

The 5 Inspirations

June 2008



Completely free round-up e-book series published at SpiritualBlog.com

If you enjoy reading this – SpiritualBlog.com is updated **daily** with articles like this and more

Inside

1. **Featured article:** Mental tripping without drugs 2
2. Is Telepathic Communication Possible? 6
3. Do not discriminate where to meditate 9
4. Fake Psychic Sessions 11
5. **Opinion:** Gender Roles vs Equal Rights 14

Mental tripping without drugs

Remember The Matrix, where Neo looks into the mirror and gets sucked into it as the glass transforms into a liquid that moves through him? The concept I am going to discuss in this post is called consciousness phasing and how it allows a person to achieve an altered state not too different from this. This state is natural and brought on using our mental potential.

Some Points to Note:

- You can achieve an altered state of consciousness without depending on hypnosis, specific herbs, or other external stimuli.
- External inductions of altered states of consciousness often cause self-distortion, where as natural consciousness shifts cause self-clarification.
- Your Mind is the most powerful gateway to greater experience.

Someone could strive to shift their consciousness for a number of reasons - to escape a certain emotional state, to experience something new, or just for fun. The problem is that our social structures have locked the modern mind into rigid thinking that makes it difficult to be open to new experiences. So often when a person resorts to an external substance to experience these things it ends up damaging them more than benefiting them.

Our true potential to discover new states of being exists within the mind. It is just a matter of relaxing the mind to let go of the barriers holding us back from the raw experience in front of us and within us.

Psycho-Healing

Stress - depression - and sadness - are all underpinned in the subconscious mind. If we move ourselves into a state of mental stillness where we stop placing mental processes over our consciousness then our repressed internal states become liberated. To focus on this place of stillness complete awareness of a particular thought, emotion, or conscious state is called for.

There are a number of methods to accomplish this. Looking attentively at a candle flame or immersing yourself in consciousness-altering music are two methods that work well. The point is to immerse yourself in the feeling of being YOU - the feeling of what it feels like just to be.

Grab one of the unique consciousness altering CDs from the titles listed above [<http://spiritualblog.com/mental-trip-tripping-without-drugs/>] and allow the sound to become immersed in the entire atmosphere while focusing on deepening the experience. I have the entire HOLOSYNCR collection at home which I think is great but it is expensive and not needed for those who are just experimenting with consciousness altering music at this stage. The tracks I have chosen above are affordable and provide a great starting point.

Expand the emotion or feeling and allow it to fill the atmosphere. You will find that after about 10-20 minutes the mind goes into a much more relaxed state and subconscious projections in the form of images, feelings, and states begin to manifest. You will notice vivid images that cause the mind to follow into an abstract

world of expressions that represent hidden and meaningful feelings. Your consciousness will undergo a dramatic shift when the experience reaches a plateau.

Experiencing these deeper levels of consciousness allows a person to re-integrate his or her Soul and to be able to experience new levels of awareness. The CDs cited above have a substantial impact on re-structuring neurological activities in the brain and I recommend them to accelerate the process of undertaking these experiences.

Trips into the Inner Self

Parts of the brain operate on beta-alpha resonance changes, where during wakefulness beta waves cause us to be more formal, logical, and composed, where as alpha levels during relaxed states cause our inner creative potential, deeper feelings, and subconscious processing to come through more. In most of these consciousness-altering techniques the aim is to shift the brain from beta to alpha so that consciousness is less blocked and less restricted.

Some time ago I read about a phasing instructor using the Monroe method who said that he saw a woman in the painting on his wall blink at him while in this alpha-meditation state. These are the types of experiences that occur when we let go of the conscious mind and allow the subconscious to express itself and to show us who we are beneath our conscious persona. It is more than possible to progress these mind-states into deeper meditations and journeys into the subconscious mind, filled with artistic patterns and feelings that the logical mind cuts us off from.

Disclaimer: Neither this post nor this blog advocate the use of illegal drugs. The images and feelings explored using this technique might, and often will, consist of

This file is copyrighted – it may be distributed only as is

repressed feelings. The author of this blog is not responsible for harm that might come from this practice and recommends discussing the practice with a trained professional prior to undertaking it. This post provides a general guide, and is not a substitute for professional training in these techniques.

Is Telepathic Communication Possible?



Telepathic communication is a natural mode of communication that most people have just blocked out and stopped using. Looking at the process of communication:

1. First there is **intention**
2. Then from intention a **thought** forms
3. ...and from a thought forms a **word**

If we can feel the meaning behind a particular word or the source of that intention others express to us then is that not a small part of telepathic communication? Rather than listening to the words themselves we all have the power to listen for the intention and the deeper truth that people hold within.

It is natural to feel connected at a deeper level than just one of words. However often we are not able to express that deeper sense of connection other than through words. Of course there are concepts and actions that are perhaps closer to our intended

communication than mere words, but what do we make of this? Often the true meaning of what a person thinks and feels will be present in their absence of words, rather than the words themselves.

The words we use are like traffic signals guiding the traffic of common exchanges into the right direction, sometimes they are successful, and sometimes they collide and cause the entire channel of communication to become congested.

I do believe that being more aware of the subtleties beyond words – being more telepathic - can bring about a more comprehensive understanding of the communication exchange, and the interpersonal exchange at large.

Human beings have always strived to connect, through art, literature and language. However much of our language appears to be very deterministic and definitive in an attempt to capture the true meaning of something. In language, we are almost limited in our selection of things to say or do. Are you unequivocally free to say what you wish to say, or are you limited to the phrases, words, nuances, and sayings present in the English language?

I see telepathic communication as a mode of communication that is more embracing than definitive, offering a direct approach to meaning, rather than a selective and arbitrary one. Essentially this topic is an issue of intuition and expression – how concepts become words, and how words can be interpreted as concepts. This understanding is at the base of coming to terms with higher and more expanded methods of communication.

Languages that are definitive often distance us from one another, where as languages that unify us are often non-written and appeal to a higher self-awareness and understanding. It is a personal decision about whether language is interpreted as definitive and telepathic communication is a mere futuristic or fictional concept, or whether the entire scope of communication has the power to distance and destruct or to define and create.

Do not discriminate where to meditate

This is a short tutorial that will explain the benefits of turning environments that do not look like positive meditation spaces into great meditation opportunities. Neighbours making noise, someone banging in the garage, or the cat seeking attention, can all make a person get up and decide that meditation is just not going to happen in this hectic world.

Most people who are new to meditation believe a space of perfect quiet and calm is required to succeed or to even be able to meditate at all - but the real challenge is in being able to meditate no matter how challenging the external environment is. It might seem logical to block out the noise and to just get on with the practice, however this seldom works, if at all. The mind gets distracted and will continue coming back to the source of distraction and it becomes an endless circle.

Instead of attempting to block out the distraction use it to push through into a deeper trance. Let the noises that seem so riotous pass through without attaching to them. Let them just be. If at first this process does not work do not give up, give it a few attempts as it will be a worthwhile effort once some results come from it. Keep in mind that from a half-dreaming state this is quite simple to accomplish - a lot easier than from full wakeful consciousness.

Focusing on the vibrations of the sounds even in their most non-harmonic and chaotic nature can bring about a shift in consciousness to a deeper state. If there are sounds of birds chirping near the window sometimes this will push a projection or dream-state of a peaceful and relaxing garden. This shift of consciousness occurs

This file is copyrighted – it may be distributed only as is

when we engage on a deeper level with the input outside us rather than just judging it for being productive or unproductive for meditation.

In this process we can often find more about how the mind interprets input from the outside world - rather than just rejecting it. Do not hold off on this technique.

Give it a go - attempt listening to the vibrations behind noise and sound rather than focusing on the noise itself and add a comment to let me know how it felt.

[<http://spiritualblog.com/do-not-discriminate-where-to-meditate/>]

Fake Psychic Sessions



The lure of the unknown, the mystical, and the magical, is present during our lives at one time or another. For children this magical hope and experience of the limitless and the infinite is always a grand wonder. This wonder stays with us and transforms as we age. Perhaps we do not wish to know whether lands of fairy tales exist later on in life, and instead just want to know what the future holds for us, what our significant other is hiding, or perhaps just the winning numbers for the next million dollar cash prize.

I sometimes wonder how often the process of introspection grants insights into our deepest desires, most spectacular hopes, and most burning questions. However when someone claims the power of psychic foresight then it is not just a neutral look at our awareness – but the dawning foreknowledge of something true about us that is being proclaimed. Psychics claim to tell us something about ourselves that must be true

and although this foreknowledge might have certain advantages in this post I would like to explore some of the problems with it.

This post is not about validating whether a particular psychic is real or fake. Instead I will look at three points exploring how the experience of going to a psychic could turn out to be superficial and fake.

1. The Hollywood effect

Many people (whether consciously or subconsciously) go to psychics for fun. This can be likened to reading gossip-based horoscopes in a magazine. The Hollywood effect I speak of is where both the psychic and the client know on some level that the session will not produce a real result and is just an evasive and generalised dialogue. I titled this the Hollywood effect because of the likeness it has to actors acting in a movie - we all know it is not real but the entertainment value of pretending is sufficient enough.

Sometimes it is helpful to ask ourselves what we are expecting to get out of the session. If you are reading my blog, then chances are your interests in seeing a psychic are to attain real answers or information. However when we know of someone who is seeing a psychic that seems fake sometimes it is best not to bring this to their attention. If the person is aware that the session is just for entertainment then there is a higher likelihood that no-one is getting hurt in the process.

2. Trust Problems

On the other hand when a person has certain expectations it could result in a negative experience during a psychic session. Take for example a woman named Jane who schedules an appointment with a psychic to find out if her husband is cheating

on her. I believe however the psychic answers the question the response will end up damaging Jane. I believe our questions are there for a reason. If the psychic answers No then Jane might not end up discussing her insecurities with her partner – causing future problems. If the answer is Yes then a similar problem of not dealing with the question in a correct manner arises.

This is just as true for negative experiences as it is for positive ones. No matter how it turns out – if we are expecting a True or False answer from a person who we anticipate to have absolute knowledge about us then we are opening the doors for abuse of trust due to inflated or underestimated expectations. Remember that no one knows You better than You do.

3. Belief Bubble Hopes

Psychics know that a good of people that schedule to see them believe in some level of spiritualism or new age ideas. This causes some abuse to the role of being a professional psychic since the power of suggestion can become tremendous. The use of new age jargon can cause psychic and related sessions to become unproductive and drawn out over several weeks without much real result. It is essential to avoid belief bubbles to be able to avoid wasting time and personal efforts.

Take for example Jim who arrives to see a psychic about health concerns and is instead told to purchase several crystals, rebalance his aura, and ground his chakras. This would be fine if Jim knew the reason he was doing all of this. However it is more productive to find a psychic who is sensitive and in-tune with others than it is to find one who has memorised Sanskrit and pretends to be an expert with the use of jargon.

Gender Roles vs Equal Rights



Roles are important to us. Roles seem to define who we are. Defending our roles gives us the right to be a certain person and to act how we like.

Through various historical periods the role of being a man in social structures was dominated by an image of power, strength, and superiority. But remember that this was the image that the role projected, and not the role itself. You might be thinking that these are one and the same. However there is a difference between roles and the social implications roles hold - and understanding this difference is fundamental to both our personal freedom and self-expression.

Your Fundamental Rights

Not too long ago a friend of mine was proclaiming how women need to stand up for their rights to take back the world and rebalance gender roles. I told her that she is

not just a woman. She responded that this assertion is ridiculous – of course she was a woman, and proclaimed that she would even prove it if she had to. However the emphasis I intended to place was on her being not just a woman.

Now that I look back on this I see that I was referring to the social role of being a woman, not the womanhood itself. Equal rights movements often mix up the social role associated with a gender and the essential nature and essence behind that gender.

Fickle Things Called Roles

It is not enough to be Yourself in our world – people tend to expect others to win a role contest through their actions, thoughts, and character. It is these roles that drive our world. The successful businessman, the demanding wife, the reticent daughter... our roles are what people assume us to be overall.

This assumption is outrageous. How can a person be reticent, demanding, or successful? The single thing a person can be is Himself or Herself – and then, later, that person can project the role of success, reticence, or demand. It is not the role that makes up a person at all. Roles can be changed like transforming a pot back into the clay that moulded it.

The questions I ask are how come we value a role more than a person in our world? How come we have state-wide and international debates about gender roles and never consider who stands behind the gender – the individuals themselves despite race, gender, and status? How did a role come to have more meaning to us than essential individualism?

Being Yourself

In the modern world women often claim to have the same power as men do, however men do not often go out and claim the right to be warm, sensitive, and gentle. These characteristics seem out of place. But power for women is not misplaced. How come? The reason is that our dynamics of gender balance often attempt to neutralize all roles including roles that come from the soul such as exquisiteness, compassion, protection, intuition, and so forth.

Roles such as these are unique to each person and each one of us has the right to express those roles. To take them from us in an attempt to equalize rights is the same as taking from us that which makes us who we are. If a person is better at one thing than another in a relationship then what is the problem with that person taking on this particular role and allowing their significant other to utilize his or her talents, to complement each other? It is impossible to suppress all of our talents and to just hope for the best in a role-structure that looks like a flat line from point 1 to 2.

Power Struggles

No-one seems to complain about un-equal rights where a role of being sensitive or caring is dominated in one gender more than the other. There is no problem stating that one gender is too dominant but stating that overall a particular gender is too sensitive does not happen, right? Not quite. Most women might well have as much of a problem with a partner being too sensitive as they do with a partner being too dominant.

The reason behind this is that the balance of power lies in the social roles themselves. Each person seeks out partners and friends based on a set of social or global

standards and roles that are expected of others. If a man is more sensitive than a socially acceptable amount, then this is seen as a threat to power – as much as other role variations are. The reason this is so lies in our desire to make others fit a certain social role rather than allowing them to be their true self and to express their natural roles of personhood that are unique to them.

There are a great number of people who would prefer to see the successful businessman, the demanding wife, and the reticent daughter, rather than discovering who the real person behind that role is. If there is no good role to slot others into then we often label them as social outcasts. If we do not, we might just end up realizing that our gender role equalization process promotes deprivation of expression and strikes deep into the heart of individualism to compromise the spirit that makes us who we are.

This file is copyrighted – it may be distributed only as is

This journal was written and compiled by Alexander De Foe. You can find the original copies of these articles at SpiritualBlog.com

This e-book is for reading purposes only and sharing with friends

I hope you enjoyed reading