



Esoteric School of Shamanism and Magic

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Class 19 Notes Psychic Development 101

Reading from "The Evolution Angel: An Emergency Physician's Lessons with Death and The Divine" Dr. Michael Abrams: pp. 5-9

In the course of my work, I witness a great many deaths. Over and over I watch as people die in every conceivable way some as the result of violent automobile or industrial accidents, and some as the result of criminal assault. I attend others who have taken their own lives through poisoning, hanging, carbon monoxide, slashed wrists, or gunshots to the head. Still others die from acute or chronic illnesses such as heart attacks, strokes, and respiratory failure. Some pass away naturally from "old age" and are transported from nursing homes for me to pronounce dead.

Attending the death of another human being is awe inspiring, and I regard it as a sacred privilege of the highest order. I am fortunate indeed to have been granted such generous access to this incredible event. When I witness a soul leaving its body I am deeply humbled and filled with wonder. The power of death is stunning in its intensity. Death changes everything, for both the one who dies and for those who are left behind.

During my years of medical practice, first as a family practitioner and now as an emergency and trauma physician, I have experienced a major shift in the way I view death and in the way I view my role as a physician. I have always believed the soul survives the death of the body, that something goes on after the heart stops beating, after the lungs stop breathing, after the cellular machinery grinds to a halt. This is not unusual. The vast majority of physicians are very spiritually aware and believe the soul goes on after the body has fallen away.

Many years ago in the earliest phase of my career I acknowledged and honored the continuity of the soul, but I felt there was little if anything that was required of me after a patient had passed away. Like most doctors, I said a brief prayer and immediately turned my attention to the grieving survivors. There was nothing, I told myself, that I could do now to help my patient. The matter was out of my hands.

But as I saw more and more people die, something within me began to change. I started to wonder: Was it really considerate of me to simply turn away the minute a patient shed his or her physical form? If the soul went on, wasn't it my duty to see what I could do to help? Wasn't it responsible, compassionate to at least try?

And so I began to do just that. After I had pronounced a patient dead, I continued to minister to the being that lay before me. Unbeknownst to those around me, I began to extend myself to the departed soul in a kind of silent communion akin to prayer. I began asking the newly liberated souls of my patients if there was anything I could do to help them.

At first my efforts seemed in vain. I had no sense that anyone was listening, that anyone cared. I even found myself wondering, as we all do from time to time, if there really is a life after death. Often, when I grew discouraged, I would catch myself thinking that the concept of the soul is just a fanciful construct of the mind, a desperate rationalization, the ego's way of reassuring itself when faced with the stark reality of its final demise.

But I persisted in my attempts because I wasn't sure. If there was any chance at all that the soul was still present after death, I reasoned, then it was my responsibility as a physician to make every attempt to ease its suffering during the harrowing transition from this world to the next.

Finally something started to happen, something that changed my life at a very deep level: As I spoke to the departing souls of my patients, I began to sense that they were somehow speaking back to me.

The first few times this happened I was deeply shaken. The logical, sensible part of my mind went into overdrive trying in every way possible to rationalize this phenomenon, to explain it in some reasonable way, in a way that was acceptable to me as a physician and scientist.

But I was not successful. I was receiving very distinct and persistent impressions from the souls that were shedding their earthly forms before me, and they weren't going away. In fact, my new apperceptions grew stronger and more vivid with the passage of time. Before long I found that I was having substantial conversations with these souls.

And then, as if this wasn't enough, something even more astounding began to happen: I began to sense and finally converse with other beings - presences of light and love and wisdom that seemed invariably present during these critical rites of passage. This book is a record of my dialogues with these beings, in particular with one who seemed to have a special interest in me.

During my silent conversations with newly freed souls and the angels that accompany them, I have gathered a great deal of fascinating information about the way things work in both the world of spirit and the everyday world of form that we, the living, currently inhabit.

How do these conversations occur? I've asked myself the same thing many times. The answer is that I don't really know and I don't really care. What I do know is that I don't hear any actual voices and I don't see any forms. Neither do I experience any kind of "automatic writing" or "channeling." I simply think of questions and, when I do, answers

effortlessly flood into my mind. The whole process seems very natural and leaves me with a peaceful feeling.

The overall quality of my life has improved immeasurably as these conversations have transpired. I am content with my lot in life. I am in harmony with my family and all the people I work with. I sleep well and worry very little. My health is good and my finances in great shape. Most importantly, I feel very close to the Spirit and want more than anything to help implement the greater plan.

One of the most important things you should know is that, as I have written this book, I have grown increasingly certain that it doesn't take any special skill or talent to communicate with angels. If there is but a single message I hope this book conveys, it is this: God and his divine agents are freely accessible to any and all human beings without exception.

Believe me: No psychic aptitudes or powers whatever are required to speak with the Spirit or with its angelic agents. Any such notion is nonsense. I know this because I am an ordinary person. I have no special qualities or mystical talents and yet I have managed to develop a rich and intricate relationship with the beings I speak with. I have found that all that is necessary to commune with the Divine is a simple belief in a world beyond, a willingness to speak with its beautiful inhabitants, and a rudimentary ability to quiet the mind and listen. That's all there is to it. Anyone can do this, even you -- if you will only try.

What's more, I have come to understand that in time nearly everyone will do this. There is every reason to believe it is our destiny, our duty as human beings to reach a point of evolution where we each speak directly with God - without the aid of third parties, such as clergy or psychics, of any kind.

The chapters that follow will help you understand angels, how they see things, how they communicate, and how they go about their work. The conversations within will help you understand more about the process of life and your ability, your responsibility to shape your own reality. Most importantly, this book will provide you with a number of specific, practical guidelines that will enable you to develop a healthy and productive relationship with your own angels. It will even teach you how to speak easily and naturally with them yourself.

I hope this book will challenge other health care providers to increase their contact with the dead, the dying, and the comatose patients they care for. I say "increase" because I believe many doctors and nurses are already communing with the dead and dying they attend. Many of the health professionals who have read this manuscript have remarked to me that they too have felt the certain presence of the soul and, in some cases, angelic beings when attending the death of a patient. I suspect that tens of thousands of health care professionals around the world are trying to communicate with their patients through the difficult transition of death and will welcome this account.

Reading from "The Evolution Angel: An Emergency Physician's Lessons with Death and The Divine" Dr. Michael Abrams: pp. 19-24

When learning about angels, always keep this foremost in mind: When you are dealing with an angel, you are dealing with God. Don't get confused about this. It's very straightforward.

Are you saying that when I am talking to you, I am talking to God? Surely you don't mean to suggest that I am talking to God right now.

Of course. Everyone is talking to God right now. When you talk to me you are talking to God. When you talk to a child you are talking to God. When you talk to the most aggravating person you know, you are talking to God. If you speak to a rock you are talking to God and, for that matter, when you are talking to yourself you are talking to God.

Is that what I'm doing right now, talking to myself?

God, your "self," your "angel" it's all the same. You just have so many different names for things, so many words, that you confuse yourself. You should be more like an infant. An infant calls everything "da" and thus suffers no confusion. That's part of the reason babies can perceive us so clearly.

This is a little much for me right now. I suppose I'll stick with thinking of you simply as an angel for the time being.

Laughter. *That's perfectly fine. Easy does it.*

Pause. Forgive me but I still need clarification about something: You said that angels are simply fragments, rays, of the one great light. It is difficult for me to understand why Spirit doesn't simply remain as one single undivided entity. Why has the Spirit divided itself into many small pieces of life and light?

You still don't get it. The Spirit is not divided. It is always as one. Angels, like you, are simply a part of that oneness. Perhaps the best way to understand why we exist as apparent fragments of the one light is to understand our purpose. Actually, we serve several important functions. Most importantly, we increase Spirit's accessibility.

In what way?

You have to understand that the concerted energy and intelligence of the great Being of Beings is vast beyond comprehension. The full presence of this source of infinite light is too awesome, too potent, too overwhelming for human beings to accommodate. If Spirit were to reveal its full light to you, it would be like connecting a high-tension line to a tiny light bulb. The results would be devastating.

The energy of the spirit flows like electricity?

There are similarities. When electrical power is delivered to your home it has to be "stepped down" so that it is safe. As it travels from the power station to your home it passes through a series of transformers that channel decreasing amounts of power into smaller and smaller wires or channels. In this way, energy is delivered in a way that is safe and manageable. The wiring and appliances in your home were never designed to handle large amounts of power.

Angels are Spirit's way of revealing itself, of channeling itself in a way that can be safely tolerated by human beings. Think of us as the precision instruments Spirit uses to render personal, individualized care.

Would it also be correct to say that angels are a kind of buffer system designed to protect humans from the full force of the light?

Yes. But this step-down system has other advantages. This arrangement also increases Spirit's flexibility and dexterity.

How?

It is said that human beings are made in the image of God. Look at your arm. At the end it tapers to a series of individual fingers, each with an intricate system of delicate muscles. Without them your arm would be powerful but incapable of finely controlled motion. Fingers enable a human being to play a piano sonata, perform a delicate and life-saving surgical procedure, or weave a beautiful and complex tapestry.

Angels are God's fingers. Like the fingers on your hand, we operate in a perfectly coordinated fashion to execute the fine details of the great design. Like the fine tools of a master jeweler, we enable the infinite power of Spirit to work with the delicate chains of cause and effect that characterize the lives of individual beings.

We are also a kind of face or "store front" that allows the infinite power and intelligence of Spirit to assume a personal, user friendly form. It is easier for some creatures to develop a personal relationship with Spirit with this system. Laughter. Most people in your world would prefer the form of a small, pleasantly-featured man or woman to that of a trillion suns. There's only so much you can handle.

How do angels come into being? Are you created from nothingness or are you formed from something that already exists?

As I told you, we are channels of Spirit. We are not created from nothingness - no creature is ever created anew from a void. All beings are facets of the great Being of Beings, which continually transforms and recycles itself.

Practically speaking, most angels are souls that are either waiting to take birth or have already been on Earth and since passed on. Some, but not all, angels have a natural interest in people on your plane. Some may even take a particular interest in human beings that have been related to them in some way.

Are there any bad or "evil" angels?

Of course not. Although there are myths about "dark angels" and "evil angels," these are backward and ignorant notions remnants of medieval times when organized religion, with a fear-based philosophy, was used as a tool to control the masses.

*God is everything, and God is pure love. Period. All of his creatures, all of his angels are extensions of this love. Everything else that **apparently** exists is but ego and illusion. If you want to understand the Bible, and other similar holy books, all you have to do is substitute the word "ego" whenever you read "evil" or "devil."*

That sounds like *A Course in Miracles*.

It sounds like a lot of sources. All truth comes from the same place.

Let me make sure I understand you clearly. Are you saying there is no form of organized conspiracy of evil anywhere in the universe? There is no devil?

You know better than that.

I just need to hear you say it.

The term "organized evil" is an impossible contradiction, what you would call an oxymoron. The term "organized evil" is like the term "organized chaos, or "ordered-disorder" - it doesn't make any sense.

Mathematicians say there actually is order within chaos.

Laughter. That is true - up to a point. Actually, a better way of saying it is that there is no chaos, only apparent chaos from certain limited points of observation.

God is the great organizing principle in the universe, the force that creates order. It is this order that makes life, love, knowledge, and beauty possible when they would otherwise be impossible. No sequence of random events in a purely random universe could ever explain the origin of life and the evolution of God-conscious beings that has occurred on Earth - however appealing that theory may be to some individuals.

There is a certain element of entropy that is intentionally built into the system to keep it from becoming stagnant. This force is a part of God. Without a force to keep some things falling apart, everything would reach a state of perfect, crystalline perfection. This

would be a frozen, motionless, lifeless state of affairs in which nothing new could be created.

This all sounds very tidy but no matter how you cut it, there are still some very bad people out there doing very bad things.

Yes, there are confused people, malignant rulers, even malignant empires that have come upon the Earth. As you will come to understand, free will isn't really free. It comes with a price. In the big picture such phenomena are simply part of the entropy that keeps things from becoming stagnant. But these kinds of negative processes are in no way organized by some great conspiracy. No matter how well organized they might appear up close, from a larger perspective they are forces of entropy and subject to its tendencies. They are constantly falling apart. This is why they cannot sustain themselves and invariably self-destruct over time. Witness the fact that all the great evils have extinguished themselves over time while all the great religions are still alive and, growing.

Does entropy exist in your world?

Here, things are different. Certainly, there are confused and egotistical people on Earth. But there are no evil spirits or evil angels in our world. Any psychic or other "expert" who claims differently is gravely mistaken. Any malicious spirit or entity which is "perceived" is in fact created by the observer's troubled subconscious. The terms "evil spirit" or "dark angel" are also oxymorons. They make no more sense than the terms "hateful love" or "dark light."

I'll make this very clear for you: There are no goblins, demons, ghosts, ghouls, monsters, trolls, gnomes, vampires, werewolves, or bogeymen. Further, sorcery, black magic, Voodoo, witchcraft, and Satanism are all pure delusion - they have absolutely no power to summon any "organized" supernatural forces.

That's all in people's heads. Without exception these notions are but the fantasies of disturbed people, people in a great deal of pain, people who for one reason or another cannot see their own pure love within. If you want to walk with the angels, cast off these ridiculous concepts and turn your attention fully toward the light.

Commentary

How do we know what is true about the nature of angels when so many differing opinions exist as to their role and function? "Go straight to the horse's mouth" would be our best approach. We communicate with angels directly, and we also communicate with beings who have continual contact with them—up and down the hierarchy. Thus we must determine who angels answer or report to. Perhaps this could be archangels. Investigating the hierarchy is a whole other thing—essential in the true shaman's world. In this endeavor we need some basic ground rules to work with. One is the Law of Non-Intervention. This is in the traditions of Star Trek, where a higher level being cannot impose his knowledge or awareness upon a lower level without the lower's permission.

An intrinsic part of this law is that of sanctity of belief. A channel being or an out-of-body being cannot communicate ideas to us outside of our belief systems unless we are willing to “reach” beyond our inheld beliefs. These help to maintain the integrity of “free will,” up and down the hierarchy. This, of course, is partly what is responsible for “misunderstood” concepts that occur about other level beings. There is an obvious fallacy, for a universe pioneer to translate experiences by virtue of what we currently think we know. This also explains why shamans are said to discard or avoid beliefs—on fact, are rigorously trained in operating outside of the belief systems entirely.

Having established all this, now we can address the issue of how we are going to communicate with other level beings—through the use of our Spirit perceptics. This is a subject rarely discussed, yet vital to all information gathering procedures. Before we dive into the individual Spirit abilities, let’s start with a basic premise to facilitate our explorations. In order to determine that we are dealing with a true Spirit perceptic, we could look for incoming impressions that do not affect body at all, even though there are some which may affect Spirit and body, sequentially or simultaneously, such as sonics. We can safely leave mind out of this entirely, as it has no direct contact with the outer world, the environment, obtaining all its experiencing from body and/or Spirit. Therefore our minds see body and Spirit as the outside world, which, when we really think about it, explains a great many psychological anomalies.

Since we proposed sonics as our first potential Spirit ability, let’s follow through with that. A convenient way to test this is as follows. Considering that body has a sense of hearing, we’ll suggest that Spirit has the sense of sonics. Be seated in a comfortable position, preferably at night, and listen to sounds outside your house—first nearby, then farther away. See how far you can track them, at least 4 city blocks, or even farther. You may notice that at a certain point, you are still able to track a sound, a car, a plane, or a train, beyond your ear’s range of hearing—so then, it is Spirit, not body, receiving these impressions. You may also notice that certain sounds do not seem to affect body, although most do. So then it is Spirit which is being affected. So often when our name is called, depending on who is doing so, in what tone, Spirit first is affected, and then mind quickly assigns a meaning to that, according to its history recall. Another useful example is thought-forms which we receive from others. You have a sudden urge to call someone, even if you didn’t notice hearing the words, “Call me!”—obviously in your own inner voice. Years ago I discovered inner sound communication, when in the middle of my own habitual flow of associative thoughts the word “water” was clearly inserted. Somewhat startled, I looked around: there was Tether, my precious doggie, standing over her empty water bowl, staring purposefully back at me. As in dreams, these are all examples of sonics that Spirit receives, with or without the help of body.



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Class 19 Homework Psychic Development 101

A. BEAUTY WAY

“Sky Father and Earth Mother, Speaking With Angels, I Greet You.” *Be mindful—this puts us outside our ordinary realms.*

Day Greetings and Day Endings: As with the ancient sorcerer/seers, your staff and/or your spear provides the anchor for our ordinary world—“Thy rod and they staff comfort thee...”

Walking Litany: “With power around me, I walk with angels, with power within me, I walk with angels, this one carries power, this one walks in power...”

B. MORNING SITTING

In the first half of your sitting do a projected Spirit “stroll” around the area outside your house or apartment, looking for water lines, gas, sewer—each day, something different. You could even be looking for buried items, old animal trails from past times.

C. YOGA

Before beginning, look in a mirror, full length is best. How big is your aura? How far out does it extend? Do this again at the completion of your daily routine and write it down each day!

D. CONTEMPLATION

Listen to the CD “Dowsing,” taking notes on the procedures for using the pendulum and the “L” rods. Also make or purchase an appropriate pendulum.

E. EXERCISE

Make yourself a pair of “L” rods as per our class discussion and learn to use them through the “X” on the floor technique. Each day, pick something to dowse outside in your yard or elsewhere: water pipes, sewer lines, cable, lost items, “trouble spots,” sacred spots, powers spots, buried items.

F. EXERCISE

Once this week:

- A. First learn to dowse your own aura in a mirror—floor length works well—program your dowsing rods while standing 10’ or so away from the mirror.

- “Show me where my aura begins”—the walk toward the mirror to see where your rods cross. If at first they do not cross, back up and do it again. Remember to relax—it’s not a test! Once it works for you, back up and repeat the exercise by saying “Do not show me where my aura begins!” and then walk toward the mirror. Your rods, this time, should not cross.
- B. Using another person—ask them if it is OK to dowse their aura—have them face you and walk toward them until your rods cross. Then do the same with both sides and their back. You may get very different readings. Record them for a later exercise.