

www.healinglightinstituteofspirituality.com



Ascension

May the spirit be with you and may
your path always be upwards

Contents

Page

Spiritualism and You	3
The Practise of Spiritualism	4
Dowsing and Pendulums	5
Healing	7
Holistic Healers	8
Hearing Spirit	9
Clairvoyance	10
Meditation	11
Understanding Prayer	12
Tarot Cards and Runes	13
Visions	14
Writings	15
Channelled writing (Your Soul)	16

SPIRITUALISM AND YOU

People walk through life completely unaware that they have a soul within and a spirit guide closely attached to them, it does not matter if you are an atheist, Christian, Muslim, or a pagan. Spiritualists at least believe in spirit, but do not all understand the same truths, and that is the curse of all religions and peoples for they live in "the house of Babel" (see later).

For many spiritualists the desire to communicate with spirit is strong, and for some it is the single desire of their life. So why does this not happen? There are a number of possible reasons like they must believe in God, they must learn to relax properly and open their mind, they must not have fear (fear is a common problem for failure with communication), they must believe that no harm will come to them. It is a common fallacy that opening to spirit can allow bad spirit entities to enter your being and control you (NOT TRUE), or the devil will enter and steal you soul (NOT TRUE), and many other myths, all negative and all untrue. No external force can take any individual over, but people can have a strong chameleon (split personality type problem), which can behave in a variety of different ways, and these alone can cause failure to communicate with spirit.

Spirit is a loving positive power who cannot harm you, or judge you, or take you over in anyway, or play games with you like hide your car keys or tools etc., or go switching light on or off, all these negatives come from the dark side of human nature, better known as the negatives of life, and are powerful.

So, how do people start to communicate with spirit, start by being positive, all who wish are worthy, people often do not think they are important enough to speak to spirit (spirit is God), that itself blocks their progress. It must be remembered that spirit knows all your thoughts and emotions, all of which are communicated through your soul.

Once you have removed the barriers I have just mentioned and opened up your mind, then the simplest way to speak to your own guide. Is by the use of a pendulum. Once you have mastered the pendulum and learned to ask more complicated questions of your guide, then suddenly, you may open up another avenue of communication. The confidence achieved by using a pendulum often results in people being able to learn and give healing.

A²word of warning, many people suffer from the chameleon syndrome, which can be very powerful, and for these people, when they think they are hearing spirit, it is often their own chameleon. They can clear this problem by developing their positive character and any severe problems from their earlier past.

The chameleon is the name given to the other part of a character that exhibits a dual personality, which has arisen during their childhood years, and exhibits strong negative tendencies.

The House of Babel refers to an ancient biblical episode where peoples could not agree amongst themselves because they could not understand each other due to their inability to listen or compromise, God then gave them different tongues, it of course refers to man being unable to understand himself, so it is unlikely he will understand himself, so it is unlikely he will understand others.

THE PRACTICE OF SPIRITUALISM

The practise is undertaken by mediums, healers, card readers, spiritual artists, seers (visionaries), and a series of lesser disciplines who have attached themselves to spiritualism, often referred to as new age disciplines.

Commonly people refer to spiritualism as service to others in the name of spirit, and with the bonus of uplifting the giver. True and perfectly good, the mistake that commonly occurs however is that by helping others, you enhance yourself, that is not necessarily true, as one sees too often mediums and healers doing good work, who think what they do is all there is.

The truth is that all these gifts are a prelude to the real need of developing your own soul, by understanding your own character, improving it, and enhancing your soul essences. Ideally self-improvement and helping others should go hand in hand, that way all benefit. But contrary to popular opinion, your own soul and development comes first in Gods eyes. And if one examines the logic, one realises that the better you are, the more effective you are to others.

Commonly, the best-known spiritualists are platform mediums and healers. Platform mediums normally receive and give over messages from departed relatives, and though this often brings comfort to relatives, its hidden agenda is to make people aware of the spirit world.

It does suffer from lack of development and mediums too often are too tired to perform properly, which is not a good thing.

Healers are growing steadily in numbers and use their powers to help mainly physical ailments; few are adept at dealing with mental illness. This is not an area of miracle cures, and healing is generally a slow process. This is for most healers best carried out in groups, i.e. church groups where the energy is high. The power of healing is dependant entirely upon the healer having an open mind, inner calmness, and not being over tired. The higher the concentration the clearer the channel, the better the results.

DOWSING AND PENDULUMS

Dowsing has been around in some form or another for thousands of years, and the tools can be made from various materials, Hazel twigs, Wire which has been manipulated into various shapes. And then there is the Pendulum, which can be made up of a multitude of materials, but is commonly seen either as a crystal, glass, or wooden drop with a thin chain or leather thong attached to the drop itself. The only criteria being, that the drop is heavier than the length of chain or leather it is attached to, in order that it may swing freely. And it is the Pendulum we are going to concentrate on here.

Basically, the pendulum when used properly can be best described as a telephone receiver, which when picked up acts as a through line to spirit. And it can be the easiest method of communing with your spirit guide, as it requires no skills, no rituals, no qualifications of any sort, just the ability to open your mind, and allow your guide to communicate with you via your pendulum. Once you acquire a pendulum, and it can be as simple as a washer tied with a length of thin string. You should in the first instance cleanse it thoroughly, with all types you should first wash it gently in a mild solution of soapy water, rinse and dry it well then immerse the drop in a small container of sea salt (dry) for a period of 24hrs, to thoroughly cleanse it of all negative energy. After 24hrs, remove it from the sea salt and rinse drop under running cold water until all traces of sea salt are gone, leave to dry and then it will be ready to use. It is a good idea however to give the drop a cleanse about once monthly when in use, but you only need to leave it in the sea salt for a couple of hours.

Once you are ready to start using your pendulum, put out of your mind all cares of the day and try to open yourself to receive, sometimes a short meditation when first starting can help those who find it difficult at first to completely relax. Forget all notions of ' being controlled by another being' or any similar negative anxieties that simply are a result of pre-conceived views and misunderstandings given to you by people or books. These views simply show the total lack of true understanding of spirit, and what spirit hopes to achieve. There are a few basic rules, and if followed will enable you to quickly develop a deepening spiritual bond which will provide you with the ' best friend ' you've ever had, a non-judgmental, loving, non-evasive, protective spiritual guide and friend.

DON'T

- **Allow fears to prevent you from using your pendulum.**
- **Use it for frivolous activities**
- **Use the pendulum when you are tired, or stressed.**
- **Allow others to use your pendulum, as all other vibrations can interfere with the intricate vibrational bond between you and your spirit guide, especially when you are first starting out.**

DO

- **Use your pendulum knowing that any answers you receive from spirit are only given based on love.**
- **Always find your 'yes & no ' movements before anything else. Then when you are getting a little more adventurous you can if you wish, start to use the letters of the alphabet, to increase the depth of your answers.**

- **When asking questions, make them short and simple, and precise, until you get experienced enough to hold lengthy and involved conversations. If when first starting, you find your pendulum is sluggish in movement, slip your free hand underneath the pendulum to get a little extra energy, and usually you will find the pendulum will move more freely.**
- **Learn to distinguish your own mind from accurate spirit answers, as your own mind is so powerful, you must be aware that you can influence the movement of your pendulum. But with experience and time you will learn to distinguish this if it ever arises.**
- **Don't be afraid of your pendulum, enjoy it and use it only ever for the good of mankind.**

HEALING

Healing comes in various forms i.e. self-induced healing, individual healers, faith healing, spiritual healers, and these are practised as - prayer healing, distance healing, auric healing or hands on healing. The differences are:

A) Self - induced healing - this form of healing is applied by any individual upon themselves, the body has natural healing abilities and if one stimulates the brain with positive thought, the bodies immune system increases its output and sustains that for longer periods, and coupled with this, other body systems function at a higher level, so the self healing system functions better.

B) Individual healers - are people who believe that their own power is strong enough to heal other people and do not acknowledge that power comes from another source.

C) Faith healers range from healing by prayer, group healing to hands on healing, these people commonly come from some of the more orthodox religions, and there are some spiritualists who refer to themselves in this way.

D) Spiritual healers are those who follow that particular faith and practise auric, hands on or distance healing (sending healing energy). True spiritualists believe firmly that the power comes from spirit (God), but some have other names for that spirit force.

E) Prayer healing usually applies within a church where prayers are said for the recovery of a specific person, and has become more common in recent years in many denominations.

F) Distant healing is commonly associated with one person or a group of people sending out distance healing to an individual, or a group of individuals. The more that focus their healing energy on a person, the stronger that energy will be.

G) Auric healing is where a healer places their hands three to four inches away from the patients body, usually the head of the shoulders, the common position is to stand behind the individual and focus energy through the hands into the patient stimulating the unblocking of their energy systems. One does not touch the person at any time. The healing time varies with the power of the healer.

H) Hands on healing - this form of healing does touch the patient, and concentrates mainly on the head with the hands varying position. Hands are placed on other parts of the body, but NOT on Breasts or genitalia (see later note). Auric healing is applied on the rare occasions when this may be necessary.

The choice of auric or direct hands on is a matter for the healer, though auric is a safer choice in some countries.

It has to be noted that laying hands on the breast or genitalia areas lays the healer open to litigation for very substantial damages, or arrest for sexual assault. It is a good policy always to use hands on healing in the presence of others.

HOLISTIC HEALERS

Holistic healers are those who work closely with spirit to heal complaints that require long-term treatment with natural remedies.

The healer requires to be at least very expert and quick with a pendulum, or more normally able to converse with spirit. Normally a 'witness' is asked for, which can be a lock of hair, sputum, fingerprint, or anything in fact that carries that persons D.N.A. This is dowsed and the health problem arrived at between spirit and the medium. After which suitable remedies are settled upon. The remedies are all-natural and consists of plants, roots, berries, leaves, or flowers, specially made and dispensed at specific doses.

Treatments are not given just for specific health problems, but are based on the health of the whole body and mind. Therefore as treatments progress and further checks are made, treatments are changed accordingly.

Though similar in many respects, this should not be confused with classically trained Herbal or Homeopathic practitioners.

HEARING SPIRIT

Hearing spirit for most people starts after using the pendulum and after a period of learning and development suddenly. Care must be taken simply because people often hear a voice or voices, these come from the individuals own mind, and are the voice of the chameleon within (the other negative you). The voice you will hear can be recognised, as that of spirit because it lives by certain rules i.e. all conversation has love as a basis, there will not be any nasty comments about yourself, or any other person. There will be no accusations about your thoughts or behaviour. It will not tell you what to do or make demands of you, it will tell you the truth, and help guide you with choices, or advise you to go somewhere or see someone who may help you live better. The spirit does not play games like hiding your tools, keys or any other objects, and they do not enter your mind and body and take you over. If you can communicate quite well with them, they may share a joke or a laugh at a situation, but only if it does not insult anyone. They do have a sense of humour in most instances (dealing with us humans, they need a sense of humour!). Some people, though rather fewer in number can hear and speak to spirit as if they were facing each other and require no special conditions to do so. The aim for all people should be to achieve this level. No special conditions or rituals are required for communication, other than to keep an open channel, and not be too tired or upset. It helps always to try focusing your mind on opening, and clearing your channel, think of your spirit guide and practise. Patience and dedication is required, and you must always be on guard against your own negative self, for it can destroy your mind.

Your spirit guide, once you have contact with each other, is there to help you develop your character and in turn your soul essences of LOVE,

SENSITIVITY, COMPASSION, and UNDERSTANDING, and this will help you with problems, though as it is you who must carry out actions they prefer if you make your decisions, to then check it out with them. They will not make any decision for you, your freewill is for that and spirit CANNOT interfere with this.

CLAIRVOYANCE

In the world of spiritualism, and the public media, one hears of people we call clairvoyants, as if this was something special, connected only with certain religious or spiritual orders, and is therefore not normal for people as a whole.

The reality is that many people from children to adults have the ability to foresee events that will occur in the future. Mostly these people close their mind to this and deliberately forget it.

In the world of mediums however, there are those who are able mainly to focus their mind on the future and receive glimpses of events yet to happen. These people are genuinely very sensitive to life and to the atmosphere, which surrounds them. They are not unique in that they have learned to focus their mind and their ability on this matter by training and diligence.

Though it is not common for mediums to access this particular area in their work, people do naturally become open to this type of spiritual mediumship and once they gain confidence in themselves, are able to tell anything from small parts to a major full incident in detail.

It is quite common that an individual developing within a spiritual circle will, as they grow and learn, suddenly start to exhibit this ability. This ability tends to happen in people who you consider down to earth but sensitive. It tends not to happen in those who are extremely nervous or easily upset. It is however, part of the whole spiritual structure and can happen to any person who meets the criteria.

A word of warning however, those who develop this ability must learn not to follow these visions up unless that is; it concerns themselves or their direct family. They should always write down and date the material, which they receive. If they decide to pass these visions on, then they must be aware that they will receive undue attention and scrutiny, particularly if their vision turns out to be wholly correct and of some importance. The resultant public pressure may then be responsible for destroying their life or their natural character balance.

MEDITATION

Meditation is a way of getting in touch with your higher self, of going within to commune with your soul. And for some, it can be a prelude to speaking with spirit. Although a lot of people find it a difficult thing to achieve, here is a simple procedure to follow, if you wish to try.

Firstly you need a focal point; a lighted candle can be an ideal tool for this purpose. So if you sit yourself down in a comfortable chair, maybe turning off the phone and the doorbell - as these always tend to be the things that jolt you out of the meditation! And sit with your lighted candle in front of you, on a table perhaps. Dim the room lights until the candle takes your full attention and concentrate on the flickering flame until you see nothing else in the room, but the flame. When the feel the time is right, just close your eyes and allow your mind to take you where it wishes. You can at the very least, settle into a peaceful place within yourself, or ebb off into a peaceful slumber for a short while and wake up refreshed. Or if you open up sufficiently, spirit will transport you to a place of their own where you can perhaps spend time with your spirit guide. But at the start of trying your hand at meditation, do not expect anything other than a peaceful interlude, which can lead you into more communication with spirit.

There are several other methods of meditation which are commonly used, apart from a few less common such as Transdental Meditation etc

But the variations on the most common methods are as follows:

RELAXING MEDITATION TAPES

You usually find these on ready mixed tapes where you are verbally taken through a series of steps initiating you into the art of relaxation. Sometimes this will also include unblocking chakras and meridian lines. These are useful as a first introduction to those contemplating further more serious meditation techniques.

MUSIC TAPES

These are purely instrumental which can incorporate nature's sounds of waterfalls, coastal regions, meadowlands, insect and animal noises, plus bird songs. Etc. These induce quietness within, and for some people they can experience an inner peace never before felt. There are music tapes which feature tribal music, usually of North American origin, and those featuring panpipes, which for some individuals, induce visions whilst listening.

EDUCATIONAL TAPES

These are mostly verbal, some channelled, with at times background music. And these are used mainly to encourage spiritual growth in the individual, i.e. Healing your inner child, Healing your life, removing blockages, releasing stress, to name just a few. Occasionally complete workshops and lectures are put on tape, which as the spiritual growth tapes attempt to do, help you reshape your life and start your soul on its journey towards its true home.

UNDERSTANDING PRAYER

Before one can begin to understand prayer and its value, one must first understand the basic relationship between God and man.

When God created man through evolution, he did so on the understanding that to make man different and higher than the other beasts, he would have to give man a brain that would grow in intelligence. To do that he would have to give man the ability to change his conditioned life pattern, and to learn from it. The answer was to give man freewill, and by doing so he gave up control of mans destiny and behaviour.

Mans freewill means that God cannot command man in any endeavour and does not want to. All he offers is unconditional love, and help and strength to those who ask.

Therefore to understand prayer one must understand that God is interested only in the growth of your soul and its four essences of LOVE, COMPASSION, SENSITIVITY, and UNDERSTANDING. It follows then that the help given will be concerned with these essences. The mistake made by those who ask, is to expect God to get them out of a situation created by that person, by directly removing that problem. For instance, there is no use running up large debts then asking for money to clear them, then getting angry at God for failing you. If you had received the money, you would just go on repeating the same mistake and learn nothing. But is he directed help to you to sort out the problem, and then you might change for the better. God always answers all prayers for help, but seldom in the way you expect. You can be sure however that the only criteria used is love for you. Praying to spirit (God) is always worthwhile since healing energy is always returned and this always strengthens and lifts your moods.

TAROT CARDS AND RUNES

The runes are ancient Celtic fortune stones used to tell the past, present and future and are only truly valid in the hands of a hearing medium.

Tarot cards originated in the East but are widespread throughout the world. There is at least one hundred and fifty different types i.e. Angel cards, Zen tarot cards, Medicine cards, sacred path cards, Inner child cards to name a few. The cards are basically used for fortune telling, and experienced users seldom have to refer to the manuals that accompany the packs. Some packs are used by certain mediums only to give spiritual readings where the whole procedure is controlled by spirit.

For those who take up cards or runes etc, care must be taken not to impart bad news to vulnerable people, this mistake often occurs due to misinterpretation of the written word. Spiritual readings do not refer to coming death since each individual has their own date. Spiritual readings do not play on emotional fear either but rather give knowledge and understanding of past, present and future, and pay no attention to wishful thinking, and spirit readings are always very accurate.

VISIONS

People who have contact with spirit can have visions in some instances, and these fall into three categories.

A) Partial glimpses of people or some scene, this is caused by spirit trying to open up your mind to seeing, it is normal to see bright colours as you close your eyes at night for a while. And this may be followed up by seeing faces; these have no significance other than trying to make you see.

B) Series of visions - these take the form of a single vision, which is not complete, and if you fail to register it in your brain correctly, it may be repeated the following night of a few days later. Once established, another single vision will appear and so on, until you must interpret for action, if any.

C) One can receive a full colour vision of some incident or prophecy etc, which again must be Interpreted. People at this level of seeing are usually called SEERS and have mainly been of Celtic origin. Some also hear and their interpretations are usually more accurate.

Though many who contact spirit experience this visionary behaviour, few continue, due mainly to the lack of mental balance and character understanding, but it can develop in time.

WRITING

There are two types of writing from spirit:

- a) Automatic trance writing**
- b) Hearing channelled writing**

The differences are that automatic writing uses the individual as an empty channel and transmits the messages directly into the pen which writes that message, the individual concerned is not aware of the message content, though can watch their hand writing that message, and can if they wish, stop it. The person had not been taken over, but simply allowed spirit to enter the subconscious and transmit. At the beginning the messages are always difficult to make out, but improve with regular use. The writings do not appear in that person's style and often are written with the other hand.

Hearing channelled writings are simply spirit dictating their particular messages to the individual to write down. The person hears the spoken word and may or may not understand the message. The ability to hear spirit is a variable one in terms of clarity and level of in-depth conversation, and most people just get parts of a conversation, this is how mistakes arise since they tend to fill in the missing gaps.

Care must be taken that one is physically and mentally balanced before accepting the writings since this can affect the accuracy by interjecting your own emotions. The discipline acquired over time and practise does erode this risk.

CHANNELLED WRITING

Your Soul

I am your soul and I am singular, belonging only to you, I do have a closed area of attachment, you would call it a string connection, and that is attached to the universal spirit that is God, and this is what confuses many people when they talk soul or spirit. Your soul is singular and it contains the four essences love, sensitivity, compassion and understanding at various levels, the string or as it is often called, the silver cord is silent and is affected in terms of its strength by your conduct on earth for better or worse.

Your soul is eternal but the brightness of its future is entirely dependant on your progress in each earthly existence, for though you may have a varied existence on earth your sole purpose is enlightenment of your soul for one day it must join the spiritual mass to live its true future, and contrary to popular belief your physical self has no value, except as a vehicle to understand your emotions and develop your character to its fullest, that is how your essences grow to maturity, once reached an entirely new existence beyond human reach becomes available.

The human race is at its most advanced technologically, and yet it has not risen above the primitive emotionally or spiritually, like other races before them, they have taken my teachings and twisted them to suit power, greed, self importance and prestige, in short the creation of false images, even today your religions still demand wealth from you for the good of your soul. You cannot buy my redemption or my forgiveness, my love and understanding is given freely without strings, and there is nothing to forgive.

Copyright

The material featured in this PDF is the sole property of the Healing Light Institute of spirituality. The content, including images and text within this PDF cannot be reproduced without prior written permission by the Healing Light Institute of Spirituality. If you propose to use this material on any other website or publication written approval must be obtained.

The healing Light Institute of Spirituality, Copyright 2009. www.healinglightinstituteofspirituality.com Email: info@healinglightinstituteofspirituality.com