



Spiritual Turbo-Class

# PSI SLEUTHING



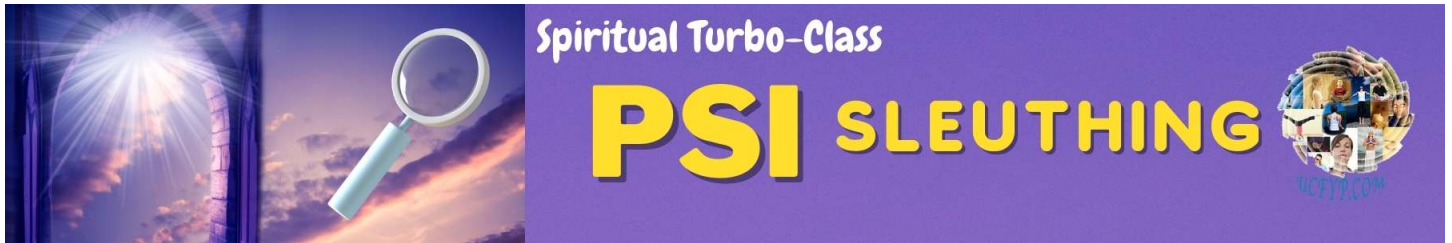
## *Spiritual Turbo-Training*



Facilitators:  
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Unity Center for YOUniversal Prosperity



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**H**umankind could very well be on its way toward accepting ‘psi realities’ as more normal than you might think! In the last few years, no less than three extremely credible mainstream scientific journals (*The American Psychologist*, *The Psychology of Consciousness*, and *The International Journal of Dream Research*) have featured lengthy articles with *positive* assessments of the growing evidence of telepathy, remote viewing, precognition, after death communications, and déjà vu experiences (*American Psychologist*, Vol. 73, No. 5, 2018). We don’t believe its editors would risk its highly prestigious name to print ‘psi-positive’ articles. To do so, speaks volumes! Don’t you think?

***In this Spiritual Turbo-Class, we will be:***

- exploring the seven most-researched Psi Abilities,
- diving into what they mean and how people experience them, and
- sharing techniques to help you develop the abilities that intrigue you the most!



***The seven Psi abilities we will be exploring include:***

- After Skin School Transition Communication with Loved Ones Who Have Departed
- Reincarnation/Life Between Lives/NETEs (aka Near Death Experiences)
- Déjà-ing (i.e. Déjà Vu, Déjà Visité, Déjà Vécu, etc.)
- “Clair” abilities (i.e., clairvoyance, clairpathy, clairsentience, etc.)
- Remote Viewing
- Precognition
- Telepathic Powers

***Are You Psychic?***

Take this [Coin Flip Test](https://www.statcrunch.com/applets/type2&psychic)  
<https://www.statcrunch.com/applets/type2&psychic>

It’s time we speak about our natural psi abilities as easily as we discuss the weather.

Elly Molina, author, *Children Who Know How to Know*



## After Skin School Transition Communication With Loved Ones Who Have Departed

Is there life after physical skin school transmutation? Will we be reunited with our transitioned loved ones via After Skin School Transmutation Communications (ASSTCs)? These are usually spontaneous experiences with transitioned loved ones when they 'graduate from skin school. We can definitely communicate with metamorphized loved ones.

After ASSTCs have been reported throughout recorded history, and occur in people of all ages, backgrounds, and countries. They're extremely comforting and helpful to the bereaved in resolving their grief and loss. And there's plenty of research that verifies ASSTCs are real!

An ASSTC is a *direct* experience because no psychics, mediums, therapists, rituals, or devices are involved. And ASSTCs are *spontaneous* events because our transitioned loved ones always choose when, where, and how they will contact us. Also, ASSTCs appear to be the most common form of spiritual experiences that people have concerning post skin school lives.

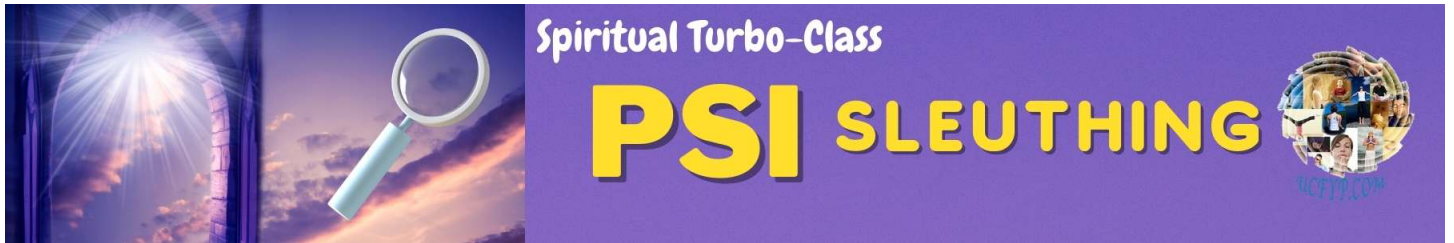
According to research, the purpose of these visits, contacts, and signs by those who have left their physical body is They want you to know they're still *alive*, and that you'll be reunited with them when it's your turn to leave your lifetime on Earth. They want to assure you they'll be there to meet you and greet you – and perhaps even to assist you – as you make your own transition. Using Raymond Moody's term 'psychomanterum' which means 'theater of the mind' during the bereavement process, grievors experience comforting contact with the deceased.

After Skin School Transition Communications (ASSTCs) experiences provide dramatic and convincing modern-day evidence that life continues after our skin school sojourn. They confirm that when our body metamorphizes, we simply make a transition from this physical world to a continuing existence in higher spiritual realms. There we can expect to have joyous reunions with our transitioned relatives and friends, who will meet us and greet us – and who can and do communicate with us now.

[Open to Hope Podcast](#): Dr. Gloria and Dr. Heidi Horsley and their guest Linda Zelik to learn how signs from her deceased son Kevin have changed her life and have been a source of tremendous solace and hope. She is the author of *From Despair to Hope: Survival Guide for Bereaved Parents*.



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## *Types of After Skin School Transition Communications With Those Who Have Departed*

Parapsychologists have cited these types of skin school graduation communications (ASSTCs) which usually occur within a year or two – and sometimes more – after a loved one passes:

- Sensing the ‘presence’ of the transitioned loved one;
- Hearing words or other utterances from the post skin school loved one;
- Telepathically communicating with the departed;
- Having the sensation of being touched by the transitioned loved one;
- Tasting or smelling something associated with the departed;
- Receiving a communication from the metamorphized loved one in a dream or other ‘altered state of consciousness’;
- Having out-of-body contact with the departed;

## **Here are even more Types ... have you experienced any of these?**

- Receiving a communication from the departed before knowing of his/her physical transition;
- Receiving a communication via physical objects moving with no apparent external force;
- Receiving a communication through unusual natural phenomena (rainbows, particular birds or animals, butterflies, dragonflies, etc.);
- Sexual communications with the departed;
- Communication with the transmuted loved one via instrumentation such as radio broadcasts, smart phone activity, familiar songs, etc.;
- Mystical experiences in general; and so on!



*ASSTCs Have the Following Things in Common:*

- Providing comfort and reassurance that the relationship can continue after physical graduation;
- Giving advice and helping survivors solve problems;
- Protecting the bereaved by giving them appropriate warnings of impending dangers;
- Providing a sense of life purpose and meaning;
- Confirming the hope that there is life after physical transition;
- Achieving closure and/or concluding ‘unfinished business’;
- Reducing anger, guilt, anxiety concerning the departed; communicating forgiveness;
- Demonstrating that the loved one hasn’t forgotten the bereaved;
- Providing information not previously known to the bereaved;
- Assisting the survivor in making his/her own transition at a later time of his/her physical transition, etc.

Reflection Questions:

*What experiences have you had where you felt you were visited by or communicated with a person who had made their transition from “skin school”?*

*What meaning did you give to the communication(s)?*





## *How to Increase Your Receptivity for ASSTCs:*

- 1. Realize that physical transition is a natural part of life that's expected in due time and ultimately unavoidable.** The immediate thoughts and feelings you have in the wake of a loved one's earthly transition; however, may be different depending on your relationship with the person who has made his/her transition, and the circumstances under which their skin school transmutation occurred. Review the ASSTC kinds of experiences above. When they occur, be assured that your departed loved one has your best interests in mind and is assuring you he/she is okay.
- 2. Move through any fear you experience.** Unfortunately, some people react with fear when they experience an ASSTC. Typically this is because they're startled by the suddenness of the event, or they may have never heard of ASSTCs before. They may automatically assume they're "losing their mind" or "going crazy." Others find it difficult to reconcile the possibility of post skin school contact because of their philosophical or religious beliefs. We encourage you to trust these experiences and accept them for their realness.
- 3. Some people have an ASSTC experience 5,10, 20, 30, or more years after the passing of their loved one.** These kinds of extended ASSTCs speak to the depth of your loving relationship before the departed made his/her transition. Some people may not be actively grieving the passing of their loved ones many years later. Typically, the longer ASSTCs happen after a transition, the more important the message from the departed loved one may be. Be open to these extended ASSTCs. They help remind you that there's very definitely life after physical transition.
- 4. Recognize that grieving the loss of a loved one, and healing from that loss, is a process that looks different for everyone.** There's no timeline for how long it takes to process this kind of loss. So, be kind to yourself, and realize that your departed loved one wants you to be happy and vibrant as you continue your own matriculation through skin school.
- 5. Reach out to people who feel safe to you.** That means others who've also been touched by this loss, or seeking the comfort of family members and friends who can hold you, talk to you, or simply be available for you.
- 6. Accept a wide range of emotion.** You may feel that throughout this process— you'll experience emotions from shock, to sadness, anger, and hopelessness. These are valid rites of passage associated with the passing of a loved one.
- 7. Accept that you may not be in a mental space to return to your usual routine as normal.** It's okay to adapt your activities according to what you're needing emotionally and socially at this time. Give yourself permission to grieve.
- 8. Reminisce on the good things about your relationship with your loved one and the time you had together.** Write a letter to your departed loved one or a note about some of your feelings and good memories. Feel free to write similar notes from time-to-time. Keep photos and pictures of your loved one around for as long as you want. Be open to serendipitous reminders of your loved one, and to things you used to enjoy doing together.



9. **Remember, you are the one who gives meaning to your experiences.** Finding meaning can be defined according to whatever feels most true to your needs and your experience. This can mean finding meaning from your loss, or finding outlets for expression that give you a sense of purpose as you consider your future without the physical presence of your loved one. Journaling is one useful tool to help you define the meaning of what you are experiencing. We believe your loved one is always with you in spirit.
10. **Invite and welcome communication on special days, even after many years.** When a loved one graduates from skin school, you may be faced with grief over your loss again and again — sometimes even years later. Feelings of grief might return on the anniversary of your loved one's departure or other special days throughout the year. These feelings, are sometimes called an 'anniversary reaction,' and aren't necessarily a setback in your grieving process. They're a reflection that your loved one's life was important to you. Sometimes one or more of the ASSTCs mentioned above resurface, in order to comfort you, letting you know your loved one is okay.
11. **Find trusted friends and/or professionals to talk with.** Unresolved or complicated grief can lead to depression. However, you can re-establish a sense of control and direction in your life by consulting trusted relatives, friends, and bereavement professionals — which helps you return to the path toward healing.

Begin noticing things that unexpectedly appear, and remind you of your loved one who has transitioned. Journal about what these signals mean – patterns about when they appear – what messages your loved one is sending you.

Reflect on the 11 strategies listed above, and choose 2 or 3 to focus on for the next 30 days. Share your experience with a trusted friend.



## Reincarnation/Life Between Lives/NETES

Reincarnation is the religious or philosophical concept that the soul or spirit, after skin school transition, will begin life again in a new body. This doctrine is a central tenet of the Eastern religions. Many of the greatest philosophers of the western world, such as Plato and Pythagoras, believed in reincarnation or “metempsychosis,” as they called it.

Knowing how often reincarnation and similar motifs are found in the world’s myths, the literal interpretation of religion as a historical record becomes untenable. Today, there exists a great valley of separation between the common views of religion as history, and the ancient philosophical belief in religion and myth as symbolic allegory.



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Much of the iconography in world mythos is used to embody functions within the human body. The theory of biological evolution controlled by Kundalini would help to explain the globally recognized “Virgin Birth” symbolism, as the word “Virgin” symbolizes the inward circulation of sexual energy and its sublimation. The “tree” which so many Gods and saviors are killed or crucified upon is a reference to the cerebrospinal system and denotes the major physiological transformation which occurs after Kundalini ascends upward from the base of the spine to the brain. Kundalini itself is symbolized by the serpent or snake and is the most widespread of all images encountered in mythology, as it denotes both creation and destruction utilizing the spiral path of prana.

A desire for spiritual experience must be the deep-seated impulse in human consciousness, affecting the biological structure of the brain as it drives the human psyche on its spiritual journey toward higher state of consciousness – a state that is entirely different from knowledge of any other type, philosophical or otherwise. This search for enlightenment was so important that it was inscribed on the forecourt of the Temple of Apollo using the aphorism “Know Thyself.” According to Plato: “The ultimate design of the Mysteries is to lead us back to the principles from which we descended.”

A few of the many well-known people who believe in reincarnation: Plato, Pythagoras, Virgil, Origen, Jesus, Josephus, Ben Franklin, Nietzsche, Thoreau, Emerson, Napoleon, William James, Carl Jung, Mark Twain, Henry Ford, Gandhi, Albert Schweitzer, George Patton, Rumi, George Harrison, Charles and Myrtle Fillmore, Eric Butterworth, James Dillet Freeman, Helena Blavatsky, Winston Churchill, Shirley MacLaine, Robin Williams, Dalai Lama, etc.

Skeptic Carl Sagan asked the Dalai Lama what he would do if a fundamental tenet of his religion (reincarnation) were definitively disproved by science. The Dalai Lama answered, "If science can disprove reincarnation, Tibetan Buddhism would abandon reincarnation... but it's going to be impossible to disprove reincarnation."

Psychiatrist Ian Stevenson, from the Univ. of Virginia, investigated many reports of young children who claimed to remember a past life. He conducted more than 2,500 case studies over a period of 40



years. Stevenson methodically documented each child's statements and then identified the departed person the child identified with, and verified the facts of the departed person's life that matched the child's memory. He also matched birthmarks and birth defects to wounds and scars on the departed, verified by medical records such as autopsy photographs,

The classic form of the reincarnation doctrine was formulated in India, but certainly not earlier than the 9th century BCE, when the Brahmana writings were composed. After the Upanishads clearly defined the concept between the 7th and the 5th century BCE, it was adopted by the other important Eastern religions which originated in India, Buddhism and Jainism. Due to the spread of Buddhism in Asia, reincarnation was later adopted by Chinese Taoism, but not earlier than the 3rd century BCE.

*The Egyptian Book of the Dead* describes the travel of the soul into the next world without making any allusions to its return to earth. As it is well known, the ancient Egyptians embalmed those who transitioned skin school in order that the body might be preserved and accompany the soul into that world. This suggests their belief in resurrection rather than in reincarnation.

Buddhism denies the existence of a permanent quantum self that reincarnates from one life to the next. Taoism doesn't specify what reincarnates, although they believe something has to pass from one life to another.

New Thought thinking sees reincarnation as an eternal progression of the soul toward higher levels of spiritual knowledge. Thus, what reincarnates isn't the impersonal *atman*, but an entity which is currently called the soul, an entity which preserves the attributes of personhood from one life to the next.

### ***Evidence of reincarnation in Religious and Spiritual Traditions:***

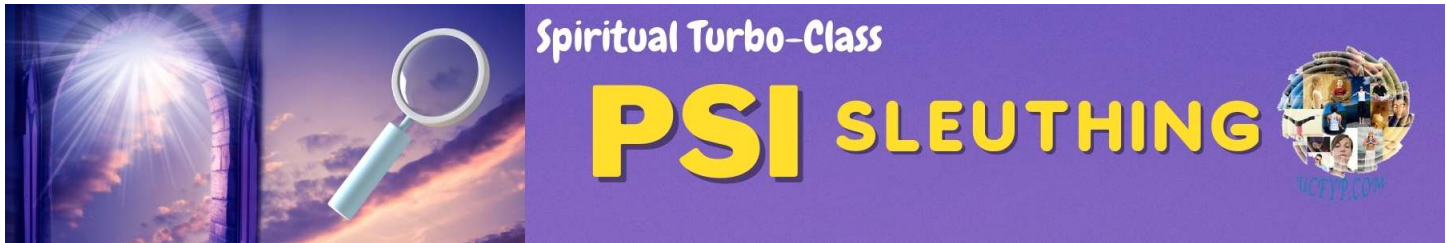
- 1) Matthew 11,14 and 17,12-13, concerning the identity of John the Baptist;
- 2) John 9,2, "Who sinned, this man or his parents, that he was born blind";
- 3) John 3,3"the wheel of nature";
- 5) Galatians 6,7, ""A man reaps what he sows";
- 6) Matthew 26,52, "all who draw the sword will die by the sword";
- 7) Revelation 13,10, "If anyone is to go into captivity, into captivity he will go"

Here's one verse in the New Testament which contradicts reincarnation as clearly as possible: "Just as man is destined to die once, and after that to face judgment, so Christ was sacrificed once to take away the sins of many people; and he will appear a second time, not to bear sin, but to bring salvation to those who are waiting for him (Hebrews 9:27-28).

In Scientology, many people have certainty that they have lived lives prior to their current one. These are referred to as *past lives*, not as reincarnation.

Native American beliefs about reincarnation differ widely: Among some Native American groups, the soul is regarded as a dual entity. It is believed to remain in the afterworld and can be prayed to and, at the same time, exists in the human form of the reincarnated individual, also known as 'Those Made Again.'

Other beliefs hold that both animals and humans reincarnate. Others believe we are composed of at least two souls and possibly as many as five: One stays near the corpse until a ceremony called the Feast



of the Dead is performed. The feast results in the soul being set free to be reborn. The other soul goes on its own way to the Village of the Dead where life continues. Some believe only certain people are reborn - normally the disabled or deformed who had not been able to live a normal life previously.

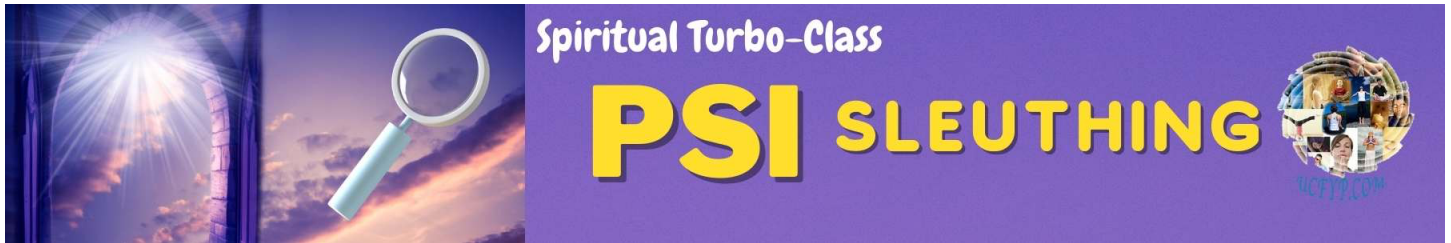
Catholics and many mainstream Christians don't believe in reincarnation, but in the resurrection of the body and eternal life. Does our physical appearance remain the same from one lifetime to another? The answer to this question is unknown. By the way, Unity's Charles Fillmore believed he was a reincarnation of the apostle Paul.

[Evidence for Reincarnation: A Documentary](#): In the most heavily documented cases of possible reincarnation ever, a child has memories of World War II that are so detailed it's impossible he made them up. The case of James Leininger took the world by storm and is a compelling case for reincarnation, and existence beyond our physical bodies.



### *Suggestions on How to Appreciate the Reality of Reincarnation, LBLs and NETEs*

- 1. Read the books we've listed about Reincarnation/Life Between Lives/ASSTCs/NETEs on our Psi Sleuthing List.** You'll find compelling evidence about their reality.
- 2. Initiate conversations with trusted people on the subject of reincarnation/Life Between Lives/ASSTCs/NETEs, etc.** You'll be surprised how many people believe in life after physical death.
- 3. View YouTubes and attend workshops on the subject.** There are plenty.
- 4. Recognize that your family and friends in this life have probably been associated with you in many incarnations.** Pay attention to these relationships. Consider their influences on you – and your's on their's – in your current incarnation.
- 5. Visit antique shops and touch old furniture and artifacts.** Also, visit older cities and countries. They may have a message for you in terms of your last incarnational location, culture, and time period.
- 6. Consider your current interests.** Are they present and future focused or antiquity focused? Are you more attracted to past events and time period customs or present and future events?



### *Reincarnation Research Evidence*



1. Reincarnation research shows that in approximately 10% of cases, a soul changes gender.
2. Personality traits, and even facial features and linguistic habits, appear to persist from lifetime to lifetime.
3. Birthmarks and birth defects which appeared to be related to traumatic wounds in a prior incarnation. For example, if someone died of a bullet or knife wound in a past incarnation, Stevenson noted that a birthmark or scar would appear at the same location on the body in a subsequent lifetime.
4. Spiritually and intellectually, we seem to pick up where we've left off. Our hard earned achievements in spiritual, intellectual and artistic pursuits are retained—they are a part of us. As such, efforts in advancing ourselves are never wasted as we build upon our endeavors from lifetime to lifetime.
5. Child prodigies can be explained by reincarnation, as the soul appears to be able to download information and talent into the developing physical body and mind.
6. Just as personality traits remain consistent from lifetime to lifetime, a person's manner of expression seems to be similar from one lifetime to another.
7. People appear to come into life in soul groups, based on shared karma and emotional attachments.
8. Couples often come back together and entire family units can recur.
9. Ian Stevenson did a very important twin study in which the past lives of 31 sets of twins (62 people) were factually validated. In 100% of these cases, the twins had significant past life relationships.
10. The most common type of past life relationship was that of siblings, followed by friendships, other family relationships, then being spouses in the past incarnation.
11. Consciousness resides, according to Dr. Stuart Hameroff and British physicist Sir Roger Penrose, in the microtubules of the brain cells, which are the primary sites of quantum processing. Upon earthly transition, this information is released from your body, meaning that your consciousness goes with it. They've argued that our experience of consciousness is the result of quantum gravity effects in these microtubules, a theory which they dubbed orchestrated objective reduction (Orch-OR).
12. The energy of your consciousness potentially gets recycled back into a different body at some point, and in the meantime it exists outside of the physical body on some other level of reality, and possibly in another universe.
13. Quantum physics' 'Many Worlds, Parallel Universes, and Multiverse' theories support the possibility of reincarnation.



## Near Earthly Transition Experiences (NETEs) [aka Near Death Experiences - NDEs]

Parapsychologists have cited these types of Near Earthly Transition Experiences (NETEs), also called near death experiences, that typically occur to individuals close to skin school transition or in situations of intense emotional or physical danger.

Here's just one example out of thousands of NETEs. Dr. Eben Alexander, a prominent neurosurgeon, once thought that he could explain NETE phenomena as functions of the brain; however, his own NETE, during which he was in a coma for seven days, completely shifted his view. In 2012 he shared his story in his book *Map of Heaven*.

*“There is no scientific explanation for the fact that while my body lay there my mind (my conscious, inner self) was alive and well. When the neurons of my cortex were stunned to compete with an activity by the bacteria that had attacked them, membrane-free consciousness journeyed to another, larger dimension of the universe: a dimension I've never dreamed existed in which the old, pre-coma me would have been more than happy to explain what was a simple impossibility.”*

The above description is one of many that suggests that consciousness can never cease to exist. When we make our skin school transition, we leave our body (our physical garment) behind, but it doesn't mean we're deceased. Being out of sight isn't the same as being out of mind.

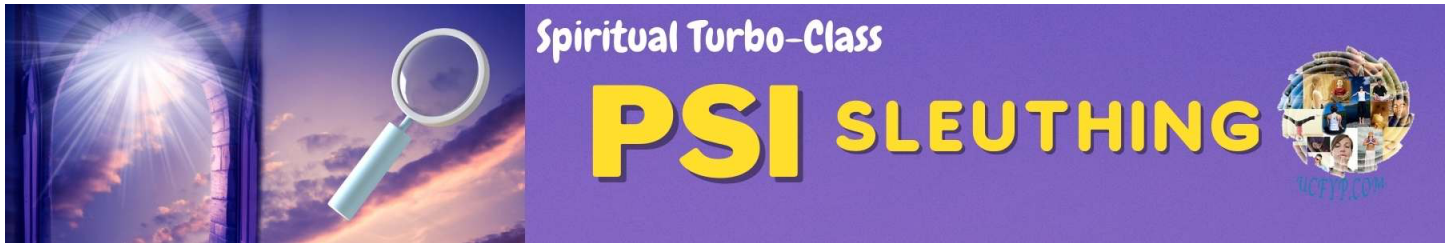
All is mind (the Divine Law of Oneness) in that the mind never dies – it just experiences different “parts” of itself. So, when we graduate from skin school, we simply ‘*shift*’ to another experience within the one Cosmic Mind (Ultimate Reality). We're still conscious and aware after we experience our physical transition. We're still conscious beings when the body stops working, our consciousness continues.

Many sources, ancient and modern, believe there are *10 or more* after life realms. Quantum physicists, using Superstring Theory and M-Theory, theorize a cosmology consisting of 10-26 dimensions, as did the ancient Greek mathematician *Pythagoras* (who many believe was the first great mathematician).

Jewish mystics believed the entire creation of the universe is composed of *10 emanations of light*, a perfect order of 10 composed of a hierarchy of 10 angelic realms revealed in the laws of the 10 Commandments.

Buddhists believe there are 10 levels of realization toward enlightenment via the 10 directions of the Buddha's light to the 10 Buddha-realms. Christian Gnostic's profess a belief in a cosmology of 10 heavens, as do Muslims. The Judeo-Christian Bible describes a hierarchy of 10 celestial powers.

The famed psychic Edgar Cayce believed that our solar system has 10 major spheres. NDE experiencers Lynnlaire Dennis, Dr. George Ritchie, Betty Eadie and Swedish scientist Emmanuel Swedenborg also reported multiple levels in the afterlife.



Also, there are many reported spiritual/psychological changes and even physiological ones which include an increase in generosity and charity, an increased desire for knowledge, the resolution of issues from childhood along with an increase in childlike wonder and joy; Physiological changes include different patterns of thought-processing, becoming more creative and inventive, increased light/sound sensitivity, changes in food preferences, lower blood pressure, increased metabolism, and the person may even become younger looking.

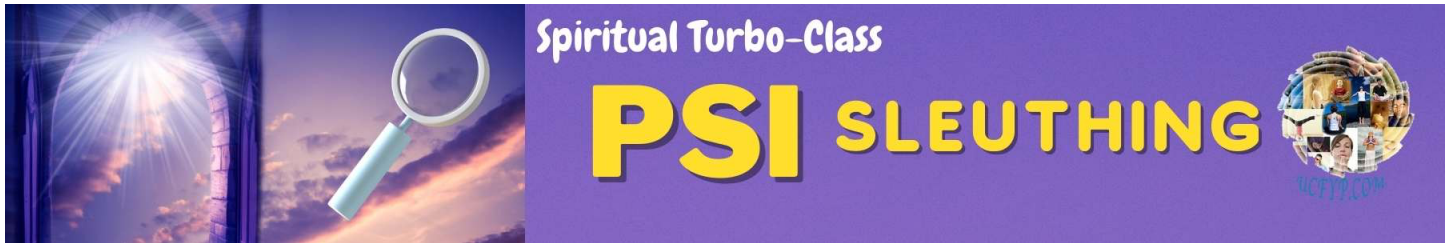
Researchers report that about 80% of NETE experiencers state that their lives were forever changed by what happened to them. Looking more deeply, a pattern of surprising dimensions emerged. More than just a renewed zest for life, they experienced specific psychological and physiological changes like they never experienced before. Extrasensory perception (ESP) and various types of psychic phenomena become normal and ordinary in their lives.

Many see the soul as Self. They come to see themselves as possessing an immortal soul, a resident in material form on the physical plane. They perceive their body more like a ‘jacket’ they wear and discard upon their physical transition. They appreciate the future, and the majority accept reincarnation as being valid. They begin to think more abstractly, in grandiose terms, using language in new ways, even developing whole new vocabularies.

Perhaps the most important psychological result of an NETE is the *brain shift in consciousness*. This results in experiencers being more intelligent and loving than before; becoming detached from the previous norms with more abstract thinking, and the ability to envision broader perspectives for a more compassionate positive life. They access latent talents and, in some cases, display the flowering of genius. They become more spiritual and less religious, and more philosophical.



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*All Near Earthly Transition Experiences (NETEs aka NDEs)  
Seem to Have the Following Things in Common:*

1. Ineffability (difficulty describing the experience);
2. Hearing news of one's impending physical transition;
3. Feelings of an unusually foreboding peacefulness, quiet, and painlessness;
4. Hearing a particularly chilling noise;
5. Having a peculiar sinking feeling;
6. Traversing a dark tunnel and heading toward the light;
7. Seeing oneself out-of-body;
8. Meeting others via apparitions (departed relatives, friends, spiritual or religious guides, etc.);
9. Meeting translucent being(s) of shining light and countenance;
10. Having a life review;
11. Perceiving an ephemeral border between life and physical metamorphosis;
12. Suddenly leaving, then coming back into your physical body;
13. Otherworldly travel;
14. Having visions of beautiful heavenly realms;
15. The knowledge that even though you may not want to go, if it's not your time, then you have to return;
16. Telling others you trust about your NETE;
17. Seeing you own medical procedure while out-of-your-own physical body;
18. Fear of skin school transition;
19. NETEs often happen in hospital settings and/or immediate life threatening situations;
20. People retain their consciousness;
21. Passing through walls in hospital settings;
22. Hearing conversations about themselves;
23. Are able to hover above their body free from physical constraint;
24. Feeling alone in a void;
25. Feeling overwhelming love;



26. The average NETE experient comes to regard him or herself as an immortal soul currently resident within a material form so lessons can be learned while sojourning in skin school. They understand they're not their physical body;
27. Many embrace the theory of reincarnation; the present life, the present body, becomes important and special again.
28. Can continue to dissociate or 'separate' from their physical body;
29. A decrease in fear of skin school transition;
30. Psychic displays can be commonplace such as manifestation of 'beings' met in near-earthly-transition state, remembering the future, finishing another's sentence, hearing plants and animals speak, and so on.

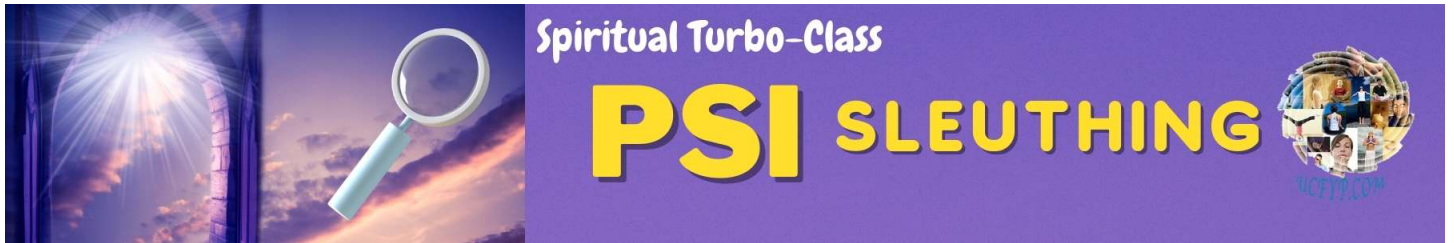


**WOW! That's a lot of different experiences!**

**Reflect & Journal About These Questions:**

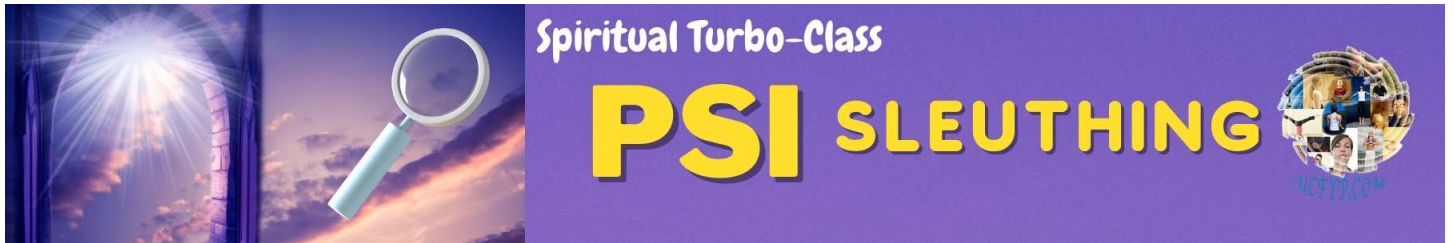
**Which ones intrigue you?**

**Have you actually experienced any of these?**



***Life Between Lives Experiences***  
***Have Many of These Things in Common***

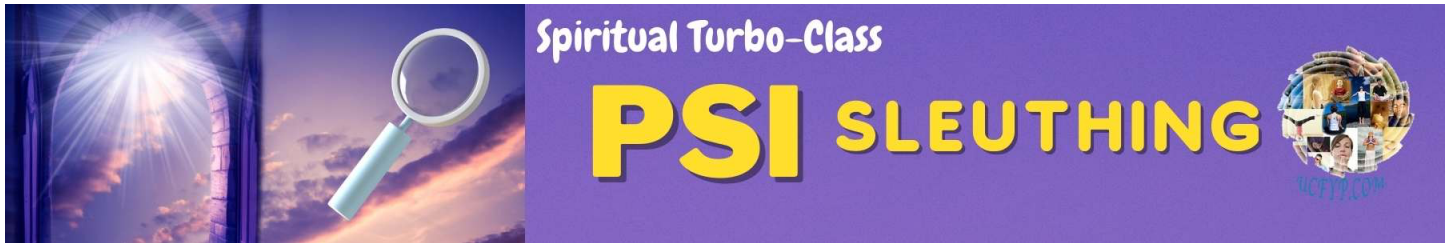
1. Many report that heaven is a state of mind, a condition of the heart. It's neither up there nor down below, but a state of consciousness. Like heaven, hell is a state of mind which acts as a sort of 'timeout, a place for reflection, education and purification of negative thought patterns. It isn't a place for judgment or punishment, and the good news is that it isn't an eternal place. We create our own heavenly or hellish conditions through our belief systems.
2. The consensus seems to be that It's *how we live our current life* which determines the quality of life after our physical transition and its effect on the next incarnation.
3. Upon physical transition many report that we experience a life review, receive a sort of *spiritual report card* revealing to us what we learned and did not learn in our current life and are given an opportunity to make whatever corrections we may need to advance the education of our soul.
4. We can volunteer for karmic assignments in the life 'selection room' before our next incarnation. That includes what's called a 'filler life' which is usually a short term life.
5. People still living in physical reality can be visited by us and carry on a brief conversation. Children are very adept at noticing us.
6. We generally travel with a soul group that has travelled with us in many LBLEs.
7. Some newly discarnate souls hang around the scene of their skin school departure a while, because of unfinished business. These souls aren't 'lost souls' at all, but spirits who won't go into the light right after they arrive in the spirit realm because of their unfinished business.
8. The average soul brings approximately 50-70% of their psychic energy with them into their next physical experience, because the physical embodiment couldn't tolerate the high concentration of psychic energy.
9. If a person's life is cut short prematurely, his/her soul returns to the next incarnation within a short period of time to complete a normal physical lifespan. Souls often leave their physical bodies just before the impact of a dramatic termination.
10. Shapeshifting energy in the spirit world is a common practice.
11. Time isn't linear in LBLEs. For example a 100 years in skin school seems like only 100 minutes in our LBLEs.



12. We meet hybrids from other planets who've spent time on Earth and other worlds.
13. Communication by telepathy and dreams are the spirit world norm. Souls call it 'electrical sound impulses.'
14. We don't expiate all of our negative in each life. It's carried over to our future lives until its nullified.
15. Purple is the color most often seen around highly advanced beings who've completed their incarnations.
16. Souls recalling past lives basically remember only the most significant ones and not the hundreds of lives they've experienced.
17. We typically choose one gender 75-80% of the time.
18. Spiritual planners help us select certain bodies upon re-entry based on our karmic development.
19. Souls permanently join the fetus of their human hosts between the 4<sup>th</sup> and 5<sup>th</sup> months.
20. There's absolutely no evidence of the existence of a purgatory or hell in the afterlife.
21. Souls see themselves making their transition and then feel themselves float out of their bodies. They feel a definite pulling sensation away from their physical embodiments and from the place where they departed from physicality.
22. Souls see a brilliant light envelop them immediately after departing and a pulling toward a tunnel. We seem to leave out of the top of our heads and feel as if we've just shed our body. We feel free and weightless. For some the tunnel opens up immediately while others report that they move high above the Earth or particular planet they inhabited before they enter a tunnel. Everyone feels summoned toward a tunnel.
23. Souls often have little interest in their physical bodies once they've made their transitions, because they don't feel limited by them anymore.
24. We generally become more spiritual than religious after returning re-entering a physical incarnation.
25. Some souls hover around their physical bodies until after they're buried or cremated.
26. Some younger souls with fewer past lives remain more attached to their last incarnational environments.
27. Most souls become more generous and charitable than before when they reincarnate.



28. Interestingly, souls hear sounds like they heard under general anesthesia as they leave the tunnel. They call the experience ‘entering the energy of the universe.’
29. After leaving the tunnel souls report movement through a mosaic crystalline space that has no boundaries. There are ethereal structures and scenes throughout and are mirages to comfort them on their journey into the exquisite panorama.
30. Souls traumatized by unfinished incarnational business are met by spiritual guides and/or predeceased relatives or close friends immediately to comfort them. All of them recognize one another. When we hug family and friends an envelope of radiant light surrounds the interactions.
31. Increased intuitive/psi abilities are recognized and a child-like sense of wonder and joy is felt.
32. When advanced souls arrive they have fewer entities greeting them, because spiritual comfort is less necessary, since they’ve experienced LBLs many times before. LBLs orientations aren’t necessary.
33. Souls don’t feel devilic or demonic energy floating around physical planes. However, they do sense negative human energy.
34. Souls hunger for higher knowledge. Neither Newton nor Stevenson has never had a subject who was met by a major religious figure such as Jesus, Buddha or Krishna.
35. Placement in higher dimensions of beingness is based on a soul’s level of enlightenment, and groups are composed of like-minded souls.
36. Souls are introduced to their Book of Life that features past lives and their level of spiritual understanding.
37. Advanced incarnated souls go about their good works in a quiet, unassuming manner in physicality. Their fulfillment comes from improving the soul growth of people who are awakening.
38. There are other Earthlike planets and advanced souls are drawn to them, because of their conduciveness for a comfortable lifeform.
39. Souls recall living in worlds not constrained by the dimensional limitations of our particular universe.
40. Our spiritual identity is known by a multitude of entities. (We call it our Soul Signature). Each soul has a distinct mental vibrational pattern, like a fingerprint.
41. Souls are generally drawn to the same geographical and multidimensional areas they left.
42. Souls report they come from places that have cathedral-like structures of glass, great halls of crystals, geometric buildings with many angles and domed enclosures, including pyramids. There are spheroids to examine future lives and cylinder portals for traveling to other worlds. Souls report traveling on harmonic musical tones.
43. Almost all souls see the spirit world as reality and physicality as an illusion.



- 44. All souls report an overwhelming feeling of a Superior Presence that's not a 'Who,' but 'That Which Is.'
- 45. Some souls report experiencing a healing chamber that bathes you in various colored lights and soft vibrations to minimize soul contamination. Sessions are led by non-incarnating restoration healers for post physical rehab.
- 46. LBL'sers experience life reviews where past, present and future are rolled into one timeline interview. Life review facilitators may call upon the LBL'sers's personal spirit guides to assist in the recollections.
- 47. You are surrounded by soul companions who have a range of immortal character traits that complement each other's traits, including yours.
- 48. Music plays an important part of what we experience in our LBLEs with vibrational resonating sounds that fill us with spiritual energy.

**Reflection Activity:**

*After thinking about the various thoughts about what happens during a Life Between Lives experience, what do you think happens? If you could design your own Life Between Lives experience, what would it look like? How would it unfold?*



## Déjà-ing:

*Déjà-ing* is the feeling that one has experienced some sort of situation before. As of this writing a Google search of *déjà vu* brought up nearly 200 million results. And the interest in *déjà-ing* in the scientific community has soared in the past 20 years. Since 2004 *déjà-ing* experiences have emerged as a recognized research topic among psychologists, parapsychologists, and neuroscientists.

However, there's always been interest in *déjà-ing*: Plato used *déjà* experiences to justify his interest in the transmigration of souls; Aristotle saw it as evidence for previous lifetimes; Freud regarded it as evidence of having former lives; and Jung saw it as a central factor of his synchronicity theory.

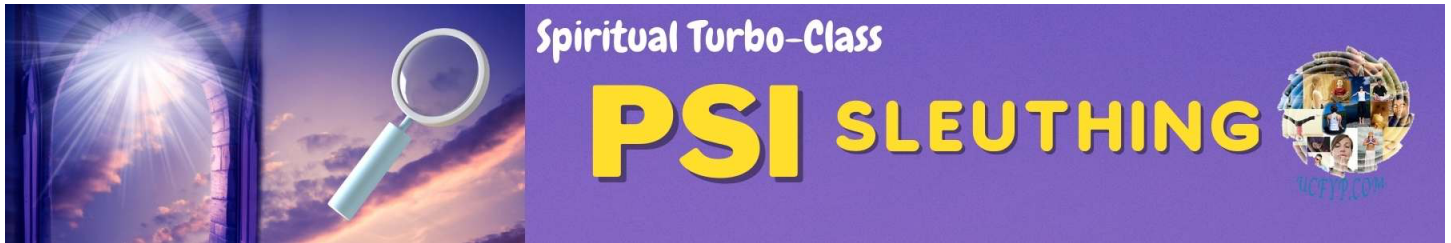
People all over the world report they've had *déjà vu* experiences – from 1-12 different *déjà* experiences each year (36% experience *déjà* experiences at home or at relatives; 35% in public places' 16% in vehicles; and 12% outdoors). Most *déjà* experiences are sudden on-set ones and occur during recreational occasions; relaxation; and simply unwinding. Typical experiences last less than a minute or two. Most *déjà* experiences occur in the afternoon and or evening; during the latter part of the week; and nearly always during the Fall (23%) and Winter (38%).



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The incidence of *déjà* experiences appears to decrease with age, with most incidents occurring from age 13 to 40, and fewer after age 70. Those who travel a lot experience more incidents of *déjà* than those who don't travel much. The brain area that's affiliated with *déjà* experiences is the medial temporal lobe. Interestingly, *déjà* experiences have a well-documented association with psi experiences like precognition, retrocognition, prescience, and premonition.

[Ted Talk: Relationship between Déjà Vu and Precognition](#): In this Ted Talk, Dr. Anne Cleary describes her hunt for the cause of the mysterious link between *déjà vu* and so-called “precognition.”



*There're over 40 different kinds of déjà-ing.*

*Here are 12 of the most popular, along with tips to develop each one:*

**Déjà Vu** is the most common. It involves feeling strongly that a present moment, situation, or event is extraordinarily familiar, as if it was experienced prior to your present moment. *Déjà* means ‘already’ and *vu* means ‘generally seen or experienced.’ You’ve no doubt heard the expression: *déjà vu all over again!* It’s like giving a talk on Superpowers and Kryptonite and feeling you’ve done the same talk before.

➡ **Tips on Developing Your Déjà Vu Powers:** Pay attention to incidences that seem particularly, perhaps even extraordinarily, familiar. Record them, relating what made an unexplained familiarity seem sooo familiar. The feeling of familiarity isn’t just a by-product of *seeing* familiar objects. It’s a *feeling* deep down that you’ve experienced the particular moment and/or event before. Many experts believe it resides within the parahippocampal gyrus, which springs into action when something triggers your familiarity.

**Déjà Lu** is reading something entirely new, but having the distinct impression of having read the book (article, newspaper, letter, text, email, or magazine) before. It’s the ‘entirely new’ feeling, especially if there’s evidence that the reading material couldn’t have occurred previously that makes *déjà lu* sooo mysterious.

➡ **Tips on Developing Your Déjà Lu Powers:** Check around the house/office and see if the book/item is on a bookshelf or in a Word file. See if you might have read it at a relative or friend’s house/office. Take note of the subject matter of the book/article and see if it’s something you normally read. Record your findings. Be cognizant of what types or reading material become *Déjà Lu-ed*.

**Déjà Vécu**, unlike *déjà vu*, *déjà vécu* involves the feeling that a whole sequence of events has been lived through before. *Déjà vu* is just one prior event, while *déjà vécu* is a whole sequence of events. And it’s not that you’ve just seen these events. You get the feeling that you’ve actually lived these events.

From Bil: I had a *déjà vécu* moment at the Silent Unity Chapel in 2006 when Cher and I were taking our first SEE class. It was a metaphysics class and during the opening meditation when Beethoven’s *Violin Romance No. 1* was played, I was transported back in time to the 1944-1945 era. I was with my family as we were entering the Auschwitz Concentration Camp as prisoners during World War II. In my book *My Mystical Musings Moments* I elaborate on that past life experience. To this day, that song haunts

➡ **Tips on Developing Your Déjà Vécu Powers:** *Déjà Vécu* can occur in private and/or around other people. It usually involves a number of physical senses which trigger a strong memory of having experienced it, because your entire psyche is affected. Since it’s usually a sequence of events, devote some quality investigative time to uncover where and when the precipitating experience may have occurred. Reincarnation could be one possibility; however, if you consider that precipitating event, thoroughly – and commonsensically – investigate the particulars. Record every related thought and possibility as you dutifully track its origin. In the weeks, and perhaps months, that follow the *déjà vécu* incident, be on the lookout for any clues that might surface which substantiate the prior experience.



**Déjà Visite** is the paradoxical feeling that we know a place we've never visited before.

**From Cher:** *When we were vacationing in Germany a few years back, as we took the escalator up to the Marienplatz central square in Munich, and saw the Glockenspiel Chime, I felt an incredibly strong 'knowing' that I'd been here before, Then my logical brain reminded me this was the first time we'd ever been to Munich! Bil reminded me that perhaps I had been to the square in a past lifetime.*

Once, again, if you consider that reincarnation could be one possibility, thoroughly – and commonsensically – determine what precipitating event(s) may have led to your *déjà visite* moment.

Think about a situation where you know your way around a foreign landscape or a new town, despite the fact that you've never been there before. You're aware that you can't possibly have acquired this knowledge, but you can accurately describe things about the surroundings that you shouldn't know, because you haven't been there.

➡ **Tips on Developing Your *Déjà Visite* Powers:** Once again, record every related thought and possibility as you dutifully track its origin. In the weeks, and perhaps months, that follow the *déjà visite* incident, be on the lookout for any clues that might surface which substantiate the prior experience.

**Déjà Recontr** is sensing you've already met a specific person or certain people before. You're not sure where or when, but you know you've met them before.

➡ **Tips on Developing Your *Déjà Recontr* Powers:** Recollect when and where you may have seen that person or those people before – at a social or work gathering, in a photo, or perhaps Facebook, or some other digital platform. Encourage yourself to remember faces and people's behaviors, apparel, and the particulars of the environments you enter.

**Déjà Parlé** is the feeling that we've been through this or over this before; we've talked about this or discussed this already.

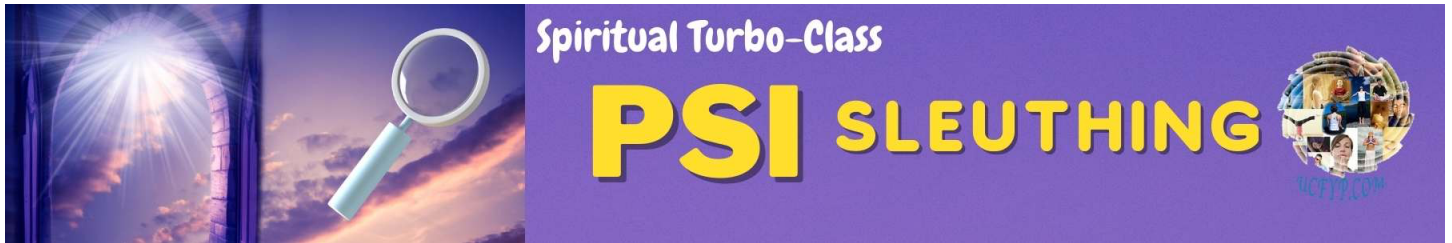
➡ **Tips on Developing Your *Déjà Parlé* Powers:** Pay attention to discussions and/or reading material you come across, particularly if it's around new people or related to new reading material. Also, think of particularly emotional content you may have come across. Sometimes that triggers *déjà parlé* episodes.

**Déjà Dit** means something already told to you or already said in passing.

➡ **Tips on Developing Your *Déjà Dit* Powers:** Be cognizant of being around and hearing off-color and/or flippant conversations, or information that's offensive or incompatible with your lifestyle. Hearing those kinds of 'foreign' content tend to be memorable.

**Déjà Fait** means already done or already accomplished.

➡ **Tips on Developing Your *Déjà Fait* Powers:** Exposure to behaviors that are related to your normal habits can cause you to question what you may have accomplished and/or thought about recently. *Déjà Fait* moments may be related to both short term and long term memory issues, absentmindedness, or simply being too busy to keep track of your accomplishments. Consider keeping a To Do lists – and Already Done lists to track your accomplishments.



**Presque vu** means the feeling of being on the verge of an epiphany, breakthrough, an impending insight, or profound understanding. It generally means the likelihood of retrieving relevant sought-after information.

➡ **Tips on Developing Your *Presque vu* Powers:** Interestingly, *presque vu* moments usually follow considerable research and contemplative efforts that involve hours, and even years, of study. This intense effort generally invites the Muse who fosters right and left brain synchronicity.

**Jamais vu** translated means ‘ never seen.’ It involves encountering an objectively familiar situation that momentarily feels unfamiliar. Often described as the opposite of *déjà vu*, *jamais vu* involves an eerie sense of familiarity and the impression of experiencing something for the first time, despite rationally knowing you’ve experienced it before.

➡ **Tips on Developing Your *Jamais vu* Powers:** Keep track of when forgotten memories return without their being recognized as such, particularly the ones that you believe are something new and original. It’s a probably a memory bias that means you may falsely recall generating an uncharacteristic thought, idea, tune, name, or joke, as if it was a new inspiration.

**Déjà Entendu** is the feeling of having already heard something novel before, even if the details are unclear or perhaps imaginary. Probably the most common example would be hearing a new song on the radio that has just enough familiarity to another piece to make you feel that you’ve heard it before.

➡ **Tips on Developing Your *Déjà Entendu* Powers:** Oftentimes we hear just enough lyrics and/or sound bytes of a commercial or written material that causes a *déjà entendu* moment. Become aware of cool song lyrics and nifty sound bytes you hear, so when you’re surprised by their novelty you can enjoy your *déjà entendu* moments as the Aha moments they are.

**Déjà Rêvé** is the generic term for feeling you’ve already dreamt one of more of three distinct types of dreams: it can be the recollection of a specific dream (episodic), reminiscence of a vague dream (familiarity), or moments in which you feel as if you’re dreaming (literally ‘a dreamy state’) – all of which are dreams about something that happens before they happen in real life.

Interestingly, according to research, there’s evidence that people who have ‘thin boundaries’ between mental states and are wide-open to experience are more likely to experience *déjà rêvé* moments.

➡ **Tips on Developing Your *Déjà Reve* Powers:** If you haven’t created a dream journal, this is a good *déjà* practice to start. It’ll also help you develop precognition ability in general. Precognition is explained in more detail in our specific treatment of precognition in its stand-alone document under separate cover.

Reflection Activity:  
*Which Déjàs have you experienced? Choose two from the list above and use the Tips to develop your ability in experiencing them.*



## Clair Powers

The reality of our clair powers is now well-established – perhaps more established than any other form of psi. The clair senses are types of psi abilities that correspond with the physical senses: seeing, hearing, feeling, smelling, tasting, knowledge acquisition, empathy, remote touch, etc. Here are eleven clair powers that've been identified so far:

**Clairalience:** Clairalience is the 'clear smelling clair sense' of extrasensory perception that involves getting psychic impressions from the sense of smell.

**Clairaudience:** Clairaudience is a form of extrasensory perception that demonstrates the power or faculty of hearing something not present to the normal ear but regarded as having objective reality.

**Claircognizance:** This 'clair sense' is the extrasensory ability that a person has which demonstrates their power to acquire knowledge without knowing how, why or where it came from.

**Clair empathy:** This 'clair sense' is sensing emotion. Everyone can sense emotion but Empathic mediums sense or feel emotions from individuals or spirits. You have the ability to access other people's emotions and can sense their happiness, joy, elation, pride, sadness, anger and fear.

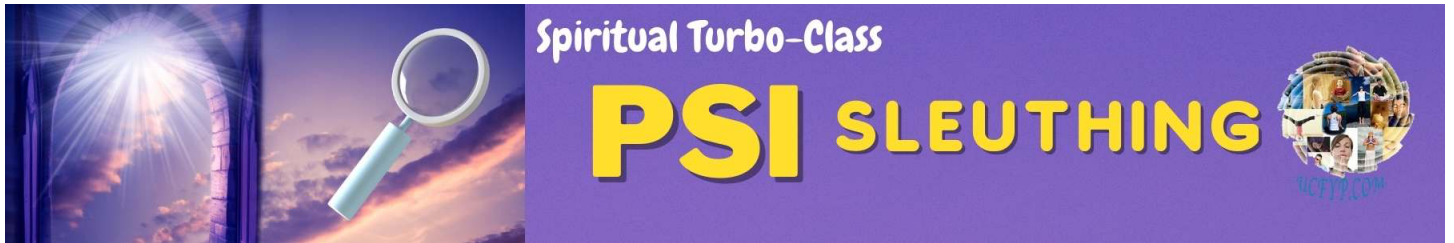
**Clair eloquence:** Clair eloquence is the 'clair sense' of being able to use precisely the right word or phrase in order to accomplish clarity in communicating with people who may or may not hold your same views on the nature of reality.

**Clair essence:** Clair essence is the 'clair sense' of achieving conscious, ethereal embodiment as our Ultimate Reality and tuning into hidden truths that answer eternal questions, by recognizing that there's absolutely no separation between our human form and our Eternal Cosmic Nature.

**Clair salience:** Also known as clairscent or clairscentency, involves smelling a fragrance, aroma or scent of a substance, person, place, animal or plant not in one's immediate surroundings. These aromas/fragrances are perceived without the use of the physical nose's olfactory receptors and occur beyond the limitations of what we consider ordinary spacetime.

**Clair sentience:** This 'clair sense' refers to our ability to acquire knowledge by intuitively feeling the vibration of other people, animals, and places. There are many degrees of clairsentience, ranging from the perception of thoughts and emotions in others to their illnesses and injuries. This ability differs from clair empathy because the knowledge comes only from feeling in the body. Clairsentience includes feeling the physical and emotional pain of land where atrocities may have happened or violence between people may have occurred (like Bloody Lane in Gettysburg).





**Clairtaction:** Clairtaction is the ‘clair sense’ of being touched telekinetically by a spiritual being or entity and knowing information about that ethereal spirit. This telekinetic ability extends the touch to both physical and etheric entities in such a way that both the ethereal recipient and the clairtactient are aware of the feeling. This means that the clairtactient may touch a person who is present or remote without physical touch and the person being touched will, if aware enough, be able to identify where he/she is being touched and the nature of the touch.

**Clairtangency (Psychometry):** Clairtangency is being able to receive a message by touching or holding an object in your hands. The object is personal and has the vibration of the owner in the composition or material of the item.

**Clairvoyance:** This ‘clear vision clair sense’ superpower is being able to gain information about a person, object, place or events in the future beyond normal sensory or intellectual knowledge.

**[The Clairvoyants and Howie Mandel Video:](#)** Austrian mentalist duo demonstrate their abilities with Howie Mandel, who is hosting the Ellen show, Is it magic ... or is it really clairvoyance? You be the judge!

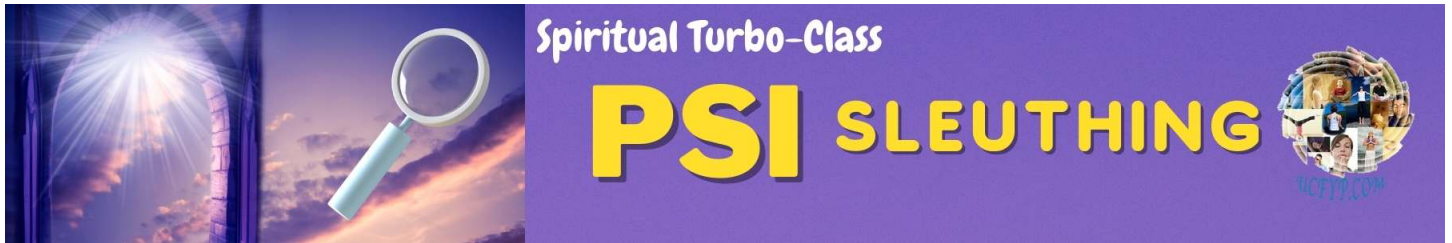
The gift of clairvoyance is not for the faint of heart.

Michael Bassey Johnson, author,  
*The Oneironaut's Diary*



## *Some Quick Tips on Developing Your Clair Powers*

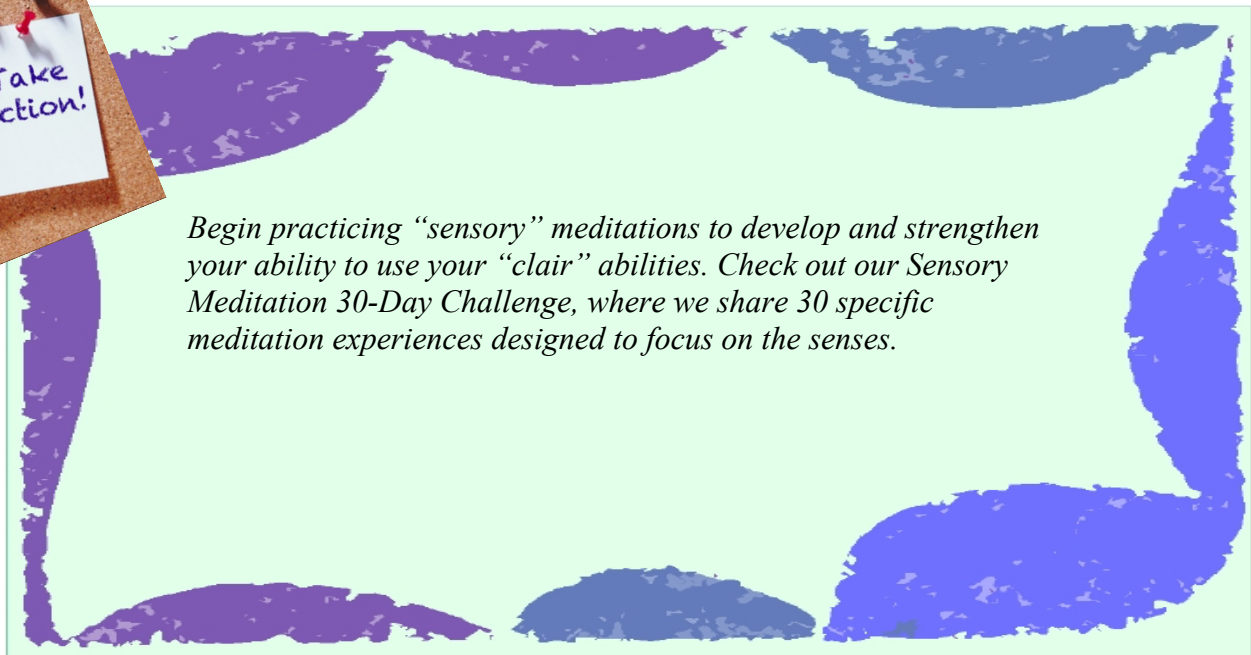
- 1. How do you recognize what your preferred or dominant style of clair sensing is? Begin by sitting in a comfortable place where you won't be distracted for a few quality moments. Scan the area around you, taking in all details, thoughts, and feelings of where you are.** Then close your eyes and focus on your breathing for a few minutes. Breathe deeply and slowly as you mentally review what caught your attention when you scanned the room. Was it the *sight* of something that stood out, the *sound* of something that you heard, the *feeling* of something registering in your stomach or heart, a *taste* or *smell* that suddenly appeared, or a strong *thought* about something that hit you from out of the blue?
- 2. Relaxing your physical body and working with your bioenergies (chi, prana, life energy, etc.) are great ways to start your clair development.** By relaxing your physical body, you'll find it easier to identify perceptions from your subtle, non-physical energies. This is one of the reasons why relaxation is so important in psi development. Your bioenergies (energosoma) are the connection elements between your physicality and the psychosoma (mental etherealness). To a certain extent, your psi energy energetics works as the 'glue' between these two bodies.
- 3. One of the key awarenesses in developing your clair senses involves habitually bringing your attention to your Third Eye and observational abilities that involve all of your physical sensory apparatus.** If you practice this regularly, you're putting energy behind your intention to open your clairness. It's also important to decalcify your pineal gland by eliminating fluoride and mercury, increasing iodine (seaweed is an excellent source), drinking alkaline water, and supplementing your diet with things such as turmeric (adding black pepper increases absorption), raw apple cider vinegar, raw cacao, chaga mushroom, fulvic acid (antioxidant), shilajit (Himalayan antioxidant), etc.
- 4. You might lean towards clairaudience (clear hearing) if you're naturally attuned to sounds, tones, rhythm and music.** If you sing, play music, have an easy time remembering voices, or can easily hear nuances in someone's voice that indicate if he/she is giving you misinformation.
- 5. Many people confuse claircognizance (clear knowing) with clair empathy (clear emotion) or clair sentience (clear physical feeling), because their 'knowing' is quickly followed by either a personal emotional or physical reaction to an insight. After a while, paying attention to how insights come into your awareness will help you distinguish the difference.**
- 6. Go to your heart center and connect with your higher Supersentient knowledge base.** Write open ended (not yes or no) questions. Without censoring yourself, and with as little "conscious" thought as possible, begin writing the answer to each question. The more often you practice this clair sence practice the clearer the answers you seek will be.
- 7. Pay attention to your gut feelings.** A clair sentient (clear physical feeling) obtains intuitive insight by way of a physical experience in their body. You'll have gut feelings and/or sense that something



doesn't feel right, and you'll experience it viscerally, as a physical sensation, in the pit of your stomach.

- 8. Focus on your sense of “feeling.”** Clair empathy is similar to clair sentience. The difference between clair empathy and clair sentience is that empaths sense the type of emotion, whereas sentients experience the actual emotion. Empaths sense the energy, but sentients feel the energy. Our bodies hold so much information! When you enter a room or a building, feel how the energy feels in your body. When you know something or someone isn't in resonance, notice how it feels in your body. When you go into meditation or connect with guides or angels, notice what sensations show up in your body. If you have a tingling sensation in your ears or feel an actual touch (clair taction) you've connected with an actual presence around you.

These tips are just to get you started on your clair journey. Check out YouTubes and credible educational environments to learn more about your clair abilities.

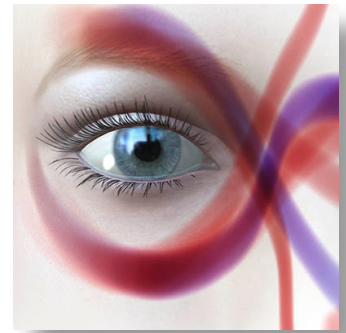


*Begin practicing “sensory” meditations to develop and strengthen your ability to use your “clair” abilities. Check out our Sensory Meditation 30-Day Challenge, where we share 30 specific meditation experiences designed to focus on the senses.*



## Remote Viewing

Physicist Russell Targ and parapsychologist Harold Puthoff, researchers at Stanford Research Institute (SRI), are generally credited with coining the term 'remote viewing' to distinguish it from the closely related concept of clairvoyance. However, according to Targ, the term was first suggested by Ingo Swann in December 1971 during an experiment at the American Society for Psychical Research (ASPR) in New York City. You will find fascinating and compelling research findings on remote viewing in Targ's and Puthoff's book *Mind-Reach*.



Here are the basic six step process Targ and Puthoff used in developing your own remote viewing abilities:

- 1. Ask yourself: "Is the psiverse real?"** If you believe it's real, ask "Do I truly want to explore my psi abilities, and in this case my remote viewing abilities?" If you have any resistance feeling you can describe a scene/location beyond your normal senses, ask yourself why you feel that way.
- 2. Ask a trusted friend to pick an unknown location and arrange for him/her to be at that location for 15-20 minutes.** The only requirement for the friend at the target location is to observe the surroundings so you can feel his/her energy in that place. In the meantime, you should be in a private location (perhaps your home or some other nearby private setting).
- 3. At the appointed time (usually a minute or two before the experiment begins) relax and remain calm and anticipative.**
- 4. Begin sensing where your friend is. Intuitively see if you can describe the location.** Jot down the mental images that surface which seem to be associated with where your friend is. Concern yourself with the basic mental images that become clear. At this point, don't try to figure out where the location is. Focus on the mental images that surface in your consciousness.
- 5. Sketch your impressions of the location.** Draw what pops up in your mind. Pay attention to the patterns and images you 'receive.'
- 6. Contact (text and/or call) your friend and arrange to visit the location ASAP at the end of the 15-20 minute remote viewing session.** Compare your remote viewing particulars with the actual scene and record the comparisons of what you intuited and what is actually there. This practice will be useful in future remote viewing attempts.

Just so you know, this is the sequence that professional remote viewers use to identify locations. There are, of course, differences in each person's ability to 'see' the exact location, but competence comes with practice. Research has shown that remote viewing is a widespread human ability.



[Russell Targ – Remote Viewing and Precognition:](#) Russell Targ is a physicist and author who was a pioneer in the development of the laser at Lockheed Martin Missiles & Space Company where he was a senior staff scientist. He was co-founder of a Stanford Research Institute's (SRI) investigation into psychic abilities in the 1970s and 1980s, primarily via remote viewing. His most recent book is "The Reality of ESP: A Physicist's Proof of Psychic Abilities." Read the comments under the video, for Targ's response to this talk being banned by Ted – and picked up by another site, where it received almost 7 million views!

A corkboard with a note that says "Take Action!" is on the left. To its right is a light blue rounded rectangle containing text. The text reads: "Work with a friend to practice a remote viewing experiment, following the steps outlined above. Try it several times, with your friend going to different types of locations. Notice how the different locations impact your ability – as well as how your ability changes with practice."

Extrasensory abilities are naturally developed within us by being more receptive to the subtler and finer extrasensory, as well as sensory, faculties.

Donna Goddard



## Precognition

Hundreds of studies have been made of precognition experiences and it is the easiest to test scientifically in laboratory settings. Precognitions occur more often than any other psi ability. Historical records for precognition go back to Greek civilization at about 700BCE. The most famous was the Oracle of Apollo at Delphi.



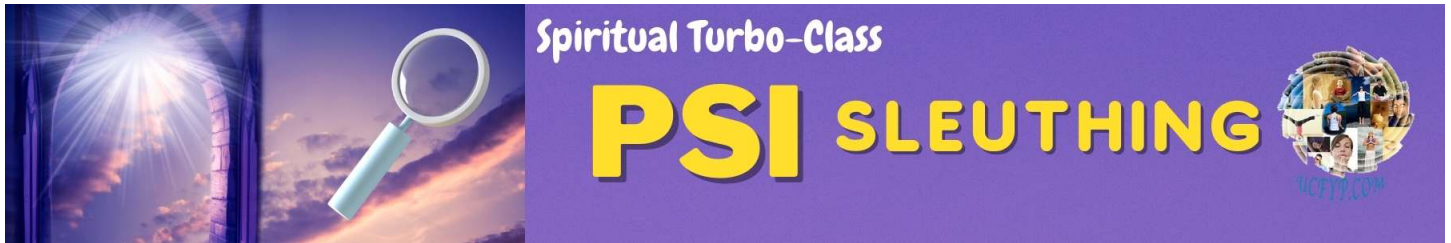
Most precognitions occur during dreams. Emotional shock is a factor tending to generate precognitive experiences. People very rarely seem to precognize personal injury via precognition; however, President Lincoln had a well-known precognitive dream about his own assassination a few weeks before it actually happened.

You may be interested to know that there have been other verifiable precognitive premonitions that have been proven to be true: the tragedy at Chappaquiddick, space program failures, the Robert Kennedy and Martin Luther King assassinations, Nasser's fatal heart attack, the crash that killed Rocky Marciano, Kobe Bryant's fatal helicopter crash, etc.

Just so you know, precognition is a proven psi ability.

Here are some reflection questions to ponder:

- Does precognition forecast an *actual* future, the one that *must* occur, one that's *fated* to occur?
- Or does precognition perceive a *probable* future, one that *might* occur?
- To what extent, under what current conditions, are precognitions unequivocally influenced by possibility, probability or fate?
- To what extent could retro-causation be involved?
- Does an avid interest in precognition prime us to become precognitive? How does the strength of our precognitive 'observer role' influence what may or will happen?



### ***How to Develop Precognition (Precog Abilities):***

- 1. The flash of insight provided by precognition usually is available when the mind is at rest.** Meditation can help the mind rest. By hitting the switch on our brain's 'axis of intuition,' meditation links us directly to our ultra-powerful (yet elusive) sense of 'inner-knowing.'
- 2. It's important to learn to recognize precognition and trust your intuition.** The more you use it, the better you'll become at the skill.
- 3. Stress isn't helpful when it comes to precognition and intuition.** Positive results in this area usually aren't available when you're exhausted, nervous, or generally experiencing low energy.
- 4. When the telephone rings, try to visualize who's calling.** Write it down and see how many times you're correct. Relax when you do this and write down the first name that comes to mind. If it's a stranger, write stranger. This is a great exercise. Your accuracy should improve over time.
- 5. When you watch any competition, write down the final outcome.** Once you start to improve, you can pull in more information for practice.
- 6. Roll dice.** Call odd or even before the roll. Keep score and see how you do. Visualization can be very helpful in this process. Once you get odd and even down, proceed to visualizing what number comes up. This is a great exercise.
- 7. If you have an appointment with someone in a new office, try to visualize the color of the floors, room, clothing the person will wear, etc.** Write down your impressions and see if you are correct. This exercise assists with clairvoyant skills also.
- 8. When in a bank, guess which teller will wait on you.** When in the airport, guess which customer service representative will assist you. When grocery shopping, try to guess which person in the store will end up ahead of you in the checkout line.
- 9. Believing the future is predictable increases your precog ability to see future events.** The human mind is predisposed toward envisioning what the future might hold, and to sense (not predict) what'll happen.
- 10. Read stories about others who honed their precog abilities, and keep learning ways to follow in their footsteps.** Let go of any skepticism you have. Allow yourself to trust in your own natural power.



11. **Fear and doubt hinder acquisition of psi abilities even more than negativity.** If you want to get in touch with your psi side, you can't be afraid of the consequences. You may foresee new things when you least expect it. That's part of the psiverse.
12. **Stay open to the signs and be ready to receive confirmation if and when it comes.** By simply opening your mind up to the *possibility* of receiving a message, you can 'see' more than you even thought possible.
13. **One way to keep track of your predictions is to write them down in a precog journal.** This way you can start tracking how you process things (dreams, gut feelings, hearing things, visions, etc.), and you'll have a record of what secrets your intuition has shown you. Through this, you'll be able to notice patterns and you can figure out your personal precog 'psi style.'

Have fun playing with these 13 strategies for developing your precognition abilities. Keep notes in your journal to track:

- which ones felt most comfortable for you;
- how you improved over time;
- what surprised you;
- and other reflections, thoughts, and ideas that arise from this practice.



## Telepathy

Telepathic communication is already basically scientifically proven, but not in the way you probably have in mind. Scientific studies have explored the validity of mind-to-mind communication, which involves person-to-person, person-to-animal, and person-to-plant communication exchange with each other without using their physical senses of vision, hearing, and touch. This telepathic palette will give us human-to-human telepathy, human-to-animal telepathy, human-to-plant telepathy, and computer-assisted human-to-computer telepathy. These fantastic neural interfaces that link human brains to computers using artificial intelligence will allow people to read other people's thoughts without speaking by 2050.



Here's just one example of the science behind the psi power of telepathy. A team of researchers from Harvard Medical School, Axilum Robotics, and research institute Starlab conducted a study in 2014 aimed at developing a system for enabling telepathic communication. Their results helped to validate the reality of telepathy. Also, in the 1960's, Swiss psychologists Carl Jung reminds us that "...the authenticity of telepathy can't be disputed any longer."

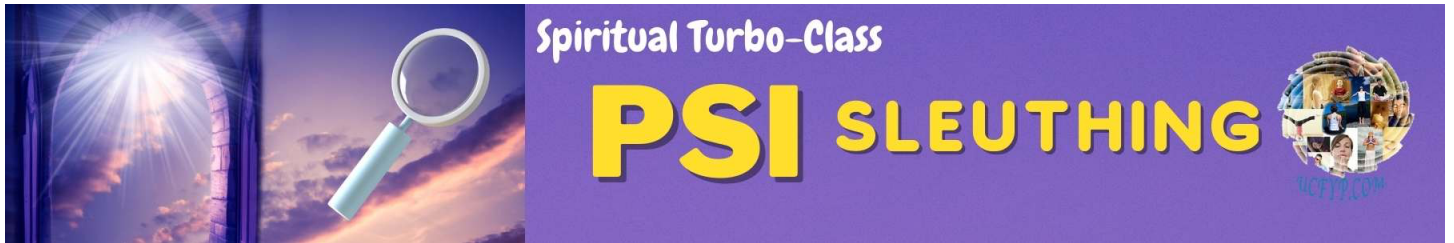
Austrian neuroscientist, founder of psychoanalysis, and occultist Sigmund Freud strongly suggested that "telepathy may in fact be the *Ursprache*, the original means of communication used by ancestral humanity before verbal languages were developed." Sooo, it seems that Freud saw telepathy and remote viewing (as extrasensory, phantastic supersensory intelligences – my addition) as human proto-languages (which we've evidently repressed as a species – our addition)!

A year before the 2014 study, a University of Washington study used a similar EEG-to-TMS setup. However, instead of using brain signals to generate a message and transmit the message to the brain of a receiving person, this research used brain signals to control the hand motions of another person.

ECOG (Electrocortigram Technologies) is giving us telepathic communication interfaces using computers, typing without using keyboards using only our mind, telepathic dictation, telepathic helmets, MRI capabilities on cell phones, tricorders (small handheld scanning devices that give an instant diagnosis of any illness). You probably remember a similar device in the Star Trek TV series.

There are already abundant mind-controlled video games flooding the market. There're plans for more advanced BMBIs (brain-machine-brain-interfaces) that feature Internet contact lenses. Using brain-net technology people will be able to communicate with each other telepathically through thoughts alone! It's becoming closer and closer to scientific fact that the computer devices we use to communicate with (mouse and keyboard) will become obsolete.

Also, telepathy's applications aren't limited to basic communication with people who can't see, hear, and feel. It's also used in other settings like in the battlefield, to facilitate more efficient discrete communication among soldiers. It can likewise be used in business or government negotiations as a way of ensuring honesty or sincerity.



Moreover, it has the potential to become a revolutionary communication method not only between humans, as we mentioned above, but also between humans and machines. It can revolutionize the way people interact with smart devices or equipment. With further research, it may even make it possible for us humans to understand what our pets are trying to say, while also making it possible for our pets to understand better what we're trying to convey. Human-to-plant telepathic communication should also probably improve.

By the way, there's extensive research dealing with the surprising telepathic connections between identical twins. An excellent reference is *Twin Telepathy: the Psychic Connection* by the English investigator Guy Playfair.

There's no doubt that telepathy can become superior to any other method of communication. Arguably, it can also result in a better "universal language." It's important to point out that the studies cited earlier don't mean that telepathy will become a common mode of communication soon. There's still a long way to go to perfect the technology for it.

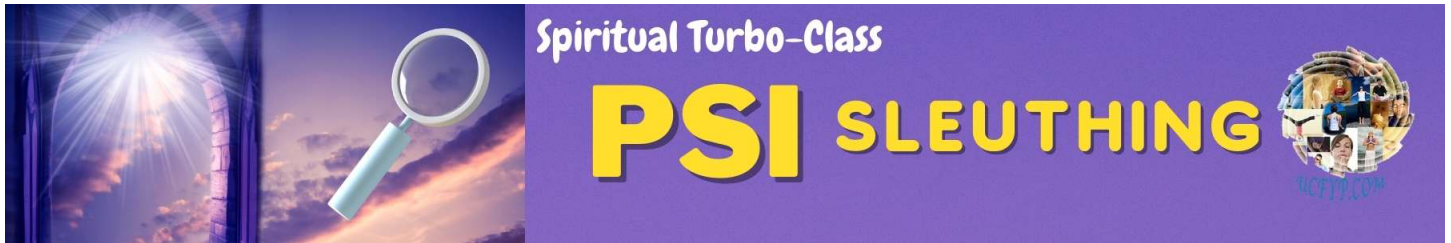
While science's reductionist universe isn't comfortable with the universal nature, etherealness, and nonlocal communication capabilities of the timeless psiverse, there's a growing number of physicists who believe there's the existence of what they refer to as 'psitrons,' which are psychic connections within the electromagnetic field that link nonocal mental energies. Telepathy gives us a much wider psi bandwidth than a key-holed view of a greater reality.

By the way, humankind could very well be on its way toward accepting 'psi realities' as more normal than you might think! If you believe we humans have phantastic supersensory intelligences (psi abilities), you'll probably breathe a 'psi of relief' when you read this scientific panegric blurb (a published finding praising someone and/or something):

*In the last few years, no less than three extremely credible mainstream scientific journals (The American Psychologist, The Psychology of Consciousness, and The International Journal of Dream Research) have featured lengthy articles with positive assessments of the growing evidence of telepathy, remote viewing, precognition, and déjà vu (American Psychologist, Vol. 73, No. 5, 2018).*

I don't believe its editors would risk its institution's highly prestigious name to print a 'psi-positive' article. To do so, speaks volumes! Don't you think!

Here's just one example of why we, and many other psioneer experients, believe that the psi-universe is real! For instance, as the above-mentioned research corroborates, telepathic (both remote and hands-on) healing works! What if, much like conventional medical interventions, healing touch modalities trigger what's called 'biosystem recovery?' This is based on our body's biogenetics which helps our body 'remember' its prior optimal physiological functioning! Sooo, the healing process seems to 'remind' our body to reset its biosystem to 'factory specifications!' In other words, the healing process itself invites 'biosystem restoration' which realigns our physiology back to a condition when it was functioning more healthily and properly. Isn't that incredible?

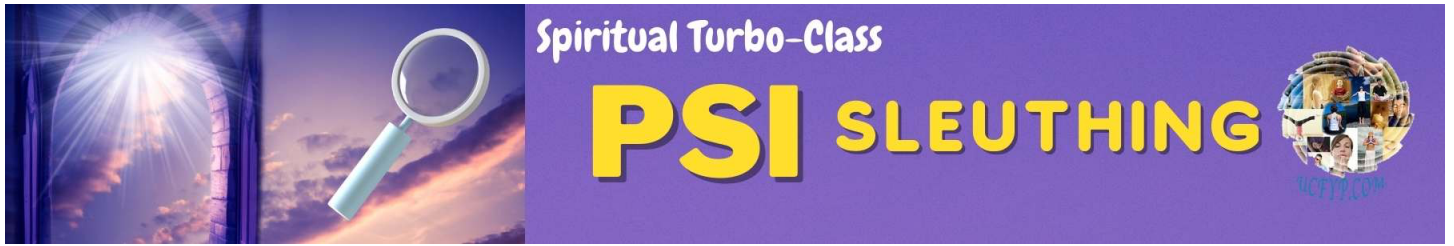


## *Some Quick Tips on Developing Your Telepathic Powers*

1. **Make it a practice to listen to the ‘Still Small Voice.’** You’re password protected because you have immediate access to the greatest security system in the world: the Still Small Voice which is the Soundless Telepathic Voice of your Soul Signature. And the password is: *Peace be still.*
2. **Tune out your physical senses.** Try playing white noise through headphones and wearing blackout goggles. Shifting attention away from your physical perceptions might allow you to focus more deeply on sending the telepathic message

Visualize the person receiving your message. Close your eyes, and picture the receiver as clearly as possible. Imagine that they’re sitting or standing right in front of you. See details with your mind’s eye, such as the person’s eye color, weight, height, length of hair, and the way they sit or stand.

- If you’re far away from the receiver, it might be helpful to look at a picture of the receiver before you begin visualizing the receiver.
  - As you build your mental image and send it to the receiver.
  - Call to mind the feelings you experience when you interact with the person face-to-face. Feel these emotions as if the person was actually in your presence. Focus on these feelings, and believe that you’re creating a connection with the other person.
3. **Focus on a simple image or word.** When you’re just starting out, stick with something simple, such as a nearby object. Visualize it with as much detail as possible, and focus your mind solely on it. Ask the receiver to write down what comes to their mind. Once you’ve sent the message, the receiver should remain relaxed and open until they sense that a thought has entered their mind. They should then write down whatever has come to their mind. Before checking in with the receiver, write down the thought you were trying to send. This can help you stay objective when you compare your results.
  4. **Try playing a card game.** Take five unique cards, such as playing cards or cards with symbols on them. With your partner in a separate location, pick a card at random. Relax and calm your mind, then focus your thoughts solely sending the card’s image to your friend. Have your partner calm their mind and try to sense your message. When they feel an image has come to mind, have them write down the card you sent, then check your results.
  5. **Draw an image, then send it to your partner.** Try drawing a shape or simple combination of shapes, like a circle inside a triangle. Focus your thoughts on the shape, and visualize the image traveling from your mind to the recipient’s. When the recipient senses that they’ve received the message, have them draw whatever shape has entered their mind.
  6. **Send telepathic messages to someone via your dreams.**



- 7. Limit sessions to short time frames.** Don't burn yourself out while you're developing your telepathic powers. Keep your sessions short – no more than an hour at a time – to keep your mind fresh, relaxed, and focused.
- 8. Keep a telepathy journal to track your progress.** Each time you communicate telepathically, write down the details of your attempt. Note who the sender and receiver were, what the transmitted image was, and whether or not you were successful. A journal will help you find ways of refining your telepathic abilities.
- 9. Take a look at physicist Russell Targ's ESP Trainer app used with iPhones to develop your psi powers.** (You can learn more about this and how to download it here: <https://apps.apple.com/us/app/esp-trainer/id336882103>)

[Is Telepathy Real?](#) This IONS video is part of the series "Extraordinary Abilities" written and edited by Adrian David Nelson. It shares scientific support for Telepathy.

Reflection Question:

*How do you feel about your ability to be telepathic?*

*Find a partner and practice some of the activities listed above. Repeat the practice at various times over a 30-day period, and see if you experience any improvements in your abilities.*

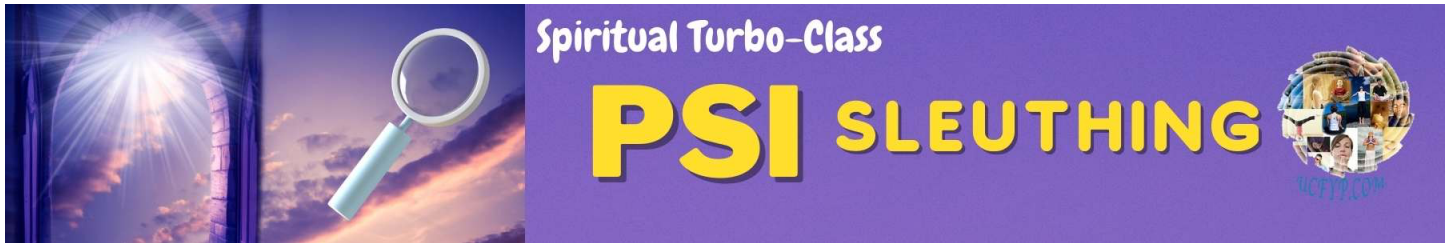
A graphic with a light green background and a dark blue border. On the left, there's a corkboard with a white note that says "Take Action!". The text is centered on the right side.



Spiritual Turbo-Class

# PSI SLEUTHING





## 42 Tips for Developing Extrasensory Abilities

Here’s just one example of why we, and many other psioneers, believe that the psi-universe is real! For instance telepathic (both remote and hands-on) healing works! What if, much like conventional medical interventions, healing touch modalities trigger what’s called ‘biosystem recovery?’ This is based on our body’s biogenetics which helps our body ‘remember’ its prior optimal physiological functioning! Sooo, the healing process seems to ‘remind’ our body to reset its biosystem to ‘factory specifications!’ In other words, the healing process itself invites ‘biosystem restoration’ which realigns our physiology back to a condition when it was functioning more healthily and properly. Isn’t that incredible!

Fundamentally, psionic skills are defined by an innate ability to process sensory data — both tangible and intangible stimuli — on an extremely deep emotional, physical, and spiritual level. Of course, this is a rather broad definition, because extrasensory gifts vary greatly in intensity and application. So, it’s best to imagine psionic abilities as a spectrum of abilities.

Given the nature of our psionic capabilities, we start to believe that emotions and intuition seem antithetical to science and reason. We may suppress our extrasensory gifts, sneer at ‘psioneers,’ and accept the physical realm as the full extent of reality.

Psioneers see beyond the realms of this mundane world. They sense on a different spectrum of wave lengths; have heightened senses of taste, smell, touch and feel; and have the wherewithal to feel what might be considered ethereal realities which ‘normal’ people I are oblivious.

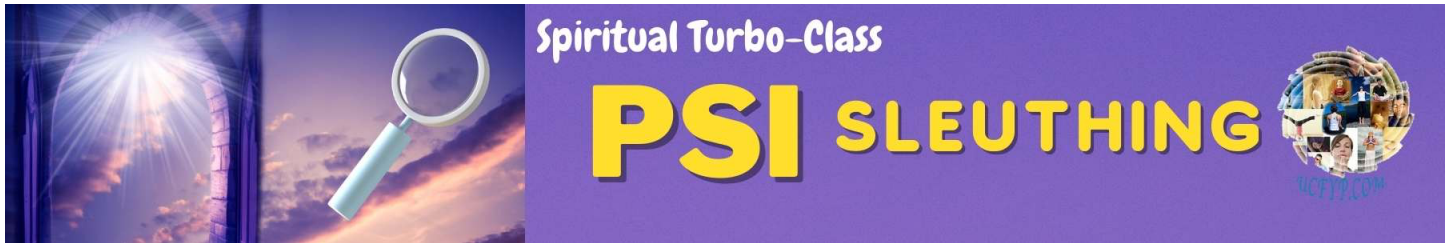
It all depends on where people draw the line between ‘normal’ and ‘paranormal.’ Our confirmation biases limit things that can either be physically touched, seen or felt and have current scientific explanations.

As we grow and develop our own set of beliefs based on what appears to be collective rationality, we realize that there are phenomena that only some can appreciate and comprehend. We find ourselves wielding powers and abilities that are inherent and unique through the process of realization and self-introspection. Some call these abilities ‘paranormal;’ however, psi abilities are ‘normal,’ too – so we all have a ‘pair of normal’ abilities!

***Here are 42 basic tips on how to begin exploring your innate psionic abilities  
and gain the ‘psi literacy’ you seek:***

- 1. In order to tap into your psi intuition, pay attention to random thoughts and feelings.** Keep a journal handy at all times, and track thoughts that seem to come out of nowhere. You will notice after a while that patterns tend to emerge. Thoughts that previously seemed completely random and unconnected begin to form patterns, themes and recognizable ideas. Record any psi experiences you feel you’ve already had as well as your ongoing extrasensory moments. Catalogue your intuitions. Review them occasionally to gauge your progress.

Allowing yourself a few moments to be still upon waking makes it much easier to remember dreams with more detail than if you rush out of bed in the morning and hurry to start the day. Set your



phone wake up app to get you started 10-15 minutes before your normal waking time. Give yourself some time to remember your dreams and make a few quick notes in your journal. These practices will help you become more aware of your own psi experiences.

- 2. **Another great way to cultivate your psychic abilities is to practice ‘environmental scans.’** To do this, position yourself in the center of a room. Roam around the space (either physically, or just with your eyes), noting the sights, sounds, scents, and textures. Which areas seem the most inviting? The least? Explore the corners, the windows, the furniture. How do these energies make you feel?

This exercise may seem a bit awkward at first, but trust us, your psioneering will pay off. Practice these environmental scans in different areas — parks, offices, neighborhood walks, malls, subways, etc. The more you become aware of your surroundings, the easier it’ll be for you to pick up on subtle energy shifts. Eventually, you’ll be able to integrate this skill to past memories, as well as future happenings.

- 3. **It may sound trite, but one of the best ways to access your psi abilities is through your subconscious.** In our daily lives, we’re constantly creating boundaries to limit how much stimuli we ingest — and with good reason. In order to live healthy, functional lives, we simply can’t absorb every stimulus we encounter. Interestingly, these local and nonlocal quantum essences are stored in our psyche. The fastest way to tap into your psi abilities is to cultivate a healthy relationship with your subconscious mind.

Mystical moments, meditations, and dreams are great pathways into this realm. They symbolize the alternative reality to our physical world. Free of physical constraints, we can move effortlessly between ethereal realms of beingness — exploring foreign lands, traveling to bygone eras, and encountering higher consciousness realms. Mystical moments, meditations, and dreams are only some of the portals, and the more acquainted we become with our subconscious realm, the more easily we’ll be able to access the full spectrum of our psychic gifts. As you become increasingly comfortable with your subconscious, you will begin to realize the incredible fluidity between worlds.

- 4. **Simply be willing and open to tap into your otherworldly capabilities.** Declaring to the extrasensory psiverse that you’re ready and open to explore these gifts and not let any doubt or fear shut it down.
- 5. **Practice ‘pre-visiting’ places and locations.** Before you visit a place you’ve never visited (like a new restaurant, a friend’s house, etc.), close your eyes ahead of the visit and declare that you want to ‘see’ this location. Then draw on a piece of paper whatever comes to mind. Later compare your drawing to how the place actually looks when you get there. You’re going to find that you drew shapes that are actually there. Sometimes they’re very specific, like you had the exact window and the plant that’s in that exact spot.
- 6. **Meditation will improve your psychic ability, so make meditation a regular practice.** Psychic ability, at its core, is attuning to your Supersentient Nature (Divine Nature, Higher Spiritual Nature, Cosmic Nature). It’s important to train yourself to reach your Psi-center without much effort. This will increase your psychic contact with your YOUiverse.



Beginning with a focus point, meditatively keep your attention centered and let go of any mental wanderings. Just breath naturally and effortlessly without strain or forcing in any way. Find the types of meditative experiences that work for you will be key to success.

7. **Take care of your body.** Your diet, exercise, and overall physical condition affect your psi abilities. Keeping in a good state of health and wellness will help to improve your psi ability. That includes no smoking, no consumption of alcohol, and illegal drugs. Implementing some type of exercise program will go a long way in helping you to manifest and improve your psioneering.
8. **Trust that you have innate psi abilities.** Trust means taking chances with your psioneering capabilities, accepting them as such and boldly believe in your psi self. Use positive affirmations on a daily basis until you feel that you have accepted the fact that you indeed have psi abilities and are capable of implementing them successfully. Trusting in your psionics is a huge key in allowing more effective accuracy. The more you do it the better you become!
9. **Open your chakra centers.** You can create a better psi future for yourself by developing a spiritual understanding which helps you appreciate your divine attributes. Part of developing psioneering expertise is opening up your chakras. These centers of focused energy within your body are higher consciousness ways of receiving psi-formation. Opening up your Third Eye is very beneficial and can be accomplished with some practice on opening up each chakra center. These psychic energy centers are always open to some degree and receiving information, just like the gut feeling you may have about something or someone and realizing it was right.
10. **Practice psychometric awareness.** Psychometry is the ability of reading a person's energy field by touching his/her personal possessions. You may want to practice by getting to touch objects that belong to someone you know first, and see if you sense any impressions of that person. This type of interaction will go a long way toward helping to increase and improve your psychic abilities.  
It's SUPER fun and can be a great way to start practicing your abilities. By the way, holding objects (preferably a metal object that has lots of energy on it, like a wedding ring), and then closing your eyes helps you intuitively sense, see, or hear anything about the owner of the object. Visit an antique store or church bazaar. Notice what you intuitively FEEL or sense by being in the store. Practice reading old family photos. Write down everything that you sense about the articles. This is one of the most fun ways to develop your psi abilities.
11. **Pick up objects in flea markets, Goodwill Centers, fairs, etc., close your eyes, relax, and get a sense for what your body feels.** You could ask yourself whether you think the object belonged to a man or woman, what some of the emotions were of the people who owned it and released it, and what kind of work they did. Keep a writing pad and/or iPhone with you and capture what comes to you as instinct. This is called 'energetic impression.' Don't edit anything. Just trust your instincts. These impressions help you get accustomed to picking up 'resident energies' associated with material objects.

One neat way of validating this psi ability is to invite friends to bring personal items to a get together and place them privately in a selected room in the host's home and then take turns picking up several items and determining who owns the items.



12. **Have someone hide an object, and see if you can find it.** The key is to see whether you can sense the energy of the object. See if you can ‘feel’ where the object is located. Visualize yourself connecting with the object’s energy in order to figure out its location. Ask yourself whether it seems somewhere high or low, and whether it’s hidden under something or placed inside of something. You could use pictures instead as the objects. Have a friend select photos out of magazines, and seal them in envelopes. Then, see how many details you come up with about the photos.
13. **Become a good reader of body language.** Psioneers learn a lot about people by being able to read their non-verbal cues. These provide key predictors of inner feelings. Energy healers will sometimes place their hands on another person so they can better perceive his/her emotions. Protect yourself from negative psychic energy. This is called psi protection. That means that you’re able to shield yourself from negative energies of other people.
14. **Hold a picture or photo for one minute while looking at it.** Then close your eyes, and try to reproduce its images with every detail you can remember in your mind. This visualization technique will help improve your observation and concentration abilities.
15. **Learn more about your personal energy field.** Psioneers believe that all people are surrounded by electromagnetic fields that they use to pass energy on at a psychic level. You can use these energies better if you understand what they are. They’re a combination of electromagnetic radiation and infrared radiation. Also, they consist of several energetic layers which are in different colors. Auras are psi aspects of your personal energy field. If you understand what they are, you can better control the flow of energy into and out of your body.

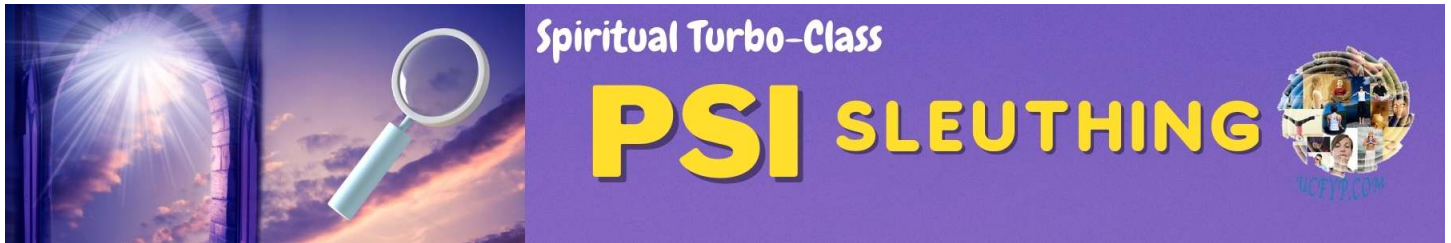
It can take many years to hone your telepathic abilities. You should try to practice these skills on a daily basis, if possible. Auras are energy fields that surround your body. Chakras are the places that energy flows into and out of your body. You can try to perceive other people’s personal energy fields, and thus, increase your ability to read the thoughts of other people.
16. **Get rid of your negative energy.** In order to become sensitive to other people’s feelings and experiences, you need to operate at a higher level energy frequency with your own energy. Negativity and unhappiness are energies that’ll cloud your psi abilities. Think optimistically and positively as much as you can. Start by grounding yourself. This will help you learn how to control your energy. Stand with your feet apart, and your arms hanging loosely. Bend your knees slightly and mentally move your energy to your feet.
17. **Be still and quiet in order to perceive natural energy.** You’ll want to get out of the clutter of modern life with all of its distractions to perceive energy better.
  - Keeping away from the rowdiness and activities of noisy distractions can help your mind think more clearly, in terms of developing inner mental accuracy and focus. Drink in the beauty of natural sounds, like the chirping of birds, the babbling of water from a brook, the rush of a waterfall, etc.



- These natural echos are known to enhance intuition and psychic abilities. Remove the distractions of electronic devices - cell phones, TV, and even electric lighting can be a barrier to psi abilities.
- 18. Clairsentient messages come through as a feeling, and gut instincts, help you read the emotions of others and/or sense the collective energy of a room.** Whenever you get a strong intuitive feeling about something, jot it down in your journal. Over a few weeks or months, you'll realize how many clairsentient messages you'll get from your intuition. Beginning to recognize these messages will help you pick up on more of them.
  - 19. Achieve deliberate clarity.** This sounds complex, but it's not. To achieve deliberate clarity, train yourself to be aware of everything around you. Sense changes in the sunlight and shadows, notice a shift in the wind, be aware of who has walked into a room and who has walked out. Take mental notes of everything—this will help you later on, when you need to decipher what messages are 'real' messages, and what's just your imagination or wishful thinking.
  - 20. Listen to what's being said, and what's not.** Frequently, people say one thing but mean something entirely different. Understand that omission is still a form of communication.
  - 21. Test your hunches.** If you have a hunch about something, confirm it. For example, when your best friend is on his/her way to meet you for coffee, try to guess what music he/she was listening to in the car. Then, when your friend arrives, ask. Did you get it right? If your phone rings, before you pick it up and look at the Caller ID, visualize who might be calling. Then answer the phone and see if you were correct. Simple exercises like this will help you develop your own innate abilities.
  - 22. Have you ever felt like crying, but you're really not sure why this feeling surfaced?** Then you receive a call from your mom on the other side of the globe, crying and telling you that her sister, or your aunt, has been in an accident. If you have encountered scenarios similar to this, then it's an indication that you're tuned into your psi abilities. If you're able to feel what others feel so strongly that your energy is drained afterwards, then this is an indication that you may be an empath.
  - 23. See if you can detect lights and colors around living beings.** Psioneers often see a certain ray of light or a particular hue surrounding another living being. If you see this type of manifestation, then there's a good chance that you have clairvoyant abilities.
  - 24. Recognize that relaxation is one of the keys to automatic writing.** You have to empty your head of all thoughts. Some people prefer holding their writing instrument their non-dominant hand. However, either hand is okay. The process starts by asking a question (you can even write it down). Then relax and wait for it to happen. After writing is done, interpret the message. As with all other forms of visions, the message may be hard to interpret at first, but it gets easier as you become more proficient.
  - 25. Make being distracted okay.** Here's why! Being in a distracted state of mind is often a favorable condition for psi phenomena to manifest, because your mind isn't preoccupied with some ordinary task which automatically forces you to reject anything outside that task.

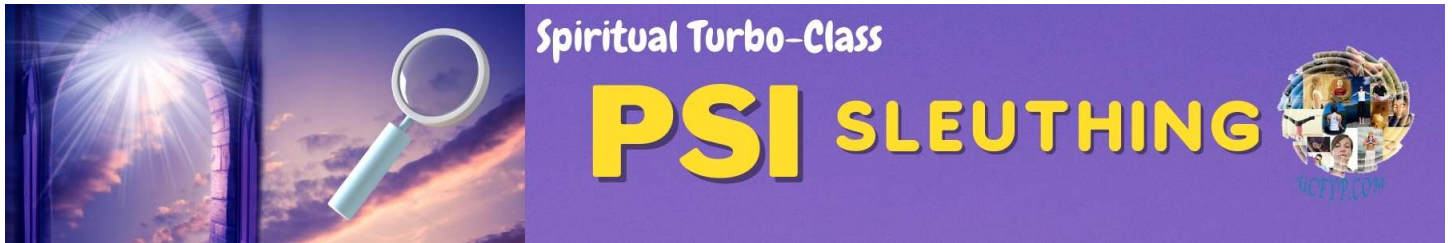


26. **Tune-in to your pet.** When your pet is calm, sit with it and try intuitively picking up on how it feels. This will help develop your clairsentience.
27. **Ask a friend to call you – telepathically.** In your mind, hold the image on your friend. Imagine energetically asking her/him to contact you within 24 hours.
28. **Eat high-vibrational foods.** Adding high vibration brain foods to your diet, such as fresh fruits and veggies will help your body feel good. And the better you feel physically, the better you'll feel *psi-chically* and it'll be easier to develop your psionics abilities. Add these foods to your psi diet:
  - **Fruits:** Avocado, fresh fruits, fresh veggies eaten raw or lightly steamed, extra-virgin organic olive oil, nuts and seeds, whole grains, such as quinoa, etc.
  - **Protein:** Get much of your protein from plant sources and cut back on the meat you ingest. When you do eat meat, get it from ethical sources, such as free-range chicken, pork, beef and wild-caught fish.
  - **Brain Foods:** These foods are good for your mind and usually contain “tryptophan,” a chemical that controls the all-important serotonin levels in the brain. Some foods that contain tryptophan are soy products, fowl, pineapples, eggs, cheese milk and avocados. Some bread, potatoes and cereals also have tryptophan.
    - Chocolate bars and drinks with caffeine may give you a temporary boost, but will cause your body and your brain to become imbalanced. Another chemical, Thiamine (Vitamin B1), promotes healthy brain cells and will also promote balance.
    - Folic acid, found in foods such as oranges, lemons and bananas help your brain function healthfully and the mineral, Zinc, promotes concentration as well as keeping your immune system healthy. Zinc can be found in red meat, peanuts and oysters. Omega-3 fatty acids contained in fish (especially salmon) is a great “brain food.”
  - **Get Rid of Processed Foods:** Fill your diet with plenty of fresh, organic fruits, vegetables, nuts and seeds and stay away from processed foods, fast foods and genetically modified (GMO) foods. Foods such as these have been processed so much that any good vibes they naturally had are long gone.
  - **Eat High-Vibrational Foods Such As:** Ancient grains like buckwheat, amaranth and spelt; fresh organic fruits, vegetables and herbs; raw nuts and seeds; olive and coconut oils; raw chocolate; purified water; herbal tea; raw honey and maple syrup; brown rice; green supplements, like spirulina.
  - **Avoid Low-Vibrational Foods Such As:** Processed foods, including canned and frozen foods; microwaved, GMO and packaged foods; alcohol; coffee and other caffeinated drinks; soda; white rice and flour; pasteurized dairy products; meat, poultry and fish; vegetable and canola oils and margarine; sugar and artificial sweeteners, etc.
29. **Meditate for psi development (the more the better).** If you can participate in a group of people with a mutual interest in their perceptual development, then all the better. The coherent group energy will heighten and refine your own through a ‘quantum additive’ effect, accelerating your



development. Meditate every day for at least 20 minutes, specifically focusing on one of the extrasensory declarations we provide and/or one that you've written.

30. **Memorize images in printed or digital form.** Using tools such as tarot cards, regular playing cards, flashcards, books, magazines, newspapers, or the internet for memorizing pictures is a great way to develop your psychic sight. These triggers bring images to your Third Eye and can enable you to relate to another person, give you insight into a problem, or prompt a premonition of a future event.
31. **Declare, both verbally and silently, the value and efficacy of your extrasensory abilities.** Acknowledge that you have innate psychic abilities. Embrace the whole concept of extrasensory abilities as an essential part of your human beingness. Develop an optimistic spirit and more of a positive outlook on life than you already have. Research has shown that negative thoughts dampen and even hinder psi powers.
32. **Become more well-rounded psi wise.** Practice subjectivity; pay more attention to your intuition; use your imagination more freely; practice thinking metaphorically whenever possible; develop an interest in disciplines like: psychology and positive psychology, philosophy, neurophilosophy, neurolinguistics, parapsychology, exobiology, etc.
33. **Question unquestioned answers when it comes to verifying and accepting psi abilities.**
34. **Play our downloadable MP3: Brain Hemisphere Synchronization Meditation as often as you can.** Make it one of your go-to spiritual psi practices. Cater to right-brained thinking, being and doing as a routine practice. However, don't neglect developing left-brained thinking, being and doing, too, because the hemispheres are synched more than you realize.
35. **Change your daily routines often:** use your non-dominant hand to brush your teeth and hair, write and/or type occasionally; drive a different way to work and/or from work; read a different type of content than you normally do; etc.
36. Breathing properly, yawning, physical exercise, and - believe it or not – chewing gum, all contribute to improved memory and oxygenating the brain.
37. **Enroll in legitimate psi training courses and lectures.** See our list of foundations and colleges. Check out science-based YouTubes on extrasensory perception.
38. **Read all of the extrasensory books you have time and interests in to gain science-based knowledge of the field.**
39. **Ask others about their psi abilities if the subject comes up.** Using as much diplomacy as possible, explore their psi experiences. Show your genuine interest and capture any advice they can give you.
40. **Ask your own intellect to attune itself more and more to your own psi abilities.** Look for experiential clues and instances where one or more of your own psi abilities have appeared from time-to-time.



41. **If you’ve ever experienced a psi prompting that’s alerted you to a life-threatening event, record it in your journal.** Note the amount of time between the precognitive psi prompting and the manifestation of the life-threatening event, if it occurred. Re-read your notes occasionally – so that your ‘psi sense’ is attuned to these types of life-changing events. Also, ask receptive other people if they’ve ever had similar promptings and, based on their receptivity, ask how they acted on it and how it turned out. Being aware of forewarnings like these – your own and/or someone else’s – will help you develop a higher ‘psi sense’ and put you in a position to maximize your own elevated psi-ness!
42. **If at all possible find someone who’s had a ‘miraculous cure’ of some kind.** If he/she is receptive discuss how it happened and if they believed it was a psychic cure. Remind yourself to diplomatically explore the scientific evidenced-based aspects of the ‘cure’ to uncover the truth about the nature of the disease or accident involved, if possible.

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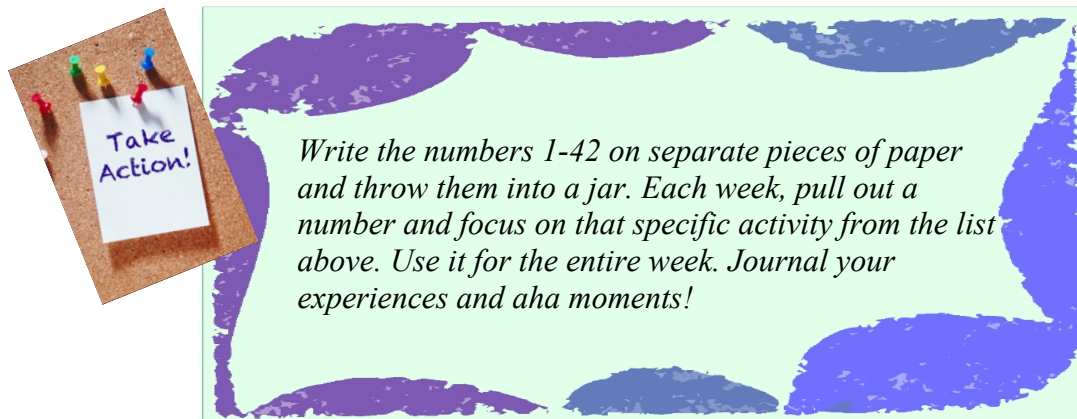
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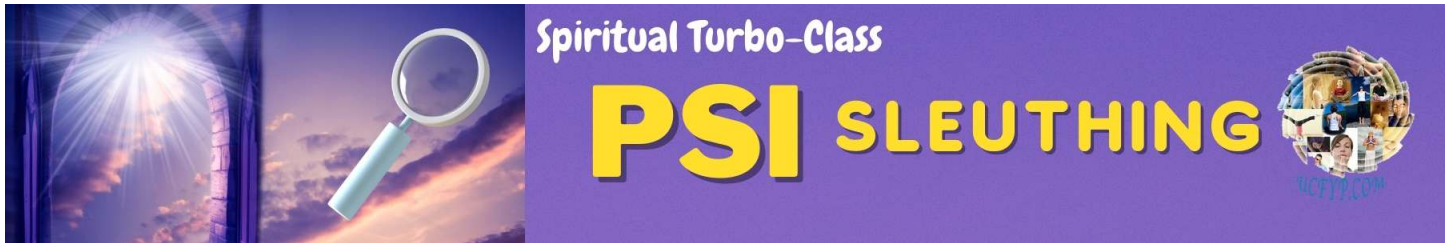
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## Birthmarks and Claims of Previous Life Memories

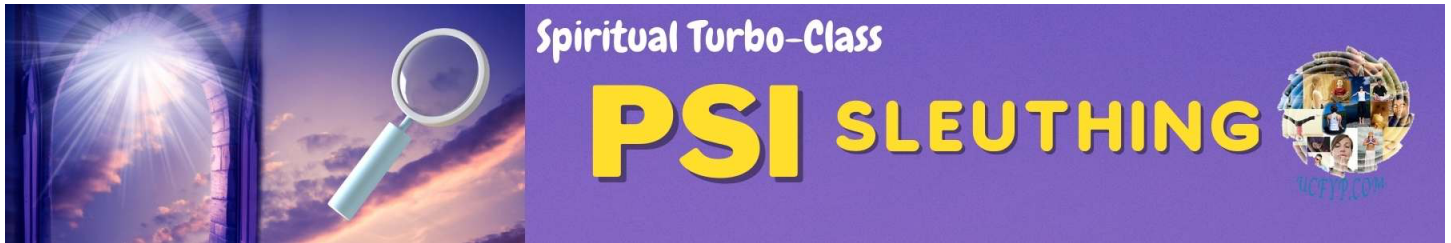
Parapsychologists have cited these cases of childhood memories of a previous life that may explain birthmarks, moles, warts, and birth defects that relate to physical wounds (usually fatal) in that former life. In these instances children make clear statements about the locations on their current bodies of their birthmarks and birth defects and how they relate to accidents and injuries in a former life. They recount having ‘floated in the air’ seeing people mourn for them at their funeral and gravesite.

The birthmarks are usually areas of hairless, puckered skin; some were areas of little or no pigmentation (hypopigmented macules); others were areas of increased pigmentation (hyperpigmented nevi). The birth defects were nearly always of rare types. In cases in which a deceased person was identified the details of whose life unmistakably matched the child's statements, a close correspondence was nearly always found between the birthmarks and/or birth defects on the child and the wounds on the deceased person.

Children who claim to remember previous lives have been found in every part of the world, but they're found most easily in Asia. Typically, these children begin to speak about a previous life almost as soon as they can speak, usually between the ages of two and three; and typically it stops between the ages of five and seven. Research details the names and events that identify a person whose life and death corresponds to the child's statements. Interestingly, in some instances the person identified is already known to the child's family. Many of the children show behavior (such as a phobia) that's unusual in their family but found to correspond to behavior shown by the deceased person.

All pertinent written records that existed, particularly death certificates and postmortem reports, are generally sought and examined. Birth defects of the kind in question as outlined would be noticed immediately after the child's birth. Inquiries in these cases excluded (again with rare exceptions) the known causes of birth defects, such as close biological relationship of the parents (consanguinity), viral infections in the subject's mother during her pregnancy, and chemical causes of birth defects like alcohol.

A correspondence between birthmark and wound is judged satisfactory if the birthmark and wound are both within an area of ten square centimeters of the same anatomical location. In fact, many of the birthmarks and wounds are much closer to the same location than this.

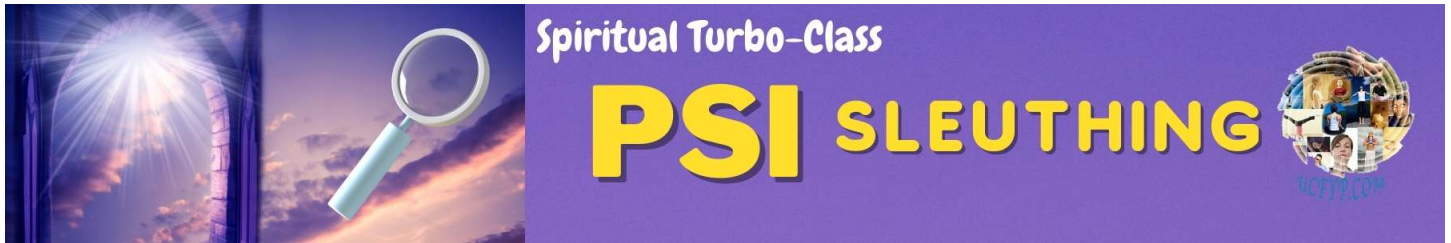


***Other research related to birthmarks:***

- According to a popular belief, if there's a reddish-brown spot on your forehead which may even look like a center mole accompanied with a colorless ring around it, it tells that you were possibly killed by a poisoned arrow in a previous life. White and/or large pinkish-red blotches usually indicate burn marks. Previous lives who were enslaved in chains and had their skin rubbed raw by shackles that constantly chaffed against their wrists or ankles produce dark red birthmarks. This damage was often so deep that the body would layer the area with callouses as a form of protection.
- Also, freckles (dark spots) and albinos (white spots) are often located where you were fatally burned by fire in a past life. A scattered pattern of marks usually indicates pellet wounds from shotgun injuries.
- Birthmarks that are black and dark brown usually indicate gunshot wounds and stabbing marks. Spots on the iris are almost always from being directly punctured there. This was a favorite form of assassination in past lives. It was usually done when the individual slept. It always proved to be fatal because a stab in the eye was a stab to the brain.
- Elliptical-shaped birth marks feature a central mole with a discolored ring around it (depicted) and usually comes from past lives. This is how a poisoned arrow wound looked. If the arrow didn't kill the person, the poison it was dipped in would do so.
- Cysts and lumps are often located at the site of fatal disease lesions from past lives. Tumors are often located at the site of fatal wounds inflicted by weapons in past lives.

Examples of birth defects and deformities which usually indicate being mauled by animals, being the victim of explosives, amputations, and acid burns:

- malformed ears and facial characteristics;
- missing fingers;
- malformed arms and legs



## Immortal cells

Immortal cells: There's only one known example of a person having immortal cells (cells that can divide indefinitely outside the human body, defying the Hayflick Limit) and that's of a woman named Henrietta Lacks. The cells from her tumor had an active version of the telomerase enzyme (the mechanism by which cells age or are aged).

In 2010, Rebecca Skloot published *The Immortal Life of Henrietta Lacks*, a compelling look at Henrietta Lacks' story, her impact on medical science, and important bioethical issues. That book became the basis for the HBO/Harpo film by the same name, which was released in April 2017.

Henrietta Lacks was one of a diverse group of patients who unknowingly donated cells at Hopkins in 1951. The donation of Henrietta Lacks' cells began what was the first, and, for many years, the only human cell line able to reproduce indefinitely.

Her cells, known as HeLa cells for **Henrietta Lacks**, remain a remarkably durable and prolific line of cells used in research around the world. Her cells are still used to help develop some of the most important advances in medicine, including the polio vaccine, cloning, gene mapping, in vitro, etc. The multibillion-dollar biotech industry is built on the back of the HeLa cells

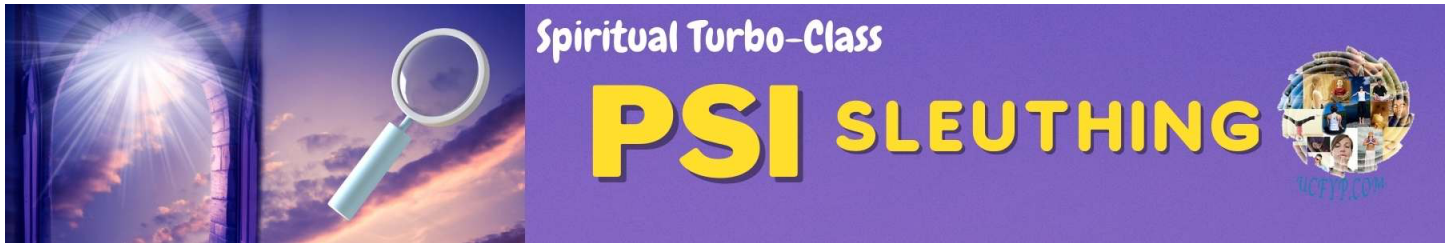
HeLa cells are the most widely used human cell line in biological research, and for almost 70 years they have played a central role in many of mankind's most significant biomedical breakthroughs – the cells were used in 1954 to develop the polio vaccine, in the 1980s to identify and understand the human immunodeficiency virus (HIV) and even in research for vaccines against Covid-19.

HeLa cells have formed the foundation of clinical trials to treat and cure cancer, contributed to space travel research and allowed researchers to identify the number of human chromosomes. They've helped develop treatments for Parkinson's disease and haemophilia, establish methods of freezing cells for storage and discover the telomerase enzyme that contributes to aging and death.

Johns Hopkins applauds and regularly participates in efforts to raise awareness of the life and story of Henrietta Lacks. We were proud to support the book research and development of the film by providing full access to the Hopkins archives and granting permission to HBO to film several scenes for the movie on the Hopkins campus.

The publication of Skloot's book led Johns Hopkins to review our interactions with Henrietta Lacks and with the Lacks family over more than 50 years. At several points across those decades, we found that Johns Hopkins could have — and should have — done more to inform and work with members of Henrietta Lacks' family out of respect for them, their privacy and their personal interests.

We are deeply committed to the ongoing efforts at our institutions and elsewhere to honor the contributions of Henrietta Lacks and to ensure the appropriate protection and care of the Lacks family's medical information.



## A Collection of Terms From Our *Spiritual Speaking Glossary*

**Ancestor(s):** preceding thoughts (attitudes, emotions, choices, habits, perceptions, concepts, inclinations, intentions, belief systems); previous incarnations and/or reincarnations; the ‘sins of the fathers’ (preceding incarnations or thoughts) ‘upon the children’ (later incarnations or later thoughts and beliefs);

**Ark-like:** cradle; womb; our causal body; our quantum self (see Quantum Self); *soma pseuchicon* (soul body); the vehicle for our super-conscious, subconscious, and conscious attributes in each particular incarnation and/or reincarnation; a consciousness that has risen (floats) above base sensual appetites; the Earth; the universe; the Multiverse;

**Arranged Marriage:** the union between spiritual and/or religious thoughts, concepts, and inclinations; the Cosmic Christ animating our physical forms as we enter into reincarnational and/or incarnational experiences; the alignment (marriage) between our human self and our Divine Nature;

**Boot Camp:** each human incarnation and reincarnation; each level of an initiation;

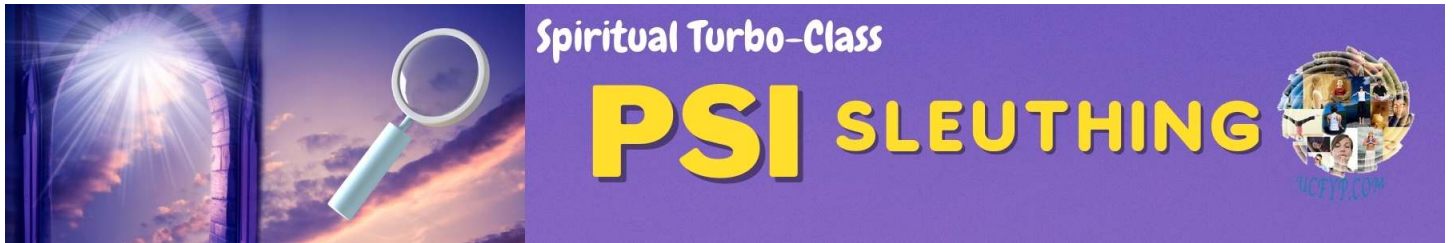
**Classical Conditioning:** repeating incarnational and/or reincarnational experiences; [It’s said that a great world teacher laughed when he found himself in another human incarnation. Like many spiritual teachings this one reminds us that no matter how enlightened we may think we are, we are still prone to classical conditioning. Consciousness, as soon as it expresses itself in human form, finds itself in a dilemma: at the super-conscious level it knows it is one with the One Reality and at a human (egotistical) level it discovers how laughable its choice has been to subject itself to another classically conditioned ‘skin school’ experience];

**Concurrent Sentence:** a particular reincarnation experience where we get to burn off the dross of a number of karmic errors;

**Consecutive Sentences:** a series of reincarnational experiences;

**Divine Comedy:** our unconscious, although oftentimes comedic, attempts to align our human self with our Divine Self; our incarnational and/or reincarnational experiences; (As an initiate in the greater mysteries Dante wrote the Divine Comedy as an outline of the complete path of the Bodhisattva, a path traveled by very few beings of this humanity. It’s our trek through our incarnational and/or reincarnational experiences.

**Punishment Junkies:** ourselves – when we make unnecessary reincarnational stops on our way to enlightenment.

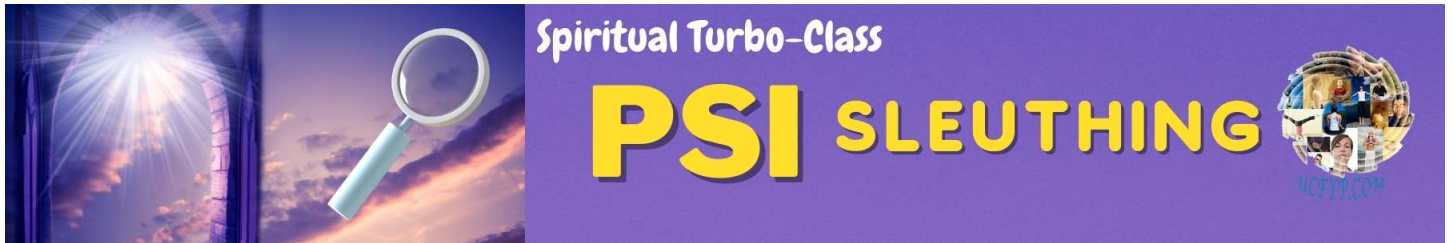


**Reincarnation, Resampling:** although not a necessary condition for our spiritual growth, it is a skin school experience we choose because we still believe in separation and duality; our descent as spiritual beings into matter; re-entering an earth experience to matriculate through the illusions we have spun; assuming another biological address; repeated physical rebirths that continue until we outgrow our attachments to material bling, flings, and things; reiterations of our not getting it; (Reincarnation is only one of the portals we choose to experience human form. Another choice is incarnation from another dimension of being. When we reincarnate we've more than likely been here before – probably many times before. When we incarnate we come here for the first time from another dimension of being in the multiverse. Whether we're here through reincarnation (reimbodiment) or incarnation (embodiment) the answer is the same: we've chosen physicality and its limitations over universality and its endless foreverness);

**Skin School:** our biological address; human incarnational and reincarnational experiences; filigreed Spirit in human form; a cosmic ego in a bag of skin;

**Skinny Dipping:** reincarnational and incarnational experiences;

**Sleepover, Slumber Party:** each reincarnational/incarnational experience;



## Psi Sleuthing Book List

(The References listed present strong anecdotal scientific validation for our psi abilities)

### ***Psi Abilities in General***

*Radiant Minds: Scientists Explore the Dimensions of Consciousness* by Russell Targ and Dean Radin

*The Conscious Universe: The Scientific Truth of Psychic Phenomena* by Dean Radin

*Psychic Literacy* by Ingo Swann

*Supernormal: Science, Yoga, and the Evidence for Extrasensory Psychic Abilities* by Dean Radin

*Psychic Research* by Edgar Mitchell

*Simulated Multiverse: An MIT Computer Scientist Explores Parallel Universes, Quantum Computing, Simulation Hypothesis, and Mandela Effect* by Rizwan Virk

*Parapsychology in the Twenty-First Century: Essays On the Future of Psychical Research* by Michael Thalbourne and Lance Storm (eds)

*The End of Materialism: How Evidence of the Paranormal is Bringing Science and Spirit Together* by Charles Tart

*Outside the Gates of Science: Why It's Time for the Paranormal to Come in From the Cold* by Damien Broderick

### ***Remote Viewing***

*Limitless Mind: A Guide to Remote Viewing and Transformation Consciousness* by Russell Targ and Jean Houston

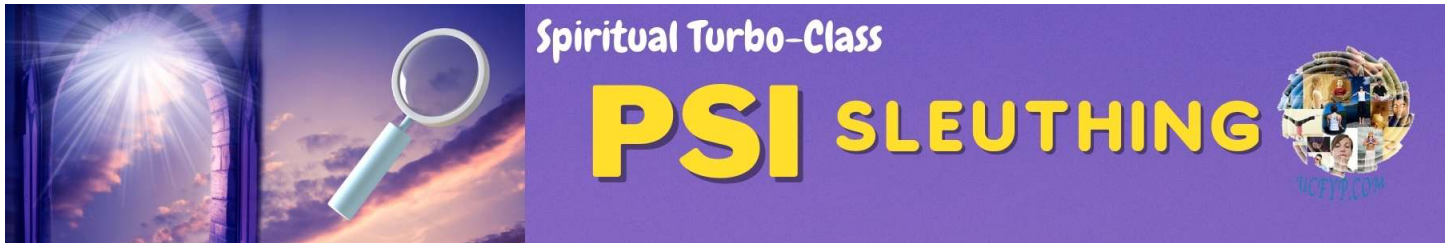
*Mind-Reach* by Russell Targ and Harold Puthoff

*Signal and Noise: Advanced Psychic Training* by Sean McNamara

### ***Precognition***

*Precognitive Dreamwork and the Long Self* by Eric Wargo

*The Premonition Code: The Science of Precognition, How Sensing the Future Can Change Your Life* by Theresa Cheung



### ***Telepathy and Empathship***

*Telepathy: Unlocking the Secrets of Sending Telepathic Messages and Psychic Development (ESP)* by Mari Silva

*Telepathy and the Etheric Vehicle* by Alice Bailey

*Psychic Empath: Secrets of Psychics and Empaths and Guide to Developing Abilities Such as Intuition, Clairvoyance, Telepathy, etc.* by Kimberly Moon

*Telepathy: Our Innate Cell Phone* by Georg Hygen

### ***Clairvoyance***

*Clairvoyance* by Mari Silva

*E.S.P. Extra Sensory Perception* by J.B. Rhine

*Clairvoyance for Psychic Empowerment* by Carl Llewellyn Weschcke and Joe Slate

*Third Eye Awakening* by Mari Silva

*Clairvoyance* by Charles Leadbeater

### ***Reincarnation/Life Between Lives/ADCs/NDEs***

*Children Who Remember Precious Lives: A Question of Reincarnation* by Ian Stevenson (He's been called the Galileo of the 21<sup>st</sup> Century)

*Where Reincarnation and Biology Intersect* by Ian Stevenson

*Twenty Cases Suggestive of Reincarnation* by Ian Stevenson

*Crossover Experience: Life After Death* by DJ Kadagian

*Yesterday's Sky: Astrology and Reincarnation* by Steven Forrest

*Memories of the Afterlife* edited by Michael Newton

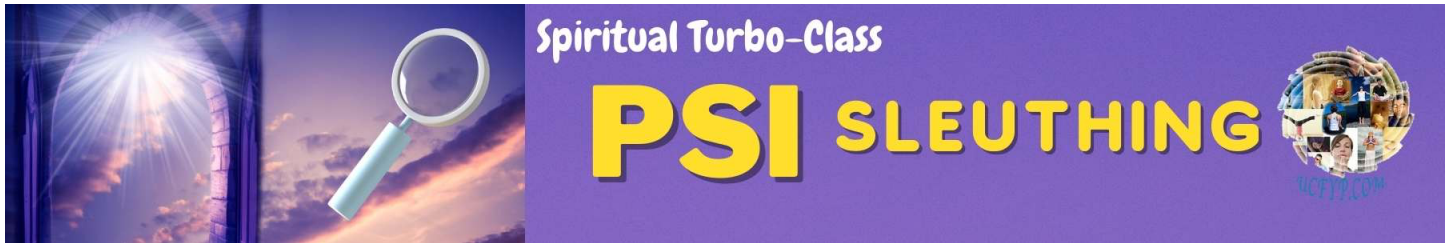
*Journey of Souls* by Michael Newton

*Destiny of Souls* by Michael Newton

*Return to Life: Extraordinary Cases of Children Who Remember Past Lives* by Jim Tucker

*Many Lives Many Masters* by Brian Weiss

*Physics of the Soul: The Quantum Book of Living, Dying, Reincarnation, and Immortality* by Amit Goswami



*Same Soul, Many Bodies* by Brian Weiss

*Old Souls: Compelling Evidence From Children Who Remember Past Lives* by Tom Shroder

*Reincarnation and Karma* by Edgar Cayce

*When Souls Awaken: Real-Life Accounts of Past-Life and Life-Between-Lives Regressions* by Pieter Jan Elsen

*Memories of Heaven: Children's Astonishing Recollections of the Time Before They Came to Earth* by Wayne Dyer and Dee Garnes

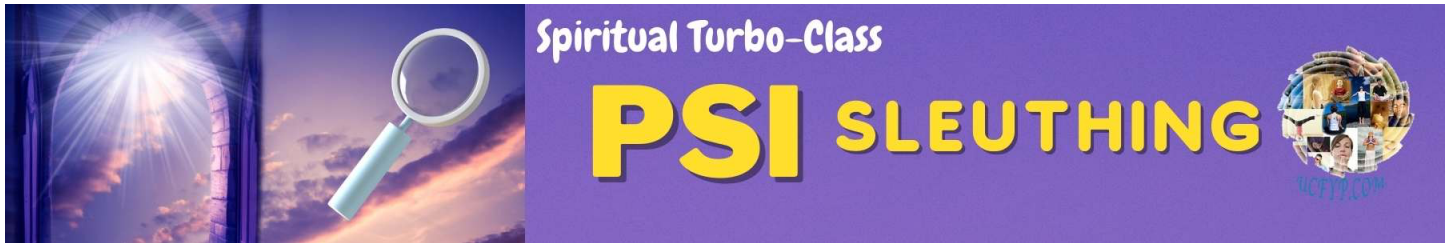
*Scientific Proof of Causal Reincarnation: A Revelation of the Fundamental Truth of Life and the Universe* by Maosen Zhong

*Immortal Remains: The Evidence for Life After Death* by S.E. Braude

### ***Déjà Vu-ing***

*The Déjà vu Enigma: A Journey Through the Anomalies of Mind, Memory and Time* by Marie Jones and Larry Flaxman

*The Déjà vu Experience* by Anne Cleary and Alan Brown



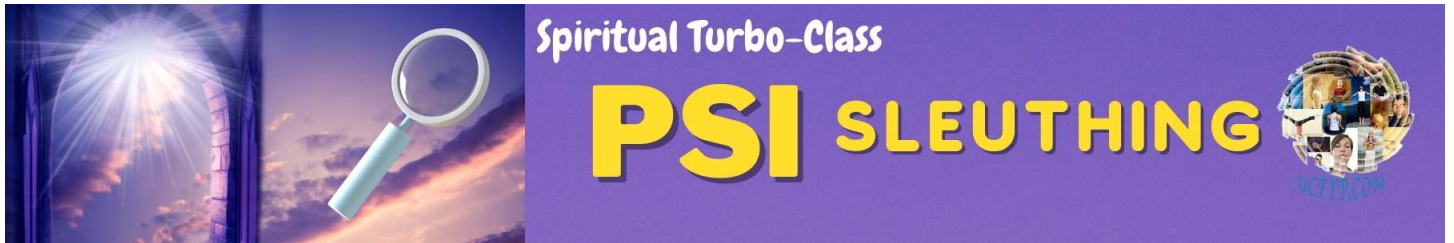
## About Bil & Cher Holton



Combine a flair for the dramatic, a deep understanding of MetaSpiritual teachings, an ability to think outside the box, a penchant for questioning unquestioned answers, and a knack for bringing scientific research and spiritual practices to life in practical ways, and you have defined the dynamic duo who are at the heart of their nonprofit Unity Center For Y☉Universal Prosperity.

In 2005, the Holtons made the decision to follow their hearts, and entered into a spiritual training program that led them to become ordained Unity ministers. After eight years serving in the pulpit ministry, they're now committed to their global spiritual ministries. They've published over 70 books, have amped-up their New Thought perspectives into what they call Enlightened Thought perspectives, and have presented workshops and spiritual cafes all over the country. Their spiritual mission is to lead, guide, and inspire people all over the world to awaken to their Divine Nature so they can live faithfully, lovingly, and wisely at the speed of their Enlightenment.

On a personal note, the Holtons like to push the envelope and maintain their zest for life by taking what they call "Indiana Jones Adventures," such as white-water rafting, sky diving, fire walking, and deep-dive sitting meditational experiences. American-style ballroom dancing is also in their DNA. Although they've retired their competitive dance shoes, they continue to dance in the modest ballroom they've built upstairs in their home in North Carolina.



## An Invitation From Bil and Cher

We invite you to visit our website to take advantage of all the free resources we provide, and check out our Events schedule. You'll find us at:

[UnityCenterForYOUiversalProsperity.com/](https://unitycenterforyouniversalprosperity.com/)

(or [ucfyp.com](https://ucfyp.com) for short)

If you'd like a weekly inspiration, please sign up for our Monday Musings:

<https://unitycenterforyouniversalprosperity.com/monday-musings/>

And be sure to check out our products and services, all conveniently in one place at

[HoltonProductMall.com/](https://holtonproductmall.com/)

We also invite you to take a peek at our Spiritual Awakening and Sacred Path Mentoring Packages, where you can work with us through a systematic process of spiritual growth, join in with lots of deep-dive Zoom sessions and retreats, and be part of our online global community of people who consider themselves more spiritual than religious.

**Please contact us to learn more about our services, and explore ways we can work with you or your groups. We offer virtual and live services, and would welcome the opportunity of talking with you! Our email address is: [UCFYPministers@gmail.com/](mailto:UCFYPministers@gmail.com)**

Our heartfelt vision is to create an uplifting spiritual community where people feel loved, safe, and respected so they can master the art of living in skin school as they walk the spiritual path on practical, positive, and prosperous feet.

We love what we do, and we'd love you to be a part of it!

Namaste!