

## Understanding Psychic Development

### Session 1

#### **Recommended:**

- Listen to the recording of Sphere 9 in the course on Manifesting Your Heart's Desire with Kabbalah

#### **Opening Quote:**

*"We want to learn how to conform to the uplifting ray on which we have incarnated." Vitvan*

#### **The Psychic World / Powers:**

##### **The Pentacle symbolizes mastery of this world**

- 5 Spiritual: clear intuitive knowing – above this is the formless light of Infinite Knowing
- 4 Akashic: past and future events
- 3 Etheric: subtle frequencies such as auras, the inner voice, past lives, other-side viewing, inner visions
- 2 Astral: emotions, moods, attitudes, motivations, desires (other than the spiritual), imaginings.
  - Mental and emotional states of unbalance attract unbalanced psychic entities that feed off of that state and prod you to take it further
  - Your self-image is your imaginary self that is really an entity masquerading as your True Self to get you to feed it by believing in it.
    - This could be a discarnate entity
  - Addicts are open to rapport with living and discarnate addicts who's addiction is so strong it keeps them in the psychic plane, trying to get a fix through a receptive living human.
  - You can also "manufacture" false entities through strong desire (like to see a lost loved one), fear (seeing a monster under the bed, or demons), and other strong emotion, including deep devotion (a psychic image of god)
  - You can also attract masquerading entities to mess with you and get your energy if you fall into automatically believing they are what they seem to be, or believing the messages they seem to be telling you. (All this relates to mild to severe psychosis.)
- 1 Physical sensory experiences / instinctive drives

#### **In the "Death" process**

- First the physical vehicle dies and decomposes
- Then, the psychic self (personality) dies and disintegrates
  - During this process a life-review takes place, emotional attachments are faced and released, the forms of ancestors and past lives arrive to help us, as well as spiritual beings, masters, etc. take on form to reach us.
- Some remain in the psychic realm longer, depending on how attached they are to the physical plane: addicts still hungering for a fix, violent ones looking for more violence, unrequited lover still looking for lost love
  - They roam around looking for a host to feed off of: one who indulges in the same craving, yearning, emotional state, etc.

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- You make it harder for loved ones to pass through Psychic level by grieving over them and relating to them as lost; your attachment to them being here strengthens their attachment that keeps them hovering around.
  - You support their process into liberation of true joy as you do that for yourself, because of the rapport between you. As you do your release of them, you help them release from you to follow their soul's path into the heavenly light of peace and joy that is permanent, that abides within.
- Then we experience the Energy Field of the True Self as our Deliberate (self-autonomous) state of pure BEING (Be-ing).
- WE CAN GO THROUGH THE PSYCHIC DEATH PROCESS WITHOUT PHYSICAL DEATH TO TRULY ARRIVE AT A HIGHER LEVEL, WHICH INCIDENTALLY PROLONGS PHYSICAL LONGEVITY AND INCREASES LIFE-FORCE OR VITALITY, HEALTH AND WELLBEING.

#### **NOTE: Spiritual Entities can take on a psychic body to reach you**

- This can mean visitation from departed loved ones, angelic beings, masters, etc. in your dreams and visions.
  - But no matter how sure of their identity you feel, you cannot KNOW the truth until you awaken to the spiritual or individualizing plane of BE-ing (conscious, self-determined states and functions of being.
  - Essentially, all is God taking on the form necessary for the function God Intends.

#### **Your True Self**

- is your power to be conscious
- Your True Self grows as you develop mastery of what you choose to be conscious of
- Your True Self came into the world to have the experiences it has, and to learn the lessons that it learns, and to develop the wisdom, strengths and skills that it develops.
- You take all this WITH you when your body passes away, and your psychic body dissolves.
- You then develop a new psychic body with your new physical body and enter the family situation that will program you to have the experiences you need for this life-time.

#### **We experience everything through our psyche or on the psychic level.**

- Everything you experience is a matter of energy-wave frequency or vibratory.
- Whatever you experience is a frequency.
- Every feeling and thought is a frequency.
- Becoming more aware of feelings opens up the frequency world, so you can consciously register frequencies that used to be unconscious.
- True psychic knowing never triggers fear, disappointment, anger or any other form of emotional unbalance
  - You can only sense truth from an alert, relaxed state of mental and emotional stillness

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- As you clear out your unconscious frequency registration you go through the purificatory process.
- We use consciousness of feelings during our waking hours, and The Method, to clear out of the lower vibratory frequencies of unhappiness, fear, lack, loss, loneliness, resentment, disappointment, grief, insecurity, panic, hatred, violent urges, indiscriminate sexual urgings (there is no such thing as “casual” sex”, etc.

#### As your psyche purifies

- it becomes more capable of registering higher frequencies, or frequencies of higher knowing, higher wisdom, higher guidance, higher insight and illumination.
- The higher levels of aware frequency registration can pick up on past lives, life purpose (the frequency of the true, individualizing self), future trends, the states others are experiencing, etc.
  - We need to exercise extreme care when interacting with others to
    - Be conscious of the frequencies they and us are radiating
    - Not get caught up in an unconscious rapport (ie: they might be angry and, if you are not exceedingly careful, you can resonate with that and take it on as your own)

#### **Living in love establishes us in the higher frequency world.**

NOTICE when you are not loving – when you are not loving, you are not your True Self

#### Resentment To Love Exercise to return to the frequency of your true self.

- Feel the resentment that comes with the thought of the person or group that you resent.
- Look for the love you feel underneath.
- Focus on that love until your resentful thoughts vanish
  - If you do not feel the love, concentrate on looking for it.
  - It is there: you ARE love
  - When you resist love you resist being who you are – you are stifling yourself, your power, your joy and your abundance
    - Love is nothing to fear and everything to give
      - When someone feels loved they feel more powerful, become more loving, happy, joyful and prosperous
      - When you allow yourself to love you help the other to live in love.

#### Becoming oriented to the energy or frequency world fosters SANE psychic development.

##### *ESSENTIAL TO AVOID PSYCHIC DELUSION*

- Practice CONSCIOUS ABSTRACTING to open to the psychic world and to do it safely and SANELY.
  - Remember to differentiate:
    - Every “thing” is a dynamic energy system, a radiant vibratory PROCESS

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- The word is not the thing: check for facts and mutual understanding of what the word refers to
- The inference is not the “thing” but what we logically imagine / infer
- Example: this “chair” - chair 1 - is a dynamic, radiant energy process emitting frequencies
- Objective level: notice the details: a brown rocking chair
- Verbal level: describe what you observe: a brown rocking chair
- Inferential level: What can you reasonably infer or imagine to be true about your observations: it’s made of wood, it was made by hand, it was very expensive
- What inferences can you draw from that: the maker of it has made things before, it is very comfortable, it is somewhat fragile
- Etc.

#### **For The Purpose Of Staying Sane**

- Be sure to TEST all inferences.
- Avoid jumping to conclusions.
- Base choices and judgments on emotional balance so as not to believe what you want to believe
- Pay close attention to discern the difference between facts and assumptions

*As we get into the subtler levels of psychism it becomes increasingly important to not jump to conclusions regarding what you see, hear, etc. ALWAYS DO YOUR BEST TO SPEAK FACTUALLY*

#### **THERE IS NO TRUTH AT THE PSYCHIC LEVEL: ONLY APPEARANCES, SIGNS, SENSATIONS**

- TRUTH is a high frequency coming from Light’s Regions (above the psychic plane) – emotionally unbalanced states cannot accurately register that frequency.
- Our goal is to live in that high frequency of truth *all the time*.

#### **Our aim is to be guided by “spiritual” intuition always.**

- To do that we need mastery over our psychic body: keeping it still (see Tarot keys 2 and 12) and staying aware: see Tarot Key 6:
  - The man is awareness in the now
  - The female is the subconscious (psychic) connection with superconsciousness, higher consciousness, the light of the True Self.
  - The angel represents the guiding light from Light’s Regions (the truth keeps us safe)

#### **Remember that your personality or psyche is your VEHICLE**

- for functioning in the manifest world (Malkuth, the Kingdom) in Kabbalah.
  - USE your psychic powers to create harmony, order and fulfillment of your purpose in the world.

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#### **The Psyche is symbolized by the moon,**

- because it too shines by “reflected light”
  - As the moon shines by the reflected light of the sun, the psyche “shines” by the psychic patterns to which it has been and continues to be exposed.

#### **We are learning to exercise discrimination**

- as to what influences we allow to run us (see Tarot Key 7, The Chariot)
- Practice NOTICING: what is motivating you to say what you say, think what you think, emote the way you emote, do what you do and how you do it.

#### **Emotionalism drains you of psychic power,**

- making you more receptive to negative psychic attack
- Depriving you of the strength you need to remain in the Garden of Paradise
  - Weakening your ability to receive / reflect the True Light

#### **The Individualizing Process *(the uplifting ray on which we have incarnated)***

- We are shifting from psychic identification to following our Individualizing Process
  - “Come out from among them and be ye therefore separate”
  - This occurs as we register the frequency of the true self and follow that: guided by feelings of alignment, authenticity, empowerment, harmony.
  - The Light of the Individualizing Process is represented by Key 9 of the Tarot

#### **We advance in our psychic development by focusing on or tuning into higher spiritual energies. The Kabbalah Tree of Life is a paramount tool for this:**

1. Tune into higher Will (Crown)
2. Tune into higher Wisdom
3. Tune into deeper Understanding
4. Tune into loving kindness (Mercy)
5. Drawing necessary limits and boundaries (Justice)
6. Beauty
7. Victory
8. True Glory
9. Stability, Security and Support (Foundation)
10. Your present physical surroundings (Malkuth, Kingdom)

#### **To Further Psychic Development - ESSENTIAL**

- Practice paying attention to the location of your 7 basic chakras or energy-centers to register the frequency you are picking up there.
- For sanity and balance:
  - Practice staying centered in the heart, even when you feel other chakras stimulated.
  - 1. Top of head: Crown Center, through which your True or Higher Self communicates

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2. Center of forehead: Center in which you experience perception, inner seeing, visions
3. Center of throat: where we express or repress our true feelings
4. Center of chest: the heart center, where we feel love, beauty and harmony as well as heartache
5. Center of abdomen including navel and solar plexus: where we experience driving motivation and fear
6. Center around genitalia: where we experience sexual vitalization as well as the urge to engage in violence (when influenced by anger or fear)
7. Center at the base of the spine: where we register the frequencies of grounding

### **For future psychic development we study the wisdom of the Major Trumps of the B.O.T.A.**

#### **Tarot**

- These images attune our psyche to the higher spiritual realms of realization:
- As you view an image you are receiving the frequency pattern of the higher state of consciousness it represents
- This teaches your subconscious to manifest that state of higher consciousness
  - You can use Tarot imagery for psychic / spiritual readings:
    - Ask your question.
    - Randomly choose a Tarot image
    - View the image as you consider your question, with your mind open to receiving ideas, impressions, feelings corresponding to the answer.

#### **Two most important times for programming the psyche:**

- First thing in the morning
- Last thing before sleep
  - Both times: read or listen to something spiritually uplifting

#### **The problem with rappings:**

- Be careful to not spend too much time with individuals who are inharmonious or draining.
  - You pick up the energies of those you think about.
  - Use a simple banishing or clearing ritual to help you break negative rappings.
- Inharmonious rappings are a significant cause of health problems, wealth problems, life-problems: ie: spending too much time with a “calamity jane or jim” can set trends of calamity or chaos into your life
- You become like those you spend time with (listen to recording: The Relationship Laws by Bob Lancer)
- Connect with the Masters, The Lords of Light, The Illumined Ones

#### **Protect your psyche when you are feeling tired or “off”:**

- that is when you are most susceptible to receiving and being unconsciously motivated by inharmonious frequencies.

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#### **Develop the attitude that expresses: I am in charge, when it comes to your psyche,**

- Watch your self-image in your mind: it is an entity, it is not YOU
  - Is it weak, helpless, overwhelmed, ill, frightened, depressed, etc?
  - Become clear of “masking”
    - Pretending not to feel something is not the same as being truly free of that feeling.

#### **The Cross of Psychic Development:**

- Horizontal: seeking sensationalism on the “physical” or “psychic” plane
- Vertical: Mastering the psyche for spiritual development: revelation of the Light and Emergence of The Christos

#### **Practice:**

- Reading faces for a sense of past life experience
- Feeling the vibe of the book you are about to read, the food you are about to eat, the place you are about to go, the activity you are about to engage in, the person or people you are about to spend time with, etc

#### **Closing Quote:**

*“The opposites joined, no more oppose*

*The Being can rest in balanced repose.” Isidore Friedman*