

Understanding Psychic Development 4

Quotes

- *“Become fully conscious of the forces and influences by which you are motivated” Vitvan*
- *“One who is free is out of the way of the cosmic process.” Vitvan*
- *“Shift your focus from what you want to have, to what you want to BE.” Vitvan*
- *“We struggle against lower influences and purify the psychic-nature little by little as we climb the Golden Stairs until we can make the great leap into Reality.” Vitvan*
- *“Everyday, diminish until you can finally completely eliminate one of the biggest wastes of all: emotional thinking.” Isidore Friedman*
- *“It is wise to not place TOO much attention on the anguish torn, debilitating, unsane, delusion-breeding and negative emotional vortices emanating from the various forms of media.” Isidore Friedman*
- *“Notice when you take pride in anything, including the demonstration of ‘spiritual development’, and harness the courage you need to face it and let it go. Otherwise, you are still living in the delusion of the false self while thinking of yourself as superior.” BL*

The deepest human drive transcends personal concerns

- It’s called Altruism
- Ultimate, a form of altruism is your true life-purpose
- The psyche is not meant to suffer, but to serve.

When you meet someone at a party,

- and they say, “Tell me all about yourself,” you probably tell the story of your identity as a personality.
 - You tell them you have kids or don’t.
 - You tell them how you met the host.
 - You tell them where you were born and where you work or used to work or want to work.

This is the life of your false self, of your personality that you are describing.

Every way that you identify yourself as your personality is, in essence, a lie, and all fallacies come crashing down sooner or later.

- One day you discover that you are not the person you thought you were.
 - That was just a role you played, like an actor discovering they are not the role they were playing when the play is done and *they return to themselves.*
 - The family, the possessions, the job, the personal history... it all belonged to the role they played.

You are an eternal being

- who came into this life to be programmed by your family of upbringing, so that you could live out that programming to see how it works.

When it seems that your *life* is not working,

- it is really just your programing that is not working.

Understanding Psychic Development 4

- Emotional suffering is an indication that your personal patterns are working against you.
- Until you realize this, you believe that it is life and / or God making you suffer this way.

When you realize that your emotional suffering is caused by identifying with the *person* you believe you are,

- you then find the motivation to liberate yourself from that personality,
 - you cannot make life suit your personal values because it is designed to liberate or give birth to your True Self in incarnation.

The purpose of your psyche or personality

- is to be turned over to your Higher Self as an instrument for working in the world.
 - All personal drama is of the personality, diverting energy needed to “feed” the higher self “in the womb”
 - Alignment of the personality with the True Self occurs as you cultivate a genuine sense of trust in the universe
 - Relate to whatever is happening now as a perfect expression of the way that the universe is being now.

Psychic Healing:

- Pain teaches you to pay attention by getting worse. Release of painful emotion and lets the physical body recover its natural state of order.

The value of psychic development

- As you develop your personal assets, including your personal strengths, gifts, talents for worldly or egotistic attainment you are serving your spiritual development.
- Ultimately we discover that our worldly attainments neither satisfy us nor save us from our emotional suffering.
 - It is then time to turn over all of those personal assets to your True Self to work through.
 - Your True Self is your immortal soul that identifies itself with heavenly being.

As you practice living in a state of peaceful harmony and awareness

- Your higher psyche develops the ability to attune to the Higher Self for guidance.

To release from the identification with the lower or false self

- The most important question to ask yourself is, “What is motivating me?”
 - What is motivating what I am thinking about?
 - What is motivating the emotional reaction I am heading into?
 - What is motivating what I am saying or doing?
- Am I being driven by the false self or guided by the True Self?

Understanding Psychic Development 4

- Am I being unconsciously driven by lower psychic forces or led by the light of higher psychic awareness?

Working With The Chakras

- Recognize what chakra your energy is passing through
- Practice living in the North Half with clear, pure energy flowing through the South Half

Exercise for consciously leaving your physical body:

- Imaginary swing, slide and see-saw exercise
- Moving yourself up and down while your body lies still in bed
- When you are “out” direct your journey with thought. Open your heart. If you are attached to lower drives you will likely be directed by those.
- Be sure to live IN your physical body throughout daily living
- Projecting during daily living opens you to whatever psychic forces are around.

How to manifest psychic phenomenon

- You manifest in the psychic world the same as in the physical:
 - it starts with your imagination.
 - you can manifest angels, devils, departed spirits, the visibility of auras, seeing into past lives, hallucinations, delusions, etc.
- The issue with manifesting psychic phenomenon, though, is that it expends energy that may be needed for more important materializations.
- First attune to the higher psychic level to recognize the path of the True Self.
 - As you follow this path, any abilities or forms of support you need, psychic or otherwise, will show up in perfect timing.

Higher Psychic Awakening:

- Practice reading people
- When you can “feel” the person’s state you can tell the person’s future
- As you understand the death process, you can begin to sense, feel and see the other side
- Dream reading: as you open and attune to the higher psychic states the meaning of dreams come in
- Guiding people for wealth:
 - As you pass through the tests and trials of your current situation without losing control of your psychic forces, more is given
- Guiding people for health:
 - Releasing emotional conflicts, confusion, chaos allows the body to settle into its natural order harmony.
 - You cannot help another dis-identify with lower psychic states as long as you remain identified with your own.

Understanding Psychic Development 4

- This identification “traps” individuals in an experience of health and wealth limitations
- The images of Tarot (B.O.T.A. major arcana) can help you to attune to the higher levels of consciousness of your true self.
- Understanding Signs:
 - It’s fine to look for outer signs to confirm or guide you, but remember, THEY ARE STILL JUST SIGNS.
 - WHEN YOU TUNE INTO THE HIGHER SELF YOU KNOW WITHOUT THE NEED FOR SIGNS.
- Being guided by the universe:
 - notice the doors that open for you.

Helping The “Dead”

- Release your attachments
- Look forward to the infinite possibilities of your new life
- Remember that love is the binding force that transcends time and space

What to do when you die:

- Start now liberating from identification with personal values
- When you don’t get “your way” Let go of attachments
- Open to the guidance of your Higher Self
- Begin Identifying with your Higher Self
- This opens inner sight for past life recall for yourself and others

Solving World Problems:

- Be a channel for truth, love, balance, harmony
 - This brings more of those heavenly forces into the world
- Becoming angry or afraid in response to world problems brings more anger and fear into the world, which are the essential causes of world problems.

Fulfilling your life’s purpose:

- Your first life-purpose is to rise above the personality level
- From there you are guided by the universe to fulfill your cosmic part

Spiritual Initiation On The Inner Planes

- What is an initiate: One identified with Individual Be-Ing
- To know – to will – to dare – to be silent
 - Egotism is the first sign of delusion
- 1st Degree: Contact has been made with an initiate, on the inner planes or in the physical, usually unconsciously – begins a new level of sensitivity and stirring – again, usually unconsciously
- 2nd Degree: A new, conscious hunger for the inner light and to commune with others at a similar or higher level – pure intellectual interest has waned

Understanding Psychic Development 4

- 3rd Degree: Psychic forces have been mastered and the personality is rendered as an instrument to the Higher Self
- 4th degree initiation: Identification with the Individualizing self – goes through the Inner Ceremony

RIGHT SPEECH, BY ISIDORE FRIEDMAN

This helps us be more wise and effective in daily living, also to transcend personality patterns that hijack wisdom during communication.

Before there can be right speech, there has to be right feeling and right thought. The person must be *aware* of his feelings, thoughts, the environment around him. He must also be aware of the other person's general feeling, mood, and state of being.

He must *never* just say things unconsciously, automatically caught up by the stream of his own unconscious thought-feeling pouring into words, inundating and sometimes actually repelling the listener's sense of decorum and what is proper to the space-time continuum of the environment.

He should be continually aware of the effect his words and actions are having or could have on his listener.

There must be a disciplined, ordered, intelligent and steady practice of the law of three during the act of speech.

The speaker should ask himself:

Are my words-actions *congruent* (fitting, proper) to the context of the whole living situation between myself and the listener?

Are they directly and specifically concerned with the matter on hand – or are they non-sequitur?

Am I talking *too much* in the space-time matrix of the Now?

Am I putting *too much* emotional force into my words and so repelling my listeners or frightening them?

Am I using the proper language to fit the other person's manifold of speech and ideas?

Are my words too vague, unclear, spaced-out, or without a referent in reality for the other person to get a coherent understanding of my speech?

Am I offending the other person's sensibilities to any unconscious word, action, or mannerism?

Am I getting to the point in simple, clear, direct, and coherent language, and then do I stop? Or, do I keep rambling aimlessly using oceans of words and tiring and annoying my listener?

Do I make myself *aware* of the listener's state? Obviously, if he is in a hurry or has a scheduled appointment, I should respect this and structure my message accordingly.

Keeping people waiting needlessly and unnecessarily has rung the death knell of many a doctor or teacher or public speaker's career.

Am I getting lost in the sound of my own beautiful rhetoric and so becoming unconscious of my listener's needs, responses, answers, etc?

Do I keep my words under *strict control*, saving my voice, energy, time and efforts for the next things that I have to do?

Understanding Psychic Development 4

Do I get so wrapped up in my unconscious flow of words that I lose *contact* with what my listener is thinking and feeling?

Do I become aware, that at certain times, my listener's mento-emotional state is such that he is out of contact with the Here-Now, and so is incapable of receiving my message?

Do I watch carefully the timing of what I am saying, am I aware of the ripeness or unripeness of the person's mind before me so as to mesh in properly with his needs?

Bluntly, do I speak too much?

Am I boring the person?

Am I using metaphors, analogies and comparisons beyond the reach of my listener's experience?

Am I relating my message and explanations *consciously* to my listener's experience and understanding?

Am I a compulsive talker?

All proper, helpful, and healing speech is a balance relationship between the sower (speaker), seed (words) and the soil (listener's mind). Be sure to link up *all* these three coordinates consciously.

Also, you must make allowance for a varied and interesting repetition of your basic points at different times; allowance should also be made for the gradual growth of your ideas in the listener's mind.

You must discipline your speech daily and hourly so that:

~ Less words are used.

~ Simple words are used.

~ Pictures within the experience of the listener are used.

~ Clear words are used and the speech is directed and controlled. Don't wander Verbally.

Do I waste my time, attention and force on idle and unnecessary chatter?

Am I too personal in my relationship with clients?

It is part of wisdom to:

~ Never make excuses for yourself.

~ Never blame another when things go off-key and wrong.

~ Never get depressed over negative manifestations, nor elated over positive ones.

~ Never permit your speech to get too positive or too negative – the returning backwash is usually very strong and often quite disconcerting.

Remember speech is an energy functioning in an energy pattern called a circuit. The circuit consists of you, the other person, the attention, and the relations between – *all* the components are needed. Where one is missing the circuit gets broken, and the transfer of meaning and knowledge breaks down.

Talk slower than usual; talk softly; talk with rhythm and from a relaxed state of being. Tense talking or feeling pressured when talking makes the vocal sounds and speech unpleasant, ugly, repellent and can cause a destructive effect on the listener.

Do not give too much information at one time.

This tends to overload and then short circuit the listener's mind. Instead, make the communication pleasant, impersonal, friendly, short, and to the point.

Understanding Psychic Development 4

Don't MEANDER WANDER AND CHATTER NON-SEQUITURS. This has a very negative and unpleasant feedback, either sooner or later, in the unpleasant and unexpected and trying events.

Constantly be aware of the time-space, energy-matter co-ordinates of the present moment; if you do not lose sight of the Here-Now, much good will be seeded.

Experiences are unavoidable and necessary. However, the memories, fears, anxieties, and hopes called up by resonating unconsciously with these vestigial shadows that experiences call up – these are not necessary.

These waste energy, add confusion, misdirect your forces, darken and make psychic shadows where none exist in reality – From these you must detach and free yourself.

Only then can you become free. Only through disciplining your mental and emotional moods and automatic responses can you tread the beginning road to freedom.

There is no possibility of freedom, insight, and control of your life without the training of your body, emotions, mind and speech.

Without intelligent, rhythmic, training of these factors in the natural order of the cosmos which sustains and maintains us, there is no other path but a negative descending spiral into chaos and destruction, while insanely mumbling high “verbal truths” and principles, such as love, God, the divine universe, etc, etc, etc. Ad nauseam.

The emotional force of what is said can hypnotize people into attempting things and goals where there is *no practical factual ability* to perform the required steps towards the goal's materialization. This is pure delusion.

Everything in the galaxies, star clusters and universe materialized through a process of orderly trend – and functional sequence.

We, too, are a part of this functional process-sequence of an orderly universe.

When we violate these cosmic laws, either through ignorance, greed, or delusion, we cut off the song of our life and certainly and surely as a radio stops playing when the plug is pulled out of its power source.

An omni-dimensional and omni-lateral approach to life, living and functioning is not just an interesting theory; it is an immediate and urgent necessity if we are to survive the stress changes from a tribal to a global life.

We are as much a part of a larger cosmic life as the fish are part of the ocean in which they swim.

In fact, just as fish are condensed ocean, we are condensed Star life – Eternity trapped, unknowingly, in a form-of-flesh which ignorance converts to a prison.

By knowing ourselves (our structure-function-order) and then knowing the larger structure-function-order of the cosmic process (God) which sustains, maintains and gives us life, we may gradually evolve out of the prison of form knowingly into a higher dimension of being analogous to a caterpillar cracking its cocoon, becoming a butterfly and then exploring this new dimension (air) with its new wings.