

Understanding Psychic Development 2

QUOTES

"Death will unite more closely because there are no more 'objective' barriers."

"When the rapport is broken, the two are parted."

"True marriages are formed in Light's Regions"

Vitvan

You HAVE a personality. You are not your personality.

- To become a clear seer, a clairvoyant, free your judgment from all personality-driven attachments, values, reactions, etc.
 - Otherwise, opening up opens your psyche to the lower forces that drive people mad.
- Relate to the personality as a vehicle, not as who you truly are.
- Learn to recognize the qualities of the personality so that you can disidentify with them and turn the psyche over to the higher self (coming through the crown center)
- Practice remaining free of personality reactivity, drives, values, etc.

When you shower: (not bathe)

- shower off the psychic entities you may have contacted during the day.

Heal and refine your psychic attunement with color healings:

- Imagine each color of the rainbow and breathe it into your whole body.

Protect yourself while sleeping

- by reading or listening to something spiritually uplifting right beforehand.
- Tune into the Masters at night: Isidore, Vitvan, Case, etc.
- How I manifested my inner teacher: tuning into Isidore's presence.

Start your day on a high note

- by reading or listening to something spiritually uplifting first thing.

Take an authoritative attitude toward your psyche.

Your psychic (3rd) eye opens

- as you practice living in direct, thoughtless, wordless perception of what is happening NOW.
- Don't take any perceptions or phenomenon personally (my Vitvan story of botched initiation)

To enter the higher planes of psychism:

- We must make sure that the practical level of daily living is handled with mastery.
 - That is your anchor and foundation for sanely opening up to more.

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Practice tuning into your feeling of your life purpose, and align your life with it.

- Then you can register the frequency of others' life purpose and support them in the fulfillment of it.

There is an essential inner guide for you

- that no dogma, psychic or no authority figure can read and follow for you.
- This is your true Individualizing Process that you have to recognize.
 - Each of us must "tread the winepress alone".

Live in the "North Half" –

- Use The Resentment To Love exercise
 - Establishing yourself in the heart-center and above keeps you free of the lower drives and entities that would steer you off course and make havoc out of your inner and outer life.

The human race is evolving

- from personality orientation to the individualizing ray on which we incarnated.
- We are living in a time of dissolving cultural norms and structures.
- We are called to be a channel of Higher Ordering Forces that guide us into the birth of the new order of Oneness that is emerging.
- Recognize egotism (taking things personally) coming from yourself and others
 - When you see it in yourself, drop it
 - When you see it in another, take nothing they say seriously

To awaken your higher psychic faculties:

- Practice tuning into the FEEL for order, balance, wholeness and harmony.
 - Cultivate your sense of order by observing orderly patterns in nature and in human construction.
 - THE UNIVERSE SUPPORTS ORDER; chaos (disorder) is self-destructive

There is no "world beyond":

- the term "metaphysical" has no real referent in reality, because it means "beyond the physical".
 - There is no "beyond the physical", just an infinite array of vibratory wave-lengths and frequencies making up the dynamic energy process we call the universe.
 - Practice noticing what you are tuning into and the impact of your attunement.

Practice taking NOTHING personally: use your personal powers for creating harmony, beauty and order in mutually supportive interpersonal relationships.

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Psychic protection: living happily in balance.

- As soon as you lose your happy balance you become prey to negative psychic entities that arrive in the form of conscious and unconscious thoughts and feelings that drain, deceive and lead you off course.
- When you react emotionally to something, you believe that is the most important thing in the world, when it really does not matter.

Mob Psychology

- Rapports join psyches together and drive people with more psychic power than if one is operating on their own.
- can take place between 2 people:
 - One positive (in the electrical sense)
 - One negative (in the electrical sense)

Before

- you say, think, emote, do anything, eat anything or go anywhere, TUNE INTO the vibration to see if it is empowering, uplifting and harmonizing, or the opposite.
- Tune into the guidance coming from the Higher Regions.

Notice the quality of entity you are tuning into when you think, emote and desire.

- As you pay closer attention to your personality's operations, you awaken to clearer and deeper psychic sight.

Remain in a trouble-free state INTERNALLY

- to connect with the higher Light Beings – those above the personality level, connected to The Logos, for guidance, assistance and support.
- The Logos is the essential pattern and purpose of the universe as a whole and each individual aspect of it.

Sacrifice the pleasure of indulging in psychic drama

- to live in paradise
- to find abundance in all of life's blessings,
- to be guided by a higher level of consciousness.

The hole in the cloth metaphor: Understanding True Self Light

- Imagine you are looking through a small hole cut out in the center of a large piece of cloth. All you see through it is a limited number of details.
- Make the hole larger and you begin to see those details in relationship to a larger context.
- Your Higher Self basically sees the whole cosmic context, and guides you from there.

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On the psychic level, NEVER believe in what you see, hear, etc.

- True Knowing comes from a higher level, transcending the personal, a formless state of clear perceptive insight – the guiding light of Divine Will, Wisdom, Understanding and Love.

The personality goes through a death-process when it is denied what it wants at the deepest level.

- 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.

The issues with drugs and alcohol:

- They open you up.... Indiscriminately
 - They require even more deliberate exercise of present awareness, discernment and psychic control and tuning than “normal” daily living because of the entities that draw near to guide and drive you into darkness and delusion, into the impulsive or insanely reasoned actions that lead to more suffering, chaos and destruction.