subtle impressions other than their own mind disbelieving what they are "seeing" is the amount of time and practice it takes to get good at it. For some people it is naturally easier and quicker, which can only frustrate you more hearing that, but in my experience, just about anyone can develop the skill if they persist.

What does “third eye blind” mean?

Everyone has a third eye but with most people it is shut down. When it is open it enables a person to see subtle dimensions. The third eye is usually associated with a function of the 6th chakra between the eyebrows. It is also often associated with the pineal gland.

Sometimes this is referred to as a sixth sense which means a capability to access impressions that lie beyond the recognized five physical senses.

The third eye refers to a person's ability to see clairvoyantly. The third eye is merely an instrument that gives access to refined energies and since everyone has a third eye, much like people have physical eyes, with practice, utilizing third eye exercises anyone can learn to open it and refine the ability to utilize what it offers. A person with an open third eye might see ghosts, astral entities, auras, chakras, and other dimensional realities, and even into the subtle energy patterns in a physical body such as is done by medical intuitives..

Why the 3rd Eye Would be Blocked

In most people this ability is shut down from lack of awareness, interest, or training.

1. The most common cause of it being blocked is fear of what might be seen. That can come from stories, movies, or superstitions. The fear is often subconscious or subtle, but just enough to keep the ability closed.
2. Another reason the third eye is not working is the person doesn't understand how it works and therefore has preconceived ideas of how things should appear. The experience is not usually like seeing with physical eyes, so due to lack of experience the person doesn't recognize the subtle imagery coming in.

3. Another common 3rd eye block many people have is the analytical portion of the mind interpreting and otherwise interfering with the psychic impressions coming in through the 3rd eye.

With some people I have found they had past lives in which they were persecuted for being psychic and therefore closed down the ability. In other cases, they took a vow to never let them open psychically in the future because they believed it was wrong, sinful, or dangerous.

Everyone is unique in this regard and it usually takes someone with psychic ability to help determine the cause and then help a person regain the ability.

4. A fourth reason a person may think the third eye is blocked is the impressions are faint or indistinct. Depending on how open the third eye is determines the clarity of what is seen. In the beginning, what is seen is like looking through a fog and seeing shapes and colors. With practice it opens more and details become apparent. In some cases, the third eye vision is more vivid than with physical eyes open.

Is Opening The Third Eye Dangerous?

For those who do not have an opened third eye it is sometimes viewed superstitiously as dangerous or opening a person to negative spirit influences. I suppose this has happened in some cases, but I personally know several hundred who have opened their third eye with no negative problems.

In fact, I do not know a single person personally who has ever had a negative experience due to the third eye opening. Yes, it is true you can sometimes see into dimensions with strange creatures, but with a little knowledge and training it is not a threat or problem.

Only those who do not have much experience with the third eye would say it is bad or dangerous. Quite the opposite, it is perfectly natural and something all humans have the capability to utilize if they have sufficient interest in learning about it. It can be a resource of much help in clearing negativity.

How do I open my third eye? What meditation can I do to open my third eye?

Because the third eye is connected to the first, second, and third chakras through subtle energy cords, if there are blockages there they usually cause a contraction in the third eye.

With most people there are blockages usually in the form of fears or disbelief. Depending on where the blockage is, determines the difficulty of understanding what is seen. So you will want to utilize third eye meditations and other tools to clear the blockages.

It is very important to realize that opening the third eye and developing a skill in utilizing it generally takes a lot of practice and patience over a period of months and even years. While some are born with a more open third eye, most are not, but everyone can learn to do it.

The challenge with seeking to open the third eye is that it takes more practice and persistence than most people are willing to invest. If the question is how can I quickly open my third eye, I would say not very fast at all; at least not for most people.

Meditation does play a role as do visualization techniques, but the best way is to find a class or group of like-minded people because it takes considerable practice and trial and error.

A visualization technique that can help is to take a small object and spend some time examining it. Then close your eyes and try to visualize it or “see” it in your mind’s eye. Over time you will be able to see details more clearly and this trains your mind in the process of seeing with your inner vision. This also trains your mind to focus and not be distracted which are both helpful when using your third eye.

Below is a script for a Third Eye meditation. You could record this script yourself and play it like a guided meditation.

The Third Eye Meditation

1. You will need to select a place where you will be comfortable and undisturbed for the duration of this meditation. Loosen any tight or restrictive clothing and lower the lights if they are bright.
2. Proceed with the third eye meditation slowly, allowing plenty of time to settle in and deepen the experience.
3. Begin with a deep breath in through your nose and hold it for an instant before letting it go gently out through your mouth. As you do so, feel yourself relaxing.
4. Relax your face by separating your teeth slightly, and notice that your entire body relaxes a little bit more.
5. Invite the relaxation to spread more and more throughout your entire body... deeply all the way through you... relaxing you more and more...
6. Bring your attention to a point between your eyebrows. Become aware that your third eye, which is the area of energy in your forehead, is opening and radiating light. Utilize an image of a light about the size of a golf ball radiating golden light much like the sun radiates light 360° in all directions...
7. Let go and dissolve any fear, anxiety, or uncertainty, and any resistance or thoughts that this won't work for you... You can do this by getting in touch with the resistance, taking a deep breath, and exhaling out through your mouth as you let go.
8. This is a completely natural process and it is perfectly safe. The golden light automatically puts you into a refined frequency where only positive experiences can happen. So just relax and allow it to happen...
9. Allow the golden sphere of light in your forehead to open and send gentle streams of golden light in all directions...more and more...letting it relax you...
10. Allow your body to relax more and more...
11. Sense and feel you are becoming lighter and lighter as more and more light flows through your third eye and throughout your body.
12. Allow yourself to let go and release all questions and all uncertainty...
13. Give yourself permission to let your third eye open naturally and automatically on its own... all the time relaxing more fully and opening more completely...

14. This is a perfectly natural process. Let your mind relax around any ideas of what to expect.

15. This is a good time to call out to angels and spirit guides, and ask them to support you. Ask them to assist you in doing for you what you do not know how to do yourself.

Give them permission to do whatever is necessary to assist you in opening your third eye and your clairvoyant vision.

16. Allow the golden light to continue to flow through you and out your third eye chakra... Open a beautiful expanse of golden light; pure and clear over the top of your head.

Let this light become more clear and pure...

17. Now connect with your soul and Higher Self, and ask it to fill you with the purest light... Filling your entire body and aura with the purity of the golden light...into every place in you and around you ...

18. Ask if there is a message for you about opening your third eye...

pause here for a minute or two and see if you receive any impressions.

19. Now ask what you need to do or know to open your third eye to further your service ... What else needs to happen?

20. Notice if there are any thoughts, images, impressions, or visions that come into your mind's eye.

21. It might feel to you like you are using your imagination or having a daydream. You may think you are making it all up, but in time you will come to realize that you are receiving impressions of subtle energy. Just follow the experience into the interior worlds and they will unfold on their own.

22. When you feel you have experienced this third eye meditation long enough, slowly bring your awareness fully present in this place and in this time... and become fully aware of your body, hands, arms and legs...

23. Say to yourself, "I am fully present. Here and now."

24. Now take a deep breath, stretch out, and commit that you will continue practicing the third eye meditation.

Chapter 6:

Ghosts, Haunted Houses, Possessions

Question: I have conversed with people who are not there. Do you believe they are aliens, divine beings, other dimensional entities, or is it all in my head?

Answer: There is no single answer because there are many possibilities. Without knowing more about your particular experience I can't give you a definitive answer.

All the areas you mention are possible, but the most common source is your own mind. Most people have monologues or conversations going on almost continually in their own mind.

Those inner voices may be nothing more than recordings of what they have read or heard, or ideas they have been pondering.

The subconscious stores most memories including those we long forget consciously. As such, voices can rise to the surface from the subconscious when something similar is heard or experienced.

One area often overlooked is what I call "programming from others." We tend to collect the subtle-energy components of conversations and interactions with others. If there is emotional content the patterns are the strongest and longest lasting. These patterns often have ideas and beliefs encapsulated in them which can replay.

Some people also have non-physical entities near or attached to them which convey very specific thoughts and conversations. A good clairvoyant would be able to determine if that is the source.

I should also mention that such phenomena are not necessarily negative. I've known many who have an ongoing relationship with relatives who have died, or what they call spirit guides helping them

Do ghosts really exist?

I do think being an open-minded skeptic is a healthy way to live, but when there is considerable anecdotal evidence reported by thousands, you have to conclude there is something more than meets the eye.

There are some “ghost hunters” who attempt to detect ghosts with instruments and sometimes they register some unusual readings, but most scientifically minded people would not consider that proof of ghosts and they would find another explanation.

So it comes down to this...If a person has never seen a ghost it's pretty difficult to convince them that you did because they have no reference for it. If you have seen a ghost no one can talk you out of it. You know what you saw.

Until there are more definitive scientific means of detecting ghosts they remain in the realm of unsolved mysteries as far as science is concerned. For mystics and psychics they have all the evidence they need and accept ghosts as a matter of fact.

Are haunted houses real?

What is real? Only what is physically tangible? If that is what you believe, you live in a very limited universe because there are teeming forms of life in many dimensions beyond the physical and until you look deeply enough you will miss it. These are called subtle dimensions and therefore it requires subtle-perceptions to be aware of them, and that takes practice to develop which skeptics won't do. It is easier to sound intellectual and dismiss what others experience.

Skeptics keep saying that paranormal experiences require extraordinary proof, but what they want as proof will not be found with physically-based technology; at least not what is currently available.

Anecdotal evidence is not accepted as evidence even if hundreds describe a similar experience. However, witness testimony is recognized acceptable evidence in our courts of law...just not when it comes to anything paranormal.

The other factor skeptics don't seem to recognize, since they have no direct experience with anything paranormal, is that their skepticism itself can often cancel the phenomena. Much paranormal phenomena is suppressed by skeptics and debunkers because the mental field they project shuts down the manifestation of the subtle energies of the phenomena.

So a clairvoyant can say, "I see a ghost standing right next to you." And they can give a detailed description of the appearance and maybe what the ghost says, but if the skeptic doesn't see the ghost, they say the clairvoyant is hallucinating.

Even if the skeptic has a sensory experience they will dismiss it as coincidence, mass hypnosis, power of suggestion, or some other illusion.

I took a skeptic with me one time to a haunted house the owner asked me to help dehaunt. Despite the fact that the skeptic and others in the room saw non-physical lights flashing, and ghosts walking through the room, the skeptic said it was all tricks of the eye and mind and not real. He did get frightened when he felt an electric shock run down his arm when he reached out to a spot where I saw an entity. But none of this convinced him.

Why are children able to see things that adults don't see?

This is a pretty common phenomena especially with children, but some adults are quite sensitive to seeing non-physical entities as well. It is more common in children since they do not have all the mental barriers adults develop. They have no preconceived prejudices and are more open and accessible.

Adults can often develop the ability to see non-physical beings but it usually takes considerable training and practice to be good at it. The biggest barrier is fear and skepticism.

In order to tune in to the non-physical realms a person needs to be peaceful, non-judgmental, relaxed, and open to receive. Often when a person starts exploring in these areas and they have an experience they are startled and contract which shuts down the experience.

Children usually don't react that way so they are more receptive. This is one reason why it requires adults to have training over months to acquire the skills to consistently access the non-physical.

Quite often the entities a child sees are harmless, but if a child “sees” entities that are fearful or threatening, a person skilled in dealing with such matters should be consulted. These non-physical entities can be removed from homes, but it takes more than sprinkling holy water, burning sage, putting out crystals, or saying prayers. It takes knowledge, understanding, and skills

What enables a person to see ghosts?

Some people are born with natural abilities to be aware of non-physical realities. Others get training to learn to do it. In most cases it takes months or years to refine the abilities, so most people give up long before succeeding.

It is more of a skill than a gift and most people can learn to do this, but it takes a lot of practice. Just reading books on it won't do it. Even practicing on your own won't help that much. It is far faster when you can work with even a small group. There is a multiplied effect that happens when you are in a group.

The biggest obstacle is the analytical mind which constantly watches, judges, and tries to figure things out. Just getting the mind to quiet down can take months, but that is necessary to develop clairvoyance or any of the other psychic abilities.

What are your views on ghosts and demons?

Many year ago I knew a woman who was a member of a fundamentalist Christian church that did not believe in an immortal soul or that humans survived death. The group she belonged to believed that God would resurrect them at some point in the future.

The official stance of this church on the spirit realm was that the only thing existing that is non-physical is God, Jesus, angels, and demons. Ghosts were regarded as demons coming to mislead the living.

I remember an elderly lady telling me after her husband died that a demon would come into her bedroom at night.

She could see his footprints in the carpet and the “demon” would walk over to a rocking chair, sit down and rock. After several minutes it would then come over to her and kiss her. She fully believed Satan was after her. While I found her interpretation understandable from her religious training, I thought there was another possibility.

I asked her if her husband ever sat in that rocking chair when he was alive? She said, "Yes he did." I asked her if he kissed her goodnight when they went to bed, and she said, "Yes, he did." So I told her that what she thought was a demon was most likely her husband who was no longer in a physical body. He was still loving his wife and wanting to let her know he was with her. She was unable to accept that interpretation and remained convinced it was a demon.

Did Satan ever exist, or is it just a metaphor?

The most prevalent perspective parallels the Biblical story that he was a very high angelic leader named Lucifer who became enraptured with ego power, and corrupted with anger and hate. He also corrupted those who followed him and went into a realm of darkness.

I have met people who claim to be incarnations of some of the beings who rebelled with Lucifer, who are now trying to correct the path of their evolution. However, most of the entities who fell into the same trap of power and hate are so steeped in their negativity that they are next to impossible to reason with.

Only rarely do these beings interact with humans despite the superstitious beliefs of many that the demons are all around humans tempting them, and deceiving them. The human ego does a sufficient job of that.

The concept of Satan causing a person to stray from a good life is a metaphor for the human ego's dark side. It is not unusual for people to mistake this as an entity as there can be voices, urges, compulsions, and delusions caused by the ego-formed identities.

Of course, there are instances of entity attachments which in some cases can include very negative beings. Dealing with these matters requires a person very knowledgeable and experienced. The average person is not equipped to resolve such matters.

What is the difference between a ghost and a demon?

Ghosts are usually benign. They are typically lost or confused beings which is why they are still hanging around after their body dies. They are referred to as "Earth Bound Spirits" and are not dangerous or threatening, although sometimes they take on ugly appearances.

Demons are another matter altogether and are not very commonly encountered.

Demonic entities are beings who have not been human and they inhabit a dark universe of misery. They are tortured creatures and have a diabolical nature. You cannot reason with them. Their consciousness has been so polluted with evil that they cannot be turned or dissuaded from their nature.

In very rare cases they interfere with humans and can attach to a persons' aura, and it requires a person very knowledgeable to remove them.

Because a being is a spirit, does that make him or her more advanced than physical beings?

Not in the least. If you read Carl Wickland's book *30 Years Among the Dead* you will quickly realize that being in the realms of spirit, does not advance one spiritually. In fact, spiritual progress is quicker being physical than anywhere else. This makes our lives very precious and important to our evolution.

What does it mean to feel and or see a ghost? Is there another possible explanation besides the spirits of deceased people?

There are other non-physical entities that are sometimes reported that span a wide range of beings, but by far the most common explanation of ghosts is that they are the non-physical component of people once living who have died.

The next dimension above the physical is called the astral, and there is more variety of life forms there than in the physical. Sometimes, when the energies are just right, people see things that are in the astral dimension.

Some people have reported encounters with angels, mythological gods, a variety animals, aliens, archetypes, masters, cartoon characters, demons, gnomes, fairies, and leprechauns.

5 personal experiences I've had with ghosts

1. One experience I had was with my own mother. My father died many years ago and I was visiting with my mother about 20 years later when I saw my father standing next to my mother. It surprised me to say the least, but I could see him quite clearly.

My mother, wife, and brother, who were also present, didn't seem to see him, so I didn't say anything. I was reluctant to mention it to my mother as I thought it might "freak her out." Several years passed and I decided to tell her what I saw, and to my surprise, in a matter of fact manner, she said, "Oh, yes I see him all the time."

Some would say it was wishful thinking or a hallucination of a widow, but that wouldn't explain why or how I also saw him. I was not looking for him, asking for him, intending to see him, trying to see him; in fact, he wasn't on my mind at all when it happened.

2. I was asked to check out an old farm house once that had been abandoned for many years, when a couple moved in to occupy it. The wife reported seeing a shadowy figure moving around when her husband was gone. It not only scared her, but she said it felt like a cold breeze sweeping through the house. For some reason it wouldn't show itself to her husband.

Being clairvoyant they asked me if I could detect anything which I did. The figure was of a man who had lived there many years ago and had committed suicide in the house. They verified this with the former owner. I was able to help release the spirit and move into the light with the help of spirit guides.

3. Several years ago while visiting Sedona, Arizona I was sitting on a couch one evening in a rented home. I was just relaxing not watching TV or anything when I very vividly saw 5 native American Indians walk right through the wall in front of me coming toward me and then pass right by me without noticing me and out through the wall behind me.

I just marveled at that and didn't know what to think of it. It was curious to me that they didn't see me. They seemed to be looking ahead to where they were going and they seemed intent on getting there. Sedona is well known to native Americans and an area with unusual paranormal phenomena.

4. Another time I was staying in a rented house at Mt. Shasta, California and once again I was sitting in a living room with a couple of people when I saw three young people about teenage or early twenties, come through the wall. This time they did see me but didn't know I could see them.

They kept walking toward me and one gestured to the others, something like, "watch this" as he approached me and was going to hit me. As he swung his arm back to wind up a punch I made a forceful gesture with my palms toward him with the intention of pushing him away.

Since I have extensive experience with subtle energy I used a force-field that ended up driving all three of them through the wall behind them and landing them on the lawn outside of the house with completely bewildered looks on their faces. It wasn't my intention to hurt them, and I wasn't intending to shove them that far. I just wanted to divert them, but I guess I didn't realize how much force I used. Anyway, they weren't hurt, just surprised.

I stayed in that house for a week and as I was returning the key to the rental agency I asked if anyone ever reported seeing ghosts in that house, and the woman said, "Oh, so you saw them then?" She said a lot of people had reported seeing them.

5. This is not a typical ghost encounter but it is certainly paranormal and one that actually turned out to be a very positive learning experience for me.

I was relaxing in my room in the evening after completing a week-long meditation retreat years ago. I noticed what looked to me like a violet plasma light sphere floating in the middle of the room. It was about the size of a soccer ball. I thought I was seeing things and kept blinking my eyes but it stayed there slowly turning and growing larger. As if that wasn't strange enough I could see it with my eyes open or closed. I didn't know what to think about that.

After about 10 minutes it had grown so large the entire room looked like being inside a violet neon light. It was like an illuminated violet mist. Once the room was completely filled with the violet light I saw a person appear who began walking toward me. When he was about 8 feet away he stopped and I telepathically heard him say, "I am Saint Germain and I've come to help you."

To this day I do not know if it was who he said he was as I have no way of proving it one way or the other. I don't know if any of the legends about Saint Germain are true or fiction, so I am not defending the claims, but I can tell you whoever or whatever this being was did explain some things to me I had never read or heard before about how to break free from ancestral and group energy and karmic patterns that keep us limited and repeating negative situations.

The whole experience lasted about 45 minutes and then he slowly stepped backward and disappeared into the violet mist.

What was that? Was it a manifestation of an archetype? An actual being of some sort? A spirit pretending to be St. Germain? Or, maybe it really was the spirit of St. Germain. I really don't know, but I am grateful for the experience.

Why do ghost hunters turn off their lights when hunting?

Many people think it is easier to see ghosts or paranormal phenomena in low light, however, I've seen many ghosts in broad daylight as well. The ghost hunters I've seen on TV shows are usually not clairvoyant themselves so they rely on infrared cameras to capture ghost images, and in that case low light works more effectively.

What do ghosts eat?

Most ghosts don't eat in a conventional sense, however, there are those who feed off certain energies of living people. Sometimes people with addictions have those cravings stimulated by ghosts or entities that infiltrate a living person's aura and cause a person to want what the entity or ghost wants.

This can include obsessions with particular foods (including junk food), drugs, cigarettes, sex, alcohol, or just about anything else that a person would crave.

Some entities and ghosts also feed off a living person's energy when they experience strong emotions like anger, fear, or depression. In fact, they can cause a person to have these feelings intensified by those entities.

Can imaginary friends be ghosts?

First of all, you have to determine if you believe ghosts are real and not delusions. If you are OK with that, then that opens you to the possibility that what an "imaginary" friend is, may actually be a non-physical being.

Of course, imaginary friends can also be just that, a figment of the imagination given a level of reality.

Enough people have reported experiencing the presence of loved ones and others appearing to them after they have died, that the experience has to be regarded as plausible. Some people also say they maintain a relationship with beloved pets who are no longer alive.

Who are we to say their experiences are only hallucinations when for them they are completely real. Once you have experienced this, you'll be a believer too.

Can an imaginary friend become an imaginary "friend with benefits"?

I know many people will think this question is “off the wall” and they will also probably think my answer is delusional. All I can say is I have personally worked with enough people who describe these experiences to me that I know they consider them to be real. I have not had such an experience personally.

People who claim such relationships are individuals who have developed psychic abilities to the degree they can see and feel the presence of non-physical beings.

Clairvoyance (seeing) and clairsentience (feeling) are well reported experiences many people have, despite the fact that skeptics are inclined to scoff at anything they cannot measure or experience themselves.

So, it is up to you whether to accept the descriptions of experiences some people have, or reject them as fantasies.

Are spirits/ghosts dangerous to humanity?

Spirits and ghosts are actually two different categories of non-physical beings. Ghosts are primarily the non-physical spirit or imprint of humans who have died, whereas spirits can include a wide range of other entities.

Besides all the other types of creatures in the astral plane, numerous people have told me they see their cats and dogs after they have died.

In most cases these non-physical entities are not harmful to humans, but in some instances they can be. For instance, some people who have been addicted to food, drugs, smoking, alcohol, or sex while alive can form attachments to people after they die. This is referred to as earthbound spirit attachment. They can cause a person to have cravings like the one who died.

More rarely, highly negative entities sometimes attach to people. This can include extremely fear driven or angry beings, or even demons or jinn. They can cause a person to have violent or aggressive behaviors and do things a person would not normally ever do. They can cause a person to have strong negative emotions which are very difficult to control and make life miserable for the people around them. A person who is an expert on spirit releasing should be sought in such cases.

Why do we only talk about human ghosts? Are there also ghosts of other creatures such as a lion?

I know a person who kept two “ghost” (astral) lions on his property which he invoked to be guardians of his property. He claimed they kept low vibration people away. He is an experienced psychic and medium.

Generally, astral animals are not referred to as ghosts and aren't reported as frequently as the ghosts of humans, but many psychics do report seeing all sorts of animals, insects, and mythological astral creatures.

How can I stop being scared of paranormal things happening to me in the dark?

Sometimes non-physical entities will attempt to scare people with their appearance or threatening postures. I've seen creatures expand their size to be very large in an attempt to intimidate me, I've seen some entities take on the appearance of demons, the devil, or other science-fiction type alien creatures that are menacing. The best approach is to become informed about non-physical dimensions. Knowledge is empowering.

By knowing you have more power than they do, you can quite easily banish any threat they would pose. The key is being confident you can do this. The advantage such negative creatures have over most humans is they can employ scare tactics, and most people are afraid of what they don't understand.

Here are a few suggestions that often work. It is best to practice the use of these techniques when there is no threat so you can be comfortable employing the technique(s) when necessary.

1. You can shout at a scary entity and banish it. You can forcefully say something like, “I rebuke you and banish you from my presence. Be gone now!”

2. You can call on any spiritual help you are comfortable with, such as spirit guides, ascended masters, angels, or archangels. Archangel Michael is the one usually employed for this. You can ask him to send his light warriors or legions to remove any unwanted entities. Ask archangel Michael to come with his flaming blue sword to remove any negative entity.

3. If you aren't sure who to call to help, call out to the spirit healing teams to send those who specialize in dealing with the particular entity creating the disturbance.

4. You can also use your intention and visualization power to project violet light or flames at the entity and that will often chase them away.

5. Some people have successfully used a "black light" (ultraviolet light) in the rooms where they had non-physical entities and it keeps them out.

It would really be best to find a knowledgeable person who can teach you a lot more about such matters and how to handle them. It is a bigger subject than can be adequately covered here.

Why are ghosts seen wearing clothes?

In non-physical realms such as the astral plane where ghosts exist, thoughts and expectations create the reality. In some cases, the ghosts appear with clothes they were fond of when physically alive, and in other cases, they appear as living people expect them to appear.

Sometimes people who were close to a person who has died reports seeing them as a ghost dressed in clothing they were familiar with when alive and the way the living person remembers them.

When "experts" banish ghosts, where do they send them? Do they know what they are doing?

Some of those who clear hauntings know more than others. Clerics who simply recite prayers seem to know the least.

Some mediums who can actually communicate with the entities can be helpful to the entity as well as clearing the haunting location.

In most cases, knowledgeable psychics will call on angels or spirit guides to escort the entities to the locations where they will best be helped; usually into higher vibratory light where there are non-physical healers and helpers.

What are guidelines when exploring a haunted house?

If you are really going to do this, take someone with you who is knowledgeable and skilled in dealing with the non-physical. This isn't something to play around with for amusement as you may get in over your head.

Although demonic entities are more rare than the average ghost, the fears of those going into a haunted place can open passageways for them to come through.

The threat any negative non-physical entity poses is that they can invade a living person resulting in a possession. When that happens expert help is needed.

So you don't want to go into a place that is known to be haunted without adequate knowledge of what to do if something is encountered. Just doing a few rituals before going or while there is not sufficient to protect you. You need some training from a person experienced.

If spirits or ghosts are real, how do you explain reincarnation?

I can say that I've known quite a number of people who I am certain did not have entities attached to them, but who did have past life memories. I am clairvoyant enough and experienced enough in this realm to know.

Now the question becomes where do those memories come from? If there is no entity involved, could it be ancestral memories? That is a possibility. Could it be inferences from books or movies the person has seen? That is another possibility. Could they be real past life memories? That is another possibility.

Do some people become a terrifying ghost in order to seek revenge against their enemy?

There is no general answer to this question that covers all possibilities. The only ghosts who would do that are ones who are extremely negative. If the person was the victim of oppression, and was angry and filled with hate they may, in some cases, try to haunt or terrorize the living. In some cases they may even attempt to possess the person.

People who have committed suicide or been murdered, beaten, killed, raped, or otherwise abused hold a lot of negative energy. Often these individuals are so negative they go to a realm with a similar energy to what they carry. That is usually a hell-like environment. Negative environments are not always experienced. In some cases, spirit guides are able to reach the individual and help rehabilitate them.

Can a house retain bad energies from its inhabitants?

Not only can a house absorb and retain negative energy, it automatically and continually absorbs the energy of those who inhabit it or even visit it. The strongest type of energy held in a house is an imprint of the emotional energy of the people who have been in a house. In addition, the energy can be held there for many years unless it is cleared.

I was recently asked to visit the new home of a neighbor who just moved in. They asked me to clear the energy of the former owner and to infuse the home with love.

As I walked through the house sensing the energies I discovered that the former owner was in a financial bind and had been struggling and worrying about money. The energy with this programming was located in one of the bedrooms which I learned had been the former owner's office.

After clearing the energy and bringing in love, light, and happiness frequencies, the new owners were able to immediately feel the positive difference.

Besides emotional energy there is also the possibility of non-physical entities inhabiting a house which can contribute to feelings of unease. Earthbound and negative sentient entities often locate themselves in corners, closets, attics, cellars, and other dark places. They often find sunlight uncomfortable or even painful and therefore are more active at night.

How can I get rid of ghosts?

Most ghosts tend to inhabit specific locations. In some cases, they don't know they are no longer alive and they are drawn to places they find familiar or where they will feel safe and comfortable. Each case has to be looked at independently as there are a lot of reasons ghosts are drawn to people or places.

If you think a ghost is following you wherever you go there are a couple of possibilities to consider. One, could be a friend or relative that has passed on. They may be drawn to you by the connection you had when they were alive. Sometimes they take on the role of a spirit guide. Sometimes they just don't know how to move on and they need expert help to do so.

It could also be that you are a possible source of something they want. Sometimes ghosts will attach to a person's aura and cause the person to experience certain emotions or cravings. They then are energized when the host is engaged with the emotions or cravings. Cravings and addictions can feed them energy so they can induce impulses in a person for food, sex, alcohol, drugs, cigarettes, or anything that creates conflict, danger, or excitement.

How to get rid of them depends on the nature of the ghost. There are cleansing practices that can remove them from houses or apartments. This can include the use of sage, salt, blessed oil or water, prayers, and subtle-energy work. Visualizing filling the location with violet light can also be effective.

If they are attached to a person's energy field (aura) it is best to contact someone experienced in removing them, as each case is different. In most cases, removing them from yourself is not easy. You'd need an expert.

Which practice can get rid of Ghosts?

Many of the rituals and prayers often used in an attempt to banish ghosts are ineffective at permanently removing them. To a large extent this is due to the fact that the ones doing the practice don't really understand what they are doing.

For such practices to be effective the person doing them must be knowledgeable of non-physical realms, and be completely confident in what they are doing. Rote repetitions won't do it. Yelling the name of "Jesus" at the ghost won't always do it, although sometimes it does depending on the entity.

Some people think because they have read the Bible or books on the subject this qualifies them to cast out possessions and dehaunt homes. In most cases this is woefully insufficient preparation.

Does prayer ward off ghosts or evil spirits?

To some extent it depends on the prayer and the one praying. If a person is praying while feeling fearful it can do more harm than good, as negative entities often feed off of the fear.

If the person wanting to repel or eliminate negative entities comes from a place of confidence and knowledge they can effectively be repelled.

Another factor has to do with where the negative entities are. It is not uncommon for them to attach to a person's energy, and if this is the case they are quite difficult for a person to remove from him or herself.

When a negative entity is attached to a person they can cause a person to be angry, disagreeable, nasty, fearful, or otherwise moody. They can also create cravings for certain foods, drugs, alcohol, sex, cigarettes, or any other addiction.

In some cases a person can have an entity attach if they are knocked unconscious, have an accident, get drunk, or be around people who have entities on them. Sometimes an entity will jump from one person to another.

Negative entities will sometimes hang around people who put out negative emotions because they can literally feed on that energy. But not all people who have problems with negative entities are negative themselves. Is it quite possible to have an entity attachment and not even know it. In such cases the person thinks it is their own negative emotion or addiction.

What is tricky about this is the person usually thinks it is just them that has the problem, and they may not realize or suspect there can be a non-physical entity in their energy field or body. It takes a person who has some training in removing these entities; preferably one who is clairvoyant who can see them.

Ghosts and other evil spirits sometimes settle into homes or buildings. This can be caused by the structure being built over an old burial ground, or near a cemetery, or over certain lei lines.

Most of the entities that haunt buildings are earth-bound spirits of people who have died. In some cases they are not aware they are no longer alive and they take up residence in places that look inviting or familiar to them. It is also possible to have other types of negative non-physical creatures live in a house. It is best to have someone trained in these matters supervise removing them.

In both cases, of entities attached to a person or haunting a house, a person can achieve a level of protection by calling on angels to help remove them and keep them away. In addition, fill your aura with violet light and affirm a prayer that the light clear and repel anything negative. Hold the intention for violet light to form a column of light and then spin it like a tornado as you declare that it remove and dissolve anything negative.

Negative entities are very uncomfortable around love and light, so any prayers that include that will help.

Can there be a possession behind obsessive compulsive disorder (OCD)?

While entity attachment can cause a number of bizarre and annoying conditions OCD is not likely.

Entity attachment is fairly common with addictions of all types, and I've seen it induce strong negative emotions such as anger, irritability, and terror among others.

If the compulsion is for some type of addiction, it could be a possession. If the compulsion is for orderliness or control, it is not likely due to a possession unless there are other symptoms.

Usually with entity attachments there are other symptoms besides the main symptom such as inner voices and feeling spacey.

I think there's a ghost in my house, but I don't feel that it is harmful; What should I do?

There are all kinds of ghosts that are not negative or harmful. Some are confused and some are lost and looking for help.

My uncle had such a ghost in his house for years and did not want it removed. He and his wife developed a playful relationship with the ghost and would often see it roaming around.

The ghost would frequently take items of clothing, jewelry, and even money and then return it or something similar days or weeks later.

My uncle was curious as to whether the ghost was returning the same money it took, so he started writing down serial numbers and dates on the money, and the ghost always brought back different money. My point is that not all hauntings are negative; that said, most are.

Most hauntings are earthbound spirits of humans who have died. They are attracted to places that are familiar to them or places that have energy that attracts them. Generally, a spirit is earthbound due to strong negativity. They may hold a grudge, anger, or hatred for someone and therefore hang around the place where that person is or was. They could also be very depressed or fearful and that can cause them to stay in a house. There are other reasons as well, but those are the more common ones.

Having a negative being in a home can make it uncomfortable for those now living there and so removing them serves the dual purpose of clearing out the house and helping the spirit to move on.

One of the first things to do is attempt to establish why the ghost is there. There are a number of possibilities as to why a ghost would set up residence in a house. It could be a carry-over from a previous owner who attracted the ghost, or it could have been the ghost of a person who lived in that house.

It could also be that the house is located on an old graveyard or burial place hundreds or thousands of years old. It is also possible there are certain ley line energies running through the house that opens a portal to the subtle dimension where ghosts are.

Another possibility is that a ghost could have followed someone into your home and decided to stay there.

If you feel comfortable attempting this yourself, you can ask the ghost to communicate with you in a way you can easily understand, so you can determine if the ghost wants your help. Ask questions like, "why are you here? What do you want me to know about you? Please give me the answer in a way I can understand." Once you find out why the ghost is there then you'll know what to do next.

Many of the ceremonies to get rid of them you read about in books and elsewhere have limited effectiveness unless done by a person familiar with what and how to do it. For that reason I recommend finding someone reputable and knowledgeable to assist you.

How does it feel to live in a haunted house?

Most people find it troubling. In some cases the ghost can cause people to have strong negative emotions such as anger, hatred, or depression. But there are other possibilities as well. Sometimes the ghost is of a child who died, and they are just confused and trying to find a parent. In that case, they don't usually emit a strong negative energy but you may feel their sadness and confusion.

In other cases, there can be not only the spirits of dead humans, but other types of negative entities. These cases can be very disturbing and negative.

Can ghost possession kill you?

Ghosts come in a variety of forms and most do not take possession of a person. However, there are categories of non-physical entities that can intrude into a person's energy field and in some cases enter a person's body.

A ghost in a room with a person or attached to a person's aura or body can sometimes project scary images into a person's mind and sometimes cause impulses for cravings, desires, or addictions, but they do not have sufficient density to inflict a mortal blow themselves.

They may be able to instill fear in you or cause you to do something to hurt yourself, such as an "accident" or suicide impulse, but those cases are rare.

Most possessing entities are just annoying and not life-threatening. If you suspect one is bothering you seek out a clairvoyant healer and they will be able to help you determine what it is and get rid of it. You can sometimes get referrals through metaphysical book stores if there is one in your area.

Can a ghost strangle a person to death?

It's pretty hard to know if the stories you hear of such things are true. I obviously can't say I was strangled to death by a ghost, but I can tell you that a ghost, or something non-physical, did try to choke me once.

This happened early one morning many years ago a day after I visited a famous guru who was not happy that his female consort came to work for my company. She wanted me to meet him, and I thought the meeting would be pleasant, however he wouldn't have anything to do with me, and when I approached him he walked away.

The next morning when I just woke up but was still in bed, I felt two hands around my neck vigorously choking me and my sense was that the guru was the one doing it with an astral body as I could see and feel his presence. He also emanated a fragrance that was always around him.

The sensation was very real and his grip was quite strong. I was able to throw the energy off, but I got the message he was upset. He never bothered me again.

It seems like a ghost enters my body every time I consume alcohol--I do all sorts of weird things like calling people late at night. Why does this happen?

The most likely answer is that the entities are already present around you or attached to your aura. It is quite commonly reported to be the case among people who use drugs or alcohol more than a small amount.

The alcohol enables the entity to take a measure of control since the alcohol has diminished your control. Since the entity (or what you call a ghost) is in control, you are not likely to have a clear memory of what took place.

You should seek out a person experienced in removing entities and the symptoms will cease.

Why do people get possessed?

There are numerous ways a person can become possessed by non-physical entities. Certainly, the list I'm giving below does not mean you will get possessed, they are just circumstances that make you more vulnerable. Here are some of the more common ways:

1. A person who is knocked unconscious and not in full control of their body can give an opening for an entity to enter.
2. Certain recreational drugs can create openings in a person's aura which can be an entry point for an entity.
3. Some entities (ghosts) jump from one person to another when two people are in proximity or intimate.
4. In some rare cases an entity may enter a baby from the mother at birth or shortly thereafter.

5. A person with addictions may attract entities who energetically feed off the addiction, and they can also induce a person to continue the addiction. This could apply to drugs, alcohol, certain foods, sex, cigarettes, and other obsessive drives.

6. Friends and relatives who have died will sometimes attach themselves to the living out of a desire to help them or fear of leaving them.

7. If a person is in an environment where there are non-physical entities and they have a fear or curiosity about them, that can create a sufficient opening for an entity to attach.

In most cases, possessions are not easy to remove on your own. Many people like to think they can solve all their problems and challenges themselves, but this is one case where expert help is needed.

Is multiple personality disorder due to entity possession?

Some of the behaviors those with multiple personalities display can make one think they must be possessed. That could be one possible explanation for some cases, but it most certainly isn't for all. I have been able to clairvoyantly scan some with this condition and did not find an entity, so I must conclude some other little understood phenomena is in operation.

Another possible explanation is what is called "soul fragmentation." To be clear, I do not believe the soul can be fragmented, but that is the term sometimes used to describe a certain phenomena in which a person displays more than one personality.

One woman I worked with would go into a catatonic state whenever she was frightened. It didn't take much to frighten her either, as she was easily startled. She would become extremely cold and stand like a zombie and not react to anyone around her.

When she came to see me I wondered if there were an entity attached to her causing the problem, but I did not find one.

I had her relax as I tuned into her and she told me she felt extremely cold. As we explored that we discovered a past life memory of her living in Russia and being very cold during the winter. We concluded that the harsh winter she experienced caused a part of her personality to be stuck in that timeframe, and it would surface when she lost emotional control. We worked to integrate her lifeforce in order to enable her to be more fully present.

A third possibility takes place when a person is greatly traumatized and part of their life-force splits off from the rest. The split may linger in the person's aura and have certain personality characteristics such as a strong emotion like fear, anger, hatred, or guilt. So if a person shifts from one aspect of their split life-force, they would demonstrate the characteristic of that split.

What is remarkable with some people who have multiple personalities, is there can be distinct physical differences with each personality.

It seems that anything in your body can be changed with a change of consciousness. This may sound like an over-simplification but just wait until you hear the example of Timmy, a perfectly ordinary-seeming 6-year-old who suffers from multiple personality disorder.

Timmy has more than a dozen separate personalities each with its own emotional patterns, vocal inflections, likes and dislikes, and something even more remarkable that lies beyond just psychological issues. As Timmy changes from one personality to another, remarkable changes occurs in his body that medical science would say is impossible.

Timmy is particularly amazing because one of his personalities, and only one, is allergic to orange juice and breaks out in hives if he drinks it. An article about Timmy by health writer Daniel Goleman in the New York Times says, "The hives will occur even if Timmy drinks orange juice and another personality appears while the juice is still being digested. What is more, if Timmy comes back while the allergic reaction is present, the itching of the hives will cease immediately, and the water-filled blisters will begin to subside."

This is a perfect example of how shifts in consciousness can cause instantaneous changes in the physical body. In the case of allergies they are not known to come and go at the whim of the mind.

In other similar cases of multiple personalities one personality might have diabetes, for example, and the person will be insulin-deficient as long as that personality is in force. Yet the other personalities may be completely free of diabetes, testing normally for insulin levels.

Another personality may have high blood pressure while the others do not. Warts, sores, and other skin blemishes have all been seen to appear and disappear with the changing of personalities.

The literature on multiple personalities includes patients who can instantly alter their pattern of brain waves on an EEG or transform the color of their eyes from blue to brown.

Timmy is a dramatic case that has strong implications for all of us because once we grasp the fact that at some non-understood level “a choice” is being made to be allergic. Then we confront the possibility that we are also choosing in some way to experience our own conditions and diseases.

Have you ever seen a ghost/spirit while awake?

I've seen many and never when asleep or in a trance or meditating. Sometimes they appear tangible and yet they are not. The ones I've seen look something like a hologram projection you see in movies. I usually can't see through them but they are not solid either. Perhaps the closest example I can relate are the ghosts in the haunted house at Disneyland.

I don't think they are actually being seen with the physical eyes. I think they are somehow tapping into some sort of extrasensory perception. Sometimes I've been with other people when ghosts have appeared and the other people have a sense of something present but didn't see what I saw.

What are the creepiest paranormal experiences you've had?

For me paranormal activity has been a part of my life for many years and something I've helped many people deal with. Picking the creepiest example out of hundreds, if not thousands of examples takes me back to when I was beginning to deal with such things. That was many decades ago and this one made the hair stand up on my neck.

This is what happened to a woman I knew who lived in a house with ghosts. This happened in Cincinnati, Ohio quite a few years ago, but it was one of the most dramatic encounters with a non-physical entity I've ever had.

I was living in Cincinnati at the time when a man called me and told me his wife had attempted suicide by opening a bottle of pills and was about to put all the pills in her mouth. He was at work at the time and just happened to call her at the precise time she opened the pill bottle, and the phone ringing brought her out of a trance-like state. She was not suicidal and did not even know what she had done, but she felt something was compelling her to kill herself.

I agreed to go to their home and talk to them about it and I decided to take my tough street-smart boxer friend Walt with me. I figured if I ran into anything scary he'd be a good guy to have along. We sat down with the man and his wife in their living room when lights began popping on and off. These were not light bulbs, but rather what appeared to be flash bulbs floating in the air.

We could all see the lights as well as ghost-like images of people dressed in the type of clothing people wore more than a hundred years ago. I don't think it was a coincidence that this house was located within less than a mile of three cemeteries. I think what we are seeing were the ghosts or spirits of some who were buried in those cemeteries and they were looking for a house to live in. Some spirits don't even realize they are no longer alive in a body.

One of the creepiest things in that house was a face that appeared on the living room wall that looked like paintings you've seen of Jesus, but in about a minute it transformed into an image of the devil.

What I've said so far is not the part that was most scary. Those were run-of-the-mill phenomena I've seen many times, but what I wanted to know about was what caused the wife to feel compelled to take pills and not even know she was doing it. That sounded like some kind of possession I had heard about, but this woman did not seem in any way to be possessed or have irrational or abnormal behavior.

She told me the incident took place in the master bedroom so I asked them to go outside on the driveway while my friend Walt and I would explore anything out of the ordinary in the bedroom. I didn't want them in the house if anything got out of hand. As Walt and I were walking to the bedroom it struck me as odd it was that the house was cold when it was the middle of the summer with the temperature outside being in the high 80s and all the windows were open. I think I concluded then that the house must be well insulated, but I was to find out later there was another explanation.

Once in the bedroom there was a heavy depressing feeling that I sensed was strongest in one corner of the room, so I asked Walt to go over to the corner and tell me if he noticed anything odd. As he got to the corner he was thrown back across the room several feet and he said it felt like an electric current had shot through his body. I've never seen him so scared, and he said he would not stay in that house for even another minute and he left and joined the couple on the driveway waiting to see what I'd do now.

I honestly don't know what that was in the corner, but it felt evil and dark whatever it was. Not one to be deterred by such things I had to find out for myself and as I approached the corner I felt an ominous presence threatening me if I didn't leave. The dark presence knew I wasn't going to leave like my friend Walt had done and I was not impressed with paranormal tricks.

Well, I didn't leave. Quite the contrary I challenged the evil presence and said I wasn't leaving but it was. I then did a couple things I had learned that could remove evil spirits and the energy in the entire house changed. It also felt noticeably warmer and I called to the people who lived there to come in and tell me what they sensed. As the woman arrived at the front door and stepped in, she stopped and said the energy was gone, and in fact, she now felt there was love in the house.

I suggested they move as I couldn't guarantee the spirits would not return, and that is what they did. Within 2 weeks they found another place to live and never had any similar problems again.

Since that experience I've helped "dehaunt" many homes, although I no longer do that kind of work.

Chapter 7: The Soul

What is the difference between the soul and spirit?

What I call the spiritual soul some others call the higher self, authentic self, true self, or divine self. The soul is the intelligent non-physical core essence of who you truly are and it is the individualized expression of the intelligent spirit essence that pervades all existence.

It is characterized by all goodness in the form of unconditional love, acceptance, happiness, fulfillment, joyfulness, lightness of being, profound beauty, and spiritual awareness of oneness. Anytime a person is not experiencing these qualities they are operating from ego and that is a call to return to the soul.

If the soul does not die, where did it come from before we were born? Was it created?

The answer to this question lies in the subjective realm since it is not (yet) possible to detect what lies beyond the 5 senses by currently accepted scientific means.

That leaves us with considering reports of the experiences people have had exploring this subject. There are 4 main explanations I've heard and there is no consensus on any of them, and no way to prove any explanation.

1. Michael Newton reports in his book, *Destiny of Souls*, something like a nursery from which souls are created or birthed as a natural product of existence.

With this perspective new souls are continually coming into existence. He did not have any clients describe a being doing the creation. I know that sounds like spontaneous generation, but there have been some experiments done in closed containers in which precursors of DNA spontaneously assembled, so it is not a completely far fetched idea.

Michael Newton did thousands of hypnotic type regressions over several decades and some of his clients reported similar explanations on the origin of souls. If you are interested in the details, check out his books.

2. A second explanation is that all souls were created spontaneously at the same time when the universe began and the soul evolves over lifetimes from very simple states of consciousness to more complex intelligence and awareness. Some say a soul goes through many thousands of lifetimes as the soul matures through experiences.

3. A third explanation is that before the universe existed there was only consciousness itself in a state of complete love and peace. From that state arose a desire to express love through a creation which would also experience and express love. The result was/is all of the creation we know and that includes us.

4. Of course, there is another explanation that a supreme being creates souls. The “how” is considered a “mystery.”

Is the ego a shell we must destroy to find the real us?

The ego is composed of many identities or personas. It is what holds a person's needs, wants, fears, and desires. The ego formulates interpretations that come through the senses which lead to false perceptions of reality.

Over lifetimes the ego has created a complex system of beliefs and survival mechanisms attempting to perpetuate its existence.

Beneath the costume the ego has woven is the true self composed of the essence of who we truly are. This is often referred to as the soul.

If you go about trying to destroy the ego you will find it is a most worthy opponent. If there is one thing the ego knows how to do, it is defend itself and survive.

For this reason many people have battled it for decades and continue to be frustrated in their attempts to defeat it. The secret to success is to surrender all resistance and let it go. It is more effective to approach any ego pattern with a caring intention to heal it rather than destroy it.

How do we deal with the ego and the problems it creates?

Attempts to treat ego-based issues with conventional approaches such as talk therapy utilizing coping strategies or medications which can somewhat subdue the ego by masking symptoms don't adequately address the underlying causes of the ego, and as a result, the conditions often resurface.

Most people experience conditions repeating in their lives many times, but a person can eliminate the ego causes and reveal the inherent true nature of the soul. This entire process is what I call the "soul solution" which is a combination of processes to bring the soul to the surface and replace the ego, and this is why I titled my book *The Soul Solution*.

The soul has a completely different way of experiencing life. It is a different operating system from the Ego. It brings a peaceful, satisfying, comforting, loving, empowering quality to life. It embodies all the aspects of Goodness that most people want.

The Soul does not vie for power or control, but the ego does and as a result is usually what people end up experiencing and dealing with.

What are signs that the ego is controlling our actions or beliefs?

The ego is a term that applies to a vast collection of disturbances to one's peace and harmony. Anytime you find yourself reacting negatively you are operating from the control of the ego. This includes the mental and emotional components of all negative emotions as well as all judgments, fixed opinions, criticism, and blame.

The ego tends to engage a person in fear-based outlooks which result in such conditions as futility, struggle, depression, hopelessness, guilt, doubt, victimization, anger, resentment, neediness, and the like. As long as the ego is exerting itself in a person's life their contentment, happiness, peace, fulfillment, love, and fun will be fleeting. When the ego is replaced by bringing the soul to the surface all of those qualities and more become sustained.

Nearly everyone seems to have fears or worries about something. Why is fear so prevalent?

Fear as well as the other negative aspects of what we experience derive from the nature of the ego itself. The ego is that part of us that is disconnected from our soul and as such it is fraught with insecurities. By its nature of being disconnected from the spiritual dimension it is responsible for our feeling alone, isolated, different, like there's something wrong with us, there's something missing, we're angry, we feel futile, we get discouraged, etc. To counteract these and other negative feelings the ego drives us for more of practically everything to make it and us feel more safe and secure.

What impact does fear have on one's ability to connect with their inner voice and soul? How can a person overcome fear to create changes in their life?

The core of nearly all blocks and feelings of being stuck as well as most mental and emotional disturbances is fear. Fear can manifest in many ways that a person may not regard as fear-based but which are.

For instance, most people know fear is present when they have anxiety, panic feelings, or they are terrified, but there are other forms of fear as well such as worry, jealousy, insecurity, uncertainty, self-doubt, feeling the world is unsafe, and experiencing life as a struggle.

Fear in all its forms functions like a filter that affects a person's outlook and decisions. When it is present it can distort inner guidance and generate negative self-talk.

The best solution to fear is to replace it as the operating system within by meeting it with the inner light of the soul. This is a process that requires addressing each form it presents, releasing and letting go of the way it engages a person's attention, and inviting the soul to merge into every place it is found. This diminishes the life force energy that fear engages and replaces it with the peaceful and empowered soul presence.

Could my soul be in more than just my body?

The soul expressing through your life is uniquely you, but there is a phenomena known as parallel lives which could explain what some people experience.

Richard Sutphen described an experience he had of a person who was living a parallel life with him. He would know what the other person was experiencing and vice versa even though there were not in contact with each other physically.

Richard often did parallel-life group meditations at his workshops and some people tapped into other people who were similar to them whom they had never met. The details of the information they received as so specific, in some instances, that they were able to track down their parallel life partner even though they were many miles apart. You can find his books on Amazon and he also has some products on his website.

What is a parallel universe?

There are essentially an infinite number of universes each with a slightly different frequency from the one nearest to it. This puts each universe or dimension slightly out of the awareness of those who inhabit each other dimension (universe).

The differences in frequency of each universe also create differences in the nature of that universe--Something like the TV show *Sliders*. Those who have developed sensitivity (psychics and intuitives) can perceive into the other universes, and some extraterrestrials can move freely between some dimensions. For more information read Fred Wolf's book titled *Parallel Universes*. Wolf has his Ph.D. in theoretical physics and writes from the perspective of quantum physics.

Why do two souls feel connected?

Often people who believe they have found their soul mate will describe feeling their souls are connected. In some cases they may even feel entwined and bound to the person with a strong and intoxicating passion.

What this looks like to a clairvoyant is their auras overlap and some of their chakras are corded together. This causes intense emotions, strong bonds, and sometimes an overwhelming intensity in the relationship. Of course, not all soul connections are this intense. It is possible to have overlapping energies with another person without the drama.

Usually, if a person has had emotional past lives with another and they meet in this life they will experience strong feelings of knowing the other. This can happen if the past life was positive or negative.

In either case, the forces creating the attraction in this life is usually to work out differences or continue what was wonderful in the previous life.

Do rocks have a soul?

The metaphysical answer has been addressed in Theosophical writings which explains that there is a spiritual essence beneath the appearances of everything.

That is not to say something inanimate like a rock has an individualized soul, because it doesn't, but there is a field effect infused through everything that is non-physical.

Some psychics using a practice of psychometry are able to tune into the energy in inanimate objects and receive information about the history of the object.

How do I sell my soul to the Devil?

The first hurdle is manufacturing a Devil who would want your soul. There really is no such thing except in some novels and some Hollywood movies (believe me I know about these realms). This phrase is actually just a figure of speech that relates to a person compromising his/her integrity, which in itself will reap dire consequences.

Some of the mythological stories are of people who sell their soul thinking they could trick the Devil. Since the imagined Devil has been around for millions of years it would be pretty hard to beat him at his own game if the story had any validity, which it doesn't.

How does a person go about finding their soul?

First of all, it was never lost. It is just that most people haven't tried to connect with it and they have never had anyone guide them in how to do it, so it has remained a mystery to most.

Because the soul is not physical it does require some time to refine a sensitivity to its presence. The soul is not discovered with the five senses or scientific instruments...at least not yet.

The way you go about finding your soul is to start with the intention to discover it and connect with it. This can best be done with the eyes closed in a meditative state.

In the beginning, the biggest challenge is to get the mind to calm down so you can sense what is going on below its activities. The mind throws up questions and doubts and tries to analyze the situation. A person probably won't notice anything in the beginning stages of making the soul connection, but with practice over weeks or months, one learns to be more aware of its presence.

But even if you don't see anything or feel anything, and most won't, that doesn't mean it isn't there or isn't working.

For instance, we are generally not aware of the sensations of the clothing in contact with our body, but when we put our attention on it we become aware of it. Unless we are in an extreme temperature we usually don't think about what the temperature is either, but if you put your attention on it you can become aware of the temperature.

The way I started on my soul discovery journey with the simple statement, "*I feel my soul in my heart,*" with a hand over the center of my chest, and I repeated it many times with my eyes closed like a prayer while in a meditative state. I didn't feel anything at first but by repeating that statement many times over a number of weeks I started to notice a subtle presence.

You know how you can sometimes sense when a person is standing next to you even when your eyes are closed? Or you can sometimes sense when someone is staring at you? Well, that is similar to how I began becoming sensitive to the soul, and I then discovered that the more I put my attention on it the more aware of it I became. In the beginning it is pretty subtle, but in time it becomes more tangible.

The soul has a quiet, peaceful presence. When people first make contact they may have a variety of sensations such as a mild vibration in their body, or a ringing in their ears, or a warm feeling, or a tingling sensation, or simply a deeper sense of peace than what they have been familiar with before. Like any skill, it just takes practice.

The Soul Solution is not just a book of information about the soul, although it certainly has quite a bit of that, it is a book designed to immerse the reader in a spiritual experience in which they can tune into and connect with their own deep spiritual nature.

What is Spiritual Evolution?

What we call spiritual evolution is the gradual dissolving away of the sub-personalities or the behaviors and beliefs that cause pain and suffering, to reveal the essential goodness of the soul that lies buried beneath those defense mechanisms.

To be judgment free means to have space for everything exactly as it is with an understanding that everything is in a state of development or evolution of consciousness.

Being non-judgmental in a spiritual sense means we can have acceptance for the soul of the person, but not acceptance for that person's actions if they violate or overstep the freedoms of others.

Judgment is a mental practice the ego uses to define itself and to assess the potential threat level of people and situations.

What about the statement of Jesus, "Judge not, lest you be judged." What happens is not that there is a God who is holding you in judgment, but you hold yourself in judgment because one who judges lives in a judgment universe.

This means that the position you take on any issue locks you into the energy of that position. Since like attracts like you are creating your life experiences by the choices you make about the positions or judgments you make. It is similar to the statement, "Those who live by the sword, die by the sword." That statement is not as much a threat as it is an observation. It is like the statement, "You reap what you sow."

How Does *The Soul Solution* Work?

The Soul Solution is a method of connecting with the soul and integrating its qualities and awareness into everyday life. The soul solution makes use of a 3 step process.

1. Step one is discovering the components that make up the struggle, suffering, problem, or lack.
2. The second step is to acknowledge the problem is not emanating from your soul and therefore can be released. This is called disidentifying from the issue.
3. The third step is to integrate the soul's presence and qualities into the mental and emotional energy of the issue. You do this through holding the intention for that to take place in a meditative state, and the book [*The Soul Solution*] has many self-guided meditations to help with this.

How does a person go about finding their soul?

You start with the intention to discover and connect with it. The soul has a quiet, peaceful presence. When the connection is made some people describe a mild vibration in their body, or a ringing in their ears, or a warm feeling, or a tingling sensation, or simply a deep sense of peace. Like any skill, it just takes practice.

What is a good meditation to connect with the soul?

This meditation was taken from two free video meditations on my website and YouTube which you can listen to and experience me guiding you.

Find a comfortable place where you won't be disturbed during this meditation.

You will want to arrange yourself to be as comfortable as possible.

Settle in and start with a comfortable deep breath in through your nose and imagine you are also breathing in **golden light** through the top of your head.

As you exhale gently through your **mouth** feel yourself relaxing and absorbing the peacefulness and light into every muscle, organ, and nerve.

from the top of your head down to the tips of your toes.
Breathe in light into every cell.

Now place **one hand over** the center of your chest and feel into the **soothing** sensation that brings... (pause)

Repeat the following statements slowly & **silently** to yourself, but **move your lips** and allow yourself to feel what the words express.

I acknowledge my soul and divine presence within me

I open to receive infinite love & peace

I feel my soul.

Say to your heart, *I send you all the love of my soul.*

Say to your body, *I embrace you with all the love of my heart and soul.*

I invite the soul's presence of love and light to merge into every muscle and nerve...

I allow the love and light to become part of every atom and molecule of my being.

Repeat the next sentence a few times with the intention of moving more deeply into peace each time you repeat it.

*I feel my soul deeply in my heart.
I feel my soul deeply in my heart.
I feel my soul deeply in my heart.*

Receive and Sense the relaxation and healing glow in your whole body spreading a radiant quality all around you.

Deep in your heart, sense the presence of peace, love, and light that is being extended to you and is emerging.

Whatever you are experiencing, know that it is right for you in this moment. The key is to **keep asking** to **open more deeply to receive** the beauty, love, and light of the soul.

When the soul is present, you will sense a wonderful feeling of **expansion, and peace**.

Sometimes the feeling is like **floating on a cloud** without a care in the world. This and a lot more are qualities that eventually form the backdrop of what you experience when you integrate the soul into your daily life.

Now say “Yes” to **receiving** peace, love, and healing, and ask them to deepen within you.

I ask the presence of my soul to deepen in my awareness.

I acknowledge the radiance of the soul all around and through me.

The soul has a wonderful **lightness, purity, and softness**. Notice how any **issues** that may have seemed strong and dominant are now held much more **softly** and the feelings of lightness and spaciousness replace any struggle.

The more time you spend with establishing and deepening your soul connection the more you will experience its qualities and gifts.

As always, express gratitude for your meditation experience.

Say to yourself, *I feel grateful for this experience.... and I acknowledge myself fully present and grounded in here and now.*

Take a deep breath and Open your eyes.

This is a beginning for you to form a relationship with your soul. And I know this process seems really simple, and indeed it is, but it can have a deep and profound affect on you if you practice it everyday in the coming weeks. In the beginning you may not notice very much happening, but if you keep at it you will find the soul presence emerging and integrating more and more into all your experiences.

I know, because that is exactly what I did and have guided many others to do the same and have seen remarkable and deep transformations in people, and I know it can work for you as well.

Like anything worthwhile it takes practice to refine the relationship.

I have an audio program that goes into many paranormal topics and psychic self-defence titled: Advanced Intuition Training Course. I also have many other spiritual programs with some specific about the Soul.

www.JonathanParker.org