

Understanding Psychic Development 5

Quote:

“People want to appear virtuous and noble, to separate the outer appearance and respect they command from their inner private life and say their inner life is their business; there is a duality and an internal conflict between the two...” Vitvan

How to leave the physical body consciously:

- The imaginary playground: swing, slide and see-saw
- Moving up and down without physically moving
- Listen for the sound-currents: surf sound
- Direct your journey with thought and intention
- To return, move your body
- Be sure to stay in your physical body during daily living

Practices / Tools for living in the “North Half”

- The Method Is Our Ultimate Tool
- When going into the psychic realm, avoid the common error of believing that words or affirmations protect you from lower influences:
 - Words or affirmations in and of themselves have NO impact or control over the psychic level, including spirits or entities.
 - If you fearfully fight against something, you empower what you oppose.
- Living in the North Half
 - protects you from lower psychic influences and rappings
 - permits access to higher ones.
 - Do not block the lower, integrate the higher with the lower
 - Recognize the chakra being stimulated
- Order is constructive / chaos or disorder destructive
 - Order attunes you to the higher ordering forces, entities, beings
 - Chaos detunes you from this and opens to the lower
 - Live in an orderly state all day, every day
 - Drop the illusion of urgency or crisis
 - Be careful to recognize and avoid chaotic spaces and people
 - Do things in a conscious, orderly manner
 - Avoid and eliminate attachment to emotional reactions
 - Avoid chaotic (aimless, excessive) thinking
 - Create order consciously: like putting the dishes in the dishwasher, etc.
 - Appreciate the order around you and the order you are creating
- Eliminate the false pressure of “working” (grimness, seriousness) for a living
 - Seriousness draws dark forces

Understanding Psychic Development 5

- Awaken to the psychic feel for energy or the life force as your intuitive guide
 - Practice living in your feelings
 - Don't try to figure things out mentally
 - Choose that which enhances and expands your energy: brings you "life more abundant".
 - Avoid that which lowers or deadens your energy level.
 - The 4 levels of energy
 - Social: Choose relationships that raise your energy / avoid those that lower it
 - If you feel resentment, just focus on sending love to that person (if this is blocked, use The Method)
 - Physical: notice when your body needs to move, to exercise, to rest to lift the energy
 - Notice the foods that lower it
 - Psychic or psychological: notice what lifts your spirits and what lowers or deadens your spirit
 - Music, movies, the news, books, concerts, events, etc.
 - Spiritual:
 - Just start writing your thoughts and feelings
 - Study spiritually inspiring writing, videos, teachers
 - Surrender with trust in the universe
- Avoid over-exposure to lower influences *when your life force feels low*.
- Recharge your life force with rest: physical, emotional, mental as you connect your soul with the Divine.
- Live in Gratitude Energy
 - What you appreciate grows in value.
 - Think of little things you feel grateful for, then focus on the feeling of gratitude and stay there without thought
- Live in Love Energy
 - Think of people, pets, things you love, then focus on the feeling of love pouring out of your heart and stay there.
- Live in Abundance Energy
 - Think of the grains of sand on a beach, the stars in the heavens, etc. until you feel the sense of abundance, then stay in that harmonious energy feeling
- Live in Joy Energy
 - Think of little things that bring you joy, then focus on the feeling of joy without thinking, and stay there.
- Live in compassionate wholeness:
 - Embrace and love the mental version of yourself that you have rejected, suppressed, concealed out of shame
 - This opens your heart to others

Understanding Psychic Development 5

- Activate Your True Will
 - imagine being at the end of this incarnation, looking back at your now-self, screaming at you, telling you what to do now- then do it.
 - overcome the Protector/Oppressor
 - This is the part of yourself that wishes challenges away, that wants to protect you from pain and discomfort
 - Turn aversion into desire toward challenge
 - Welcome and embrace your challenges as gifts of opportunity for developing your mastery:
 - They are your doorway to your next higher level of opportunity and challenge (they always go together)

“Correct solutions usually take the least amount of time and energy” Isidore Friedman

“Problems are complicated, solutions are simple” I.F.

“Much verbal wandering, superficial and / or emotion-charged chatter indicates a person who is unbalanced, insecure, and a robot-puppet run blindly by outer stimuli and unconscious drives motivating him from within.” I.F.

“Many worlds have been created by the building tones of the Immortals, Guardians of the Light, channels of the substance-forces of Light, Love, Wisdom and Power. Were it not for the eternal work of the Shining Ones in bringing down the lights of the higher spheres, all of humanity would long ago have destroyed itself, poisoned by the venom-death of its own ignorant emanations and destructive chaos-spawned force-fields. But now, many links to the higher have been destroyed by the ignorant and unconscious, who are used by the dark forces to destroy the Light; this the dark forces well know, and so their influence temporarily seems to be increasing. This is one reason why the Elder Brothers of the Golden Breathing Spiral have attempted the transfer of an adequate cosmic teaching in the language of man’s contemporary environment.”