

SOURCE OF ALL LIFE

By

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Introduction

This book will cover the basic A-Z of Mind, Body and Soul topic's as pertaining to knowledge and wisdom brought forth from the spirit dimension.

The title of this book "SOURCE OF ALL LIFE" comes from those energy beings, those who dwell in the world of spirit. For on the other side they do not have or use the religious vocabulary we employ here in the physical world.

What we call 'GOD' is simply referred to in the spirit dimension as 'THE SOURCE OF ALL LIFE.' Humankind, here in the physical dimension, has created the many diverse religions that we encounter here on earth. There are no religious divisions in the spirit world for there is no reason to separate ourselves from each other. All are creations of the 'SOURCE OF ALL LIFE.' We are all energy beings which are extensions of a larger 'Energy Source' which many here on earth call God, or Great Spirit, or Creator, or Allah, and so on. These names are all brought forth by humans, trying to give meaning and substance to their created religious beliefs here in the physical world.

Just know it is not wrong to believe in any of the different religious systems we have manifested here on earth, for all teach positive and negative truths to help us grow and experience ourselves outside of the confines of the spirit dimension. The negative cannot be experienced directly by an energy being in the spirit world, but it can be experienced by an energy being dwelling in a human form in the physical world. As we grow through our positive and negative experiences here on earth, the 'SOURC OF ALL LIFE' also grows and expands on many levels.

Read the information which interests you, for each person is following a different spiritual path in life, and the information that seems true for you, add it to your knowledge base and continue on with your spiritual quest. That which seems wrong or false to you, simply ignore it and move forward on your spiritual journey.

Prologue

The time has come when many people are now seeking to know more on how to bring peace into their daily lives. We will be more able to understand the plight of our fellow man by creating peace and understanding on a greater scale.

This will allow us to understand that each one of us is living a human experience. That there is a Soul; an energy being inside us that will one day leave our physical body and this Earth, and return to our true home in the Spirit World, that which many call Heaven.

In order to bring about change in our world we must change ourselves first. Inner peace can be found through forgiveness of oneself, and of all others. Examine your life before you dare judge another's life.

There is a simple saying which has echoed throughout the ages and in many forms; if you cannot take it with you, why is it worth your time? There is no need for excessive personal affects when there is much more that is being neglected spiritually. Items do not bring happiness. Happiness in positive action and thought brings happiness. There is much that can be learned by a life of simplicity.

So much reading material and CD's contain the same message disguised in different terms and extra wording simply to sell another book, when simply stating the intention will do. There is no need to dress up the process or the knowledge when simply stating it will reach more people.

The purpose of this lifetime is important to each one of us who is completing it. Knowing that there is more than what many popular beliefs hold is important also. We are all the same; there is no reason for one man to put himself on a higher pedestal than another. The man on the pedestal at some point will realize that there is greater similarity and education needed by him, just as there are those he was trying to reach with his seemingly great and powerful knowledge.

The people should know that even without this knowledge there is still no reason to fear. There is no reason to live a negative life. There is greater joy shared in 'giving' joy to others than in destruction and negative actions. A greater number of people benefit through small, positive actions compared to the negative impact of a small negative action.

It is very important to know Peace; there are many things that will always exist. There will always be violence on Earth to some degree. Not to the degree in which we are experiencing it now, but it will be possible to move far from wars, far from mass killings, and far from what has been experienced.

There is a great change occurring as you read these words. Those who have power, control, and/or vast wealth should have the understanding no one is going to steal their vast riches. They need to understand the moral, ethical, and spiritual value in helping their brothers and sisters they share the planet with. This can be done by understanding the basic principles of human life; that all peoples should have shelter, food, water, community and companionship. It matters not what your beliefs are, for we are all the same in the eyes of God.

God gave life to all living things, and therefore all creations are to be unconditionally loved; for 'ALL' are living expressions of his unconditional love. Just look to Mother Nature to see the marvelous creations that abound.

The proper goals of humankind should be not only working for oneself, but also working to help their fellow man. This is the most effective way to direct positive energy into the world, which will bring forth the greatest changes for humankind.

ABORTION

This is not for humankind to fully understand. It is a lesson for many to learn in order to understand this great choice. There should be acceptance of this practice, though the goal should be to overcome the fear, worry and selfishness associated with it by those who are wishing to carry it out.

God understands when and why some women choose abortion. Through free will God allows them to exercise their decision as it pertains to their soul path. God will not judge you for your decision, only you judge your life for the decisions you make based on the lessons you chose to learn and experience.

Those who are 'pro-choice' and those who are 'pro-life' are both correct in their decisions they make concerning abortion. It is a learning experience no matter which path you choose.

ACCIDENTS (PLANNED EVENTS)

There is much adjustment that takes place in your life depending on your free will so that events that are planned may take place. That is, not the specific event in most cases, but the event that brings about the desired experience or goal that 'you' planned to achieve and experience in this lifetime.

There are many things that influence free will and influence events in your lifetime. Many things are planned, simply because they appeared accidental or inconsequential makes them no less important, though they might be. An accident can bring your attention to an area that you were neglecting, even in terms of thought, though the accident may have some physical impact. There may also be implications for your emotions. It is important to adjust your thinking to understand that there are no negative actions.

There are many things that unfold so that the desired plan, that which you were counseled and chosen to experience with your desire, that these things be accomplished. You may learn love, for example, through any number of experiences. So it is not dependent at all times that you meet a specific individual or care for an individual so that a bond is formed or any other part of love or caring for it to be experienced.

There are times when it is very dependent on the person because of their path and yours and how they interrelate. But many goals and experiences will be brought about by the circumstances no matter how your free will has intertwined with your plan. It is of utmost importance to keep your mind open and clear and not worry on how the event was formed, but to understand that causal reasons, those important beyond the physical world, examine those that you will carry with you after your physical death. Examine these reasons, the motivations and the areas being affected. These are what often determine growth or an area to review for some potential lesson or meaning after you have come through physical death.

It is not necessary at all times to feel as though you experienced a specific incident and then reacted poorly to it, though you may not understand the process now, you will

understand, or you still may not, upon your exit from this physical dimension. Your reflection on this situation and understanding the correct or universal response that may have been more positive is as useful as if it were your initial response.

Typically, it is not known by you whether this also was the required response for the growth of yourself or others involved, though all actions should be considered and reviewed on terms of how you feel much later, after the incident. Were you better off because of your reaction to the accident or were you feeling as though you reacted negatively towards yourself or others involved. These are important if you are considering growth and evolution in your lifetime and beyond it.

Please understand that it is important that all individuals know of lifetimes, or what is termed an incarnation; there is much said to deter any thought or thinking as if there is no life beyond that of the grave. That there is no impact, as if this is the only life they are ever given to live and experience. It is important to know that you will live many lifetimes, and upon return to your true home, you will have the opportunity to review each previous lifetime, to examine and understand in order to aid in advancing your spiritual growth.

There are also many things that may not be depending on this knowledge for you, but to understand this is to remove one's self from the hold, control, ill focus and motivations that many hold. Process information as you receive it, but it is never impossible to examine a chain of events or a situation while you are involved in them. When there is a pressing situation at hand you can learn to recognize the correct behavior. Many may call this listening to their inner voice or angel, but being developed enough to understand your own intuition or guidance is important. It should be noted that all should attempt to withdraw from all outside stimulation at least one solid hour per week, and this is known as meditation, and there are many benefits to this being completed. Pleasing the self is not as important as developing the self. Waking hours are spent too often on that which causes the mind to be idle.

There are no accidents, so if your loved one died from what someone would call an accident, just know it was a planned event by that individual. Not to cause pain or suffering or to punish someone who is left behind, but simply ending to a lifetime in which they had completed their chosen lessons and experiences. The lessons they could not or did not learn in that lifetime will be reviewed by them on the other side and they will then program those missed experiences for their next lifetime. There are no lost opportunities for a Soul's advancement.

ACQUIRED IMMUNE DEFICIENCY SYNDROME (A.I.D.S.)

'AIDS' for example is kind of like when Adolf Hitler of Germany allowed millions of Jews to be destroyed during the Holocaust, it serves a dual purpose for the benefit of mankind. Not only does it teach a global lesson about the destructive nature of war, it also teaches individual lessons for those living in the physical world, and it helps Mother Nature balance and de-populate the Earth.

If there were no diseases and disasters on Earth, humankind would not have the opportunity to reach out, to be more loving, more understanding toward each other in times of crisis.

When those Higher Beings in the spirit dimension observed that humankind in the beginning only perceived 'AIDS' to be a 'gay' disease, then it was decided for the benefit of all humankind to allow this disease to spread. Women, children and so-called 'straight men' became infected in order to gain the attention 'AIDS' was to have fostered in humankind to begin with. In order to force individuals to react and evolve in order to advance in the way of building spiritual character, which leads to a better understanding of unconditional love.

ADDICTION

There are many reasons and many forms of addiction, but there are many who do not seek to remedy the underlying cause, but simply seek only to address the outward expression of the addiction. For many, not all, to identify the true cause may be simply to ask yourself what it is you are trying to avoid or escape from in your life. Once you realize the true cause and stop the addicting behavior, you must make a positive change to remedy the original cause, or you will open yourself to new addictions.

Addiction is simply a signal to a person to let them know there is an area of their life, be it concerning health or an energy imbalance, that a problem exists and that they need to take action to correct the imbalance.

An individual can trace back to the source of their problem, on their own, and even without assistance, to develop a plan to eliminate the addiction as they come to understand the true reason for their addiction.

(For those individuals who still feel they cannot face up to what is the true cause of their addiction may seek short term help from the medical community. Just remember, pills only mask the symptoms and do not correct the true cause of the addiction. Medications themselves can become an addiction.)

AFFIRMATION

Your mind is the key element for using affirmations. Repeating positive words or short phrases on a regular basis condition your subconscious mind to act upon that which you are trying to achieve or correct with your body/ mind. Examples of positive affirmations for better health would be; ("I have a healthy and complete body") or ("My body heals on every level"). You may apply affirmations to any positive area of your life, and remember not to use negative words in your affirmation such as; No, Can't, Stop, Won't, Not, etc.

AFTER LIFE

All souls, which are energy beings, were created by the ‘Source of all Life’ which those on earth call ‘God.’ God gave us free will so that we could learn to create as he does. Advanced souls created places like our universe, which have many planets of varying degrees throughout, in order for souls to go and experience different lessons to further their spiritual development. (Note: The word ‘spiritual’ or ‘spiritually’ have nothing to do with the human concepts of manmade religions and their corresponding dogma).

If you inhabit a human form right now, you have incarnated to this planet called Earth in order to experience all the many facets of love. That is what this planet teaches. True, unconditional love takes many lifetimes for the average soul to master, and that is the journey you are now on. During each human lifetime, you incarnate with lessons and experiences you need for your spiritual growth. Some lessons you accomplish, some you do not.

Being born in the form of a baby is how souls enter this physical dimension. You enter with no memory of past lives or of your true spirit home so you are not distracted while working through the present lifetime. Without the physical body, your soul could not experience the negative side of life. The human form is able to experience pain and suffering; physically, mentally, emotionally and spiritually, whereas your soul is not capable of experiencing these negative lessons.

When you have come to the end of the lifetime you chose, then it is time to return to your true home world through the avenue called death. Death simply allows your soul to detach itself from the physical body you had chosen for your learning experiences. Fear not death, for your soul experiences no pain or injury when your physical body dies. It is truly a very joyous occasion when you return to your true home, where friends and loved ones await your arrival.

Your soul, which is energy in its purest form, takes on an ethereal form when it leaves the physical body. This form resembles the form you last held when you were earth bound, except it has no defects and displays itself in near perfection. Most forms return in appearance to an age when they were most vibrant during their earth life. This new ethereal form is required in the world of spirit just as you required a physical form while on earth to house your soul. Later, as you progress spiritually you will reach a point where no form will be required to contain your soul; you will be seen as pure energy.

Since you are pure energy in essence, you require no food, drink or air to breathe when you are back in the spirit world. You do not suffer the aging process as your soul is eternal. This ethereal covering does contain higher emotions, but not like the lower animalistic emotions you now experience in the human form. Linear time and physical space are not present in the spirit dimension.

Souls who incarnate to earth and take on the human form all dwell on the same level. That means individuals on earth cover the full spectrum from the brightest/smartest people on the high end of the scale, to those who are idiots/morons on the lower end of

the scale. All living together on the same level as they each seek to experience their chosen lessons.

In the spirit dimension there is a separation. Your soul will live in one of the seven major zones of consciousness with other souls you are in harmony with. These seven zones are based on how enlightened or spiritually advanced a soul has become. The law of attraction applies; like attracts like. As you work to ascend through the sub-levels, each is more sublime than the preceding one.

Each one of the seven major zones has seven sub-levels to it. These zones and levels are vibrating and spinning at a higher frequency as you ascend through them. The average soul who is now reincarnating between the spirit world and the physical world (earth) resides in the 3rd major zone, and dwells on one of the seven sub-levels of that major zone.

As an example let's say as a soul you were living in the spirit world on the 3rd major zone, on sub-level number 4 of that major zone. You incarnated to earth and you chose to be born as a female. You lived that life and achieved most of the lessons you wanted to learn and experience. That programmed life lasted eighty-eight years, and then you died and returned to the world of spirit. Let's say during that lifetime your soul advanced spiritually, which means upon your return to the spirit dimension your soul now advanced to the next sub-level of consciousness it had earned. Instead of returning to the 3rd major zone, sub-level number 4, you would now ascend to the 3rd major zone, sub-level number 5. If you had not made any progress in that lifetime, you would return to sub-level 4 from which you came. Now had you used your free will and changed your basic programmed life to cause great harm, chaos and/or death which was not a lesson for you, then you would return to a lower sub-level or even return to a lower major zone.

Once you spiritually grow and progress through all the seven sub-levels of a major zone, you then enter the next major zone and work your way through those seven sub-levels. For example, when your soul progresses from the 3rd major zone, sub-level number 7 of that major zone, you would then enter the 4th major zone, and start out on sub-level number 1 of that major zone, and then start working your way through that major zone's sub-levels. When you reach the 7th major zone, and the 7th sub-level of that major zone and have become spiritually enlightened and have mastered all that is contained therein, you are now ready to ascend to God's next phase of your soul development. When you leave the seven major zones your soul will no longer need a covering or form and you will emerge as pure energy, a beautiful bright light of varying degrees. At that point you would never again enter a human or ethereal form again. A whole new adventure awaits your soul.

To help with your human understanding, the earth is encircled by these overlapping seven zones and their sub-levels of consciousness, just as all the planets contain their own individual consciousness of higher or lower vibrations. All zones of consciousness meet and blend together, so your soul is then prepared to enter into another consciousness on another journey of learning if you desire. Souls are always being encouraged in a positive manner to progress forward to be more God-like for their own self awareness. For further understanding; each individual universe or dimension has its own Creator. Each area of planetary living has been located in such an area that each domain is watched over, tended to, and life and energy brought forth into it by a Creator for that specific realm of existence.

This is not to say that there cannot be more than one entity infusing power, and direction into the life and realm of existence. But there is only one single being that is responsible for its ultimate direction no matter what other entities or life forms may inhabit it or cross from other dimensions to assist with that dimensions existence.

There is, for your human understanding, only one God, the 'SOURCE OF ALL LIFE' that then observes these Creators and guides and assists them as needed. This is much the same way that many groups of people delegate power to accomplish a common good on earth. No one person on your plane can watch a massive area or oversee the production of a very complex event or item. This is the same for existence as you know it. There are many assigned to watch over your area, there is only one to direct and become responsible for its purpose, its mission, but then there is the 'SOURCE OF ALL LIFE' which is then responsible for all life and all dimensions.

AKASHIC RECORDS

The Akashic Records map and record each activity that occurs in each life forms experience, not just humans, but all life in every way; if there is what you call consciousness, there is a record for it. There are records for each lifetime and records that are followed as a plan, and as a recording of what has taken place. There are records for planets, though many are being created as we speak to you now, and serve more as only the recording, and less of a plan as there is much left up to the individuals in an experience at any given moment.

There is much to be known about these and how they relate to each universe. Each universe or dimension will be able to be experienced by you. These are not separate records. All are contained in one area. You may have the same access to them as any spirit or energy being. Each is located where all can review and research past lives and events of any in existence. These records are not private, but are for education, and learning comes from others and their actions. The knowledge will grow by expressing that, which we cannot, by way of viewing actions, and thoughts that were taken by others in the experience they had in their given lifetime.

There is much to be learned by this great hall of records, but understand that what goes into them before you arrive in human form can be changed, after your birth and life start, all becomes a recording of what actions were taken. Each lifetime is categorized and each separate spirit can view each incarnation they have ever had, to view and track progress or trends in the way that many keep records in your world now. There is much need for understanding and reviewing these records.

These records are becoming more easily accessed in your dimension, but there must be some discretion by the entity that brings it forth and the requester. Not all information is helpful in a lifetime, though if an energy being in human form is asking for them, there is a clear possibility that he or she is able to cope with previous actions. Be them positive or negative.

There is a need to review these from time to time. Review them prior to creating a plan for a coming future lifetime. There is a need to track these and all dimensions have

access to them. This is one area where all beings may converge no matter their origination. Each may have access to each, but some higher forms are not shared with all, for knowledge may not be ready to be shared with those who are not spiritually advanced enough to comprehend it. For its impact on those that read it and are not yet ready to understand the concepts contained within it will cause confusion.

Peace to all is a trend that is increasing in number within the records as a shift is coming. We are able to map and track these actions, and determine how a shift might occur or see that the mind of humankind is changing from what it once was.

We are entering a new age, as you say, and will be experiencing a new 'reality' that becomes the new normal, and less aggression towards those of peace, thinking and mental ability. Sharing of knowledge and dropping dogma for only dogma's sake, will happen. These all can be seen in records here. Each dimension has their own existence, their own purpose, and you can travel to these, though not all can experience them for extended periods of time.

These archives have existed since the creation of the very first soul. They contain all the information and knowledge of each individual soul entity. All creations of the 'Source of all life' are registered within these etheric imprints. There is no opinion contained in them.

The Akashic archives also contain a soul's past lifetimes, its present lifetime and even its future 'planned' lifetime. While in the spirit dimension a soul can access their collective thoughts and imprints. This gives them an overall understanding of their souls overall progression or deterioration. That then explains where the soul entity currently finds itself, and where it needs to go in order to complete its journey of remembrance.

There are many areas where Akashic records exist or are created, but there is only one central location where all beings can find, locate and browse them at their leisure. This reading can occur for learning purposes. There is much that is done to create learning and this is a tool. No deed or action is unrecorded; this is not for punishment or celebration, but to learn from actions and situations which other life forms have found themselves involved.

There is a great passing coming to you where there will be a change and more information will be available to those who seek it. Much of the information in the Akashic records can be viewed or read by those in your dimension with the assistance of their spirit guide or energy being. There is no need to worry about their contents for they only record unbiased information; there is no opinion in them. All actions on all dimensions are kept within.

There are those that an entity may not understand because of the higher realms of beings that are creating them with their actions. These are not to be read by those who are not yet ready to understand them. There is a veil at times that is only lifted when a being has progressed to a level of spiritual understanding and life evolution so as the things they are reading will have clarity. Think of this in a similar way as you progress from infant to child to adult throughout your lifetime in a human form. A child is not ready to understand what an adult has come to understand, and so it is the same with the higher energy beings as pertaining to us. Until we reach and attain their spiritual awareness, we would not understand what they have created or experienced.

ANDROGYNOUS

Energy Beings (or what some call Spirit's) in the higher realm's of the spirit world when in 'pure' form have no male or female appearance, they are seen as glowing energy patterns of varying degrees (colors) based on their spiritual awareness they have attained. When they visit those with lower vibrations; those in the human form, or those of the lower spiritual realms, they then will appear with a male or female persona, or may seemingly appear to have both male and female characteristics.

ANGEL (ARCHANGEL)

There are many divisions or castes of beings though the names simply give recognition to the type of work they perform. So-called Angels have specific goals and areas in which they work, and Archangels are higher beings that return to different and lower dimensions to assist them when needed. Archangels can travel between different dimensions to provide assistance. There are many so-called Angels and Archangels you can call on for help, though many will not come because of name, but simply because of the help or guidance you seek, and none have wings.

There is a special type of being that is called an Angel and they have a specific function they perform. They do not guide in the same manner as most other spirit guides or spirit workers do. They have ascended much higher spiritually, they may be compared to the religious view of gods simply because of their advanced ability to intervene and offer assistance to many at once.

How do you think this dimension you live in came into existence? It was brought forth by these higher beings, who are Creators in their own right. The Earth is overseen by one of these Creators, one many refer to as their God. Yet this Creator is but one of many who have charge over many different areas and they all answer to the 'Source of all Life.'

ANGER

Those who need to express anger should do so in a positive manner. It is not necessary to contribute to the anger of another person or group, no matter what they seem to be upset about.

Allow your anger to be released in a positive manner such as doing physically taxing work or vigorous exercise that will express this pent-up energy without it building into something negative or destructive.

ANTI-CHRIST See 'HITLER'

APPARITION See 'GHOST'

APPORT

In French the word is 'apporter' and translates into English as "to bring." Apports are animate or inanimate things or objects such as precious stones, old watches, small living creatures, etc., that are materialized by the use of physical mediums. Mainly this phenomenon occurs during a séance, but has occurred when only the physical medium was present.

The objects that are dematerialized, then transported, then rematerialized are those that do not belong to living individuals. Only items of those who no longer have ownership, as it were, are produced. Nothing is ever taken from someone 'living' and given to another person.

Apports can also be brought forth through the use of a Trumpet device during a séance.

ASPORT

Asport simply refers to the reverse process of Apport. Whereas apports are brought forth in the presence of a physical medium, asports are objects or items removed from the room in which a physical medium is present. For example a small emerald stone may be removed from the room and then found sitting on a table in the adjoining room.

Things or objects that have been removed from individuals at a séance have always been found nearby.

ASTRAL BODY See 'ETHERIC DOUBLE'

ASTRAL PLANE See 'SPIRIT DIMENSION'

ASTRAL PROJECTION

Astral Projection is the complete elimination, through a focused, calm, and meditative state, of all senses and feelings that are only perceived or generated through the physical body. You completely disconnect but are able to safely return to your physical body. It is merely a term, astral, for that body which is your truest and highest self that inhabits your physical body at present.

To project into the astral plane is only to experience all realms, or a specific dimension, through disconnecting from your physical body. There is no specific astral realm. Often this term is used by those who project, but there is no specific astral realm. This is simply the term that for you could describe leaving this physical world; though it is quite possible to experience other times, places or locations in this physical plane where the Earth is located.

The process is through meditation and awakening your entire energy body, your entire true self, this entire form of energy that inhabits your body. There is much that is located in the brain, but often this is where the perception of your world stops. The eyes are here, and there is much that is not considered for sensing or interpretation because it is with the physical eyes and the mind that the thinking becomes accustomed to being done.

It is important to sense every area within the physical body, become aware of each part of it, and allow these new sensations to become aware of it. Intend to leave your physical body, shifting your awareness and creating a visual impression of you in your mind of this new location will shift your ability of perception and controlling the present location of your body to the control of your thoughts, much as is experienced by those who are on the other side and helping you.

It is imperative that you state or intend to have a specific purpose; this does not mean that you are not simply allowed to experience the world, your habitat, without the constraint of your physical body, but you should intend to do so. Do not simply sit and meditate and then become discouraged because nothing happened or was experienced. Such as dreams, there are many that happen, there are many where you project astrally, where your true energy body leaves your physical body, and you travel your world or others.

It is because the mind has not considered, in the physical form, these experiences to be important. It needs to become accustomed to these experiences and understanding that that these are true experiences that you wish to recall and remember. Often this method of mind/body separation is experienced, but once the event has taken place there is no accurate recollection by the physical body.

Training the mind to retain this information while you are in the physical body is important. You should be aware that there is information available to you, which you can retrieve from the spirit world, your true home, at any point for knowledge and wisdom. It

would be through the practice and focus of your thoughts and meditation that it can be accomplished.

Often the ability of those who attempt to develop this is short lived because they are not able to achieve extended periods of departure from their body. For many, once they realize that they are not simply thinking about another location, but are able to move within it and truly perceive it because they are there, they immediately return to their body because their focus and attention is not true to the level necessary for extended absences. This is why this disconnection is often experienced through sleep; this allows other areas of the body and mind to overcome the actual and perceived obstacles coming from your minds perceived limitations or what you yourself perceive as a limitation because of your five physical senses.

It is through this dream-like state that in waking consciousness the world can be experienced by you as well as other worlds. Simply stating that you are willing to do this will begin your journey. There is much that can be accomplished in terms of skills and abilities in your physical existence, and some of these will also better equip you when you return to your true home once you discard your physical body. Others simply help with guidance, information and perspective while you are within this lifetime. There are no skills and talents that do not help you fully appreciate this lifetime, the true nature of existence, and the true experience of all creation. None are simply for a carnival-like fancy of entertainment.

AURA

The human aura radiates around the body in varied degrees of energy and colors, which correspond to the individual's basic emotional, physical, mental and spiritual awareness at the time of viewing. Those energy beings from the spirit dimension and some developed mediums can perceive your aura and note the state of your health as pertains to your mind, body and soul.

Auras are represented mainly by colors. White and black convey an absence of color and are not perceived, thus giving these two colors a neutral aspect. Blue, yellow and red form the main color base of an individual's aura, while the other colors representing lesser energy layers.

The color red is mainly an indicator of an individual's mental activity. On the high end of the scale it concerns itself with purist thoughts dealing with love on all its vast levels therein, and on the lower end of the scale it concerns the basic emotions of lust and anger.

Blue is the main level dealing with an individual's mental activity as pertaining to ones spiritual development and awareness. It concerns itself with the high end ideals of unconditional love and admiration, while on the lower end of the scale it deals with the lack thereof.

The yellow color is mainly an indicator of the intellectual level of an individual's mental activity. It covers the highest to the lowest levels of wisdom, judgment, inspiration, reasoning, analyzing and all the other areas of logical operations.

These and all other color combinations form a picture of an individual's health pattern, and all living things contain an aura of varying degrees in this physical dimension.

AUTOMATISM

This is a general term used to incorporate all acts that are 'automatic' in nature; which means they are not produced by a medium on a conscious level. Automatism can be such as a medium bringing forth clairvoyance or clairaudience. Automatism can be also where a medium unconsciously brings forth such things as automatic writing (using a computer), painting, music (composing or playing an instrument), to name a few.

BEINGS OF LIGHT See 'ETHERIC DOUBLE'
'SOUL'

BIBLE

The bible is a collection of stories. These stories were told in the form of fables or parables in order to bring forth a certain type of positive moral attitude that was missing in the people of that time period. Too much negative influence was running rampant with the people, so this collection of stories were assembled and placed in written form to help the people move into a more positive direction. Some of these stories were based on actual events, while others were simply handed down by word of mouth as lessons for those who needed the symbolism.

The original information in the bible came from many different sources; parts were received through spirit communication from those in our true home world, other parts came from off-world beings from other planets, and from light beings known to us as angels.

Unfortunately, there have been many in powerful positions that have used this book for negative, selfish reasons. They have succeed in altering the bible throughout the centuries in order to control and influence the mass of people who follow this book and take its meanings literally.

The original bible was meant to be a symbolic guidebook, a positive reference for the people of that specific time frame. But many powerful individuals did not accept what the original bible had to say, so they used their power and influence to make changes. Adding things they wanted control over, and deleting things they themselves did not

believe to be true for them. For example, reincarnation was deleted; those in power felt it was better if the people only believed in one lifetime, rather than many.

Jesus was added later due to the influence he was fostering with the people during the time he walked the planet. They elevated him to the false status of the one and only 'Son of God' and said he would return, therefore the mass of people should obey the religious authority or there would be dire consequences when he returned. Jesus came to be a teacher and prophet for the people of that time period only. Jesus of Nazareth was not crucified as falsely stated. He did live a long life and was married and had children. His true life story was obliterated by those with power and religious authority so they could use their created stories of him to foster their own gain and control over the people.

Many of the stories in the bible were true; healings, materializations of angels, spirit communication, levitation, positive affirmations, and many more such events occurred through the natural and spiritual laws that govern this dimension.

The bible originally was to help those who needed greater instruction in order to know that there is a peace far greater than what they presently were experiencing in their life. The overall intention of this so-called holy book was to unite the people. But throughout the ages, due in part to the many negative changes, it became a tool used by the religious authority to divide the people and nations as a form of control.

Those seeking guidance from the bible 'today' should simply read it as you would any other book. Many of the current bibles of today contain unimportant information that was added by those in authority throughout the last fifteen hundred years. But the basic moral principals of the parables and fables can still be found in the overall text. Let the stories serve to teach the basic concepts of love, kindness and forgiveness.

There is no wrathful God to cower down before; this was added to the bible by religious authority figures who sought to control the people. The bible, which was written by many inspired sources, was unfortunately re-written by men of lesser morality for their own gain. For example, this is why women are portrayed as subservient to men in the bible; they hold no equal status and are simply to take care of the children and household, which is not how they were originally shown to be.

The bible was created in order to give direction to those who were lost and wandering aimlessly through their lives; to provide a positive path for finding peace and love in that part of the world, at that point in history. The bible was not meant or suited for the time period we now occupy. The bible can still be useful if you simply ignore those sections which are glaringly untrue to you and have no justification in our current time. If you feel a specific phrase touches you as an individual, then that section is true for you.

After reading the bible, you should feel the love of God, the love of self and the love of your fellow man and woman in your heart. You should not feel anger, hatred, or persecution in any form against your fellow man. That is what the bible intended to convey to all who read it in its original form.

It is important for each person to take the time to examine all that they know or understand or wish to understand. You need to fully understand why you have certain beliefs about life. You need to believe certain things for your specific reason known to you, and not simply believe something because your parents, religious group or community believes it to be so. You have the gift of free will from God, use it to decide what you believe, rather than simply following along with what is widely accepted and not fully understood by others.

The original bible was meant to be used as a guide book to bring a person to foster in themselves independent thinking. Think deeper about what 'you' believe God to be, and how that affects your spiritual development. The bible's original main theme was to convey the message of love, that when one person grows, we all grow through the love of God.

BIBLE (CANNABIS)

Speaking from a spiritual viewpoint Cannabis (known also as marijuana) was used during religious rites and initiations as far back as the 3rd millennium B.C. Jesus of Nazareth used cannabis and taught others how to use it for healing and alleviating pain. Cannabis has been used by Jesus and other religious figures throughout history for certain practices, which were designed to enrich the greater good of spiritual enlightenment and to foster peace in humanity.

BIBLE (DEATH PENALTY)

The misconception in the Bible that God condones 'An Eye for an Eye' has caused many individuals to support capital punishment (death penalty). The Bible was meant to be taken symbolically, not literally. The punishments forthcoming are to be dealt with by karmic justice, not by mankind's fallible system of laws and justice.

There is karmic debt incurred by those who participate in State, Federal, and/or Military judicial executions. For example, those who pronounce judgment against an individual for murder who was convicted justly, and sentence him/her to life in prison without the possibility of parole incur no karmic debt. Those who convict the same individual of murder and invoke the death penalty do incur karmic debt.

Time in prison itself can transform even the most lost and hardened individual. Time itself can provide them with the free will choice to transcend hatred; turning it into love and understanding of oneself, and of their fellow man. But a sentence of death stops the process of inner reflection and enlightenment of the individual's Soul. It stalls the spiritual advancement we all come here seeking to experience.

BIBLE (LUCIFER)

Lucifer the so-called angel or devil never truly existed as an individual or energy being. Lucifer was not a fallen angel from heaven. This was just a fabricated story

placed in the holy books of certain religions in order to show the difference between good and evil, right and wrong.

Religious authority used this as a means to control the uneducated and superstitious masses and to ensure that their authority and rules would be obeyed.

BIBLE (TEN COMMANDMENTS)

God, the Source of all Life never gave to humankind a set of commandments to live by. Such commandments would have negated the Soul's use of free will and limited their ability to create while in the human form. The Ten Commandments were put into the bible as a control measure by the ruling religious authority of the time in order to control the uneducated and superstitious believers.

BILLET READING

(See also 'PSYCHOMETRY') A billet is simply a small piece of paper with a single question or a name of a deceased person written on it. It is then given to a medium that holds the sealed or folded paper in their hand. Contact with the spirit dimension is made by the medium and then information is forthcoming concerning the question asked or information concerning the deceased person named.

BISEXUAL See 'HOMOSEXUALITY'

BLUEPRINT

This is simply a detailed plan of the life we wish to experience on our next incarnation into a human form. It contains, but is not limited to, when and where one will be born on the earth. Will you be male or female? You may choose the type of parents you require and so on. All major lessons and experiences are worked out and agreed upon with your spiritual advisors before you incarnate. Yet, with free will, your plan may be altered after you start living your physical life. Your guide/spirit doctor will still try to steer your lessons into your path to be experienced no matter what course you follow.

CABINET

In earlier times it was a basic wooden structure in which a physical medium would sit inside or outside the structure. In more modern times physical mediums simply curtain off a section of a room they are using to conduct a séance. They may sit inside the curtained off area or sit outside of it. The curtained off area is simply used by the physical mediums inner circle to draw energy from the medium and those who are attending the séance and placing it inside the curtained off area. They can then use that concentrated energy to produce ectoplasm to produce physical phenomena such as materialization, levitation and the like.

CANCER

Cancer is a commonly used disease by many Souls to force them to take note of their life. Cancer can be something an energy being programmed into their human life to force them to confront the lessons of unconditional love as a means to further their spiritual growth, and/or the growth of those close to them.

Cancer is just one of the many diseases Souls use to pull them out of the complacency they have followed in their life. Sitting in front of the TV, computer or electronic device all day in mindless pursuit does nothing to help us with the true lessons we came to experience in this dimension. So cancer and other diseases force you to refocus yourself on the true path you wanted to experience; that of advancing your soul through the lessons of unconditional love.

Cancer for some is how they chose to exit this physical world. That type of death will also have a profound impact on that individual's family and friends. Giving them the lesson, whether they learn it or not, that they too should not waste their life on mindless pursuits. Using your free will and allowing your life to be consumed by only sports, computer games or other mindless endeavors, for example, will not help you accomplish the lessons and experiences you chose to assist in your spiritual advancement.

So if cancer or some other major disease comes into your life; take stock of what it is trying to teach you and what is truly important that you need to take with you from this life you are living.

CHAKRA

Chakras are contained within the physical body's gland systems. Chakras vibrate and spin. There are seven major chakra centers and many minor chakra centers that splinter

off from the seven major centers that form a continuous energy flow when all have been activated and opened.

The Crown Chakra is found at the top of the head area and harmonizes with the pineal gland, which is in control of the brain and nervous system.

The Brow Chakra is found in the middle of the forehead where the 'third eye' is noted to be. It harmonizes with the pituitary gland, which is in control of the forehead region, temples and carotid system.

The Throat Chakra is found at the base of the throat area, which harmonizes with the thyroid gland which controls the throat, neck and brachial system.

The Heart Chakra is found in the center of the chest area. It harmonizes with the thymus gland, which is in control of the heart, lungs and both the cardiac and circulatory systems.

The Solar Plexus Chakra is found between the breastbone and the belly button. It harmonizes with the pancreas. It controls the intestines, stomach, eyes, liver, skin and the muscular system.

The Spleen Chakra is found in the abdomen and harmonizes with the gonads. It controls the reproductive system.

The Root Chakra is found between the sex organs and the anus area. It harmonizes with the adrenal glands, which control the skeletal framework; including the legs, feet, ankles and teeth. It also controls the spinal cord, bladder and the lymph system.

These seven major energy centers are linked to your etheric double. Opening up these energy centers raises your vibrational level to aid in psychic/mediumistic development for those so inclined.

CHANNELING

This type of information comes more from a collective group rather than a single entity. The information brought through this type of communication is generally more for the overall well being of humankind as a whole, rather than for a single individual.

CHEMIST

Also called a Spirit Doctor only comes to those who have chosen to develop some form of mediumship in the physical world. His main function is to balance the chemicals in your physical body which will be required for developing and/or sustaining mediumship ability(s). Adding and/or subtracting certain chemicals to keep your body balanced as you bring forth mental and/or physical mediumship.

CLAIRAUDIENCE

This is a form of mental mediumship (to hear clearly) where the auditory information coming from a spirit being (usually from the mediums Inner Circle) is received by the medium as a voice they hear inside their head.

CLAIRSENTIENCE

This is a form of mental mediumship (to sense clearly) where information is not 'seen or heard' but comes in the form of a 'feeling or sense' that the medium picks up on as an overall impression.

CLAIRVOYANCE

This is a form of mental mediumship (to see clearly) where a spirit being (usually from the mediums Inner Circle) sends thought impressions which the medium registers in their mind. These thought impressions come in many forms; the medium may see faces, entire bodies, places, objects, events, and/or a combination thereof.

CREATOR See 'GOD'
See 'AFTER LIFE'

CRIB DEATH

For those who have encountered 'Sudden Infant Death Syndrome' or what is more commonly called 'Crib Death,' here is the major explanation for this occurrence. Once the mother has given birth, from that point up until the approximate age of two years old, the new soul that has incarnated into this world through the baby's body has a decision to make. It can choose with its free will to stay and work on the lessons it chose to experience or it can back out of that planned life and simply leave and return to the world of spirit.

If it chooses to vacate the body, the baby's shell simply dies. With no soul inside the physical body, it stops functioning and shuts down. So if there is no medical reason found for an infant's death, the soul itself left for reasons only known to it.

Doctors then unable to find a medical cause term it to be a 'Crib Death.' The soul leaves the physical body not to punish the parents (even though it may be a spiritual lesson for the parents) but for its own personal reasons seeking the best life possible to help it advance spiritually.

DEATH (Also see 'GRIEF')

Death is simply like opening a door and walking through it. There you find yourself back at your true home, with your true friends, companions and family who rejoice at your return. You completed that lifetime; learning and experiencing as much as you could or couldn't, and now you returned home. You will be waiting to greet those loved ones you left behind on earth when they have finished their lifetime and they cross over. You will rejoice with them at their special reunion.

Yes, many people fear death because of their religious faith and/or upbringing. They fear the 'Hell' that was programmed into them by their religious beliefs. Religion told them they 'Sinned against God' and therefore they must be damned to a burning Hell with Satan torturing them throughout eternity. But once they cross over and meet with their friends and loved ones, they will then realize there is no Hell or Satan or other such negative things waiting for them. Religions of the world use such devices to control the people, so they will obey the rules and authority of those holding religious power.

Humankind created religions, not God. God, the Source of all Life loves all his creations unconditionally. But if you wish, it is your right; you have free will to believe in such things as Demons and Devils if you so choose. Once you die and your soul crosses back over to the spirit dimension and you see that those negative things were simply put there for your learning and spiritual growth, you will be truly elated at that discovery.

Some people say the loss of a child is the most severe loss one can experience, but that is not true. Anyone who loses a mother or father, a wife or husband, a brother or sister, a son or daughter, a true friend or companion, or even a beloved pet; that loss to 'them' may be the most devastating loss in their life. Each person experiences the loss of a loved one in their own way. No one can measure how much grief we will go through or for how long it will take us to come to terms with our personal grief.

Those who die and cross over to the other side are extremely grateful to return home. No longer bound to a physical body, they no longer suffer from any disease or physical pains of any type or degree. They are once again whole and full of vitality; where there is no aging process or limitations to experience as they did in the human form. Unconditional love envelops them on a continuous basis in the spirit dimension. As beings of pure energy they do not need food, water, shelter or oxygen to sustain their soul or etheric form.

Since we incarnate to planet Earth to learn and experience many things we cannot experience in the spirit world, each lifetime is very important to each one of us. These lifetimes we venture into help us grow spiritually. They help us understand the true nature of God and allow us to become more God-like in our own patterns of growth.

So no matter when someone dies and returns home, just realize it was their decision to leave at that point in time and to leave in the fashion that they left. How old they were when they died and returned home was their choice. Some souls need only a short lifetime to accomplish their goals. The method they use to return home is their choice; to die in a plane crash, a vehicular accident, to be murdered, to take their own life, to die from old age; your exit from this physical world was decided by 'you' before you were born. These avenues of death were chosen by the individual Soul themselves and no one in their family or friends caused or aided in their demise, other than what the individual Soul allowed.

Some worry that physical death is a painful experience. Fear not, for the Soul feels no pain as it leaves the human form to return home. Only the physical body that your soul resides in can feel pain. Many times the soul leaves the body seconds before death overcomes the physical form. For example, if you chose to leave this world through a devastating car crash, just before the impact that will cause your body to die, your soul removes itself from your body so that it does not experience the pain or trauma of the death. Your soul will simply find itself standing outside of its previous home observing the final events of that lifetime playing out before it returns to the spirit dimension.

So do not dwell on how someone leaves this world, for they did not experience any pain or suffering unless it was something they wanted to experience for their personal spiritual advancement.

DÉJÀ VU

This is the soul form in your human body remembering or reminding or allowing the physical body or mind to remind itself that there is already a familiarity with the events taking place. This can happen for many reasons. You may have already seen these events or situation take place by peering into the lifetime you are in before you were brought into it, or you were given the opportunity to see this situation as your physical body was at rest, or you knew that the situation was coming about, no matter the decisions you made, and therefore there is a knowing that is already present.

This is a sensation that is interpreted by the physical mind, yet it has no concept since most remembrances or familiarizations have a firm grasp within the mind. That is to say, you remember going to the store yesterday because you were there though you are thinking about it today. The mind cannot always grasp that which is 'otherworldly' in nature and has many ways to interpret that which is not physical.

Déjà vu as you will call it is a guidepost allowing those with a knowing, the understanding that they are on the right path, though déjà vu does not have to be understood or experienced to be on the correct path or making 'right' decisions in this lifetime.

It is simply that life form's body and soul giving the head nod that signals the familiarity with this particular circumstance. Not all will experience it though because not all are sensitive or in tune with their sensations, nor will they admit to it because their lifetime of learning does not permit them to.

DEPRESSION

Depression, like stress, is an action on the physical mind in an attempt to rid the soul of an action or set of feelings, which do not agree with that physical or energy of that individual. There is often no way perceived for that individual to remove the thoughts or negative energy, but this depression or anxiety is the only physical way the human body knows how to cope with what actions or thoughts the mind is repeatedly engaging in.

These are caused by actions that are against the individual's true and higher self. Positive change must be made in order for the depression to move away and the individual to move out of it.

There is no pill that will bring this change; this must be physical, emotional, mental change and changes often in beliefs and views that the individual holds true on this dimension. There is no reason to feel less welcome with others, or to yourself, because others feel you are depressed. If you are depressed by past actions, then you are to learn from these actions and move beyond them.

If you are unable to cope with past actions it is important to move beyond them and make changes to undue that action from ever taking place for yourself or for another person. Depression should be seen as another motivation for change but many people are comfortable to sit in it because society has the mentality that a pill will fix their life. Even though their mind is not ultimately affected by that pill which affects only the physical make-up of the chemistry of the body; action and true change from within will move you out of the self imposed depression.

Whatever situation or person that has caused you harm or mental anguish, do not be concerned with measuring up to others expectations. Make positive changes in your life for your benefit and do not bend to the will of others simply to appease them, thus pushing you into depression by going against your higher self and the lessons you chose for this lifetime.

DEVELOPMENT CIRCLE

This is basically a small group of like-minded individuals who are working to develop some type of mediumistic ability(s). They meet once a week on a specific day and at a specific time which does not vary. The time is usually forty-five minutes to one hour. One of the group members is usually a certified medium who leads the development class.

DIET

When it comes to nourishing the human form, be sure to consume things that are natural, non-synthetic and were created for healthful operation of your body. Be sure you understand there is much on food labels that are masked and concealed so that a consumer may not at first glance know what is truly contained within the product.

You need to look very closely to see what you are ingesting. Some foods considered healthy by society will not always turn out to be so. Many processing methods now used in the food industry remove the needed nutrients the body requires for optimal health, by modifying food items in negative ways that were never intended for human consumption, yet used for monetary gain by the food industry.

Many additives and chemicals are added to processed foods which cause long term health problems for those who consume such items on a regular basis. Read carefully what is listed on food and drink labels before you allow those unneeded items to cause a negative impact to your overall health.

Changing your diet can have a tremendous impact on your physical well being. Add more 'raw' fruits and vegetables and ingest less heavy meats to improve your immune system.

DOOR KEEPER See 'JOY GUIDE'

DREAMS

A dream can be many things and many times people discard them, this is why the 'dream' is not remembered. You must teach your physical mind to remember them after being taught for so long that they are unimportant.

There is a chance for your body to relax, rest and repair and this allows the soul, the real you, the energy you, to leave the physical body and examine and learn, to bring back knowledge, to meet with spirit advisors, or simply to stretch while returning home for a brief time. This allows you to be away from the depression, as you might call it, as we refer to the drop in energy vibration between your physical existence and that which we, in the spirit dimension, experience in our non-physical form (beings of pure energy).

Dreams also create a release, or are a release for the at-rest mind where it is cycling through the events that a person recently experienced. There is no inhibition to prevent the mind from focusing on certain aspects, positive or negative, and hidden while you are at rest. There are many thoughts or actions that you may want to ignore in your waking

life, the mind has the ability to uncover these, since you are not aware at the time. And bring them to the surface in an attempt to understand or simply to access its library of information while there are not other thoughts or physical actions being managed that will clutter this thought.

Many dream experiences are simply you leaving your body, or the body attempting to understand the sensations the soul has undergone. Attention should be paid to dreams and the state of dreaming. You are experiencing your true home, other actions that you will take or have taken, or your mind is helping you to understand the events of the day, or of the past.

There is much symbolism that can be confused but rather than directly interpret them you should focus on how they make you feel at first glance, the underlying motivation, the reason that this is being experienced by you at this point. Look at what things you may be missing or overlooking. If not, you are able to come back and do it again, in a lifetime or in another night of rest. Important things, messages, will always come to the surface, no matter how murky the waters, it will float to the top eventually.

EARTH PLANE See 'PHYSICAL DIMENSION'

ECTOPLASM

This material is produced and drawn from a physical medium usually while the medium is in a trance state. This substance is used by those in the spirit dimension to bring forth physical phenomenon such as full materialization, partial materialization, levitation of people or objects (such as trumpets) and the like.

No special diet is required for the medium to produce ectoplasm with the exception of adding beef to the diet, which assists the mediums chemist (spirit doctor) in balancing the chemicals needed to produce ectoplasm already found in the human body.

Ectoplasm can be visible or invisible to the human eye and may also be made to appear in any of the primary colors visible to humankind.

ELECTRONIC VOICE PHENOMENA (EVP)

EVP is simply where energy beings use such devices as telephones, computers, cell phones, tape recorders and the like to communicate to those in the physical dimension. Radios and televisions set on unused channels are used to transmit EVP by energy beings as well.

EMOTIONS (ENERGY BEING)

There are energy beings that cannot experience emotion as you in the human form would interpret it in your current existence. There are many who simply interpret a vibration, or a color, or who have none of these and may only communicate, though communication is through various means, there is no emotion as you understand it now in your physical body.

Many do not feel with the same methods and senses of measurement that your body or soul uses now. You in the human form use verbal inflection, feelings and emotions to communicate between each other in the physical dimension.

When you leave your physical body and return to your true home in the spirit dimension you will no longer suffer the misinterpretation of the spoken words or actions as you do when in the human form. Energy beings in the spirit dimension send and receive thoughts, which in their pure form is not misunderstood. Thoughts convey the exact intended message as it was meant to be.

ENERGY BEING See 'ETHERIC DOUBLE'
'SOUL'

ETHERIC DOUBLE

This is merely your energy, your soul. This is what currently fills your physical form and controls it. It is what exists beyond and without your physical body. It has the ability to leave the body, and explore as it were, the area around it as well as other realms of existence. These are often what an individual may experience in dreams. This is a natural part of your 'body' that many more will come to know and realize and will serve to explain many unexplainable occurrences that are experienced by many who refuse to believe on your physical dimension.

EVIL ENTITY See 'NEGATIVE ENERGY'

EXTRASENSORY PERCEPTION (ESP)

Psychic's (not Medium's) use ESP in giving readings which may involve the use of Tarot cards, Zener cards and the like. ESP and/or intuition are used by a psychic to tune into an individual's thoughts and/or subconscious mind.

ESP is information that is not rendered from the five basic senses (touch, smell, sight, hearing or taste) and is identified with telepathy (communication from one mind to another without the spoken word).

EXTRATERRESTRIALS

Much has been done to create an atmosphere that will have beings from off the planet received more readily. It is important that there be less doubt of the possibility, it is not important that all believe in sentient life, but the ability to conceive the potential for other life is important.

There are those who have visions and experiences, and as soon as they look at these events more critically, to go about the process of examining them deeper, they will see that this is something they can dismiss as a random event. It will take a time of great upheaval before those known as aliens render themselves available in the physical form and directly available on the steps of any government building.

They have come in single and small numbers just to study humans as they walk among you. Many will say they come to harm the planet or to enslave humans, this is not true. Those who come to interact with this planet shall be peaceful and evolved, in order to share information for the improvement of all that inhabit this planet at the time they disclose themselves.

There will never be a time when the Earth will be enslaved by outside beings. It is important to know that there is much done to create peaceful intervention so that no outside negative influence interferes with the earth. After official contact is made with those on Earth, there will be a peace in the aftermath and they will help to usher in a new type of technology and new beliefs for those present.

Just know there have been many instances of life throughout existence in this universe, and there have been many that have moved on or moved out of this universe or through it.

Many should understand that there are movies depicting a wide variety of beings for entertainment purposes. There is not a wide variety, there are only a few, but there are variations, and there are existences beyond that of your own in this same physical dimension. Though the Earth is a destructive planet and many aliens do not wish to interact with those in the human form, they are aware of you, yet many of you are not aware of them.

GATE KEEPER See 'JOY GUIDE'

GHOST See 'NEGATIVE ENERGY'

GOD

The creator of all things in all forms and in all specific and general definitions is all that is and has been. Growth is achieved when those things created by God achieve growth. The life force which all that exists flows through is the 'Source of all Life' or that which you call 'God.'

God is that which brings into existence all forms of every emotion, each action and each entity. There are physical and biological processes that take place to sprout new life, but these are also the formation of order as defined by God. As we are all living things, we are all made in his energy image and we are also able to create; though not on the same scale as God while in the human form.

There is no harsh or cruel being to scold you or punish you, there are beings that are higher in development that will assist you along your path; both in this dimension and once you cross over and return to your true home. There are no beings to deliver punishment or guilt when you are in your true energy form.

There are others who exist in an alternate form, such as the human body, for purposes of learning, but not all are necessary because of their spiritual evolution or understanding of universal law and all experiences within it. Patience and understanding is God, but so are all things that would be seen to the contrary of these things. It is important to see that there is no being that opposes God; there are no groups of beings who are responsible for acts that you, human beings, declare as evil. There are no beings set aside simply for the purpose of creating evil thoughts or acts. All things, all things, all things are the result of God.

There is much that is achieved by all through the experiences of all. The 'Source of all Life' built this and allows you to grow and create and in this manner both God and you create and grow and learn from the actions of the other. All things, all ideas and actions, beliefs and thoughts are assimilated. Each will become the knowledge of the other. You are here to remember that 'You and God' are one.

GRIEF

Grief is a wonderful mechanism built into the human system, it allows an individual to process their loss based on that persons understanding of the true value of what was lost

to them in that lifetime. Grief gives them the time they need to refocus and re-adjust to their new life path, which now offers new directions they may seek out for their spiritual growth.

Grieve not over 'when' your loved one died or not over 'how' they died; simply grieve for the physical loss 'you' feel in your life for now. For they are now on the other side and are happy and rejoicing, knowing that you, their loved one will join them when your chosen time of departure arrives.

They will be ready and waiting as you cross over for your reunion with them. Yes, their departure may leave some sad, depressed and even fearful because they are no longer here to aid us on our journey through life. Just know they are still with you, watching over you.

So grieve, but remember, you are still here on earth because you have more to learn, more to experience and more to teach others before your time is complete. Don't waste your life in grief and sorrow for you will be reunited with your loved ones soon enough. Hold that love in your heart and move forward to fulfill your spiritual growth pattern. Life is always changing, be not afraid of change.

GUARDIAN ANGEL See 'SPIRIT DOCTOR'

HANDICAPPED INDIVIDUALS

From the spiritual standpoint handicapped individuals can advance at a faster spiritual rate but do not necessarily advance at a faster rate simply because they are handicapped. Just as every situation is experienced and the reverse is experienced, this may be another regular learning session for these souls.

There is not necessarily more or less for them to know, only different manners and more understanding because of the difficulties which are encountered because of the physical or mental impairment. More than they progress quickly humankind will progress as they learn the lesson of kindness, love and patience as it relates to these individuals.

There is much understanding that should be taken from these souls when they are present. No scoffing or dismissal as less capable but the patience and love expressed to all humankind should be shared on to these individuals as they too are souls in a physical existence.

There is a higher frequency with them to ensure they understand these lessons since the physical sensations they experience may not be the same as able bodied individuals. There is extra guidance to help interpret and after this life to go over and clearly understand what has taken place.

This may be the form taken in a life because of previous actions. There may be an understanding or a patience of them which can only be learned through the focused

attention they now have through the absence of some ability that the majority of humans are given. They may not necessarily progress faster, they too can ignore or miss their lessons or step off the path and must return to accomplish what was given to them as their assignments for that specific life.

It is the absence or impairment that often gives them the focus and drive which can be missing from an able bodied person. They may have less opportunity to be adrift from their mission because their focus is on less frivolous things since they are much more depending on others or must be more self-sufficient.

Blindness, as an example, has the ability to allow those experiencing it to become greater at experiencing other senses capable in the human body and to understand the subtle nuances in human interaction as well as abilities connected directly to the spirit dimension and communicating with it.

There is less interference from mindless action and are therefore less distracted on their way to their goals. This can allow them to progress quicker or accomplish these tasks quicker or easier. They are given a focus. These souls can return for this specific purpose of being disabled, when in previous incarnations they had missed the opportunity to complete some specific task. Not true for all beings, the handicapped are great teachers in their own right.

HEALTH GUIDE

Their main function deals with basic nutrition, exercise, and sleep requirements for the physical body. This guide only appears for those working on developing some form of mediumship. Offering advice and suggestions necessary to keep your body fortified, and in harmony with the chemicals that are being introduced to your physical body by a Chemist.

HEALING See 'REIKI HEALING'
'SELF HEALING'

HITLER (ADOLF)

When the soul who lived the life of the one called Adolf Hitler returned to the spirit world, he was not judged by God. He was not forced to punish himself but was to undergo a form of counseling. Many of the actions, developments and forms of review he underwent upon his return were self imposed.

It is possible, for any soul, to accomplish such acts as were carried out in his lifetime and be unaware of the severity of their actions. He was able to return, if he chose, and not fully become aware of the direct involvement and the severity of his acts.

This soul has made progress through counseling, through reviews, through reflection of the actions that were taken during that specific lifetime. It is in this process now that he currently finds himself and there is much progress being made.

There were many things that were not reported through historical records or through media, or through the controlled outlets. There were many things that were taking place within this lifetime that lead to this series of events for many to undergo. It was not necessarily an evil act, but an attempt to display the atrocities of the relating actions and ideals that brought forth this mentality into the world, which led to the violent death and actions taken in the name of the government who sanctioned and made right, true or correct the actions of the people for the sake of power.

It should be evidenced by historical document that there were no lasting positive outcomes that could have been brought about by acting in this manner; developing hatred, annihilation, these are not useful, but the men and women of this planet regularly engage in them on some scale. This was the goal of the lifetime known as Hitler to involve him in these actions in this manner through there was a great deal of external motivation and influence by those with whom he surrounded himself. For, it was not entirely his motivation alone that lead to the final outcome.

It is often the understanding of many that there was a need to intervene and therefore you find it acceptable to allow an 'eye for an eye' mentality. While this may appear true, there are other means that would have allowed for the removal of such a force. Though it would have been much longer and more hatred spread into the world, and even more violence on earth than what was experienced by those living through and in this period.

This was a grand attempt to teach the world the meaning of understanding, peace, and compassion and to be aware of this understanding involved in the motivations pushing these actions. There are many who experienced this time on many sides of the war and many sides of the morals held by many. There are many who will not have relinquished these ideals, and those who have crossed over from the physical existence who will not immediately understand, and will not be granted the ability to return to it so that greater peace may be held.

There are a few who have returned to complete some small task or influence but none to such a capacity that there would be great atrocity. There are many who have returned to a military capacity but were not in a position to accomplish the same level of injustice as they accomplished in the height of Nazi Germany. Many of them who reincarnated to military interests have experienced the role reversal in order to experience the bloodshed and emotion that are accompanying those actions.

An 'eye for an eye' will leave the world blind, but even the practice of 'choosing your battles' on dealing with individuals you may encounter on a personal level, this too is to be put into practice on a much larger scale. Should the actions of Nazi Germany been less extreme there would have been no need to bring the world into a catastrophic war for removal of these beings.

Though, it is also the possibility in any war to remove those committing these actions and return them to a state of peace, that is, to seize them and then death be placed upon them, this is not a positive action. Better still, if the power considered evil can be removed, it is

important to remove the individuals and place them in a prison where they may receive counseling. Counseling and peace is the priority, there are many who may have the ability to consider the actions and motivations of their life to that period, but there are many who will not, though it is not by the hand of another that should offer death to another entity.

When there is a path of nonviolence for those who have achieved it, this should be the way. The progression of all will come to this and through these actions the purpose of mankind is elevated and raised. For it is quite different to stop the 'eye for an eye' mentality and prevent it from being perpetuated.

HOMOSEXUALITY

There are no negative ramifications from being homosexual or bisexual. There are physical damages that can be done through long-term sex of a specific nature, but there is no punishment in this act or sexual or loving nature of the human soul. On the side you will cross to when you are finished (spirit world), there are no genders unless you choose to associate with or be identified as a specific gender.

Specifically, that might better be expressed as there is equal love for all souls and therefore equal love from each gender for each gender. There is no definition of who may love who and in what way as God is concerned. A balance of love in all forms is necessary.

Physical attraction of any kind is acceptable as long as it is not to the detriment of others. There are some that choose this path prior to living in a physical form, there are others who choose it once they are here and it is an outward expression of their lacking love from specific parental or 'parent-like' figures in their life. Though it is no less important the lessons learned in that situation no matter their motivations or the decisions to undertake them.

Many have not learned universal love, and perhaps the greatest lesson is not for the soul to undergo terrible persecution for sexual beliefs or the love of the same gender, but for mankind to understand that there is still a soul in each physical form. In a manner of speaking, no matter what is viewed on the exterior, and no matter the beliefs held inside that physical form, there is still an energy being within that physical body that is learning, experiencing and changing, just as those who might be eager to judge, blame, persecute and the like are still learning.

INCARNATION (CYCLE OF) See 'REINCARNATION'

INFINITE INTELLIGENCE See 'GOD'**INNER CIRCLE**

Those individuals who have developed, or may be in the process of developing some form of Mediumship have what is called an Inner Circle (or what some refer to as an Inner Band). This group of Spirit Beings come together to provide the necessary means for communication between the spirit world and the physical world. Those energy beings (spirits) that make up an Inner Circle consist of a Master Teacher, a Spirit Doctor (Guardian Angel), a Chemist, a Gatekeeper (Joy Guide), Health Guide, and a Native North American Indian (usually two come forth). There are others, such as the White Order of Sisterhood for example, who also may join depending on what type of Mediumship you have developed, or which form you are trying to develop. The basic Inner Circle is made up between seven and nine members who comprise an individual's inner group.

JOY GUIDE

Known also by the names of 'Door Keeper' and Gate Keeper' their function is to assist your Spirit Doctor (Guardian Angel). When your Spirit Doctor is not mentally in tune with you, the Joy Guide assumes that function. Should you ask for guidance with a problem, or ask for healing energy, or whatever; then the Joy Guide performs that task in assisting you. If the Joy Guide is unable to handle what the situation calls for, then they are in a position to call your Spirit Doctor to come and take charge of the situation. For those individuals who are doing some form of Mediumship, the Joy Guide also takes on another role which has been referred to as the Gate Keeper. When a human is bringing forth some form of mediumship the Joy Guide's function is to shield the medium from outside negative forces. Only the mediums Inner Circle (and those they give permission to) are allowed to communicate through the medium. The Joy Guide stops any other spirits or negative entities from coming near the medium while the communication is in process between the physical and spiritual dimensions.

JUDGMENT

It is not necessary for man to pass judgment on another man for many reasons. Your existence is only temporary, only you will judge your actions, and the actions of those involved may be for the experience that was brought forth for them. There is much strife

on your planet but there is always a need for those in a human existence to learn to forgo violence and hatred when they have been wronged; just as there is a need for those in a human existence to learn to stop hatred and violent actions.

This cannot be experienced on the levels of existence in the spirit dimension where you will return once your time in the human existence is complete. You can promote peace and make information available to alternatives, but there will only be peace where you decide to create it in your own environment. You cannot change others, only observe and allow them to be. You should be peaceful first. This will radiate to those around you and throughout many levels of existence.

Worrying about others or trying to bring them to your way of thinking should not haunt you or frustrate you. There are many who are simply not interested. Making information, an alternative viewpoint available to those on earth will allow it to be digested by those who are interested when the time is right for them.

Many come to a lifetime here for nothing but strife, hatred, violence and wrong deeds. There is no reason to judge them for they are experiencing just as you have, though there focus may be on different areas than what you are currently engaged. You too were once in their shoes so to speak.

KARMA

Karma is simply the balancing of energy. Laws put forth and even studies by Einstein may be considered universal laws as well as those he used as the foundation of his principles, yet karma in and of itself is not a universal law. Energy only changes form, it is never lost. There is always a reaction, in the same amount of energy, to that which is done by the individual. It may not be the same form, but it is still experienced, sometimes scattered, sometimes in one action, but always in the same measurement of energy.

This ensures direct learning by what one's own actions are creating. This is direct information on what one is doing, but also by what one is thinking. Like attracts like, a law of attraction is not merely a passing fad. For what you do there is always a vibration with that of similar action.

Often there is previous debt that must be paid for prior actions, and there is persecution experienced in this lifetime that was a direct result of the actions taken by that soul in a previous life. Quite often there is a balance in what one experiences by choice, choosing to experience both sides of the coin, both sides of the situation.

This can be by choice and can be called karma, though even if they do not choose, in order to understand, you must be both the 'murderer and the victim,' this is karma at work. You cannot only experience the rosy side of each action, karma is not punishment, but the polar opposite of actions had before in order to better allow you to understand what has taken place, what is taking place, and what is being experienced by those when the other side of the action is experienced.

KIRLIAN PHOTOGRAPHY

This type of photography uses high frequency electrical currents which in turn illuminate the basic auras that surround all living things.

LEVITATION

Levitation involves the use of invisible rods which are created using the ectoplasm drawn from a physical medium. Those energy beings from the spirit dimension then use these rods to lift people and/or objects in the physical world. An example would be to lift a person sitting in a chair and levitate them from one room to another and back again to demonstrate physical mediumship.

LIFE LESSON

Soul's (energy beings) journey to this physical dimension in order to experience all the many diverse facets of unconditional love through what is termed 'Life Lessons.' Many of these lessons and experiences come in the guise of disease/illness, war/genocide, rape/assault, murder/suicide, and the list goes on. These types of life lessons are programmed into a person's lifetime so they can experience what true love is and how to understand unconditional love through negative and positive events.

Unconditional love can be learned on a small scale or on a grand scale. For example, on a small scale you might experience love through cancer or heart disease. These not only teach the individual soul about love of oneself through loss, but draws in family and friends. On a grand scale, many soul's freely give their lives to teach love through such events as plane crashes, global disease (such as AIDS), mass killings, war, and the like.

Love has no limits when it comes to teaching souls its true meaning. You have heard it many times before and it is still true today as in the past; fear is simply the absence of love. Were you to truly comprehend the essence of unconditional love, you would never experience fear again.

MASTER TEACHER

This is the most advanced energy being that oversees your human existence, and those energy beings who are assigned to assist you. From the point of spiritual awareness your

Master Teacher is the highest evolved soul entity involved in your human life. He observes and watches over those who assist you and makes any necessary corrections concerning those who assist you. When you reach the point of death, he has the final say as to whether your soul will be allowed to leave your human body, or whether it will remain to complete unfinished lessons. If he determines you have progressed as far as possible, he will then instruct your Spirit Doctor (or what some call their Guardian Angel) to shut down the human body and assist your soul in removing itself from it. The death process can be instantaneous or a long involved process. This depends on what type of death your soul chose to experience for its spiritual growth. To die quickly for example through war, murder, car/plane accident to name a few, or to die slowly for example through cancer, stroke, heart disease and the like. Now if you are near death and you still have many lessons and/or experiences to accomplish then your soul will not be allowed to leave the body it occupies. Your Master Teacher will instruct your Spirit Doctor, and his helpers, to bring forth the healing energy needed to restore your health to a level where you can then resume seeking to accomplish more of your chosen lessons.

MATERIALIZATION

Most materialization occurs during a séance where a physical medium is working. Ectoplasm is drawn from the medium by the energy being who then uses it to cover themselves with the slightly sticky substance in order to become visible to those present.

A fully materialized energy being can use their own ability to speak directly to those in attendance. Besides full materialization one can materialize hands, only the head, etc. Depending on the level of the materialization those present can be allowed to touch the materialized form. Other higher evolved beings may materialize into our physical dimension, for short periods, to perform some task of immediate assistance and the like.

MASTURBATION

There are many urges that are natural to human existence and are part of your health books and biology classes. However there are many other reasons why similar urges express themselves. Masturbation, this urge is, at its basic level, a desire to create something. To bring into being something from your mind and body, no matter if it is the words you write, music you write, a painting, something envisioned or created by you, a group started, anything that you wish to create. Because this energy is not being expressed in these creative areas it is expressing itself in the urges of masturbation.

Those who are involved with what could be called excessive masturbation do so because the creative energy is not being expressed and therefore you are finding the path of least resistance to balancing the creative energy that is seeking expression. This

feeling you experience will continue until you create something of your own or focus on something more productive, something that creates a measureable end result.

There is energy released in masturbating which is the life force of many living on your dimension. There is energy in this fashion that is the root of many creative acts and this gives the beginning energy to many actions, feelings, emotions and expressive energies. It should be balanced and not lost excessively to allow greater energy balancing within the body.

MAYAN

The Mayan's advancement in astrology, mathematics and architecture were taught to them by a small group of extraterrestrial beings. These alien entities came for a short period to interact with the human population on an experimental basis.

The Mayan's were introduced to superior technology. This was done in part for the extraterrestrials to study their learning capabilities and to evaluate how they coped with the vast complex knowledge supplied to them.

Using the alien technology they were instructed in how to build their monuments such as the pyramids. They were taught and supervised on how to track celestial and terrestrial cycles and objects in the sky which gave them the ability to observe the constellations and bring forth viable calendars for their crop cycles and cultural ceremonies.

The alien entities finally withdrew and removed all technology they had introduced after determining the Mayan's were not ready for such advanced methodology. The aliens reached this conclusion after observing many behaviors which they determined were unacceptable (i.e., human sacrifice, etc.).

MEDITATION See 'SOUL MEDITATION'

MEDIUM

An individual whose mediumship ability bridges the gap between the spirit dimension and the physical dimension is known as a Medium. They are in direct communication with energy beings from the other side as they transfer information from them to those here on earth. A true Medium may or may not go into a trance state depending on the type of mediumship (mental and/or physical) they have developed. Many Medium's refer to themselves as Psychic's, as this name is more popular with today's society, yet there is a difference between a true Medium and a true Psychic. (See 'Psychic').

MENTAL MEDIUMSHIP

The conscious mind plays the major role in mental mediumship. Examples of mental mediumship are Clairaudience and Clairvoyance. In mental mediumship the energy being from the spirit dimension lowers their vibration in order to connect to the medium's vibration. The medium through development is now able to raise his vibration to make the necessary connection. Once their vibrations have joined, the spirit being can then transfer their thoughts and/or images to the conscious mind of the medium, thus bringing forth information to those who seek it.

MESSAGE See 'SPIRIT MESSAGES'

METAPHYSICS

Metaphysics simply implies that which is 'beyond' the basic scope of known physics as understood by mankind at this point in their timeline.

MIND

The subconscious is the area of the mind that causes the mental conditions people develop in life. The conscious mind never causes mental or emotional trauma or problems in a person's life. Some individuals allow their subconscious mind to become too strong and allow it to take control away from their conscious mind.

The individual then has opened the doorway for mental and/or emotional conditions to manifest from within their own mind.

Use your mind to its fullest potential, think deeper as you seek out those lessons you have come to learn and experience. Do not allow yourself to become complacent and idle in your thinking and the living of your life.

MULTI-DIMENSIONAL

There is only one soul (or spirit as some call it) for each life form on your planet. There are times at which you may experience other dimensions and exist in two locations, but this is your soul reaching out to these areas, or guides coming to you and bringing you to these places for your own well-being, or for learning.

There are times at which you freely leave your body and experience other areas. There can be knowledge learned when your existence visits these other realms but is not directly a second edition of you and your personality. There is the ability, in a waking state, to leave the body though still attached and locate one's self in new areas. This is possible. Though there are not many who can do this or are aware of it now.

There is a peace brought by this because of faster learning. Materialization can perform an aspect of this by allowing one's soul to a physical form in the new place but there is much energy required for this. In this manner there are two of YOU in existence at one time though you are still connected to your original human form no matter what takes place until it is seen that it is necessary for you to move from one form or dimension to another.

There is no need or reason to exist in more than one copy of yourself, we all learn information and knowledge as it is all collective. What one human experience's in one lifetime, all souls can witness, observe and later study and educate themselves on. In that manner we are all 'doubles' and copies because we can all experience the same information that one human existence experiences many lifetimes ago.

NATURAL LAWS See 'UNIVERSAL LAWS'

NEAR DEATH EXPERIENCE (NDE)

NDE is an experience for certain individuals that entail their belief in the afterlife. It is important that some be broken from this or be righted on their path away from what they were currently pursuing. Some merely attempt to break free from their physical existence prior to their scheduled departure, not that it is to be understood that there is often a specific date or time.

There is a set of goals, a loose configuration of what should be accomplished, once it is so, or it is seen that it can be only accomplished so much and you are ready to make and exit, then you shall.

NDE are bodies that are being kept alive, usually through spirit intervention, so that the soul can be counseled or consoled in our higher dimension. It is important to know that there is not always physical trauma that needs to be experienced in order to bring NDE to a soul's existence. The trauma, usually interpreted by the mind, is often a catalyst for such behaviors to be understood. There is a clear break. This is merely an intermission allowing a break so that counseling of the soul can take place.

This often brings about development of skills or abilities that use other senses of the mind to produce psychic perceptions or a stronger soul connection so that communication in some or all forms is much more possible. It is necessary to understand that there are many who experience this but never return with information they were given. Often, in subtle ways, their conversations while out of their body, will affect their life subconsciously.

Others may not change. Others experience this information and retain the memory of such. Partially this is dependent on the individual; partially this is dependent on the situation.

NEGATIVE ENERGY

Concerning 'Ghosts' or 'Evil Entities' harming those in the human form; this is an energy that is feeding off of the energy associated with or within an area. Much can be done to stop this activity if the energy associated with an area or the energy created in the area is changed.

Those known as 'Ghosts' are present for many reasons; for example refusing to leave a loved one who is still in the physical form or a sudden unexpected death leaves them unaware they have left their physical body, etc.

Negative energy is not stronger, it is simply easier to create and more pervasive than energy at a higher vibration. While there is no rank and file structure, that means more power for anyone, a higher vibration is the goal of many, but like a pyramid, there are greater numbers on the bottom than there are at the top because many are still on their way to understanding and enlightenment.

There is much that will overcome this if there is thought and energy directed towards the 'entity' causing the problem. Often times the human receiving the physical harm is carrying some energy or emotion or previous experience that the ghost resonates with. Normally you will not see a person of a higher vibration even approached by anything thought of as 'evil' because they do not resonate with it. Like attracts like, those with similar beliefs find each other in the physical form and the same is true for those who are not in a human body.

Those that find an area or a spirit or human in line with their beliefs will associate with it. The energy used to create the physical harmful act is only present because of the energy being expressed in the area, associated with the area, and/or most importantly, the energy in the body of the human that the act is being carried out upon.

Express, receive and experience love at all times and the negative energy will not associate with you.

NIGHT TERRORS

Children who experience these tremors during sleep usually do so because of concern for their family. There is much worry and grieving by the child over actions within the family and the negative energy experienced there. Much should be done to create a harmonious, peaceful and loving environment.

Many feel that children are not capable of understanding the complex intricacies of the world around them, there is much taking place that they see and are aware of, even subconsciously. Children, and some adults, experience these things because they are living in it with the rest of the family unit. There is no other outlet for this conflict children observe and experience. There are no outside forces at work here that cannot be stopped by reasoning within the family to create peace and a balanced environment.

Elimination of certain aspects that are not part of anyone's highest good should be acted upon. Know what is important. Share time and love directly with the child in question. No passive enjoyment from children, assist them and guide them now. Do not worry that they have been neglected in any way up to this point; this is merely a byproduct of learning that much has taken place for their development in the future.

Children, and some adults, will continue to experience sleeping terrors until the energy in the family is calmed, centered and focused. If the family does not make these improvements there will be a wearing down of the child's mind and therefore having it become accustomed to this negative energy which can have dire consequences on their later lives.

Constant conflict can spoil the energy field of a child and have harmful effects on future relationships and interactions with others in later life.

NORTH AMERICAN NATIVE INDIAN

The Indians of the North American continent had long since mastered the Natural and Spiritual laws and understood how these laws were to operate in the physical world. As these souls took that knowledge and wisdom back to the spirit dimension, many then agreed to work with and assist those in the human form who were seeking to develop some type of mediumship. They work only with those who seek to bring forth mental and/or physical mediumship. There are usually two who come to join an Inner Circle. Their function is to build and supply the needed power/energy necessary to produce mental and/or physical phenomena.

PHYSICAL DIMENSION

This simply refers to those living in the human form on planet earth and to all that is known to them in their universe.

PHYSICAL MEDIUMSHIP

The unconscious mind plays the major role in physical mediumship. Levitation, Direct Voice, and Materialization are just a few of the abilities that are produced by physical phenomena. In physical mediumship a spirit being will use ectoplasm drawn from the medium to produce the desired effect. Ectoplasm is a slightly sticky substance which is sensitive to certain kinds of light, and is drawn from a medium's body. Ectoplasm can be visible or invisible to the human eye. The spirit being will draw out the ectoplasm from the medium to cover parts or even all of its spirit form, so it may be viewed by those in the human form. Many new physical mediums will be able to produce ectoplasm in the near future in all the spectrums of light.

PRAYER See 'TRUE PRAYER'

PRECOGNITION

The basic meaning of precognition is 'to know beforehand.' An individual receives an impression of a distant future event that may or may not be a negative or positive 'specific' event or happening.

PREDICTION See 'PROPHECY'

PROPHECY

Prophecies or predictions are usually in the form of something negative (yet can be positive) and come as a 'warning' of what may come to pass if humankind doesn't make positive changes to alter the envisioned negative event(s) prophesied. Prophets say for example, there can be spectacular advancements in the areas of spiritual development and scientific knowledge/technology or there can be great catastrophes through; wars, disease, famine, drought, global warming, terrorism and the like.

Changes made usually involve the greater good of humankind and/or that of Mother Earth. Change of any true meaning must begin with the individual self. Then one can create a positive impact upon the physical world they dwell in.

PSYCHIC

An individuals whose ability(s) deal with the physical dimension, and they are not tuned into the spirit dimension (as a Medium would be). They mainly use Extra-Sensory Perception (ESP) and/or Intuition to read your thoughts and/or vibrations. They commonly tune into your sub-conscious mind to receive information directly from you. They are not in contact with any energy beings from the spirit dimension. Just know in today's society, many who are Medium's simply call themselves Psychic's because it has become a common name for the public to identify with.

PSYCHIC FAIRS

This type of fair simply consists mainly of a group of mediums and/or psychics gathering at one location to offer their abilities and services to the general public. Some spiritualist groups have psychic fairs to raise funds for their church or organization.

Other mediums and/or psychic individuals gather to demonstrate and/or provide workshops and lecture on specific topics; dealing with physical and mental mediumship as pertaining to healing, levitation, tarot card, materialization, direct voice, trumpet séances, and the like.

PSYCHOMETRY

All animate and inanimate things have a vibrational rate which can be handled by mediums that are sensitive to such vibrations, and information can be brought forth concerning the objects past history associated with the said item.

READING See 'SPIRIT MESSAGE'

REIKI

There is no specific Reiki; it is the mind intending to do good for the person or entity in question. There is no specific healing skill that is acquired through Reiki, just as there are many religions of the world there are many different modalities and terms for the same action. That action is healing or the direction of energy, the channeling of energy with the intent to heal.

Your mind plays the largest role in all of healing. There is no external force that can intervene to the same degree that your mind is able in order to generate a desired result in the physical body. We ask you to consider your desired outcome and then see it in your body.

The second greatest physical intervention that you can take part in is the physical 'laying on of hands.'

This energy differs from that of simply mind intervention because, when a different person other than you is used to deliver energy, there is now the power of two. There is the combined mind power and intention to heal than before when there was only one mind focusing on the healing quality.

At no time should there be reason to doubt this ability. Reiki was not born from a mystical being or some divine imparting of wisdom. There is wisdom that has been brought to this dimension by those born into it because they have had this ability each and every lifetime. There have been subtle nudges to some so that they remember this information and return to it.

There is no great being that is going to tell you how to heal since all of this is simply a matter of, literally, putting your mind over your body and controlling your body with your mind. There is physical energy that comes through during energy healing and the direction of this healing, in part, is through the person channeling and their own energy. A large bulk is sent from the world of energy, the spirit dimension, through the physical form channeling. This energy does not differ because of an in-between channel. You may ask for this type of healing on your own and receive it.

REINCARNATION

The cycle of incarnation, or reincarnation as it is known, is merely the process chosen by many energy beings (souls) as a way to advance or progress at a faster rate. One can progress just the same without ever incarnating into a physical body, yet spiritual advancement can be accomplished at an accelerated rate by incarnating into a human form where the negative element can be experienced first hand; rather than simply studied and/or observed through other energy beings that have lived in a human body. It is up to each soul individual as to which path they choose to follow.

Just know your previous lifetimes have brought you to the place in which you currently reside. There have been many on your current path that you have experienced in similar times. There have been many mothers and fathers, brothers and sisters, wives

and husbands, sons and daughters and the like; some were of great importance to you while others had little to do with you based on your chosen spiritual journey and their chosen spiritual path.

It is not the nature of the societal construct of the family unit that is important; for many receive these same relationships at various points during the course of their lifetimes. Just know that family is important for some souls to help them learn and experience certain lessons, while other souls do not need the close family ties to learn or experience their chosen lessons.

This is why some families stay connected and others seem to scatter to the winds. It's simply that individual soul's desire which compel them to seek out their individual lessons, chosen by them for their personal growth.

ROOT RACES

These are classes of energy beings that come in waves and generations. Each one may have a mission and/or goals to accomplish, but an overall group that begins to enter the physical world has a higher purpose. Each may be seen as a new age when they enter.

There are always higher goods to be done, but these souls enter the world with much more to work with as a catalyst for previous generations already on the planet. They can begin seeding the planet with new ideas, new terms, learning and understanding the past and bringing it along to new ways.

Each may also bring subtle physical differences which may not seem visible, these are subtle changes in the evolution of human kind, in part because of man's control over his physical realm and others seen from your dimension as needed improvements to come with the coming age and changes that will be experienced.

You can see this as marked time periods throughout history when there were major thought shifts, major developments in the society of human kind and the views expressed by them. It is needed to be known that there are some changes that take millions of years, all improving the human experience or making it more worth-while to those who decide to venture into it.

Classes of people often do not understand those who came before them, and as much as this is a learning process for those who are present, this is also a learning process for those who are coming in. They need to experience it, to break free from it and to push on with the new for the betterment of the humans in this existence.

There are many who have outside influences from other races (beings from other planets). These are a combination or by-product of two or more species of existence mixing at any one time. There are also changes and additions of DNA by other species to attempt to improve and contribute for the higher good of humanity.

SELF HEALING

Everyone has a guide or what some term a guardian angel from the world of spirit that is assigned to them during their lifetime on Earth. Your guide will not intervene in your chosen life unless you ask for assistance. Otherwise, your angel will simply observe your life without you even being aware of it.

Now, if you pray or mentally call upon your guide or angel for help, then assistance will be given. For example, if you come down with the flu and ask for help, then your angel will bring forth healing energy to assist your physical body to recover from the illness. If you come down with the flu and you don't ask for help, your guide will simply allow you to be as sick as you desire. You have free will and your angel cannot interfere in your life unless you ask for help. You have the right to be as sick as you wish.

For those who desire to have their guide assist them with healing energy for whatever disease or injury they have incurred, then follow this method. Begin self healing by sitting or lying down in a comfortable position if possible. This will help relax your mind and body. If it is possible, also limit the light and noise that surround you at this time.

Now mentally call to your angel. For example say, "This is (your name) and I am calling for my guide or angel to please come forth and place a shield of love, strength and protection around me. I need healing energy to help me with (state the disease, injury or what the problem is with your mind or physical body). Thank you (or Amen if you wish to ask it as a prayer).

At this time, if possible, if you can reach the afflicted area, place the area or limb between your hands or simply lay the palm side of your hands on or near the problem site. If you are unable to reach the area, simply rest your hands in your lap (sitting) or place them by your sides (lying down).

Now after calling your angel, close your eyes and visualize the affected region or injury site becoming filled with a bright healing light. See the area or condition becoming healthy and whole again. Visualize the disease becoming consumed by the healing light. Feel your body being energized and restored to good health again.

You may repeat this as often as you require it. Keep asking for healing energy from your guide for as long as you feel the need. Don't give up too soon, the physical body takes time to respond and restore itself with the new energy coming to it.

Just remember, some illnesses you experience are placed in your path to help you learn a specific lesson, so once the lesson has been experienced, the healing energy will then connect and provide the assistance you seek, but not until you learn why you chose to experience the disease first.

SÉANCE

The typical séance is conducted in a semi-dark room containing individuals who sit in a basic circle. At least one medium is among the sitter's who acts as the conduit between the physical and spiritual dimensions to receive messages for those wishing communication with their loved ones on the other side.

In a trance séance one of the mediums inner circle (spirit doctor) will speak through the medium using the mediums vocal cords. In a trumpet séance the spirit doctor reproduces the vocal cords inside the trumpet itself in order to communicate.

If it were a physical medium working and a spirit being was materialized using ectoplasm, the materialized spirit itself would speak independently from the medium.

SHIELD OF PROTECTION

Calling your Spirit Guide or Angel to place a protective shield around you each day is helpful, but just know, each individual is protected on their own from within if they are working for a higher good that does not involve selfish or personal reasons. There will always be protection of a positive nature from within your own body and mind when the greater good is being brought forth by the individual.

A protective shield does not always come from an outside source. Guides or energy beings from the spirit dimension do not always intervene since the majority of energy and action takes place from within you, whether you realize it or not.

Calling it something that happens outside of you by another force is possibly easier to understand, just know that almost all protection comes from your actions, commands, thoughts and beliefs. Nothing good will come to you if you don't believe it first. Negativity will not join you unless you call it or bring it forth with your own negative actions.

SILVER CORD (Also see 'ETHERIC DOUBLE')

All energy beings (souls) who incarnate into a physical body have what is termed a 'silver cord' connecting it to its etheric double. As long as this connection is maintained the etheric double can visit places of interest in this physical dimension or even other dimensions for its learning process and remain attached to its human body. Sleep is when the etheric double does most of its traveling and wondering to different places of interest for its benefit.

SOUL

Souls are basic energy creations, as God, the 'Source of all Life,' is infinite energy. Spirit energy as some call it is simply that part of God that connects all living things to each other and to God. God created souls (energy beings) in order to experience that which he created on an emotional level.

As a soul we grow and experience the knowledge of God, who then in turn experiences through us, his creations. God gave his soul creations the limited ability to create and the free will to lead ourselves into the experience of the negative and the positive aspects that exist in life. Souls can experience the negative side of life, whereas God cannot. So God experiences the negative through his creations.

As souls, we are experiencing and gathering information not only for God, but for our individual advancement. No Matter whether we are in the human form or back in the spirit dimension, we are seeking to grow more God-like in our own right.

Remember, your true form is that of pure energy, all things are of energy, you will always maintain your individuality as long as you desire to do so. Just know that as an energy being you are part of a larger grouping of energy beings. That is the connection we all have to God. As you combine your energy to this larger energy group, Gods energy expands and continues to grow. Worry not about joining your energy with other energy beings, for you still retain your identity, for we are all a part of that infinite energy of our loving God.

SOUL MATES

There are soul mates in your sense of what persons or people return for the purpose of interacting specifically within one another in a specific lifetime. This does not have to be a long term interaction or a significant interaction, only that the interaction occurs, by both agreeing, and by positive consideration by those above you.

There are some who are soul mates who are engaged on long term relationships and others who are short involvements in your life. The purpose of these relationships range the full spectrum of needs, emotions and purposes for development or receiving an experience. It is important to know that simply because you are soul mates does not make you lovers. You can have friends and colleagues who are soul mates.

Soul mates can refer more to your similarity in progress that has been made through your development as a being of energy, your true self. Though, it is possible that there is a link between beings that do not reside in these areas of existence within your true home. There are soul mates who work together on progress, often these can be groups, not limited to just a singular pair.

These groups work to promote and motivate, or help to understand the experiences had by the group for the sake of evolving and as you might understand it, educating each other for the purpose of ascending to a higher frame of knowledge.

It is possible that significant or insignificant relationships also be of your own free will or those that were destined to happen or created to happen for your experience, or even by chance, and that those individuals share nothing in common with you on any dimension. Though, in many cases, in order for a successful long term relationship of any kind to take place and be maintained there is often a meaningful accord between the two beyond the physical realm in which you currently reside.

It is important to see that there is much change coming at this time and that there are those who are destined to have greater roles than others. This does not mean that there

are no soul mates or that we are all connected any less than what you have once thought. It is important to see the light that is coming to you and is always available to you.

Free will or choice or that which is determined, however loosely, before you arrive, these are the things that make this existence real to you. It is important to engage in all things as though they were true and for your highest good, simply because you do not immediately know, it is important to take on all things important to your evolution as though they were bringing you up to the next level of progress.

SOUL MEDITATION

This type of meditation is basically for those who wish to develop some type of psychic or mediumistic ability. As you open yourself to soul meditation you open a pathway between the physical world and the spirit world. You then allow those in the spirit world to connect directly with you. There will be a group of energy beings who will come to work with those who seek this path in earnest (see Inner Circle). The following will give you the basic foundation needed to begin this life altering journey.

1. Choose a room in your home/apartment that will provide a quiet place to meditate. A semi-dark room to begin with will help quiet your mind. Soft, meditative music will also help the beginner.
2. Do some deep breathing. Breath in and hold for three seconds then release and hold for three seconds. Do this for a total of seven times to relax.
3. Start by sitting in a straight backed chair positioned in the center of the room/space you have chosen. Later, you may use a more comfortable chair or even lay flat on a bed, as long as you remain awake. While sitting in the straight backed chair, rest your hands on the tops of your thighs, arms uncrossed. Keep your legs uncrossed and feet flat on the floor. Wear comfortable, loose fitting clothing or you may if you so desire meditate in the nude.
4. You may begin your meditation with a prayer or simply a statement of your intent. You may say it mentally or speak it out loud.
5. Now close your eyes clear your mind and relax. Concentrate on the soft music if you have trouble clearing your mind.
6. Start by meditating 15 to 30 minutes or whatever feels comfortable for you. Decide on how often you will meditate; such as once a day, or three times a week or only once a week, it is totally up to you. Just remember it is very important to follow the schedule you choose. If you decide for example to meditate on Monday, Wednesday and Friday at 9am, then be punctual and be ready to work with your Inner Circle. They will be there and so should you.
7. When you have finished your meditation say a closing prayer of thanks or simply thank your Inner Circle for their assistance.

SOURCE OF ALL LIFE See 'GOD'

SPIRIT DIMENSION

This is the true home for 'energy beings' or those known as 'souls.' These are the same beings that incarnate into the physical dimension and take on a human form for learning and experiencing that which cannot be obtained in the spirit dimension.

SPIRIT DOCTOR

Also called the Guardian Angel, he is the main energy being who oversees that life you are now living. Calling them 'Doctor' in the world of spirit is the same as those on earth who, for example, would hold the title of Doctor of Philosophy or having a PhD in a specific discipline. Their job is to assist you with completing the lessons you programmed for this life experience. Making sure the lessons you chose are placed in your path, whether you learn or do not learn the lesson is up to you. If you fail to learn a lesson, your Spirit Doctor may place you in a similar situation(s) to give you more opportunities to experience and learn the lesson you chose. He will also supervise how and when the other spirit helpers may or may not interact with you during this human existence. When you cry out for help or for immediate assistance, for example, he is summoned and will assess the situation and take action, if required, depending on what you programmed to experience.

SPIRIT MESSAGE (READING)

This is where an energy being (spirit) in the spirit dimension conveys to a medium in the physical world information for those individuals who seek knowledge/wisdom or communication with a departed relative and/or friend and the like. This type of communication is known as a 'reading.'

Mediums bring forth these messages from the spirit world through many different abilities; such as clairaudience, automatic writing, etc.

SPIRIT WORLD See 'SPIRIT DIMENSION'

SUDDEN INFANT DEATH SYNDROME (S.I.D.S.) See 'CRIB DEATH'

SUICIDE

This is no different an exit from your dimension than any other manner of death. This, as others, is a physical action manifested from the thoughts and stress that persist on one's mind. These can be overcome, and if not, there are many counseling sessions and advisements when that soul returns home so that they can understand what torment they felt they were experiencing.

Often times this is a young soul, not many human experiences, and this is something they must overcome in order to continue learning in the lifetimes of humans. This is no more or less negative or positive than any other action taken on the earth plane.

Trial and error, education does not always come quickly, learning by doing. Living the life is how we come to understand and know it. Self-inflicted death only returns you home, but know that you will live again in a human form once information had been passed to you so that you can again experience those same conditions and allow yourself to grow.

You choose these things in your path and you can overcome them. There is no cheating and giving of more information in an attempt to stave off suicide in the next lifetime, for not much about the energy existence is at first readily available to you when you return. There are some ideas and knowledge that is in harmony with all beings who are not completely engulfed in nonsensical ideas on the physical dimension. Those who have greater information of spirit or those who involved themselves in it may also see it as a tool for overcoming what they fear are overwhelming circumstances. Those situations are only to provide a specific circumstance for that soul's development and to experience that certain set of situations.

TAROT CARDS

These cards are useful for speaking the mind of the medium or psychic that is using them. There should be an instinct at work that brings forth more information once the card is viewed. There are those not working with guides and there are those working with guides. With guides' manipulation can take place to bring for the proper messages in order to then connect and trigger the medium onto further information.

Yes, tarot cards can be used to verify information. Though, those who are simply flipping cards and reading their prescribed meanings are not necessarily giving great or in-depth information.

These cards can provide accurate information if a connection is made with a higher being or one is working with that soul. There is much that can be brought forth with tarot cards but many mediums do not realize that they can move beyond this method to give direct information from a spirit being without any interference. Some mediums though will not move passed it as they are too fearful of inaccuracy or are unaware that they have this ability.

There are many who will give correct information but it is important to have thorough knowledge of the deck of choice and ensure that this deck is attuned to your vibration. These are not card games and should be a serious focus and endeavor for those who are willing to study it intently.

Tarot cards were brought about as a means to trigger the mind with general expressions that are more aptly applied to the situation or question at hand; though those who have a direct connection to spirit will know that there is more information and guidance available upon seeing that card as they are often imbued with further information. Whether they realize it or not, they may be giving it as what they feel is personal counsel but is often an idea, thought or sentence that was given to them by a power much greater than themselves.

As with all communication and guidance it is important to work in this field and focus your attention to it. Greater information will come to those using them that will allow them to move on. There should be a set schedule of study and practice to allow further development. There is no reason to think less of this manner of communication so long as you are aware of how practiced the tarot card reader is and their focus and attention.

Accurate information is not always had from a person in this lifetime who merely reads these instruments a few weekends per month. Greater intuition is at play for those who are using them though they should ensure that they are reading the situation from a different vantage point and not the energy of the questioner who is simply thinking of that situation.

A great change will come that will unlock greater potential and make those aware that they too can have communication with spirit. Many do already but do not realize that these are not their own thoughts. Seriousness is not the point; experienced is the purpose in order to fully engage in the higher information.

TELEPATHY

In the spirit dimension communication is accomplished through telepathy. Pure thoughts are transferred between energy beings. There are no misunderstandings or misleading information transferred between energy beings; unlike the spoken word in the human form where it is common for misunderstanding and misleading information to be conveyed.

Telepathy is simply pure thoughts being sent and received mentally without the use of the spoken word. Humans do have this ability but for lack of understanding rarely use it.

TESTING

There will be times during your lifetime when you will be tested. These tests were programmed into your lifetime by you before you entered this physical world. No one else tests you; you are the only one that causes doubt in yourself. Your old memories will bring you through what you see as trying times.

There is no danger, only experience which comes to you in the form of programmed tests. The human language has many words to describe types of experiences. When in reality they are all only experiences; no good or bad, just an experience. You went through it, and then you think about it. What should you do? What did you do? Are you okay with that?

Tests come in many shapes and forms. Just know God loves all his children no matter from what country, culture or race they hail from. All are loved unconditionally as his creations and he holds no one above another. All are seen as equal souls in his eyes. Praying to God to strike down one you consider an enemy is asking God to kill one of his own children. No prayer is ever acted upon by God if it involves destroying one creation at the behest of another.

Murderers, child molesters, rapists, etc.; Do they deserve to be punished for the rest of eternity, to be damned to hell? If you answered 'yes' you have failed the test of understanding what true unconditional love conveys. Open your soul to love and forgiveness or you will have to experience many, many lifetimes to learn a simple truth. That we are all connected through God to one another.

Try to think on a deeper level and see things through the eyes of our loving God. There is no right and there is no wrong, replace fear with love. You will see all that happens is for the advancement of all creation. You cannot harm or punish another without harming or punishing yourself.

The time will come when humankind will comprehend what the 'Source of all Life' has given to them. Once they comprehend the true meaning behind these lessons and experiences, humankind will once again become enlightened.

THIRD EYE

Simply the third eye is located in the middle of the forehead between the eyebrows and this is where the chakra center for the mediumistic senses such as clairvoyance is found.

THOUGHTS

When you think and produce thoughts, whether positive or negative, you are creating them using spiritual laws. These are in conjunction with physical laws which operate while you are incarnate in a physical body. Thoughts move throughout the cosmos and are not contained or hindered by solid matter. They are stored in the Akashic consciousness of the 'Source of all Life' or that which some call 'God.'

Whatever your thoughts concern, the more you dwell on them the more power you give them. If you add strong emotional energy (love or hate for example) they grow even more profound in their essence.

Moving your thoughts into a positive direction (love) can bring about spectacular results in your life; affecting both your physical life and that of your spiritual enlightenment. Dwelling on negative thoughts (hatred, anger) brings about turmoil and chaos into your physical and spiritual life.

Your individual thought patterns have created the very life you are currently experiencing. Whatever life you are living now, positive or negative, you are the sole creator of that existence. Using your own pure thought patterns you brought forth this life, remember the law of attraction.

You cannot blame others in your life for the misfortunes that have befallen you. Change your thoughts and you change your life path. It's up to you; no one can do it for you, stop being so afraid of change and take positive action to move forward.

Spirit energy is never destroyed; it can be transformed into many things on many levels of consciousness. But never will it perish or fade away. Gather your thoughts, narrow them into a positive goal then focus and visualize them in your mind. Combine them with positive emotion and transform them into physical reality. That is the basic scope of your ability to co-create in the human form within the confines of pure consciousness.

THUMB SUCKING

There is a child in your midst that is adjusting to life and you, the parent(s), are here to guide that child. Thumb sucking is a coping mechanism, a security blanket if you will. This action was first developed to comfort the child just as many young babies and children use a pacifier. This is to help the child adjust.

The parent(s) should ensure that the child in question has the mental capabilities and tools necessary to adjust to stress and discomfort in their lives. Thumb sucking can be stopped with subtle and gentle correction. There is also some correcting that the child's peers will do on their own, but more often than not the child will do better if the parent(s) correct the problem rather than outsiders.

Be sure that this is not a coping mechanism (thumb sucking) that is needed because of the child's current environment and the negative energy or actions that are currently

within it. If the same conditions exist there will be a new coping habit that is formed to allow a physical manifestation as evidence of what is still taking place. For example if there is arguing and frustrations on the part of the parents the child will still be feeling the negative energy and find another why to cope with the stress it is picking up on a physical level.

However, there is no deep reason for concern, worry or alarm over this. There are many habits and customs that individuals use as effective coping habits that are often outgrown because new ways of thinking or understanding or situations change that allow the entity to disregard old habits. Just remember, the parent(s) are the number one influence in a child's life. Their stress is the child's stress as well.

TRANCE

There are seven levels of trance an individual may experience, from a light trance all the way to where an individual allows an Energy Being to take total control over their body. An Energy Being can come into total harmony with the vibration of an individual's brain pattern, and at that juncture they can completely control the speech, and all other main faculties of the Medium with their permission. That in turn allows the Energy Being in the spirit dimension to communicate directly with those who are present in the physical dimension. At no time while in the 7th level of trance does an individual's Soul leave its physical body.

TRUE PRAYER

Prayer is simply a matter of your true intent. Select your outcome; envision that outcome as you would enjoy it coming to fruition. Ask that positive energy be sent so that it is done. This is the same manner by which healing or other energy is transferred. You can send energy to the problem area you seek to change or resolve. You can repeat your statement of intent in your mind as often as you wish. This will radiate out from your body and deliver the energy into the universe. The fact that your mind is power that constructs the universe around you, this is doing the same. Your energy emanates from all around you.

Just know that some things will not be interfered with and there are some that may ultimately change because of the positive energy directed by you and others towards it. It is only necessary to speak the positive outcome you wish. It is only necessary to have in your mind the vision of the completed outcome that you wish to achieve.

The asking of prayers for others is as simple as asking for prayers or positive outcome for yourself in certain situations. Simply settle your thoughts on the outcome or action you would like to see and visualize this energy leaving your body and affecting the universe for the positive development of this event, action or feeling will contribute

greatly to it. This act should be done with all thoughts you hold true and visualization helps the physical body and the physical mind perceive the true nature of what is attempting to be created.

It is not always necessary to visualize, simply settle on your true intention, your desired actions and outcomes. The energy will be released simply by your repetitive thought energy or words spoken. It matters not how this outcome is affected by your energy if it was never meant to be.

There is much that relates to some general and basic plan, and goals can be met no matter what path you take, they can be received in many forms. So fear nothing of skewing your original purpose in this lifetime by altering an event through your power of thoughts and energy. There are some that will not be changed and others that can be changed. Realize that for some, no matter what energy you wish upon them, there will not be change until they are ready for this and accept it and desire it. It should be known that there are many who are positively impacted by your prayers and energy even though the desired outcome is not presently visible or measurable.

There is power in numbers. There is great power in groups of spirits who wish the same positive outcome, though in some cases, it is not possible to intervene because the will of so many is that someone be saved or otherwise from some act or timeline of events. Simply see yourself as you wish the events to take place. Radiate love into the event; radiate the vision from your body into the world. Allow these things to be expressed by you and they will flow more easily into others when the situation is desired.

Appreciation of those things which have manifested only serves the higher self as it is seen that you are not dabbling for the surface's sake; not addressing a cause or issue simply for vanity or other impermanent reasons. To appreciate an outcome or situation is to be able to rely on this in the future.

Thoughts are no less ignored simply because gratitude is not shared, but appreciation of such gifts is important. This is much in the same way that one should appreciate the senses and everything in their present world. Allowing full appreciation allows deeper understanding of the true nature of that which is appreciated and the reasons and purposes for it. You know the reasons for your existence but there are many intricacies of this. Appreciating each aspect of yourself only shares into it the greater energy and understanding that has come with your full awareness of this.

Appreciating something, an aspect, an emotion, appreciating this in another person only serves to amplify this in you and within that person. Simply by your perception it is amplified and through the energy exchange process. It is important to earn all things that relate to the senses and the body and allow them to be experienced. Do not become a mind on 'autopilot' for this process may lead to deterioration in these areas when attention is not paid to them.

The correct prayer is the one full of universal positive creation, that which is done without vanity, without attempting to change the events for personal gain and selfish interests. When those reasons are the motivations the desired outcome may be reached but there are other areas that will need to be addressed. This is often why it may appear that luck befalls many people only to have one problem after another after another. They may also give you the impression that their life is running smoothly and you may view them as being very fortunate. You are all fortunate, but there are some who hide the

strain that is present in their life because of the 'ill gotten reward' lessons for each individual appear in many forms.

Each has free will and often the lesson or teaching situation is tailored to that specific lifetime and specific instance. Simply because you choose a differing job than what you first intended does not mean that you will have missed on some opportunity or lesson. The style can be changed so that it can still be implemented. Some feel they are trapped and this is not the case. Free will dictates many things that you do, many situations are still present because of the purpose of your lifetime, but many events take shape based on the decisions and actions and energy of the person living that life.

It is important that if you are asking for protection of another, for the healing of the earth, that you simply send that energy with your mind, with your thoughts, your works; you can send this same energy as you would send healing to any person, thing, object or situation. Healing energy is not the only type of energy which is channeled by humankind. Know that each emotion is energy and each emotion, the energy within it, can be sent as you would send healing energy through you to another being.

Anything can be sent; the emotion, the action desired, the energy associated with it in its truest form and purest form can be channeled. It is important for all who will read this to know that you are not required to enter a trance state in order to channel. Simply meditate on the energy and send it from you. All humans can channel; most are channels for their own energy without being aware of it and therefore cause actions and reactions without being aware of their direct affect on their own lives. All can channel energy to others and all can receive this energy.

TRUMPET

This is basically a lightweight aluminum cone shaped device which stands 2 to 3 feet tall. It is used mainly during a trance séance. The vocal cords of an energy being (soul) are produced through ectoplasm drawn from the medium and placed inside the trumpet which allows the energy being to speak to those present independently from that of the medium.

UNIVERSE

This universe is here for your enjoyment, for your learning, for your development. This is a place where trial and error can be exercised. Much learning in any physical or energy form is done so through reading, but much more is grasped and carried out when a form is placed within a situation and made to exercise judgment from within the confines of that reality.

There is much learning understood by reading on the theories of existence or the reason for any specific function you wish to learn. It is only by immersion and practice

that you gain true knowledge and experience and the wisdom of those who have gone through before you.

There was a need for those in energy form to experience this world and to exercise judgment. Judgment is multifaceted and an important part of your creation and deliverance to higher realms. This place of learning, it is of importance to understand that you are not isolated from any other dimension while you are in this physical world. There are many who travel between each area and there are none who are untouched or unrelated in terms of travel, ideas and the energy that reaches each area. All are related, all are in a cycle that is entrenched in their own creation.

It is important to know that there is much taking place on each level. That the goal is to learn and move through trial and error; not simply for repeating knowledge that one finds necessary because of the requirements of the position or how it could be considered repeating random facts within an academic classroom.

This is not the purpose; the purpose is to acquire true knowledge, to interact with the world. Each soul is a creator in their own right and this also allows you direct and immediate contact with these abilities, though there are many through the process of their learning, who are equally involved in destruction. There are many attributes which still exist between your existence in this field and your energy existence in your true home. Many of these relate to energy thoughts, actions and abilities.

These too can be used in your physical existence. There are some things that are more immediate because you are in a physical existence and there are some things that a greater time span is considered when implementing your thoughts. This allows for true reflection, greater interactions between entities and so on. There is not a place in the world that is unjust. There is a need for you and others to raise yourselves and those around you so that there can be a change in the way this world is perceived. There is a time when you may be concerned you are 'behind the times' in terms of evolution of ideas that are barbaric.

Look at how many in the U.S.A. who are focused on materials view the circumstances of less fortunate beings in Africa. These same views are applied throughout the universe and throughout each dimension and in between each area. There is an understanding needed by those on every level to achieve and understanding and an independent unbiased attitude towards giving and receiving love.

While there are many other energy beings who have evolved to a much higher state concerning this ability, there are many who have not. These goals have been established only by you for each individual in conjunction with the ability of each creator and higher being in terms of involvement.

It is important to learn about this place and how to interact with it. There is much that can be done to save many from grief, but it will only happen when those who are focused only in their immediate area remove themselves from ways that make them different to others on very small and even grand scales.

There are enjoyments here and they are allowed to be experienced. Simply because a man enjoy games or alcohol does not make them negative experiences. Many have great work to do and for some these can be hindrances and should be avoided, others seek comfort in these things. For most, any activity can be experienced as part of your goal as to learn and experience all that there is to learn while it is within your reach in this lifetime.

There is no need to shun; many of you are doing this now. Moderation is the key. Much is done to excess, but there is much that should be experienced to a greater degree. This place is to learn of these things. There is much that takes effort, creating harmony takes effort. Learning all there is to learn takes effort. Many individuals slip idly through each lifetime, but no matter the acts done or left undone, each will accomplish and return with the same level or degree of information for their continued progress and learning.

Leaving this place you will find yourself surrounded by love, no matter how evolved or unevolved you consider yourself to be. Each area is filled with the love that those relating and in common with you all have. There are greater degrees of this, based on what each has done and accomplished, what each has focused on and what each is intending to complete or place their focus upon.

It is important to know that there is much that can be done while you are not in a physical incarnation. There is much that is accomplished while you are simply an energy being, though there is much that is considered perfect by you in this place which you do not currently reside.

UNIVERSAL LAWS

The ‘Source of all Life’ or that which many call ‘God’ gave his new creations, specifically Soul’s, a life force of their very own; that of conscious awareness and limited free will. That in turn allowed them the ability to create independently from their creator. These souls were provided with what are termed universal laws which operate differently on each level of consciousness. These laws were set into motion by God to assist his new creations in understanding their new ability. God’s desire was for his new creations to become self-aware and then they could become companions and co-creators to God.

Yet along the way to self discovery many of the new souls became lost. They inadvertently trapped themselves inside their own creations. They lost the knowledge and remembrance of who they were and what they were. Through these laws they started on the path of rediscovery; remembering who they truly are and where they truly come from. Reincarnating through many lifetimes in this and other dimensions they began their journey home to the ‘Source of all Life.’

There is for our understating laws operating in this physical dimension which are called natural laws that are operating here on this planet (Earth). Once the basic laws are understood by humankind the term ‘miracle’ will no longer have any meaning. What some may call divine intervention is simply occurring within the bounds of Gods natural and universal laws operating in this dimension.

VISUALIZATION

This is the simple act of seeing mentally what is desired. Positive changes can be manifested through visualizing an individual, place or event. Visualizing the end result can produce a positive 'thought' which will then manifest into the physical world. For example, visualizing yourself in a state of better health can foster a change in ones desire to be stronger and having more vitality overall.

WISDOM FROM BEYOND

There is time for action and that time is now. There is no reason to sit idly while there is so much work to be done. You know of distractions, many people experience these distractions as though their whole life should revolve around them. Their sports or leisurely endeavors overcome and consume their waking thoughts. There is so much time spent on unnecessary things. That is to say, more should be done with one's time, though it is ok to find interests, there should be more time attributed to the workings of mankind and your planet, and how they relate to each other, and how they can be improved for the good of all. There is much to be done, work, work for peace, work for others. A humble soul is far more pleasing than one that flaunts unimportant wealth, assets, or other false wisdom that helps on one but their own ego.

There is work to be done that would require a change in mood, attitude, and personal vies so that peace can be experienced by all. Communism is an evil word but we do not aim for all assets to be spread evenly, only that all be given an opportunity for the basic rights of mankind to survive.

Many medicines can be used but only until changes are made so that these problems can be removed from the earth, then one can use thought and mind to control the healing process which is internal only. Peace to all. The rights of others are just as important as your own. There is no need for violence, by action, thought or words, against any other person. They are different, they are no evil. All have same hopes, dreams and fears and all can be accomplished equally.

There is a time approaching when food, money, medicine is what should be sent around the world instead of military force and the war, violence, death and destruction that accompanies it. Your actions are what will spread peace into the world. There is much to be done and your sports will not help your neighbor who is in dire need of basic tenets of life. Helping others is what is you are here to do. This help must be by action. Do not cast those less fortunate aside in hopes that they will disappear. You would want this assistance if you were in this situation. What respect and dignity would you want if you were homeless or living in any other situation that society and mankind deem as less than adequate?

You are what you create and do with your mind. Work is to be as necessary as those who came before us, it does not define us, and it allows us to create s supply of energy so that other things in life can be accomplished. A change will occur and different jobs will be made available. An economy based on money is not always necessary and when a change happens there will be jobs that are more in line with mankind's goals and helping, rather than personal gain for the person at the top of the corporation.

There is much good that can be done if a single person were to cast off their oppressive ways of thinking and reach out to those who need it. Patience, clam, prayer/meditation, trusting in others; these are the needs of mankind that should be focused on. Not everyone is evil, bad, or out to harm others. We all want basic rights in our life; each person should respect the next as if they were themselves or their family brother. Being on top of the pile in terms of wealth is not helping anyone if you spend it on ill items. Peace. Breathe life into everything; manifest the good by kindness, understanding through all means necessary. Compassion and dignity are wanted by all and should be sent forth by all. No forced beliefs. Illegal is nothing but one's mind shall be the judge of that later.

WORLD WAR THREE

'World War I' was to teach humankind a much needed lesson. God allowed 'World War II' to come into existence because mankind did not learn from the First World War; that neighbors should assist and help one another through love and understanding, not through hatred and destruction.

The lesson from the Second World War has taken root in the subconscious of humankind. Many people across the globe realize the necessity of living in peaceful coexistence, even if their current leaders do not. Many citizens are rising up to let their governments know war is not the answer, and that they will no longer allow this type of oppression against other countries and cultures to reoccur on the planet.

There will be no large scale nuclear war waged on this planet, nor will there be another World War such as the First and Second World Wars. Humankind has learned the lesson given to it by God and it shall not be repeated again for the next ten centuries. After that time span, humankind may or may not once again start down the path of self destruction through its free will.

ZENER CARDS See also 'EXTRASENSORY PERCEPTION' 'TAROT CARDS'

Zener Cards were created by Dr. Zener and Dr. Rhine at Duke University in 1930. The cards are used in testing ones ESP ability. Twenty-five cards in all; five with stars, five with a cross, five with wavy lines, five with circles and five with squares.

Some modern day psychics use these cards or tarot cards to assist them during a reading.

Epilogue

There is a need to create peace and end suffering for one's self, your family, your community, and the world. Bringing peace to your own being may seem impossible, and so might that of bringing peace to others; yet know that bringing peace to others is what fosters peace in you.

Simply consider the following; for yourself, focus on what matters to you, but only the things that you can carry from this life to the next, no matter where you believe you may or may not go. There is no need to worry about gathering money and possessions, for they are not taken from this world when you make your exit.

There are those in this world who have far less than you, their basic needs are not met. They need food and shelter. Share with them, not only through money, but by direct action; help your neighbor!

Take time for daily reflection, meditation or prayer (what you call it is not important for it is all the same action, and it creates the same outcome) for understating yourself and for creating peace. Just five minutes a day and that peace you create will spread throughout the world.

There is no reason to force your beliefs onto another person or group. Peace and Love is experienced when each person understands that there may be differences visible to the eye, but that we all are the same. We are all Souls, Energy Beings having a life on this Earth. We all have fears, hopes, and wants; there is no reason for fighting and segregating when we are all truly the same, only born from different position and time on this earth.

We need to let others share their beliefs and world views with us. Not forcing others to believe a certain idea or restricting another's actions, beliefs, or movements. Outlawing, banning, or belittling the mind or thoughts of another only further alienates us from that group or person. Making it more difficult in the future to make amends and create peace.

In worldly affairs we should respond with medical help and food, not guns and violence. Access to food, shelter, and education will eliminate many wars, and the suffering experienced by many throughout the world. We can each see that we do this as well as our elected officials. We should work for peace; we should be a peacekeeping force.

Start here, start by having patience, start by helping the less fortunate, start by helping those who need basic necessities of life. Focus on your mind, your beliefs, your virtues, for these things matter the most. Open your mind to your potential, the potential for peace and the possibility for love. Look at the world around you and see how much of those already exist. Ride a bike, walk, hike, camp, not simply to save money, or to cut down on pollution, but to experience the complex beauty that nature has provided for you.

God has allowed you this lifetime; no matter what your circumstances, you can create peace and healing not only for yourself and family, but for your neighbor's and community as well. Let us all together spread harmony and love throughout the world!