

Conscious spirituality  in search of truth...

# Consciousness Spirituality(I-Q)

*Compiled by*  
**PHILIP CROUCH**

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Published 2020

# Consciousness Spirituality (I-Q)

# Explanatory Notes

## (1) PRIMARY PURPOSE

Since a precognitive dream in 1973, my journey has been one of exploring conscious spirituality subjects through study, group facilitation, transitions, consultation activities and more. The primary purpose of this compendium project is to provide a series of free explorative resources that will encourage seekers of truth, deep probers and others to explore conscious spirituality topics. Each document provides a topic introduction, acknowledges sources and suggests links to websites, articles and books.

Since 2012 I have produced small group participant booklets, facilitated meditation-discussion groups, published a quarterly pathways news, maintained a web site, participated in amateur theatre work, and disabilities. Conscious Spirituality literature documents and the “*Egyptian Cartouche Cards -A Beginners Manual*” is one of several free ‘service to community’ projects being developed during 2020-22 period. Spiritually our consciousness ‘the sum of us’ is always changing thereby enriching our own “spirit” journey on this planet.

## (2) CONTENTS PAGE

Please read the following steps (1) - (4); or <click> above Contents Page link.

- (1) **Example: INSPIRATION**<click> links directly to *Inspiration Index Page*; alternatively select another topic theme from the Contents page.
- (2) **INDEX PAGES:**<click> on any of the topic headings on the Index page, this takes you directly to the selected *document page*.
- (3) **DOCUMENT PAGE:** At the conclusion of each topic the following appears:
  - (a) Suggested resources-these provide topic references, books, websites, PDF articles and similar links.
  - (b)<click> [LINK TO INSPIRATION INDEX](#) this returns you to the main index page where you can select another similar related topic.
- (4) **LINK TO CONTENTS PAGE** <click> is found at the bottom of every topic theme **Index Page** this returns you back to the main content choices.  
[Most formatted topic documents consist of between 1 - 5 pages.]

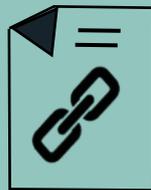
## (3) PROJECTS 2020-2022

- (a) Volunteer project development, *Spiritual Light, USB*, [www.theusb.org](http://www.theusb.org)
- (b) Narratives of conscious-spiritual conversations [8-10 minute playlets]
- (c) Digital online discussion group based on Conscious Spirituality themes
- (d) Major upgrade of [www.philipcrouch.org](http://www.philipcrouch.org) website
- (e) Collaborative projects, events, talks, seminars, workshops, resources



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**PSYCHIC**

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# Inspiration Selection 2020

*We are not human beings having a spiritual experience.  
We are spiritual beings having a human experience.  
—Pierre Teilhard de Chardin*



PATRICK EADINGTON AN INSPIRATION IN TASMANIA

SPIRITUAL LIGHT TEACHINGS 1101 THE HEALING ARTS

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# Conscious spirituality in search of truth...



## **PATRICK EADINGTON: AN INSPIRATION IN TASMANIA**

*There are many people born with a disability who inspire, encourage others, share life experiences, and significantly contribute to community life. Patrick Eadington, is such person. Born in NSW, Australia in 1975, moving to Hobart in 1987, he wholly exemplifies the above sentiments. Currently he lives at the Glenview Community Services complex in Glenorchy, Tasmania.*

*Patrick, like many other people living with congenital cerebral palsy is now permanently wheel chair bound, thereby severely restricting physical mobility. His mother Jacqui Crouch, my partner of 31 years, has encouraged Patrick to fully live and experience life, whilst overcoming numerous challenges. He is a total inspiration, to us, and others in the community, an insight into his world follows...*

*—Philip Crouch, Tasmania, 2020*

**As an inquisitive young child,** many, many hours were spent with Jacqui responding to a wide range of questions from “why is the sky blue?” and, “what it does mean when we are born again?” Perhaps reincarnation! At the Crippled Children’s School in NSW, education was always interesting, especially after the holidays, and at the start of a new school term when Patrick would share a whole lot of new and interesting information with the class.

**A move from NSW saw Jacqui and Patrick make the bold move** to Tasmania, albeit with *no* friends. Twelve months later, I joined them. Apart from a four year sojourn in South Australia—Tasmania is now our *permanent* home. Patrick attended a special needs school in Hobart, but this was not satisfactory. Fortunately, an opportunity to enrol in Snug Primary School came about and from there it was on to Kingston High School, a *steep* learning curve—eventually achieving the school certificate. A family move to Launceston, and enrolment at Newstead College [flat, easy access!!!], enabled full participation in education, college drama, arts, outdoor white water rafting, rock climbing and more, suitably modified to suit his mobility.

**Later achievements included:** inclusion on the board of Spastic Centre, South Australia, volunteer data base work with Anglicare, Social Welfare, Train the Trainer, Induction talks to TAFE student support workers based on Patrick’s own sensory program; UTAS Medical registrars, [sometimes accompanied by Jacqui,] Chair of Access committee at Glenorchy Council; and the board of Advocacy Tasmania. Since 2019 he has been a director of Li-Ve Tasmania which also delivers daily support hours for him at *Glenview.*’ (where he is known as volunteer, ‘Postman Pat’). Patrick and I also wrote and publicly performed a humorous play as part of the Disability Amalgamation Festival. Patrick is very creative, and definitely a sensitive intuitive!

**Despite the many hours of physiotherapy, limited movement, spinal operations and other illnesses,** Patrick never complains—always commenting there are others worse off than himself. This is reflected in his every day life, as *our* friends, support workers and service staff at Glenview readily testify. Like many other disabled people he manages life without any real close friends, however, we believe that many people see the disability, and not the real person. *Jacqui and I love him dearly, and to us he always remains an inspiration!* **Patrick’s Facebook Page:** <https://www.facebook.com/patrickpedro8>

**[LINK TO INSPIRATION INDEX](#)**





## CHAPTER 11 - PHENOMENA

### 11.1 TYPES OF UNORTHODOX HEALING

+TOPIC: **1101 The Healing Arts**

Other than the traditional healing arts practiced in the medical and allied professions, many members of which are truly dedicated to humanity and seek only to serve others, there are four main manifestations of unorthodox healing arts[also called *spiritual healing* (but see +1102) and *alternative healing*.]

It has become the practice in some quarters to deride the work and efforts of those practicing unorthodox healing. We don't.

When more and more earthly physicians know and avail themselves of the experience and knowledge of advanced spirit collaborators a great deal of what is now standard practice in the medical and allied professions will be gradually superseded by other techniques. But the time is not yet, as far as much of their work is concerned.

Many unorthodox healers, including those who do splendid work in their field, have little idea of either the various *types* of healing or the actual *mechanics* of healing. Nor are all aware of the host of skilled spirit specialists without whom innumerable “miraculous” healings would not be possible.[Clearly many such healers are mediums,+1116:1.]

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+ Denotes *Spiritual Light* book core topic numbers. These topic entries clarify context subject matter further, and are identified in book chapter headings, along with a comprehensive index.

#### LINK TO INSPIRATION INDEX



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[LINK TO INSPIRATION INDEX](#)

# Love Selection 2020

*Keep love in your heart. A life without it is like a sunless garden when the flowers are dead. The consciousness of loving and being loved brings a warmth and a richness to life that nothing else can bring.*

—Oscar Wilde



**SPIRITUAL LIGHT: 510 ON “LOVE THY NEIGHBOUR AS THYSELF”**

**SPIRITUAL LIGHT: 511 ON UNSELFISH LOVE**

**SOGYAL RINPOCHE:TIBETAN BOOK OF LIVING AND DYING-LOVE**

**KAHIL GIBRAN:THE PROPHET**

**LINK TO CONTENTS PAGE**



## CHAPTER 5 - LOVE

### 5.2 THE SPIRIT WORLD

#### 510 On “Love Thy Neighbour As Thyself”

Few injunctions have been so misinterpreted and misunderstood as that of: Love thy neighbour as thyself.” The reason is that the word “love,” as used in the injunction, has seldom been correctly defined.

The injunction was not intended to imply that we should love ourselves at all—certainly not in the sense of having an excessive regard for our own advantage or welfare, or in the sense of *overly* admiring what we might consider are our physical or mental attributes. (It is good to *recognize* and respect our own talents and abilities, not to make us feel superior, but to encourage us to use them. For we can respect ourselves and walk with our heads high if we do the best we can with our abilities, and if we try to be worthy of the spark of divinity each one of us possesses. Of course self-respect is far removed from self-love, which too often is destructive).

Then, too, “love” was not intended to mean merely a warm personal attachment or deep affection for another, such as we usually have for family, close friends, and sweethearts.

Love in its noblest sense is far above affection for children and family. It is clarity in thought, word, and deed. It is understanding and tenderness and compassion. It is service to others without thought of reward. At times, it is sacrifice.

From *this* viewpoint, we can perceive the significance of the injunction. It means being at least as charitable to another—our “neighbour”—as we are to ourselves. It means realizing that others, also being human, most certainly would have some faults and foibles and frailties of humans. It means having compassion for those who are stricken by misfortune. It means being gentle and understanding with others, not least when it is our duty to discipline them. It means lending a helping hand for a spell, if needed, to those who walk with us or cross our path. It means readiness to do with less, and on occasion even to do without for a time, that others might have.

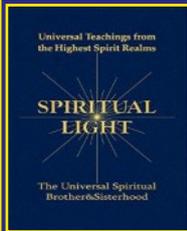
It means, in short, showing by the way we live that we are *conscious* that we are sisters and brothers all, children of a living and loving God.

Thus understood, “Love thy neighbour as thyself” is among the greatest injunctions humanity has ever received.

### LINK TO LOVE INDEX



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Spiritual Realms—*The Universal Spiritual Brother & Sisterhood*,  
[www.theusb.org](http://www.theusb.org)

## CHAPTER 5 - LOVE

### 5.2 THE SPIRIT WORLD

#### *511 On Unselfish Love*

When the human heart holds love for those who walk in darkness, or for those who lie on beds of pain, or when there is love for the right conduct—then one demonstrates one of the great principles of the universe, the principle of love.

So says an Illumined Soul, speaking of course of *unselfish* love.

Love reveals itself in many ways. And to the one who shares it, love brings a sense of well-being, a sense of accomplishment, a sense of trust, a sense of beauty.

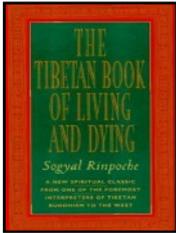
Those who love are radiant beings. Those who truly love, without thought of self-satisfaction, are *spiritual* beings.

#### LINK TO LOVE INDEX



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### SOGYAL RINPOCHE: TIBETAN BOOK OF LIVING AND DYING-LOVE

*Sogyal Rinpoche is a devout Buddhist who is responsible for bringing Buddhism spiritual teachings to America. Rinpoche was instrumental in ensuring that these teachings were presented from an Eastern and Western understanding perspective. This provision provided new students with encouragement to learn Buddhism literature along with assimilating teachings in a practical manner.*

*In Buddhism, deep and meaningful wisdom-knowledge encompasses a broad understanding of conscious spirituality through the crossing of cultural religious and philosophical barriers allowing for applying simple practices. Buddhism significantly contributes to a deeper more meaningful understanding of universal truths, human compassion, love spirituality and in practice contributes to making this planet a better world. In “The Tibetan Book of Living and Dying” Sogyal Rinpoche expresses how in our daily lives we can each awaken our innate spiritual compassion enabling us to connect more deeply with family, friends, and community. An extract from the book titled ‘How To Awaken Love and Compassion’ expresses deeper levels of interconnectedness.*

*–Philip Crouch, Tasmania, 2020*

## SOGYAL RINPOCHE

### [PP: 195-197] HOW TO AWAKEN LOVE AND COMPASSION

Before you can truly practice Tonglen<sup>1</sup>, you have to be able to evoke compassion in yourself. That is harder than we often imagine, because the source of our love and compassion are sometimes hidden from us, and we may have no ready access to them. Fortunately there are several special techniques that the Buddhist “training of the mind” in compassion has developed to help us evoke our own hidden love. Out of the enormous range of methods available, I have selected the following ones, and have ordered them in a particular way so as to be of the greatest possible use to people in the modern world.

#### 1. Loving Kindness: Unsealing the Spring.

When we believe that we don’t have enough love in us, there is a method for discovering and invoking it. Go back in your mind and recreate, almost visualize, a love that someone gave you that really moved you, perhaps in your childhood. Traditionally you are taught to think of your mother and her lifelong devotion to you, but if you find that problematic, you could think of your grandmother or grandfather, or anyone who had been deeply kind to you in your life. Remember a particular instance when they really showed you love, and you felt their love vividly.



Now let that feeling arise again in your heart, and infuse you with gratitude. As you do so, your love will go out naturally to that person who evoked it. You will remember then that even though you may not always feel that you have been loved enough, you were loved genuinely once. Knowing that now will make you feel again that you are, as that person made you feel then, worthy of love and really lovable.

Let your heart open now, and let the love flow from it; then extend this love to all being. Begin with those who are closest to you, then extend your love to friends and to acquaintances, then to neighbours, to strangers, then even to those whom you don't like or have difficulties with, even those whom you might consider your "enemies," and finally to the whole universe. Let this love become more and more boundless. Equanimity is one of the four essential facets, with loving kindness, compassion, and joy, of what the teachings say form the entire aspiration of compassion. The all inclusive, unbiased view of equanimity is really the starting point and the basis of the path of compassion.

You will find that this practice unseals a spring of love, and by that unsealing in you of you own loving kindness, you will find that it will inspire the birth of compassion. For as Maitreya said in one of the teachings he gave Asanga: "The water of compassion courses through the canal of loving kindness."

## **2. Compassion: Considering Yourself the Same as Others**

One powerful way to evoke compassion, as I have described in previous chapters, is to think of others as exactly the same as you."After all," the Dalai Lama explains, "all human beings are the same —made of human flesh, bones, and blood. We all want happiness and want to avoid suffering. Further, we have an equal right to be happy. In other words, it is important to realize our sameness as human beings."

Say, for example you are having difficulties with a loved one, such as your mother or father, husband or wife, lover or friend. How helpful and revealing it can be to consider the other person not in his or her "role" of mother or father or husband, but simply as another "you," another human being, with the same feelings as you, the same desire for happiness, the same fear of suffering. Thinking of the person as a real person, exactly the same as you, will open your heart to him or her and give you more insight into how to help.

If you consider others just the same as yourself, it will help you to open up your relationship and give them a new and richer meaning. Imagine societies and nations began to view each other in the same way; at last we would have the beginnings of a solid basis for peace on earth and the happy coexistence of all peoples.

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<sup>1</sup> "Buddhist term for Giving and Receiving"



### 3. Compassion: Exchanging Yourself for Others

When someone is suffering and you find yourself at a loss to know how to help, put yourself unflinchingly in his or her place. Imagine as vividly as possible what you would be going through if you were suffering the same pain. Ask yourself: “How would I feel? How would I want my friends to treat me? What would I want from them?”

When you exchange yourself for others in this way, you are directly transferring your cherishing from its usual object, yourself, to other beings. So exchanging yourself for others is a very powerful way of loosening the hold on you of the self cherishing and the self-grasping ego, and so of releasing the heart of your compassion.



#### **Suggested resources:**

The Tibetan Book of Living and Dying, Sogyal Rinpoche, San Francisco, America: 1992, Harper Collins Publisher, ISBN: 0 7126 5437.

<https://www.bookdepository.com/Tibetan-Book-Living-Dying-Sogyal-Rinpoche/9780062508348?ref=grid-view&qid=1574200466215&sr=1-2>

Uplift Connect -

Sogyal Rinpoche, Seven Teachings from The Tibetan Book of The Dead,

<https://upliftconnect.com/tibetan-book-of-living-and-dying/>

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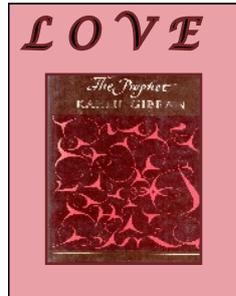


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**KAHIL GIBRAN: THE PROPHET**

This wonderful book of wisdom poetry has been in my possession since 1982, and has been read intermittently since. After meeting my now wife in 1987; marrying in Hobart, 1992, we selected the following extract on Love, as part of our wedding vows.

—Philip Crouch, Tasmania 2020



*The Almitra spoke again and said, And what of Marriage, master?*

*And he answered saying:*

*You were born together, and together you shall be for evermore.*

*You shall be together when the white wings of death scatter your days.*

*Aye, you shall be together even in the silent memory of God.*

*But let there be spaces in your togetherness.*

*And let the winds of the heavens dance between you.*

*Love one another, but make not a bond of love:*

*Let it rather be a moving sea between the shores of your souls.*

*Fill each other's cup but drink not from one cup.*

*Give one another your bread but eat not from the same loaf.*

*Sing and dance together and be joyous, but let each one of you be alone.*

**[LINK TO LOVE INDEX](#)**



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Conscious spirituality  in search of truth...

# Mediumship Selection 2020

*We are not human beings having a spiritual experience.  
We are spiritual beings having a human experience.*  
—Pierre Teilhard de Chardin



**SPIRITUAL LIGHT:1207 MEDIUMS AND MEDIUMSHIP**

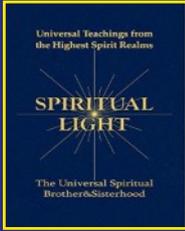
**SPIRITUAL LIGHT:THE IMPORTANCE OF MEDIUMSHIP TO,USB**

**SPIRITUAL LIGHT:402 THE LAW—AND THE LAWS**

**LESLIE FLINT:DIRECT VOICE MEDIUM**

**ESTELLE ROBERTS: FIFTY YEARS A MEDIUM**

**LINK TO CONTENTS PAGE**



“SPIRITUAL LIGHT,” Universal teachings from the Highest Spiritual Realms—*The Universal Spiritual Brother & Sisterhood*, [www.theusb.org](http://www.theusb.org)

## SPIRITUAL LIGHT: CHAPTER 12 - SURVIVAL AND COMMUNICATION

### 12.2 MEDIUMS

#### + TOPIC *1207 Mediums and Mediumship*

To those who think about it, the existence of mediumship is part of the abundant evidence of the Love and Goodness that are God.

For Mediumship removes the terror of the tomb, the dread of death, and the fear of the future. It proves that those who leave the physical world are still *alive*; they are *not* parted from us by an unbridgeable gulf; and that, on the contrary, they are sometimes closer to us than ever before.

Water is seldom purer, however, than the channel through which it flows, or the vessel into which it has been poured. The same can be said with respect to communication and mediums. +[1208].

As with almost every every other group, mediums vary widely in skill, in character, and in integrity.

We say this emphatically—and it is a cardinal teaching of the USB:

The medium who is highly developed in his or her mediumship, and who is *also* true spiritual, is a pearl beyond price.

Without pure, selfless, *spiritual* mediums, much that Illumined Souls share with humanity could not be presented, and to those mediums the world owes much.

There is, unfortunately, a scarcity of such instruments [mediums]. But with their burning desire to help humanity, and to attempt to divert it from the path of destruction, Illumined Souls do not confine themselves to only those who are *worthy* of their presence, but, wherever it is possible they share their wisdom with and through other individuals also, directly or (as is usual in such cases) indirectly [using standbys, +1223:3, or relays, +1215:9].

Wherever the need is great enough, there beings from the higher spirit realms will appear, to demonstrate in one way or another, even if the channel leaves much to be desired. It is then a far from pleasant experience for them, but one they willingly assume, dedicated as they are to their purpose.

We wish that more mediums understood this.

We wish that more mediums realized that the greater their spirituality, the better they could serve as channels for elevated spirit souls—always provided of course that their psychic centers are sufficiently sensitive.

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+ TOPIC in *Spiritual Light*, as identified in the book's index.

[LINK TO MEDIUMSHIP INDEX](#)



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# The Universal Spiritual Brother&Sisterhood, Inc

Worldwide Headquarters, Cupertino, California

Founded 1956

[www.theusb.org](http://www.theusb.org)



eNL-17, November 2019

*The USB publishes a regular free, e-newsletter available on subscription, or alternatively download [here](#). As a volunteer member of the USB, and leader of the Derwent Group of USB, Hobart, Australia I draw your attention to this edition, eNL-17, November 2019. The extract below appears on page 2-3, and focuses on the importance of mediumship.*

## THE IMPORTANCE OF MEDIUMSHIP TO THE USB

“A ‘medium’ is described in *Spiritual Light* as a human on earth who is used by spirit people as a ‘channel’ to communicate with people on earth and to produce other psychic phenomena; mediumship is the practice of a medium. Without this type of spiritual communication, the USB (The Universal Spiritual Brother& Sisterhood) would not have been founded on earth by Michael Flagg. Mediums and the mediumship can vary greatly in spirituality, accuracy, and spiritual perception, which is in large part why spirit USB members encouraged Michael Flagg, during his first four years of spirit communications in California, to go to the UK to seek more advanced and spiritual mediums who knew nothing about him and who could channel the very-high-level communicators who wished to give him their knowledge.

In 1956, when Michael first went to the UK, he met Leslie Flint, the world-famous independent direct voice medium, and had numerous sittings with him. Those sittings continued in a subsequent UK visit, giving and clarifying information for the development of the USB on earth. [Independent direct voice mediumship is a rare form of physical mediumship in which an ectoplasmic voice box is formed, usually to one side of and above the medium. Most mediums would enter a deep trance but in Leslie’s case he was always fully awake. Deep trance involves the medium going into a self-induced trance state to the point where, they are asleep.]

Michael also had a similar number of sittings with another famous and well respected medium: Estelle Roberts. She would regularly fill the Royal Albert Hall in the UK with her clairvoyant demonstrations.

/2

Also, she was one of the best deep-trance mediums in the UK and it was during Michael's deep trance sittings with her that he had more communications from Red Cloud, Estelle's distinguished spirit guide, and other USB inspirers, some of whom had recently spoken through Leslie's mediumship, sometimes even that very same morning! Their discourses and conversations usually continued from where they had left off in a previous sitting.

During his 1957 UK visit Michael also sat with other excellent deep-trance mediums like Queenie Nixon and Peter Couchman. Through these four top-class mediums spoke many of the greatest enlightened spiritual teachers of the past, many of whose teachings had led to great world religions. Some of them spoke through two, three, and even four different mediums, thus confirming their identities. Some delivered cross correspondences, in with different mediums received partial phrases which only made sense when later assembled together. This provides excellent proof that the same spirit communicators were working through different mediums and the the mediums were not creating the messages.

For 24 years, all of this information that Michael received and spirit verified, he mailed out in newsletters to hundreds of people on his mailing list...



**Suggested resources:**

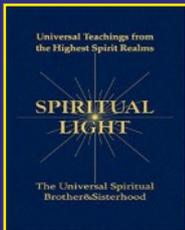
The Universal Spiritual Brother&Sisterhood, USB,  
[www.theusb.org](http://www.theusb.org)

USB Electronic Newsletter, current and archived,  
<https://www.theusb.org/communications/newsletters/>  
Mediumship of Leslie Flint.

[https://www.youtube.com/watch?v=QDI9KEnwjnk&feature=emb\\_logo](https://www.youtube.com/watch?v=QDI9KEnwjnk&feature=emb_logo)

<https://www.leslieflint.com/who-is-leslie-flint>

**[LINK TO MEDIUMSHIP INDEX](#)**



“SPIRITUAL LIGHT,” Universal teachings from the Highest Spiritual Realms—*The Universal Spiritual Brotherhood, www.theusb.org*

## SPIRITUAL LIGHT: CHAPTER 4 - THE LAWS THE GOVERN

### 4.3 SERVICE

#### 402 THE LAW—and the Laws

There are innumerable Laws That Govern, and that together make up THE LAW. They are Truth, being eternal and operating everywhere on all levels of Existence. THE LAW is universal in its application, but personal in its interpretation. In other words, while THE LAW governs the entire universe, our understanding of it will vary, according to the level of our consciousness. We should strive to live according to our highest perceptions of THE LAW; and the more we evolve, the greater will be our perception.

We should not expect others to interpret the Laws precisely as we ourselves do. Nor should we try to force our own interpretations on them.

What we can do is to plant a seed here and there; and if the ground is fertile, the seed will eventually take root. Then we can nourish the plant with light and water, always taking care to provide no more than it can readily absorb. To much sun would wither it; to much water could uproot it.

Whereas laws made by people. Like creeds and dogmas made by people only cast a shadow, the Laws that come from The Source of Light shed light. The Laws That Govern are simple—as is all Truth and Beauty. And we should express the Laws simply if we wish to bring that light to others.

[LINK TO MEDIUMSHIP INDEX](#)



If any teaching and/or philosophy in this USB document is in conflict with or is not supported by *Spiritual Light* (ISBN 978-0-9912422-1-4 deluxe flex-cover, 978-0-9912422-2-1 paperback), which contains the only complete and *official* teachings and philosophy of the USB, then *Spiritual Light* governs. The inclusion of this statement, in a box in a prominent position, and worded as in *Spiritual Light*, is required on every authentic USB publication containing its teaching and/or philosophy.

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# Conscious spirituality in search of truth...



## **LESLIE FLINT: DIRECT VOICE MEDIUM.**

*Mediumship can be interpreted in many different ways and is dependent on a person's developed spiritual-psychic abilities. Of utmost importance is the interconnectedness they have with their respective spirit guides from the etheric or spirit worlds. In terms of translation, a medium provides the voice or channel for expressing a vocabulary which a 'sitter' [participant in a circle meeting] can understand. Spiritualism is a religion, science, philosophy providing proof of survival of an afterlife for over 120 years.*

*Leslie Flint is one such spiritualist medium who acted as a direct voice channel through his spirit guide who was known as Mickey. The benefits and comfort provided to thousands of people via this form of communication is well established. Other luminaries include Estelle Roberts, Doris Stokes, Maurice Barbanell, and Bill Rowan who dedicated most of their earthly lives to bringing proof of survival of an afterlife. For those of us who not only believe in an afterlife but fully accept this [known as survivalists] remain inspired by these earlier mediums (and some current ones). New consciousness studies, scientists, electronic voice communication and associated practitioners in these fields are bringing a modern influence to these areas. Leslie Flint, direct voice medium, has left a legacy of 'tape recordings' and literature and can be identified on Leslie Flint Trust website. An extract of his work, that includes notes from Betty Greene, a long time participant at his circle meetings follow.*

*—Philip Crouch, Tasmania, 2020*

## **LESLIE FLINT: AN INDEPENDENT DIRECT VOICE MEDIUM**

“I think I can safely say I am the most tested Medium this country has ever produced...I have been boxed up, tied up, sealed up, gagged, bound and held - and **still** the voices have come to speak their message of life eternal... I have a rare gift known as '**independent direct voice mediumship**'. I do not speak in trance, I need no trumpets or other paraphernalia.

The voices of the dead speak directly to their friends or relatives and are located in a space a little above my head and slightly to one side of me. They are objective voices which my sitters can record on their own tape recorders to play later in the privacy of their own homes.

Sometimes those who speak from beyond the grave can achieve only a whisper, hoarse and strained. At other times they speak clearly and fluently in voices recognisably their own during life. I do my work by sitting wide awake in total darkness with other people.



I know I have learned more about life, people and human problems and emotions, by sitting in the dark, than I could possibly have learned in any other way - and those who have taught me the most, are people dead to this world, but who are living in the next..."

— Leslie Flint

### BETTY GREEN: WHAT IS INDEPENDENT DIRECT VOICE?

'For over 20 years, both Betty Greene (1908-1975) and Sydney George Woods (1890-1983) attended and recorded many hundreds of Leslie Flint's séances. Some of these recordings were transcribed by journalist Neville Randall and published in his book, 'Life After Death'.

### DIRECT VOICE MEDIUMSHIP

In direct voice mediumship it is very important to remember that the spirit voice is not coming through the medium's lips - in other words they are not speaking through the medium, but completely independently, about three feet away.

In everybody there is a substance known as ectoplasm, which is a life force. Although the direct voice medium has certain strong powers, to enable the spirit voices to be heard, it has to be a combination of the sitters and the medium, because ectoplasm has to be drawn from the sitters, as they provide the negative element which must be coupled to the positive element drawn from the medium, in order that an etheric voice box may be constructed, through which the spirit communicators can communicate their thoughts.

### VOICE BOX

**The voice box, automatically transmitting those thoughts as sound, will reach the sitters as the voice, therefore the sitters are very important. Some sitters may actually feel the power being drawn from them, and at the end of a sitting may feel rather depleted. This may be especially so in the case of a single sitter.**

If you were to take an infra-red photograph during a direct voice séance, you would see cords of ectoplasm emanating from the medium and the sitters and joining up to form what looks like a ball of mist, or the voice box, which we understand to be a replica of the vocal organs, and whilst the spirit communicators are using this voice box, they have lowered their vibrations to reach the earth vibration.



**This explains why the spirit voice may not always sound quite like their original earth voice - it may be a little distorted.** Our spirit friends must find it very complicated when they have to reproduce their voice by thought, and also through an artificially created voice box.

They cannot be expected to reproduce their own voice exactly, though unfortunately some sitters do expect it. If a spirit has been on the other side for a number of years, they forget what their earth voice sounded like, that is, if they ever did know what it sounded like, since in the spirit world they communicate with each other by thought. **Also, some direct voice mediums go into trance, but Leslie Flint does not do so, and is conscious the whole time."**

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#### **Suggested resources:**

Leslie Flint Education Trust,

<https://www.leslieflint.com/who-is-leslie-flint>

[https://www.youtube.com/watch?v=QDL9KENwjnk&feature=emb\\_logo](https://www.youtube.com/watch?v=QDL9KENwjnk&feature=emb_logo)

'Voices in the Dark - My Life as a Medium', by Leslie Flint Paperback - 221 pages

ISBN: 978-0947823481

<https://www.leslieflint.com/books>

#### **Other Mediums:**

Estelle Roberts, <https://nasm.org.au/pdf/FIFTYYEARSAMEDIUMbyEstelleRoberts.pdf>

Doris Stokes <https://www.youtube.com/watch?v=6BiXGe2Bc-Q>

Maurice Barbanell,

<https://www.spiritualtruthfoundation.org/barbanell-silver-birch/>

Medium Chico Xavier [predictions unfold2019,](#)

<https://www.youtube.com/watch?v=4JxukHvGVzE>

Bill Rowan, NSW, cited in: A Souls Learning by Ria Lizzikam:

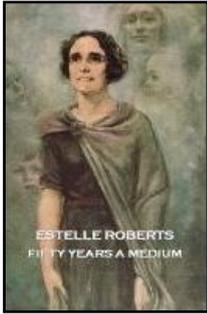
<https://books.google.com.au/books?id=P8cSv1mdL1oC&printsec=frontcover#v=onepage&q=Bill%20Rowan&f=false>

The Universal Spiritual Brother&Sisterhood, USB, *Spiritual Light Teachings*,  
[www.theusb.org](http://www.theusb.org)

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# Conscious spirituality in search of truth...



## **ESTELLE ROBERTS: “FIFTY YEARS A MEDIUM”**

Mediumship in the 20th century was an engaging, spiritually rewarding, experience for both mediums and those attending seances, circle sittings, or large public gatherings. Estelle Roberts was a highly gifted and renowned medium who had a remarkable success in communications with the etheric or spirit worlds. Red Cloud, a spirit from these realms worked with Roberts for many, many years. Roberts legacy as detailed in her book “Fifty Years a Medium” is deeply rich in spiritualistic mediumship.

She shares this mediumship with many other gifted mediums including Maurice Barbanell, Doris Stokes, Leslie Flint and others. In one public appearance Roberts gave at the Royal Albert Hall in London was completely packed out. At her private seance sittings, there were numerous occasions where “apports” [gifts and object produced by spirit guides] were received by sitters. Michael Flagg author of ‘Spiritual Light,’ “The Universal Spiritual Brother&Sisterhood, USB” was fortunate to have private sittings with Roberts in 1956-57. My wife and I have both previously sat in seance circles in Sydney, Australia. We have also been fortunate (independently) to have received apports from the spirit realms. To highlight Roberts work on apports and materialisations, an extract from Chapter five of “Fifty Years a Medium” follows.

—Philip Crouch, Tasmania, 2020

## **ESTELLE ROBERTS: “FIFTY YEARS A MEDIUM” BACKGROUND**

“The book is packed with personal anecdote. Descriptions of mass meetings at the Royal Albert Hall interchange with those of intimate private sittings. It deals at length with clairvoyance, clairaudience and psychometry; with healing and with the laying of ‘ghosts’. Of particular interest are the descriptions of direct voice seances and their resulting communications with departed spirits.”

—Cited: Spiritualist National Union, shop

## **ESTELLE ROBERTS: CH: 8 – MATERIALIZATION AND APPORTS**

### **[P: 91] DIRECT VOICE CIRCLE**

‘While I was living at Teddington we arranged a special direct voice sitting in appreciation of the long service given to the circle by one of our members. It was an important occasion to each one of us as the sitting had been organized in collaboration with Red Cloud [spirit guide] and we had reason to believe he might show himself. **Our circle comprised nine people, all of considerable psychic experience.**

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The proceedings began with the trumpet becoming most lively, circling the sitters and touching first one and then another. This was followed by an animated conversation lasting some minutes between one of our member and the spirit voice of her father.

Then the trumpet returned to the center of the circle where it remained still, its spots of luminous paint glowing in the darkness. Silence followed, a heavy expectant silence as if everyone knew that what had just passed had been no more than the prelude to the more serious business of the evening. **"Ectoplasm, look at it!"** somebody exclaimed, and all eyes turned to a billowing cloud that was becoming slowly more visible as it grew in volume. All watched as the ectoplasm writhed in the still air and slowly brightened. "There's a face in it," one of the sitters said quietly. "Does anyone recognize the face?" "It's Donald," said his mother. "He was a doctor once before, he heals with Red Cloud now."

#### **[P: 92] TRUMPET**

As mysteriously as it had come the face faded and was seen no more. The trumpet came suddenly to life again. It darted swiftly about the room, accompanied by two luminous plaques, and for the first time that evening we heard Red Cloud speak.

"Give me the torch," he said. "Hold it out that I may take it from you." The torch he referred to was an ordinary pocket flashlight, its glass shielded by red cotton material, which I sometimes used in the course of a séance. Iris reached across to pick it up, and held it out at arms length. The next instant it was high over the heads of the circle, flashing on and off as though being tested. Then it switched on, and stayed on. Slowly it moved across the room to where ectoplasm hovered in mid-air and shone its little red light where the cloud was thickest. **Again a face appeared, but not the same face. This time it was the strong, cleanly-etched features of Red Cloud.**

The materialization remained there clearly visible to all for about fifteen seconds. Then, as the first face had done, it faded. The red flashlight snapped off and the room was again in complete darkness except for the glow from the trumpet and plaques as they followed their apparently aimless courses between floor and ceiling. But all was not over. Eschewing the use of the trumpet, Red Cloud's voice again filled the room.

**"I have something for all of you," he said. During the next two minutes he presented each sitter with a jewel, varying in size from tiny little brilliants to hexagonally cut pieces of onyx and jet measuring an inch-and-a quarter in length. Gifts such as these are known as "apports."**



They are highly treasured by those lucky enough to receive them, and were especially cherished on the present occasion as mementos of a particularly memorable evening. Two or three years later at the House of Red Cloud, my guide again materialized in the presence of some twenty people. The séance began when I entered a small cabinet raised a few inches from the floor and having a curtain across its front.

I took a red electric torch into the box with me, and as soon as I was seated the lights in the séance room were extinguished. It was not long before Red Cloud was controlling me in deep trance and all heard him speaking in his characteristic voice. For a full description of what occurred I am indebted to Maurice Barbanell, who was present and who wrote this account in the *Psychic News*:

### [P: 93] AN APPORT

"I had a present from a spirit last week. Nearly twenty others had presents also. Those who know very little of Spiritualism will read these words and smile. **But this is not the first apport I have received. Some years ago, at a direct voice séance, Red Cloud promised to bring me an apport.** Last week, he redeemed the promise at his Wimbledon center. The occasion was rather a special one.

Once a year, Red Cloud holds a séance for the benefit of those who are closely associated with him. It is a sort of annual reunion - almost a party in fact. He had previously asked for two luminous plaques and a red torch to be brought in to the séance room, so we knew there were going to be materializations. **The séance was an evening of laughter and joking.** It was not doleful and weird, as our opponents think sittings usually are. Red Cloud insisted on bright conversation.

Tenseness would ruin everything he told us right at the beginning, when he spoke through his entranced medium, who sat inside a hastily improvised cabinet. This was made of four pieces of wood with some curtains draped over the front. It stood about five feet in height. 'Wendy's house,' Estelle's daughter laughingly called it. They insisted that I should examine the cabinet and the room, so that I could say I had done so. It did not take long for the materialization to begin. The two luminous plaques were lifted by invisible hands from the floor. Soon there could be seen between them the silhouette of a face. **It was Red Cloud. 'John,' he said, calling me by the nickname he gave me years ago, 'come forward.'** I felt my seat and stood within three or four inches of the cabinet opening.



## [P: 94] PHYSICAL SENSATION - HAIR

' Give me your hand,' I was told. A masculine hand -certainly not that of Estelle - grasped mine. 'Feel my hair!' said Red Cloud. I did so. It was long and silky and reached almost to where his shoulders would be.

This was extraordinary, because Estelle's hair is crisp and wiry and inclined to be crinkly. **Standing so close to him, I could see the beard on his fine, oval face. When I told him, he asked me to feel that also. I did. It was a short beard, soft and silky in texture.** ' It is very soft hair,' I said. One other person had this privilege, Mrs. Constance Treloar, who felt Red Cloud's hair and beard. This is known as bearding the guides,' I said jokingly. Red Cloud laughed.

At least six times I left my seat and stood very close to the materialized form of Red Cloud. Twice, to show himself as clearly as he could, he arranged for the light of the red torch to be focused on his face. It was a handsome face, with eloquent eyes. I could see the ectoplasm which was draped round his figure. His height I judged to be several inches taller than that of his medium.

Here was a 'miracle' - a materialization of a 'dead' man who could move and speak who had life and volition. Incidentally, the voice that came through his moving lips was a little softer than I have usually heard it, but it was undoubtedly the voice of Red Cloud as I have often heard it through his entranced medium and through the trumpet at his direct voice séances.

**Then the guide invited all the sitters to file past the cabinet so that they could see his face.** He held the two luminous plaques quite still for almost two minutes, as far as I could judge, while, one by one, the sitters went to the cabinet and filed past. Shortly afterwards, we all saw an extraordinary spectacle. The curtains of the cabinet were slowly parted. At one end, there stood a materialized figure, holding the red torch which illuminated another materialization, dazzling white in appearance. To me, the illuminated figure seemed to be seated.

## [P: 95] STRIKING PART OF MATERIALIZATION

The most striking part of the materialization was the fact that in the center of the forehead there was a bright, scintillating jewel. After that came the apports. We saw, by the two luminous spots painted on the trumpet, that it was moving. It tap tapped on the ground. Soon we heard a rattling sound inside it. ' This is for John; hold out your hand, Rachel,' said Red Cloud, addressing Constance Treloar - Rachel is the name that he has given her. **When she did so, the apport fell into it. She passed it to me. I could feel it was a jewel of some kind.**

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This process was repeated again and again until everyone in the séance room had received a gift from Red Cloud. It was always the same procedure - the trumpet tapped on the floor, there was the rattling sound and then the apport shot into Rachel's hand. 'Where do they come from?' I asked Red Cloud. Laughingly, he replied, 'The Land of Anywhere.' Red Cloud says that nature spirits help him to produce the apports.

The trouble is that, once they have them in their possession, they are reluctant to let them go, and they have to be cajoled. All the time these apports were being produced, Red Cloud was jesting, laughing in his characteristic way, treating it all as a huge joke. When the lights were switched on, flowers which had been placed on the top of the cabinet and just in front of it were found all round the room, some of them on the laps of sitters. Just where I sat, there had been put a small bunch of violets. **We all examined our gifts. Mine was a beautifully cut amethyst.** One or two had sapphires, while others had aquamarines. One had a small cross - I noticed it was hallmarked 'Sterling silver' - another had an Eastern charm.



**Suggested resources:**

Fifty Years A Medium,

<https://nasm.org.au/pdf/FIFTYYEARSAMEDIUMbyEstelleRoberts.pdf>

<https://www.youtube.com/watch?v=nSbaq5c3ril>

Book: <https://www.snu.org.uk/shop/estelle-roberts-fifty-years-a-medium>

Leslie Flint Education Trust,

<https://www.leslieflint.com/who-is-leslie-flint>

[https://www.youtube.com/watch?v=QDI9KENwjnk&feature=emb\\_logo](https://www.youtube.com/watch?v=QDI9KENwjnk&feature=emb_logo)

'Voices in the Dark - My Life as a Medium', by Leslie Flint Paperback - 221 pages

ISBN: 978-0947823481

<https://www.leslieflint.com/books>

Maurice Barbanell

<https://www.spiritualtruthfoundation.org/Barbanell-silver-birch/>

Doris Stokes <https://www.youtube.com/watch?v=6BiXGe2Bc-Q>

Maurice Barbanell,

<https://www.spiritualtruthfoundation.org/barbanell-silver-birch/>

Medium Chico Xavier predictions unfold2019,

<https://www.youtube.com/watch?v=4JxukHvGVzE>

Bill Rowan, NSW, cited in: A Souls Learning by Ria Liszikam:

<https://books.google.com.au/books?id=P8cSv1mdL1oC&printsec=frontcover#v=onepage&q=Bill%20Rowan&f=false>

The Universal Spiritual Brother&Sisterhood, USB, *Spiritual Light Teachings*,

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*Conscious spirituality*  *in search of truth...*

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Conscious spirituality  in search of truth...

# Mindfulness Selection 2020

*"Mindfulness means moment-to-moment, non-judgmental awareness. It is cultivated by refining our capacity to pay attention, intentionally, in the present moment, and then sustaining that attention over time as best we can. In the process, we become more in touch with our life as it is unfolding."*

— Jon Kabat-Zinn



**JON KABOT ZINN:FULL CATASTROPHE LIVING-MINDFULNESS**

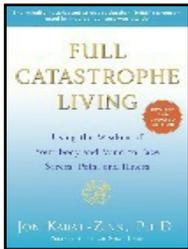
**AN EXTRACT FROM 71 MINDFULNESS EXERCISES**

**MINDFULNESS: SOCIALLY DISADVANTAGED SCHOOLS**

**THE CONSCIOUS LIFE: MEDITATION FOR BEGINNERS**

**LINK TO CONTENTS PAGE**

# Conscious spirituality in search of truth...



## JON KABOT ZINN:FULL CATASTROPHE LIVING-MINDFULNESS

*Regular Mindfulness practices as identified in Jon Kabot Zinn's book "Full Catastrophe Living" promotes significant benefits to health wellbeing. Today in 2020 clinical health practices, organisations, employers, exercise trainers, education institutions,and individuals apply mindfulness on a regular basis.*

*Zinn is considered a leading exponent of mindfulness, breath control, and related practices to reduce physical and mental stress. Applying breath control techniques with a purpose, being non-judgemental can assist in reducing life's stresses. The Mind-Body Stress Reduction, MBSR practices developed by Zinn for use in his clinical settings have been used widely by thousands of people across the globe.*

*People who regularly meditate, participate in tai chi or yoga practices, singers,actors or performers are all cognisant of Zinn's and similarly related practises for maintaining positive breathing techniques. Zinn also suggests mindfulness body-scan techniques which can be applied prior to sleep, or lying down in the day comfortably. I first came across Zinn's early book titled, " Wherever You Go There You Are" in the 1980s, since then it has remained on my book-shelf. In 2017 whilst facilitating a soul pathways meditation-discussion group read the above book and suggested to participants they also access mindfulness resources. An extract from Zinn's inspirational book follows.*

*–Philip Crouch, Tasmania, 2020*

## INTRODUCTION TO JON KABOT ZINN

'The landmark work on mindfulness, meditation, and healing, now revised and updated after twenty-five years. Stress. It can sap our energy, undermine our health if we let it, even shorten our lives. It makes us more vulnerable to anxiety and depression, disconnection and disease.'

Based on Jon Kabat-Zinn's renowned mindfulness-based stress reduction program, this classic, groundbreaking work--which gave rise to a whole new field in medicine and psychology--shows you how to use medically proven mind-body approaches derived from meditation and yoga to counteract stress, establish greater balance of body and mind, and stimulate well-being and healing.

**By engaging in these mindfulness practices and integrating them into your life from moment to moment and from day to day, you can learn to manage chronic pain, promote optimal healing, reduce anxiety and feelings of panic, and improve the overall quality of your life, relationships, and social networks.'**  
[Cited: *Book Depository*].



**MINDFULNESS KEYS: PURPOSE - PRESENT MOMENT - NON JUDGEMENTAL**

**[PP: 45-46] MIND BODY STRESS REDUCTION, BREATH CONTROL**

In MBSR [*Mindfulness Based Stress Reduction*], we generally focus on the sensations of breathing at the belly rather than the nostril or in the chest. This is partly because doing so tends to be particularly relaxing and calming in the early stages of practice. All professionals who make special use of their breathing as part of their work, such as opera singers, wind instrument players, dancers, actors, and martial artists, know the value of breathing from the belly and of “grounding” or anchoring their awareness in this region. They know from first hand experience that they will have more breath and be better able to modulate it effectively if the breath comes from the belly.

**Focusing on the breath at your belly can be calming.** Just as the surface of the ocean tends to be choppy when the wind is blowing, so too the “atmospheric conditions” in our own mind can influence the waves of the breath. Our breathing tends to be reactive and agitated when either the outside environment or the inner environment is not calm and peaceful.

In the case of the ocean, if you go down ten or twenty feet, there is only a gentle undulation; there is calm even when the surface is agitated. Similarly, when we focus on our breathing down in the belly, **we are tuning in to a region of the body that is far from the head and thus far below the agitations of our thinking mind. It is intrinsically calmer.**

So tuning in to the breath at the belly is a valuable way of reestablishing inner calmness and balance in the face of emotional upset or when you have a lot on your mind. **In meditation, the breath can serve as a reliable and ever-present anchor for our attention.** Tuning to the sensations of breathing anywhere we can them in the body allows us to drop below the surface agitations of the mind into relaxation, calmness, and stability, without having to change anything at all. The agitation and choppiness may still be at the surface of the mind, just as the waves and turbulence are at the surface of the water during stormy conditions.

But in resting in awareness of the breath sensations, even for a moment or two, we are out of the wind and protected from the buffeting action of the waves and their tension-producing effects. This is an extremely effective way to reconnect with the potential for calmness within you.



It enhances the overall stability of your mind, even in very difficult moments, when you most need some stability and clarity of mind. **When you touch base in any moment with that part of your mind that is already calm and stable**, your perspective immediately changes. You can see things more clearly and act from inner balance rather than being tossed about by the agitations of your mind.'

**JOHN KABOT ZINN: MINDFULNESS - FULL BODY SCAN EXERCISE**

**[PP: 95-97] MIND BODY SCAN 1-13**

- (1) Lie down on your back in a comfortable place**, such as on a foam mat or pad on the floor or on your bed. Keep in mind from the very beginning that in this lying down practice, the intention is to “fall awake” rather than to fall asleep. Make sure that you will be warm enough. You might want to cover yourself with a blanket or do it in a sleeping bag if the room is cold.
  
- (2) Allow your eyes to gently close**, But if and when you find any drowsiness creeping in, feel free to open your eyes and continue with them open.
  
- (3) Gently let your attention settle on your abdomen, feeling the rising and falling** of your belly with each inbreath and each outbreath; in other words, “riding the waves” of your own breathing with full awareness for the full duration of each inbreath, and the full duration of each outbreath.
  
- (5) Take a few moments to feel your body as a whole, from head to toe**; the “envelope” of your skin; the sensations associated with touch in the places you are in contact with the floor or the bed.
  
- (6) Bring your attention to the toes of the left foot. As you direct your attention to them, see if you can direct or channel your breathing to them as well**, so that it feels as if you are breathing *to* your toes and *out* from your toes. It may take a while for you to get the hang of this so that it doesn't feel effortful or contrived.



It may help to imagine your breath travelling down the body from your nose into the lungs and continuing through the torso and down the left leg all the way to the toes, and then back again an out through your nose. Actually, the breath does take this and every other route in the body, through the blood stream. **Allow yourself to *feel* any and all sensations from your toes, perhaps distinguishing between them** and watching the flux of sensations in this region. If you don't feel anything at the moment, that is fine too. Just allow yourself to feel **“not feeling anything.”**

- (7) **When you are ready to leave the toes and move on, take a deeper, more intentional breath in all the way down to the toes and, on the outbreath, allow them to “dissolve” in your mind’s eye.** Stay with your breathing for a few breaths as least, and then move on in turn to the sole of the foot, the heel, the top of the foot, and then the ankle, continuing to breathe in *to* and out *from* each region as you observe the sensations that you are experiencing, and then letting go of that region and moving on.
- (8) As with the awareness-of-breathing exercise (Chapter 3) and the sitting meditation practices (Chapter 4), bring your mind back to the breath and to the region you are focusing on each time your notice that your attention has wandered off, after first taking note of what carried you away in the first place of what is on your mind when you realize it has wandered away from the focus on the body.
- (9) In this way, as described in the text of this chapter, **continue moving slowly up your left leg and through the rest of your body as you maintain the focus of the breath and on the sensations within the individual regions** as you come to them. If you are experiencing pain or discomfort of any kind, consult the sections in this chapter that suggest how to work with discomfort, as well as Chapters 22 and 23.



- (10) Practice the body scan at least once a day. Again, it helps to use the CD for guidance in the beginning stages of your practice so that the pace is slow enough, and to you remember the instructions and their tonal quality accurately.
- (11) Remember that the body scan is the first formal mindfulness practice that our patients engage in intensively and that they do it forty-five minutes a day, six days a week, for at least two weeks straight in the beginning of their training in MBSR [*Mind Body Stress Research*]. So when you are ready, that would be a good strategy for undertaking the next steps in your own developing meditation practice, especially if you want to follow the full curriculum of MBSR and give it and yourself a fair chance.
- (12) If you have trouble staying awake, try doing the body scan with your eyes open, as not is **step 2** above.
- (13) The most important point is to get down on the floor and practice. How much or for how long in not as important as that you make the time for it at all, every day if possible.



**Suggested resources:**

Full Catastrophe Living -Jon Kabot Zinn, 2013, Bantam Books Trade, USA Isbn:9780345536938. *Using the Wisdom of Your Body and Mind to Face Stress, Pain, Illness.*

<https://www.bookdepository.com/Full-Catastrophe-Living-Jon-Kabat-Zinn-Thich-Nhat-Hanh/9780345536938?ref=grid-view>

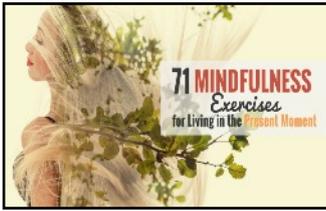
<https://www.mindfulnesscds.com/>

[https://youtu.be/3nwwKbM\\_vJc](https://youtu.be/3nwwKbM_vJc)

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# Conscious spirituality in search of truth...



## **AN EXTRACT FROM 71 MINDFULNESS EXERCISES**

*A basic definition of mindfulness as this applies in everyday life is being fully aware of having a purpose, being in the 'present moment' [not just living in the past or future] and most importantly, not being judgemental with yourself.*

*Mindfulness Hamilton is an online resource website which displays seventy-one useful mindfulness exercises which can be easily assimilated into a regular practice. The benefits to mental, emotional, spiritual and physical well being far out weigh the effort of learning various mindfulness techniques. These suggested exercises don't require hours in a sweaty gym, pounding a pavement, enrolling in programs-courses or buying expansive books, its simply a matter of practicing.*

*Featured mindfulness exercises displayed on this website can be carried out easily, it's only a matter of choice in what you might need right now. Of the seventy one suggested Mindfulness Hamilton exercises I've selected five which I regularly apply. These are, #26 Mindful Driving, #34 Outcome Directed Thinking, #47 Music Break, #48 Cultivate Humility, and #58 Walking Meditation.*

*—Philip Crouch, Tasmania, 2020*

## **SELECTED EXTRACTS: MINDFULNESS EXERCISES FOR DAILY LIVING**

### **EXERCISE #26: PRACTICE MINDFUL DRIVING**

*'If your morning routine involves driving to work, running errands, or taking your children to school, you know how "mindless" people can be in morning rush-hour traffic and how stressful driving in your car can be. If you know that driving causes you to feel anger, stress, and anxiety, then you can change your viewpoint of this task by practicing mindfulness. **When you get into your car, take a few deep breaths.***

*Don't turn on the radio or create other distractions while in the car. Turn your phone on silent. As you begin to drive, make an extra effort to notice your surroundings. If you get stuck in traffic or someone cuts you off, notice the feelings that arise (anger, frustration, anxiety, competitiveness), and simply identify them.*

***Use traffic stops or other necessary stops to practice a few deep, calming breaths.** Once you arrive at your destination after you've turned off the engine, sit for a moment and take three deep breaths, really letting go on the exhalation. Do you have a long and stress filled commute to work? Get some ideas to make it better with some mindful commuting practices.'*



### EXERCISE #34: PRACTICE OUTCOME-DIRECTED THINKING

‘Often we delve into our work with a “Just get it done” mind-set. We plow through the tasks mindlessly, just so we can check the item off the to-do list and move on. Rather than beginning a task in this state of numbed-out unconsciousness, take a few minutes to think about what you’d like to accomplish by practicing what’s called “outcome-directed thinking.” **When you focus your attention on a desired outcome** rather than on perceived problems, you’ll see opportunities where others don’t and get through obstacles that may impede other people.’

### EXERCISE #47: TAKE A MUSIC BREAK

**Listening to music is a powerful mindfulness habit that can reduce stress, elevate your mood, raise your IQ,** and offer many other mental and physical health benefits. Taking a break to actively listen to music for a few minutes during your day can help you return to your work in a more positive, peaceful, and productive frame of mind. In fact, listening to music—especially classical music—can change your brain in ways that improve memory and learning.

### EXERCISE #48: CULTIVATE HUMILITY

**When you are humble, you are grounded in yourself with enough self-assurance and poise that you don’t need to show off, act defensive, or toot your own horn.** When you practice humility, you intentionally let go of self-aggrandizing behaviors and thoughts that put you in a “me first” frame of mind. Working toward humility is a growth experience in which you no longer need to see yourself above others—nor do you put yourself below them. You have a sense of confident neutrality about who you are as compared to others. You view your own strengths and weaknesses accurately, and you recognize that everyone has intrinsic value, even those who appear “beneath” you in some way.

### EXERCISE #58: PRACTICE WALKING MEDITATION <sup>1</sup>

A walking meditation requires engaging all your senses. **You are intentionally aware of your feet hitting the ground, your eyes taking in the sights around you, your lungs breathing the air in and out, and your ears hearing every sound.** It’s a practice that allows you to be more connected with the environment, which is an essential part of who we are. Being in nature releases you from the ongoing internal dialogue of your mind and makes you more aware of the beauty of the outdoors. By combining walking with mindfulness, you are practicing an excellent habit for releasing the stress of the day so you can transition to your evening activities in a more harmonious frame of mind.

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<sup>1</sup> This exercise is a regular practice for me ....





**Suggested resources:**

**Mindfulness Hamilton – '71 Mindfulness Exercises for Living in the Present Moment.'**

<https://mindfulnesshamilton.ca/resources/online>

<https://www.developgoodhabits.com/mindfulness-exercises/>

<https://www.mindfulnesscds.com/>

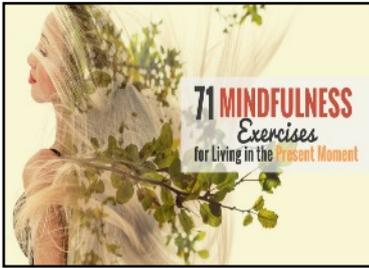
[https://youtu.be/3nwwKbM\\_vJc](https://youtu.be/3nwwKbM_vJc)

<https://www.bookdepository.com/Full-Catastrophe-Living-Jon-Kabat-Zinn-Thich-Nhat-Hanh/9780345536938?ref=grid-view>

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# Conscious spirituality in search of truth...



## **SOCIALLY DISADVANTAGED SCHOOLS AND MINDFULNESS**

The following online article extract was posted on Mindfulness Hamilton's web site by a school teacher, Ken Burgess, 26<sup>th</sup> November 2018. The article headed "It stops the scary stuff pupils thrive with mindfulness lessons," is extremely interesting. This focused program was implemented at the English Martyrs Primary School, in Merseyside, England and has proved successful for students and teachers alike.

According to the school principal, implementing this Mindfulness program far outweighed any remuneration issues for a training educator. In my own life experience, having grown up, like many others in a socially disadvantaged in England, and also in disadvantage areas in NSW, Australia can appreciate how mindfulness exercises can advantage human development. Mindfulness programs when implemented can contribute significantly to overall wellbeing for young students—and older adults alike when these simple exercises are followed. An extract from the article written by Ken Burgess, and comments from the school's head teach Lewis Dinsdale appear below.

—Philip Crouch, Tasmania, 2020

### **KEN BURGESS: MINDFULNESS INTRODUCED INTO DISADVANTAGED SCHOOLS**

#### ***...A Mindfulness Class at English Martyrs Primary School on Merseyside, UK***

'English Martyrs Catholic primary school in Litherland is a stone's throw from one of Merseyside's most notorious areas for gangs and gun crime, and most children at the school have been affected by the violence. It is an unlikely place, perhaps, to find a thriving mindfulness teaching programme. But English Martyrs is one of a growing number of schools in deprived parts of Britain that are embracing meditation techniques to help vulnerable children cope.

**"We see a lot of pressure put on children's shoulders due to family circumstances, parents losing their jobs, financial stress, anxiety about crime, fear about homelessness,"** said head teacher Lewis Dinsdale.

"Children internalise things, but what mindfulness has done is bring a number of quieter children to the surface - children who we'd never have known were going through such anxiety and stress at home. They haven't wanted to speak to their mum and dad about it but it's coming out in these sessions."

One nine-year-old-boy confided that "petal breathing" - where the children open and close their fingers in time with their breath - helped him to forget about "all the scary stuff". "If I concentrate on my breathing, the worrying thoughts just go 'pop' and disappear," he said. Nationally, the Mindfulness in Schools Project said it had trained nearly 2,000 teachers this year, a jump of 40% on last year, and much of that growth came from schools with higher than average proportions of vulnerable children.



But for cash-strapped schools, it's not cheap. Dinsdale said that he had to find £2,500 to train one member of staff. "As a head teacher you're always looking at the bottom line, and that's a lot of money," he said.'

**The investment had paid off, he said, not just helping with children's mental health but improving their academic performance too.** He described how some children used to have panic attacks when sitting SATs. One girl had been physically sick on her test paper. He was critical of Ofsted inspectors for not being more tuned in to the benefits of mindfulness. "It's frustrating because it isn't a box that they have to tick," he said.

English Martyrs head teacher Lewis Dinsdale is enthusiastic about the benefits of meditation for young children. Dinsdale has been so convinced by the positive effect that the school has now introduced mindfulness workshops for parents too. "Some mums and dads are at breaking point and they're taking it out on the children. They don't know who to turn to," he said.

**The Raise the Youth Foundation in Bolton, a non-profit independent school, teaches children who have been excluded from the education system. Many of them have suffered abuse, lived on the streets and been in and out of foster care. "We are their last hope," said Jason Steele, the school's founder.**

He said that the school brought mindfulness into the curriculum two years ago, though at the time he was far from convinced that it would have any significant effect. "I thought they'd be playing up," he said. "But what's surprised me is that all of them have taken something from it, some more than others."

Steele said children at his school were probably among the most difficult young people to care for because they were used to pushing people away. **Mindfulness, though, had built their self-esteem and was now a hugely positive force in their lives.** "It's helping them to engage with the present rather than worrying about the future or blaming the past for everything," he said.

Many of the teenagers have missed years of schooling; most have never sat exams before. He said that before mindfulness became part of the curriculum, they would do everything they could to avoid taking tests. "They would just run around school slapping people, calling them Muppets, ripping paper, just really low-level behaviour," he said.



**That type of disruptive behaviour has not gone away, but it has tailed off.** It happened because they were scared of failure, he said. That had been their life experience. “But showing them how to do meditation is helping them learn about relaxation, it’s given them a confidence they never had.”



**Suggested resources:**

Mindfulness Hamilton - *Schools and Mindfulness, 2018.*

<https://mindfulnesshamilton.ca/it-stops-the-scary-stuff-pupils-thrive-with-mindfulness-lessons>

<https://mindfulnesshamilton.ca/resources/online>

<https://mindfulnessinschools.org/>

<https://www.raisetheyouth.co.uk/>

<https://www.mindfulnesscds.com/>

<https://mindfulnesshamilton.ca/author/kgburgess>

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# Conscious spirituality in search of truth...



## THE CONSCIOUS LIFE: MEDITATION FOR BEGINNERS

*Meditation for many people is consciously a daily practice that focuses on an inner reflection, contemplation, and developing a spiritual interconnectedness with a higher source. Whilst there are thousands of meditation methods that can be adapted too, ultimately its the benefits that contribute to mind-body-spirit balance that are most important.*

*The process of developing your practice may change as you gain confidence, experience life transitions, and discover additional meditation practices. Health practitioners, employers, education systems, local yoga or tai chi groups and more now regularly apply various forms of meditative practices. For people new to meditation practise it's not necessary to purchase expensive DVDs, enrol in programs, or purchase 'guru' style books. People with mobility or restrictive physical movement should be encouraged to develop a form of meditation practice as this would greatly benefit physical, mental, emotional and spiritual health. The Conscious Life web site provides a valuable entry resource for seekers of Truth who want to begin their meditation practice as easy to follow guidelines are offered. Since the late 1970s Ive practiced various forms of meditation, and encouraged others to begin. "The Conscious Life" website suggestions offering simple meditation guidelines are recommended below.*

*—Philip Crouch, Tasmania, 2020*

*'Ordinary men hate solitude,  
But the master makes use of it,  
Embracing his aloneness, realizing,  
He is one with the whole universe.'  
—Lao Tzu, Tao-Te-Ching*

## THE CONSCIOUS LIFE: HOW TO MEDITATE... FOR BEGINNERS

### **'1: CHOOSE A CONDUCTIVE ENVIRONMENT.**

Find a nice, quiet place where you won't be disturbed for fifteen minutes or longer. Sit down, relax and rest your hands on your lap. You can sit on the floor cross-legged with the support of a meditation cushion, or on any chair with your feet resting on the ground. It is not necessary to force yourself into a lotus position if you are not used to it. **Regardless of how you sit, it is important to maintain the natural curve of your back.** That means no slouching. People with chronic back problems who cannot sit for a prolonged period of time can explore other meditation positions.

/2



## 2: BREATHE SLOWLY AND DEEPLY.

Close your eyes softly. Direct your soft, unfocused gaze downwards. Begin by taking a few slow and deep breaths – inhaling with your nose and exhaling from your mouth. **Don't force your breathing; let it come naturally.** The first few intakes of air are likely to be shallow, but as you allow more air to fill your lungs each time, your breaths will gradually become deeper and fuller. Take as long as you need to breathe slowly and deeply.

### THE CONSCIOUS LIFE: MEDITATION TIPS FOR BEGINNERS

## 3: BE AWARE

**When you are breathing deeply, you will begin to feel calmer and more relaxed.** That is a good sign. Now, focus your attention on your breathing. Be aware of each breath that you take in through your nose. Be mindful of each breath that you exhale with your mouth. Continue focusing on your breaths for as long as you like. If you find your attention straying away from your breaths, just gently bring it back. It may happen many times. Don't be disheartened. What's important is to realize that you have wandered and bring your attention back to where it should be. As you develop greater focus power, you will find it easier to concentrate.

## 4: ENDING THE SESSION

When you are ready to end the session, open your eyes and stand up slowly. Stretch yourself and extend your increased awareness to your next activities. Well done! You have done it!

- Aim to have the length of your exhalations as long, if not longer, than your inhalations.** By expelling more used air, you make more room for fresh air to fill your lungs. If your out-breaths are much shorter than the in-breaths, you can help to expel more air by gently contracting your abdominal muscles.
- **If the weather is chilly, keep yourself warm with a blanket or shawl during meditation.**
- Meditating with an empty or full stomach may be distracting or even uncomfortable.** Make sure there is something in your tummy, but not so much that you feel distracted while sitting.



- Some people find it easier to meditate with light music or other relaxing sounds in the background**, while others prefer total silence. If you belong to the first group, choose an appropriate music that helps you to calm down and yet won't distract you from your practice. *One example from native American flute music, is the sound of nature.*

## **6: HOW OFTEN SHOULD I MEDITATE?**

- **Once a day, or more if you wish.** Some people meditate in the morning before breakfast and have another session just before they sleep. Meditation may seem like a chore at first, but learn to enjoy it and look forward to it everyday. See it as an opportunity, rather than an item on your to-do list, to spend some intimate moments with yourself. Cultivate meditation as a habit that you'd do naturally every day, like brushing of your teeth.

## **7: HOW LONG DO I NEED TO MEDITATE EACH TIME?**

- Aim for at least fifteen minutes for each session.** For most people, it will normally take ten minutes or more for the mind to settle down. So if your meditation is too short, you would find the session has ended before you even have a chance to get into it.

## **8: WHY DO I FIND IT SO HARD TO CONCENTRATE OF SIT STILL DURING MEDITATION**

- Many people, including long-time meditators, have experienced occasions when they find their concentration is not as focused as they want it to be.** So, it is important to be patient and compassionate with yourself, especially if you are a beginner.
- Meditation requires your mind to be quiet.** Therefore, anything that stimulates your mind just before your sitting is not going to be very helpful, such as a heated argument with your partner, an exciting computer game, a dramatic movie or a thought-provoking book. If you find yourself often having a hard time sitting still during meditation, try to avoid engaging in any of these activities prior to your session.
- Some people also find a relaxation exercise** or a gentle stretch before meditation helps them to get into a tranquil state faster.
- Alternatively, you can try walking meditation** if you face difficulty with the sitting version, or work on improving your concentration.





**Suggested resources:**

**Meditation for Beginners - The Conscious Life**

<https://theconsciouslife.com/how-to-meditate-a-guide-for-beginners.htm>

[https://www.youtube.com/watch?v=XHdOSMpZ1\\_w](https://www.youtube.com/watch?v=XHdOSMpZ1_w)

<https://theconsciouslife.com/meditation-positions-back-friendly.htm>

**Native American Flute Music**

[https://www.youtube.com/watch?v=XHdOSMpZ1\\_w](https://www.youtube.com/watch?v=XHdOSMpZ1_w)

<https://mindfulnesshamilton.ca/resources/online>

<https://www.mindfulnesscds.com/>

[https://youtu.be/3nwwKbM\\_vJc](https://youtu.be/3nwwKbM_vJc)

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*Conscious spirituality*  *in search of truth...*

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Conscious spirituality  in search of truth...

# Numerology Selection 2020

*"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it."*

—Lou Holtz



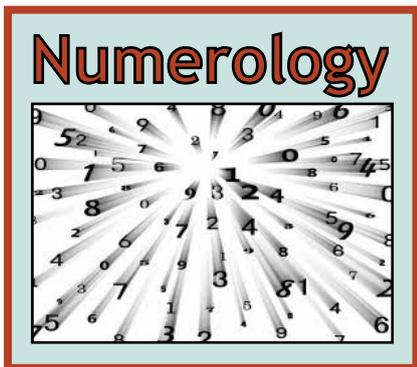
**PHILIP: BEGINNERS INTRODUCTION TO NUMEROLOGY**



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Published 2020



**PHILIP:BEGINNERS INTRODUCTION TO NUMEROLOGY**

Numerology, the science and meaning of numbers in your 'spirit-life' is very similar to that of Astrological interpretations. The main difference being is that in numerology an exact birth time calculation is necessary. Briefly, numerology Life Path or Birth Path numbers based on numbers from derived from your day, month, and year of birth are added together then reduced to a single digit of a number between 1 and 9. [Except for master numbers 11,22,33].

Universally, whilst several numerological interpretations can be applied, since the beginning of my studies I've always used the Pythagorean interpretation method. Numerology can best be described as a "universal blue print" of inherent abilities, challenges, opportunities and potentialities for your life as a human being. Your 'spirit' has already chosen it's human parents, set of pathway experiences, and probabilities for 'this' sojourn on earth. I was first introduced to Numerology in NSW, Australia in 1980 by Shirley Darby a competent Astrologer/Numerologist. Since then, the science of numbers and how these may apply to personal transitions, life cycles, and more. However, I stress, always use your intuition, reasoning, and accepting potential probabilities when consulting this metaphysical divination method. A series of practical steps that I've used in practice and life path interpretations drawn from Hans Decoz's website which features a wide range of interesting numerological resources follow. Why not try the following introduction template.

—Philip Crouch, Tasmania,2020

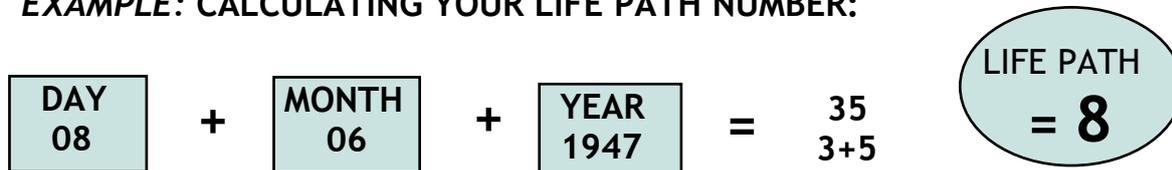
**THE SCIENCE OF NUMBERS: STEP ONE - YOUR LIFE PATH 1 - 22**

Numerologically, our 'spirit self' has already chosen, in the etheric-spirit worlds, an exact day of birth for incarnating. Applying the science of numbers, or numerology to this exact day of birth can provide us with a universal blueprint or guideline regardless of the actual day or time of our birth. Silver Birch, Pierre Teilhard De Chardin, Spiritual Light, USB suggest, "We are first and foremost a spirit having a human experience." In terms of our first and consecutive birth names, although chosen by our parents or guardians, each letter denotes a # numerological equivalent. [A =1, B=2, Z=2+6=8... PHILIP, P=7, H=8, I=9, L=3, I=9, P=7, Total added=43, name vibration 4+3=7.]

In numerological terms, our Life Path or Birth Path is the single most important number attributed to this universal blueprint, or a life map. Our day, month, year of birth when transcribed to digital numbers denotes inherent abilities, attributes, potential abilities, contributions to the community, "possible" life-role experiences and more.

—Add your day, month and year of birth, reduce these to a \*single digits = life path number.

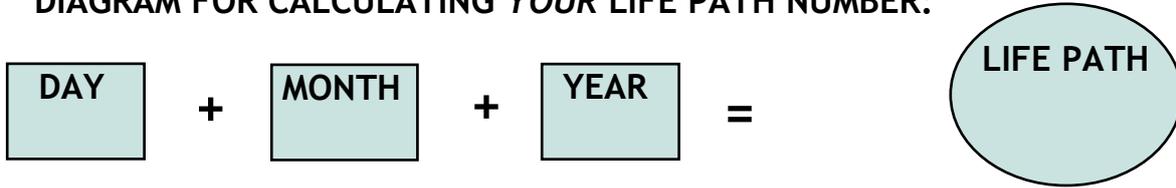
**EXAMPLE: CALCULATING YOUR LIFE PATH NUMBER:**



Add your day, month and year of birth, reduce these to single digits = this is your life path number. Please note: When the final digits total an 11, 22, 33 do not reduce further! These are Master numbers—however, they also need to be considered as follows:

$$11=2, \quad 22=4, \quad 33=6.$$

**DIAGRAM FOR CALCULATING YOUR LIFE PATH NUMBER:**



**THE SCIENCE OF NUMBERS: STEP TWO - YOUR LIFE PATH 1-9**

**BASIC QUICK REFERENCE GUIDE TO POSITIVE - NEGATIVE LIFE PATH MEANINGS.**

C H A R T	1	2	3	4
	Independent	Intuitive	Creative	Dependable
	Original	Diplomatic	Communicator	Detail Orientated
	Driven	Sensitive	Energetic	Predictable
	Ambitious	Supportive	Inventive	Practical
	Leader	Peacemaker	Bouncy	Manager
	Visionary	Spontaneous	Artistic	Problem Solver
	Individualistic	Warm	Broadminded	Trustworthy
	Determined	Insightful	Imaginative	Worrisome
Ruthless	Unrealistic	Scattered		

5	6	7	8	9
Dynamic	Responsible	Perfectionist	Authoritative	Idealistic
Quick-Witted	Caring	Pious	Entrepreneurial	Political
Restless	Self-sacrificing	Careful	Realistic	Aloof
Creative	Protective	Tolerant	Planner	Confident
Innovative	Helpful	Thorough	Dominating	Sophisticated
Daring	Compassionate	Introvert	Striving	Romantic
Persuasive	Obliging	Spiritual	Forceful	Open-minded
Charming	Slavish	Studious	Farsighted	Generous
Procrastinator		Diligent	Greedy	Arrogant
		Obsessive		

The following interpretation of **Life Path numbers, 1-22**, can be identified on Hans Decoz World Numerology web site. Decoz also offers extensive numerological resources suitable for students, beginners and those with more experience. The following Life Path numbers are drawn for those resources. I highly recommend for seekers of Truth or beginners.



<https://www.worldnumerology.com/numerology-life-path.html>

**DECOZ: DO YOUR OWN NUMEROLOGY READING: YOUR LIFE PATH IS**

1

You are a born leader. You insist on your right to make up your own mind; you demand freedom of thought and action. You have drive and determination. You don't let anything or anyone stand in your way once you are committed to your goal. You assume the responsibility to be the protector and provider for those you love. You demand respect and attention and become irritated and even domineering when important things do not go your way. You need to feel in command of important undertakings, and resist supportive roles. You seek the forefront and the limelight. You are exceptionally creative and original and possess a touch of the unusual. Your approach to problems is unique and you have the courage to wander from the beaten path. You can be impatient with your shortcomings and those of others. You are very concerned with your status and foster the appearance of success and self- satisfaction. The need to ... (learn more about your Life Path from your Personality Profile in the World Numerology Collection).

**DECOZ: DO YOUR OWN NUMEROLOGY READING: YOUR LIFE PATH IS**

2

The key word in your nature is peacemaker. You have the soul of an artist. You are extremely sensitive, perceptive, and a bit shy. These qualities are both your strengths and weaknesses, for while you possess enormous sensitivity to your feelings and those of others, that same sensitivity can cause you to hold back and repress your considerable talents. Sensitivity and perceptiveness are among your many fine qualities. Because you intuitively know what people want, or feel, you can be extremely diplomatic and tactful.

You are also patient and cooperative. You work well with groups and somehow find a way of creating harmony among diverse opinions. You enjoy music and poetry and require a harmonious environment. You have an eye for beauty and a fine sense of balance and rhythm. You have healing capabilities, especially in such fields as massage, acupuncture, physical therapy, and counseling. However, your sensitivity can also be your downfall. Your extremely ... (learn more about your Life Path from your Personality Profile in the World Numerology Collection).

**DECOZ: DO YOUR OWN NUMEROLOGY READING: YOUR LIFE PATH IS**

3

You possess a great talent for creativity and self expression. Many writers, poets, actors and musicians are born under the 3 Life Path. You are witty, possess a gift for gab, and savor the limelight.

14



Your talent for the expressive arts is so abundant that you may well have felt drawn to becoming an artist while still very young. Your artistic abilities can only be developed, however, through discipline and commitment to the true development of your talent. Commitment, concentration and hard work are the only means of bringing forth your talent. Thanks to your gift for self expression, you can be the life of the party, and the center of attention. However, you could easily squander your talent by becoming a social butterfly. Your creativity is the gift that can give you the comfort and luxury you desire, but not ... (learn more about your Life Path from your Personality Profile in the World Numerology Collection).

**DECOZ: DO YOUR OWN NUMEROLOGY READING: YOUR LIFE PATH IS 4**

You are practical, down to earth with strong ideas about right and wrong. You are orderly and organized, systematic and controlled, you are decisive and methodical employing a step by step rational approach to problems solving. Once committed you do not give up easily! You are not one for "get rich quick" schemes. Rather you use hard work and long hours to build a business or career- you seek to establish a solid foundation. Precise, tenacious and persevering, you have great potential for success, but only after putting out effort and overcoming the limitations you so often encounter. Justice and honesty are ... (Learn more about your Life Path from your Personality Profile in the World Numerology Collection)

**DECOZ: DO YOUR OWN NUMEROLOGY READING: YOUR LIFE PATH IS 5**

The key to your personality is freedom. You love travel, adventure, variety and meeting new people. You possess the curiosity of a cat and long to experience all of life. You love to be involved in several things at the same time as long as you are not tied down to any one area. You like change, new things and new horizons. You make friends easily, your personality is upbeat and often inspiring attracting people from all walks of life. You have a way of words and an uncanny ability to motivate others. You can be in sales, advertising, publicity, promotion, politics or any profession that requires your communication skills and understanding of people. You likely lack discipline and order. You can also be impulsive, doing or expressing things ... (learn more about your Life Path from your Personality Profile in the World Numerology Collection).

**DECOZ: DO YOUR OWN NUMEROLOGY READING: YOUR LIFE PATH IS 6**

You possess great compassion and seek to be of service to others. You have concern for the weak and the downtrodden. You are a healer and a helper to others. You are capable of giving comfort to those in need and will frequently offer a shoulder for others to cry on. Your task in life is to develop the tools necessary to be truly helpful to others, rather than to simply be a sympathetic ear. You must find the balance between help and interference. In the same way, you must learn the delicate art of the counselor who knows when to leave the struggle to others and when to avoid taking away the necessary experiences and lessons of life. You are naturally balanced. Therefore, you are well equipped to support and ground others in times of trial.



It is in your nature to take on responsibility - you often fill the void left by others - and do not turn away from personal sacrifice. At times, you may feel overburdened by the travails of others. However, the love others bestow upon you is your well deserved reward. You try to maintain harmony ... (learn more about your Life Path from your Personality Profile in the World Numerology Collection).

### **DECOZ: DO YOUR OWN NUMEROLOGY READING: YOUR LIFE PATH IS** 7

You are the searcher and the seeker of the truth. You have a clear and compelling sense of yourself as a spiritual being . As a result, your life path is devoted to investigations into the unknown, and finding the answers to the mysteries of life. You are well equipped to handle your task. You possess a fine mind; you are an analytical thinker, capable of great concentration and theoretical insight. You enjoy research, and putting the pieces of an intellectual puzzle together.

Once you have enough pieces in place, you are capable of highly creative insight and practical solutions to problems. You enjoy your solitude and prefer to work alone. You need time to contemplate your ideas without the intrusion of other people's thoughts. You are a lone wolf, a person who lives by his own ideas and methods. As a result, close associations are difficult for you to form and keep, especially marriage. You need your space and privacy, which, when violated, can cause you great frustration and irritation. When your life is balanced, however, you are ... (learn more about your Life Path from your Personality Profile in the World Numerology Collection).

### **DECOZ: DO YOUR OWN NUMEROLOGY READING: YOUR LIFE PATH IS** 8

You are gifted with natural leadership and the capacity to accumulate great wealth. You have great talent for management in all areas of life, especially in business and financial matters. You understand the material world; you intuitively know what makes virtually any enterprise work. Your talent lies not with the bookkeeping or petty management, but with the greater vision, it's purpose, and long range goals. You are a visionary and a bit reckless. You possess the ability to inspire people to join you in your quest, but often they are incapable of seeing what you see. Therefore, those around you need your continual guidance, inspiration, and encouragement. You must prod them into action and direct them along the lines of your vision. You attract financial success more than any other Life Path, but effort is required. Your challenge in life is to achieve a high degree of detachment, to understand that.

### **DECOZ: DO YOUR OWN NUMEROLOGY READING: YOUR LIFE PATH IS** 9

You are the philanthropist, humanitarian, socially conscious, and are deeply concerned about the state of the world. You have great compassion and idealism. You are a utopian, and will spend your life trying to realize some aspect of your utopian dream, sacrificing money, time, and energy for a better world. It is in giving that you will find much satisfaction. You have a broad outlook on life. You tend to see the big picture, rather than the minute details.



You naturally attract people from all walks of life who can fit into your larger plans and take over the areas you find uninteresting. The person with a 9 Life Path is rarely prejudiced or accepts social biases of people. Instead, they evaluate people on the basis of what they can do for the larger cause. They are the true egalitarian. You are imaginative and creative, especially at harmoniously arranging the beauty ... (learn more about your Life Path from your Personality Profile in the World Numerology Collection).

**MASTER NUMBERS 11 AND 22**

**DECOZ: DO YOUR OWN NUMEROLOGY READING: YOUR LIFE PATH IS 11**

You have the potential to be a source of inspiration and illumination for people. You possess an inordinate amount of energy and intuition. There is so much going on in your psyche that you are often misunderstood early in life, making you shy and withdrawn. You have far more potential than you know. You galvanize every situation you enter. You inspire people, but without your conscious effort. Energy seems to flow through you without your controlling it. This gives you both power and sometimes emotional turmoil. You are a channel for information between the higher and the lower, between the realm of the archetype and the relative world. Ideas, thoughts, understanding, and insight - all of these can come to you without your having to go through a rational thought process.

There seems to be a bridge, or connection, between your conscious and unconscious realms, attuning you to a high level of intuition through which even psychic information can flow. All of this amounts to a great capacity for invention. Many inventors, artists, religious leaders, prophets, and leading figures in history have had the 11 prominent in their chart. Because you are so highly charged, you experience the consequences of a two-edged sword. You possess great abilities, but indulge in much self-reflection and self-criticism. You often feel highly self-conscious. You are aware on some level that you stand out. Even when you try to blend with your environment, you often ... (learn more about your Life Path from your Personality Profile in the World Numerology Collection)

**DECOZ: DO YOUR OWN NUMEROLOGY READING: YOUR LIFE PATH IS 22**

You were born under the most powerful and potentially the most successful of all Life Path numbers. It offers you the extremes of life's possibilities: on one hand, you have the potential to be the Master Builder, the person capable of perceiving something great in the archetypal world and manifesting it in the relative world; on the other hand, you can slip into the depths of obscurity, achieving little more than personal support. Your power is delicate. It exists by virtue of your ideals and vision, which you must use to inspire others to join you in your dream. Only by marshalling collective forces are you able to bring together the necessary elements - people, ideas, resources - that will enable you to realize your goals. Consequently, your Life Path is one requiring dramatic evolution. By being able to integrate seemingly conflicting characteristics within yourself - your inspiring vision and your natural tendency ... (learn more about your Life Path from your Personality Profile in the World Numerology Collection).





**Suggested resources:**

World Numerology - Hans Decoz

<https://www.worldnumerology.com/numerology-life-path.html>

**Personal numerology books studied include:**

Romance In Your Name, Juno Jordan, ISBN: 13 9780875162270

<https://www.bookdepository.com/Numerology-Romance-Your-Name-Juno-Jordan/9780875162270>

Divine Triangle - Faith Javane, ISBN13 9780914918103

<https://www.bookdepository.com/Numerology-Divine-Triangle-Faith-Javane/9780914918103?ref=grid-view&qid=1587963590950&sr=1-1>

Discovering Inner Self, Dr David Phillips, ISBN13 9781875281107

<https://www.bookdepository.com/Numerology-Divine-Triangle-Faith-Javane/9780914918103?ref=grid-view&qid=1587963590950&sr=1-1>

Your Days are Numbered - Numerology for Everyone, Florence Campbell, ISBN13 9780875164229

<https://www.bookdepository.com/Your-Days-are-Numbered-Florence-Campbell/9780875164229>

Philip Crouch

[www.philipcrouch.org](http://www.philipcrouch.org)

[LINK TO NUMEROLOGY INDEX](#)



*Conscious spirituality*  *in search of truth...*

[LINK TO NUMEROLOGY INDEX](#)

Conscious spirituality  in search of truth...

# Out-Of-Body Experience Selection 2020

*"There is no beginning. There is no end. There is only change."  
—Robert Monroe*



[WILLIAM BUHLMAN: OUT-OF-BODY- EXPERIENCE OOB](#)

[SPIRITUAL LIGHT: OUR SPIRIT MAKEUP—1313 ON “BILOCATION”](#)

[CHARLES T TART: OUT-OF- BODY-EXPERIENCES OOB](#)

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# Conscious spirituality in search of truth...



## **WILLIAM BUHLMAN: OUT-OF-BODY EXPERIENCE OOBE**

An 'Out-Of-Body-Experience' OOBE and similar multidimensional, astral travelling, or consciousness transformations are not confined to seekers of Truth or thrill-seekers. An OOBE phenomena has been recounted by patients in hospital beds undergoing surgery. Other people have recalled a spontaneous OOBE whilst being in their beds at home. In these situations experiences are the **beyond physical**.

For example, people in their own homes, or whilst under anaesthetic in a hospital bed listening to doctors and nurses have a conversation the same experience of floating above the their body's lying below are experienced. The Munroe Institute founded by Robert Munroe, author of the classic book "Far Journeys" had experienced four decades of OOBEs. The institute now offers OOBE training programs for people wanting to consciously experience an OOBE phenomena.

William Buhlman, a registered Munroe Institute OOBE trainer has developed a nine-step program for people wanting to consciously experience an OOBE. Buhlman calls this nine-step process his "Early Morning Method," more OOBE information can be found on his website. As an experience for exploring potential consciousness pathways OOBEs is interconnected to achieving an "awakened mind." The OOBE information below is in two parts, (1) Basics of Out-Of-Body Exploration, (2) William Buhlman Nine-Step Early Morning Method

—Philip Crouch, Tasmania, 2020

### **(1) WILLIAM BUHLMAN: BASICS OF OUT-OF-BODY-EXPLORATION**

"We are a spiritual (nonphysical energy) being temporarily using a biological body (vehicle) for experience and expression. Since the physical body is a temporary vehicle, it is only natural for us to be able to separate from it and experience our nonphysical self .Out-of-body experiences are the normal shift or transfer of awareness from our physical body to one of our higher frequency energy vehicles.

We are simultaneously using and controlling multiple energy (frequency) bodies. Each of these energy vehicles exist at a distinctly different density and vibrational frequency. Ideally, all of our energy vehicles work in harmony to assist in our personal development.

**Each individual vehicle of consciousness is necessary to perceive within its unique frequency of the universe.** To experience matter, we must have a vehicle of matter. To consciously perceive and experience the higher (less dense) vibratory dimensions, we must consciously be using the appropriate energy vehicle.



We are the creative source of our reality and our experience. We create our individual reality by the way we focus and manage our personal thought energy. This principle applies to all energy levels of the universe. What we experience has been influenced, arranged and manifested by our conscious and subconscious thoughts.

## **SELECTING YOUR TECHNIQUE**

One of the most important decisions you face in out-of-body exploration is the selection of the technique on which to focus. In general, if you can visualize well, then concentrate on the visualization techniques. Select the technique which is most comfortable for you and stick with it.

If you have difficulty visualizing, then concentrate on the affirmation techniques. Keep in mind, the target technique has proven effective for many people who have claimed poor visualization skills. I believe this is due to the physical “walk-through” which can be repeated until the internal imagery begins to appear. **Many people find it easier to visualize an object or location in their home than anywhere else.**

Don't underestimate your abilities, when you are open-minded to new experiences and perceptions, they will occur. On many occasions during my workshops, people have told me that they can't visualize at all. I have found that when people verbally request the ability and begin to practice with an open mind, they experience a rapid enhancement of their natural abilities. When choosing your techniques, remember to be both flexible and patient.

### **(2) WILLIAM BUHLMAN: EARLY MORNING TECHNIQUE - NINE STEPS**

One of the best times to induce an out-of-body experience is early in the morning after two or three R.E.M. periods (three to five hours) have passed.

During sleep every ninety to one hundred minutes we enter a dream period commonly called Rapid Eye Movement or R.E.M. Our eye movement during sleep is physical evidence that we are entering a dream or, in some cases, other forms of altered states of awareness. The scientific correlation between R.E.M. periods and out-of-body are yet to be confirmed, however, individual reports linking the two are commonplace.



**The following technique is very effective, but it does require a degree of self-discipline. Many have found it worth the additional effort.**

- (1). Set your alarm for approximately three to four hours of sleep. After you awaken, move to another area of your home such as a recliner or sofa.
- (2). As you become comfortable in your new location, select your favorite out-of-body technique. Completely relax and begin to do your affirmations and/or visualization technique. Repeat your affirmations, first verbally, then silently to yourself.
- (3). As you become more relaxed, focus your complete attention upon your affirmation and away from your physical body. As you drift to sleep, attempt to boost the emotional and intellectual impact of your affirmations as much as possible. With increasing intensity, make your last affirmations before sleep a firm, personal, commitment - to have an immediate out-of-body experience. It's important that your last thought before drifting into sleep be your out-of-body affirmations. As you do this, feel completely open to receive your request immediately.
- (4). Remember to focus all of your thought and emotions into the affirmations. Your intensity and personal commitment are most important.
- (5). This technique is highly effective. Many people report an out-of-body experience immediately after they drift to sleep. If you have the time, this technique can be repeated several times before morning. During the first few attempts, you may just drift to sleep; however, with repeated practice, this technique can provide dramatic results.
- (6). If you are having difficulty developing your visualization ability, I would highly recommend this technique as your best alternative. It is one of the most powerful methods available and does not require visualization skills.
- (7). I believe the effectiveness of this technique has little to do with the time of day, what's really important is your mental state. After three to four hours of sleep, our body and mind are partially refreshed and also completely relaxed. This mind awake - body relaxed state of awareness is the ideal starting point for any technique used in out-of-body exploration.



- (8). The following experience is the result of this technique.  
After approximately four hours of sleep, I awakened unexpectedly and decided to get up and read. On an impulse I started to write some out-of-body affirmations. After fifteen minutes of writing, I began to feel extremely tired. Selecting two affirmations, I continued to repeat them to myself as I relaxed on the sofa.
- (9). I continuously repeated these affirmations as I drifted to sleep.  
“Now, I have a fully conscious out-of-body experience. Now, I’m out of my body!” I focused all my energy into each affirmation, making every effort possible to make the affirmations my last conscious thoughts as I drifted to sleep. The following experience occurred at 3:15 A.M. immediately after my physical body dozed off to sleep.



**Suggested resources:**

William Buhlman - Out-Of-Body Experiencer, Trainer, Literature ...

<http://www.astralinfo.org/astral-projection-methods/>

Robert Munroe Institute

<https://www.monroeinstitute.org/>

Far Journeys - Robert A Munroe, e-Book,

[http://blog.hasslberger.com/docs/Far\\_Journeys.pdf](http://blog.hasslberger.com/docs/Far_Journeys.pdf)

**[LINK TO OUT-OF-BODY-EXPERIENCE INDEX](#)**





## CHAPTER 13 - SPIRIT LIFE

### 13.2 OUR SPIRIT MAKEUP

#### +TOPIC: 1313 On “Bilocation”

In some circles there is frequent mention of *bilocation*: the [supposed] state of being, or the ability to be, in two places at the same time.

Most of the conclusions on the subject are obviously based on unawareness of either spirit [etheric] body or its capabilities.

It is not uncommon for individuals under anaesthesia to find themselves floating above their physical body, seeing and hearing what goes on.

There are too many thoroughly documented cases of this phenomenon to doubt that it happens.

Another phenomenon that has been abundantly demonstrated is what is called *travelling clairvoyance* [remote viewing]: describing what at the moment is taking place elsewhere, sometimes hundreds or thousands of miles [kilometres] away.

Still another is that of people on earth, musing or lost in reverie, finding themselves conversing with others on earth some distance away, and being recognized by them—with normal communication subsequently confirming details of the visits.

If we reflect in the light of what we know about the spirit body we will realize that there is *no* bilocation in such cases, and that bilocation is an *impossibility*.

We have pointed out that *the real self* always resides within our *spirit* body, which, when are in the wide-awake state, is as a rule confined within our physical frame. When we sleep, the spirit body usually goes non a journey, or it stays close by, outside our physical body.

—When anaesthetics, besides producing insensibility to pain or other sensation,

induce deep sleep, the spirit body usually retires from the physical body; but we rarely remember it on returning to normal consciousness.

—In one method of travelling clairvoyance, one or more of the medium’s spirit guides are away and back in a trice to describe or present a picture of what they have seen elsewhere. In another method, a guide temporarily controls the medium’s physical body, while the *medium’s real self* travels in his or her spirit body to a place, observes it and returns, to either relay a description through the controlling guide or to present it directly.

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+ Denotes *Spiritual Light* book core topic numbers. These topic entries clarifies context subject matter further, and are identified in book chapter headings, along with a comprehensive index.

—As for people on earth who suddenly find themselves visiting *others* on earth, it is merely one form of what some term and OBE, OOB, or out-of-the-body<sup>8</sup> experience. We of course recognize it as an out-of-the-*physical*-body experience.

In the various cases we have discussed, as in others of a similar nature, *neither* the physical body, *nor* the spirit body was in two places at once: They were in *different* places. With the spirit body usually out of the physical body during sleep( and also during some other states), there are literally hundreds of millions of instances each day of the two bodies being in *different* places connected of course by the incredibly elastic silver cord +[1310:6]. But *neither* body is ever in two places at the same time. Nothing is.

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<sup>8</sup> Some also call OBEs astral travel or projection of consciousness. There are people and organizations on earth that research OBEs and teach others how to develop the ability to experience them, for the purposes of travelling, learning, and giving service in the spirit realms (other dimensions; see also 1329), interacting with spirit people, and remembering their experiences after they return to consciousness in their physical bodies.

### [LINK TO OUT-OF-BODY-EXPERIENCE INDEX](#)



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# Conscious spirituality in search of truth...



## **CHARLES T TART: OUT- OF- BODY- EXPERIENCES OOB**

*Professor Charles T Tart is a leading scientific pioneer in exploring consciousness, spirituality, parapsychology, and transpersonal developments. Tart has consistently experienced four decades of academic research, is author of countless articles, books and other publications in the above scientific fields.*

*In 2018, he published “End of Materialism” a highly inspirational, deeply meaningful work that attempts (successfully) to bring the areas of science and spirituality, with its impact on human development closer together. My first encounter with Tart’s work was during the late 1970s whilst exploring ‘extrasensory perception’ ESP and related parapsychological subjects. It was an inspiring experience. In connection with Out-Of-Body-Experiences Tart published “Six Studies of Out-Of-Body-Experience” half a century on provides a succinct approach to this phenomena. The articles is published on his website. An extract from this appears below.*

*—Philip Crouch, Tasmania, 2020*

## **CHARLES T TART: OUT OF BODY EXPERIENCES — HALF A CENTURY ON**

“About half a century ago - have I really been me, doing my stuff, that long?  
- I had an amazing stroke of luck.”[Charles T Tart.]

### **OUT- OF- BODY- EXPERIENCE DEPICTION**

‘As part of trying to make sense of life, particularly reconciling the religion I was raised in and modern science, I had read extensively in books about psychic research while still in my teens. Psychic research was a very small, but I believed very important field of inquiry, launched in the 1880s by intelligent people who had also been having difficulty reconciling religion and science, and who had the brilliant idea that science was a method, much more than just its contemporary findings.

So why not apply the method of science (observe, theorize, test theories, share) to human experiences that had religious/spiritual implications and see what was real, as opposed to what was, as many fervent devotees of science proclaimed then (and now) that religion was all superstition and nonsense? This has been a major theme in my scientific career ever since reading about it.

One of the human experiences which struck me as very important in forming religions was the **out-of-the-body experience (OBE)**, where a person unexpectedly finds themselves located somewhere else than where they know their physical body is, but their mind is fully clear and conscious.



They can reason logically about how what is happening to them, floating up near the ceiling, e.g., while looking at their unconscious physical body below them in bed, is impossible – and yet there is no doubt it is happening! The typical aftereffect of having an OBE is the person saying something to the effect that “I no longer believe that I will survive death – I know I will, I’ve been alive and awake outside my body!” This is a conviction which usually lasts the rest of their life. **Clearly OBEs happening to some people are a major source of the idea of a soul.**

But aside from an occasional trustworthy person reporting OBEs, that was about all we knew about them, with one major factor added: in some cases, the person acquired by observation (seeing it) correct information about what was happening at a distant place they felt located at, when there was no reasonable way for them to otherwise know about it. Without that, OBEs could be thought about as merely an altered state of consciousness (ASC), something like a dream but with full and clear consciousness rather than the fuzzy state typical of dreams.

And indeed there is a relatively rare kind of dream, the lucid dream[1], in which the dreamer feels their mind is awake, but they classify their experience as a dream. In practice some apparent OBEs are probably misclassified lucid dreams and visa-versa, but that some OBEs involve clear ESP functioning intensifies the question: “Is it really possible for a person’s mind to be elsewhere than their physical body, sensing that distant place?” I would have liked to have studied OBEs, but aside from one experiment while I was still a college student, had little opportunity, and with unclear results. No one else was studying them. Indeed, OBEs were taboo.

### **Lucky!**

My wife and I had become friends with a young woman who occasionally baby sat our children. When she knew us better, and it became clear that we were people who could be talked to about unusual experiences, she began telling us about the OBEs which she had been having since she was a child...

This was the beginning of my luck. Not long after receiving my PhD, I also met and became friends with Robert A. Monroe who had also experienced many OBEs by then. His three books have been of great help since then to many people who have had OBEs but didn’t know what to make of them. I was able to do three studies with him over several years.



And also I was lucky because I carried out several years of research on using hypnosis to influence both the content and the process of nighttime dreaming, and the grant supporting that allowed me to have a sleep laboratory that was also useful for investigating OBEs.

Overall I have published six studies of OBEs. They can be studied with the increased precision of laboratory work (although that's not the only way), not just be memories of spontaneous experiences, e.g., and I found out some things about the physiological state in which they may occur - you don't have to be near death, as in near-death experiences (NDEs), e.g. - and sometimes it does indeed look like the OBEr's mind really is perceiving physical reality from a different perspective than that of their physical body. '

You can read an overall summary of my research at:[Tart-see below]



**Suggested resources:**

Six Studies of Out Of Body Experiences

[http://vedicilluminations.com/downloads/Consciousness-Life-After-Death/Charles%20Tart%20-%20Six%20Studies%20of%20Out-of-the-Body%20Experiences%20\(OBE\).pdf](http://vedicilluminations.com/downloads/Consciousness-Life-After-Death/Charles%20Tart%20-%20Six%20Studies%20of%20Out-of-the-Body%20Experiences%20(OBE).pdf)

<http://blog.paradigm-sys.com/out-of-body-experiences-half-a-century-on/>

*The End Of Materialism: How Evidence of the Paranormal Is Bringing Science and Spirit Together, Charles to Tart*

<https://www.bookdepository.com/The-End-Of-Materialism-Charles-T-Tart/9781572246454>

**[LINK TO OUT-OF-BODY-EPERIENCE INDEX](#)**



*Conscious spirituality*  *in search of truth...*

[LINK TO OUT-BODY-EXPERIENCE INDEX](#)

# Pendulum Selection 2020

*Acceptance, when it comes, arrives in waves: Listen with your chest. You will feel a pendulum swing within you, favoring one direction or another. And that is your answer. The answer is always inside your chest. The right choice weighs more. That's how you know. It causes you to lean in its direction.*

—Augusten Burroughs

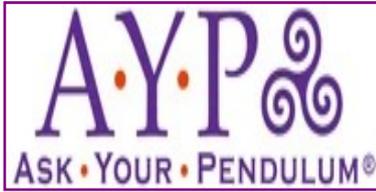


**[ASK YOUR PENDULUM: HOW TO USE A PENDULUM](#)**

**[WHAT IS DOWSING?](#)**

**[SPIRITUAL LIGHT: 1128 A LITTLE ABOUT DOWSING](#)**

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**ASK YOUR PENDULUM: HOW TO USE A PENDULUM**

*Pendulums are divination tools that can be used by almost anyone. You, or someone close to you, may have once used a wedding ring on a piece of string to determine the sex of an unborn child?*

*Pendulums can be made from a piece of fishing line attached to a pointed nail, a builder's bob, key, or even a piece of crafted tile or wood. Many people prefer to use their crystal or wooden pendulum as their 'energies' remain with that implement. Using a pendulum often depends on the 'dowsers' sensitivity, or the question being asked. Many believe that their spirit guide or helpers assist in the effective use of a pendulum.*

*Among the many interesting experiences when using a pendulum include: finding lost keys, determining health, food, spiritual direction, career paths even locating a lost item in your house. A simple demonstration of how effective a pendulum might become is posing a question that only requires a "YES" "NO" [or "MAYBE"] answer. My wife has used her pendulum for around 35 years with good results. Mine has been more for demonstration purposes when working with development groups. As Browning, and other 'dowsers' indicate its simply a metaphysical or divination too. An extract from Browning's "How To Use a Pendulum" follows.*

*—Philip Crouch, Tasmania, 2020*

**AYP: HOW TO USE A PENDULUM TO ANSWER "YES"/"NO" QUESTIONS**

- (1) Make your mind ready. Free yourself of internal and external noise. Clear your mind of worries. Do not multi-task. Relax and focus. Quiet, non-lyrical music (music without words) may help, along with other meditational aids like candles, incense, and crystals - but these things are not required and you can, use your pendulum anywhere, at any time, with or without these extra items.
- (2) Position yourself and your pendulum. Ideally, you want to sit up straight and if possible, put both feet flat on the floor. Grasp the pendulum's fob between your thumb and forefinger - or if you prefer, you can grasp anywhere along its chain, as long as you leave a couple inches[centimetres] between your fingers and the pendulum's weight stone.

Arch your wrist slightly, steady your forearm (but not your hand) on something solid, like the edge of a table or arm of a chair. Let the pendulum just dangle. Try to hold very still, but don't worry if your hand shakes a little bit. This won't affect the outcome.

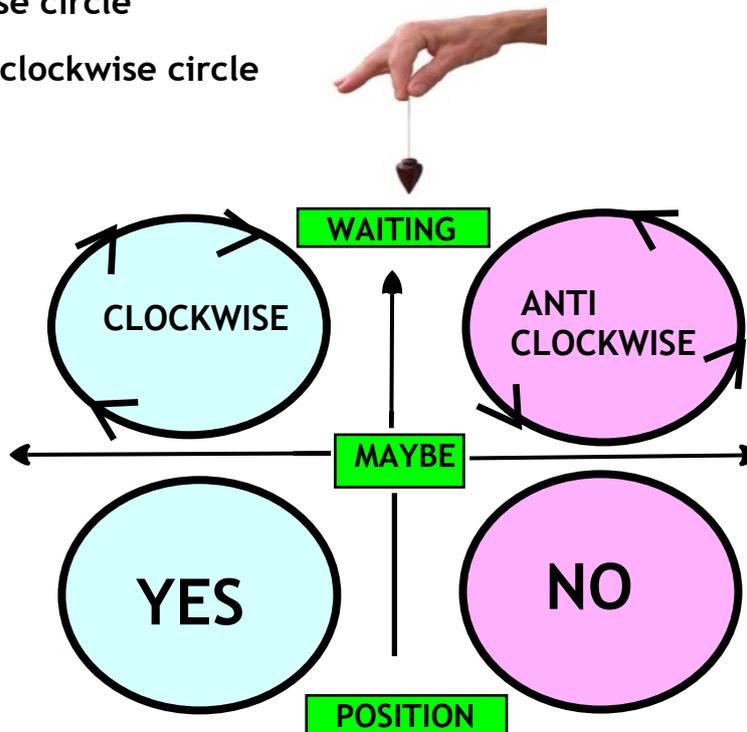


(3) Program your pendulum's signals. You only need to do this step once, unless you decide to make changes afterward. The purpose of programming is to establish signals for each of these answers:

- Yes
- No
- **Maybe** (which can also be interpreted as "I don't know" or "I don't want to say")

Here are some common, easy-to-read signals that you can choose to use:

- front to back (like a head nod - common for "yes")
- side to side (like a head shake - common for "no")
- clockwise circle
- counterclockwise circle



**To begin programming, first decide what your three signals are.** Note: Some people prefer to ask the pendulum to choose its own signals though I don't recommend it. I believe you'll be more successful if you specify the signals yourself. Further, if you have more than one pendulum you'll want them to all be using the set of signals and it's not likely that they would all provide the same signal set.

**Next, demonstrate each signal:** Tell your pendulum what signal you want it to use for "yes" as you demonstrate what the signal looks like (and feels like). Then do this for the "no" signal, again while demonstrating it. And finally for "maybe".



**Here's an example of how to program the "yes" signal:**

Holding the pendulum in position, say "When I ask a question and the answer is yes, move like this, in a clockwise circle." (or whatever signal you've chose for "yes"). Say this as you swing the pendulum in the yes signal.

- (4). **Verify the signals.** To test out the trustworthiness of your programmed signals, ask a couple of test questions, such as "Is my name Billy?" Or, "Is today Tuesday?" Basically, you want to verify that yes is yes and no is no. If the signals are not coming out right, go back to step 3 and re-program the pendulum. Once your signals are verified, you skip this step.
- (5). **Program your pendulum's source.** Unlike steps 3 and 4, you'll want to include this step every time you use your pendulum to answer a question or set of questions. The purpose is to establish where the pendulum will get its answers. The goal is to tap into your higher self. Skipping this step may cause your pendulum to restrict itself to the subconscious mind and ignore the higher self.

To program the pendulum's source, begin each session by saying, **"I call upon the higher self to answer these questions. I seek only truthful answers, which are aligned with the highest and greatest good for all concerned."** Whether you say this out loud or inside your head is up to you. Do what you are comfortable with, and of course, feel free to tailor this language so it matches your own terminology.

- (6). **Ask your question.** Ask questions that can be answered by YES or NO. Be as specific as you can in your phrasing. Avoid asking for opinions or using the words "should" or "supposed to" in your questions.
- (7). **Wait for the answer. Be patient.** Concentrate on your question (closing your eyes may help), but do not concentrate on what you think the answer should or will be. Remain detached about the answer and focus only on receiving a correct, unbiased answer.

**When the pendulum swings, look at it - observe its direction. This is your answer.** If it doesn't move right away, give it time, or if it's unclear what the signal is, try rephrasing the question and do it again. When the pendulum swings with great force, it's answering loudly. If it swings with only light force, you can interpret this as a quiet, perhaps less committed response.



- (8). **Clear the pendulum at the end of each question by touching its weight-stone to the palm of your free hand or on another surface.** This signals that your question has been answered and you are ready to move on to the next question.

**Protect your pendulum when not in use.** A great way to do this is to wear it on a neck chain. That way it will receive your energy all day long, and will be readily attuned to your body's energy and vibrational level. Or you can keep it in a pouch a keepsake box.

**Helpful Tips:** Relax, enjoy the connection.

Be open, neutral and definitely **don't** try to predict answers.

Be clear in the way you phrase your questions.

To get a stronger response, say “respond louder please” or “be more clear”.

–Cup your other hand underneath the point or weight stone to help focus energy.

**Here are some sample questions you can ask:**

- Is it in my best interest to buy this item?
- Will I enjoy the stories in this book?
- Will it rain in (name of your town) tomorrow?
- Is this a healthy food choice for me to eat at this time? (ask while holding pendulum over the food)
- Is it in my best interest to attend the (insert event name here) tomorrow night?



**Here's a list of just some of the ways to use your pendulum:**

Answer yes/no questions

Using Charts

Read the Tarot using a chart (instead of Tarot cards)

Check your polarity

Detect presence unwanted or negative energies

Understand synchronistic events

Predict gender of an unborn baby





Find your car keys (or other misplaced items)

Check the status of your charka

Select chakra energy stones or other small objects using a rainbow arch

Discover your guides

Make multiple choice decisions using a chart



**Suggested resources:**

Ask Your Pendulum, APY

<https://askyourpendulum.com/pages/how-to-use-a-pendulum>

The Practical Pendulum Book

<https://www.bookdepository.com/Practical-Pendulum-Book-D-Jurriaanse/9781578632480?ref=grid-view&qid=1587440697148&sr=1-1>

Dowsing Australia-

<https://www.dowsingaustralia.com/about.htm>

<http://www.dowers.com/dowsing-videos-by-joeey-korn/>

**[LINK TO PENDULUMS INDEX](#)**



### WHAT IS DOWSING?

According to the Dowsing Australia website, "The Art of Dowsing, also called divining or Radiesthesia is a means of obtaining information which is almost as old as humanity." Neolithic cave paintings have been found depicting figures holding what are (to any dowser) dowsing rods, and the fact that dowsing is practised by remote African and aboriginal tribes suggests that its practice is widespread, naturally occurring. Pendulums have been found in the pyramids, and it is thought that Moses was very probably a dowser.

Dowsing Australia is just one of many societies globally that meet and share respective experiences, knowledge, and participate in workshops or fieldwork trips together. During the late 1980s my wife and I participated in similarly related activities with a Hobart Dowsers group. We observed various forms of dowsing practises, and were able to gain a few "hits" verifying a source of water pipe. For seekers of Truth, the practical applications using pendulums or dowsing rods for divination work is highly recommended. An extract from Dowsing Australia's website featuring divining rods, dowsing rods, and pendulums follow.

—Philip Crouch, Tasmania, 2020

#### "Y" DIVINING RODS



#### DOWSING RODS



#### PENDULUMS/RODS



"Dowsing is usually thought of in the public mind as 'water divining,' i.e., using a forked stick to find underground water, but in modern times finding water forms only a small part of a dowser's activities unless he or she is a farmer, or dowses for farmers.

On the rare occasions when a dowser is sighted practising in public, he or she may be using a forked stick, known to dowsers as a 'V-rod,' looking for something underground' or may be using an 'L-rod,' consisting of one or two L-shaped wires to locate earth currents.





## THE PENDULUM

But what dowsers use more than any other tool is the pendulum. The beginner in dowsing usually starts with a pendulum, which instrument will remain the dowser's main tool throughout their lives. The pendulum is used to obtain information and answer questions pertaining to almost anything.

The length and size of the pendulum are unimportant, and it will consist of anything that works for the user. Many dowsers like to use a crystal pendulum or one made out of a natural substance, such as wood, depending on taste. The pendulum itself is only a tool, and dowsers believe that they are contacting their Higher Mind or Higher Self, which is part of the Universal Consciousness and therefore has access to all information, and the pendulum's response will be guided by this. The pendulum does not work by itself, and is guided by movements of the dowser's wrist.

The beginning dowser must establish a 'yes' and 'no' response from the pendulum before it can be used to answer questions. There are several ways of doing this. One method is to put two saucers in front of you, one holding vitamin C, and the other holding coffee. Hold your pendulum over first one and then the other, and ask 'Is this substance good for me?'

With the vitamin C you will get a 'yes' response, and with the coffee you will get a 'no' because the body regards tea and coffee as toxins. Another method is to hold your pendulum over the cord of an electric appliance. When it is off, the pendulum will give a 'no' response. Turn it on, and the pendulum will give you a 'yes.'

The pendulum's response will vary with each individual. Usually the response will take the form of a back and forth movement, and a circular movement, and it will be apparent to the beginner what constitutes his or her 'yes' and 'no.'

The pendulum can then be used to answer questions on almost anything, but it needs to be borne in mind that the Higher Self is only going to give such information as is needed for the occasion, and will not necessarily answer unrelated questions. Usually a dowser will ask 'Can I?' 'May I?' 'Should I?' before dowsing, and will say 'thank you' afterwards.





## PENDULUM—TESTING FOOD

One of the most frequently uses of the pendulum is to test food you are unsure of. On one occasion I had picked some healthy looking mushrooms from an oval (nobody else wanted them) and in response to the question "Is this food fit for human consumption?" The answer was "no." I tried the mushrooms anyway, and they tasted terrible. Apparently they had been spraying the lawn. So the whole lot had to go out.

## PENDULUM—MAP DOWSING

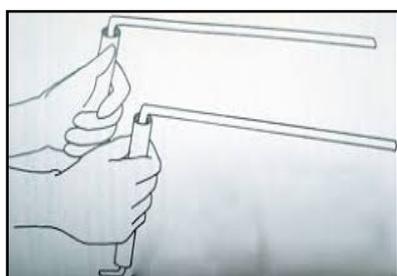
Pendulums are used for map dowsing, which is usually a preliminary to field work of any sort. Map dowsing consists of using a pendulum on a map to locate the desired object, be it underground water, minerals, ruins or a sacred site, and the area of the map will be steadily expanded until an approximate location is found. After that it is followed up in the field.

## PENDULUM—RELAXED MIND

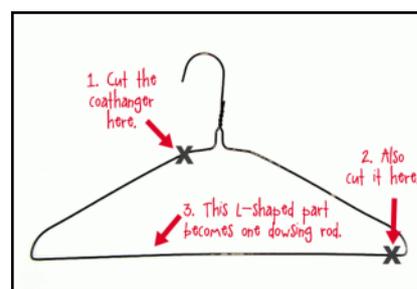
Pendulums may also be used to clear an area of negative energy, or to confer a blessing. Pendulums are subject to suggestion. If you want a particular answer strongly enough, you may well influence the pendulum response to give it to you. When dowsing it is necessary to be detached and relaxed.

According to an article on dowsing in BBC Focus for May 2008, many dowsers stress the need to keep their minds in a relaxed yet alert state while dowsing, and brain scans performed on dowsers preparing to begin a search are said to show activity similar to that achieved during meditation. [Which is a way of contacting your Higher Self.]

## L – RODS



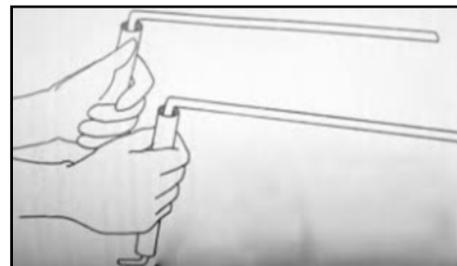
**L-rods or angle rods are L shaped rods usually made from wire coat-hangers.**  
*Their length may vary depending on the user's need.*



The L-rod is usually held loosely in the hand (or if two are used, hands) where it can swing freely in response to energy lines encountered. Energy lines criss-cross the Earth's surface in the same way as acupuncture meridians cross the body. They may be positive, negative or neutral, and very often connect sacred sites and places of power. What usually happens is that the dowser asks to be shown an energy line and then walks in a pre-determined direction, and the L-rod will swing round when the dowser reaches the energy line.



**This practice is particularly useful for determining energy lines** that may be passing through a house and affecting the occupants, or ideally for finding the energy lines on a site before one is built.



**Negative energy lines passing through bedrooms will usually affect people sleeping there, who may sleep badly or become sick, or both.** Sometimes a house will get a reputation because successive people living in it all seem to develop cancer. The dowser will establish how thick the energy line is, (breadth will vary according to phases of the moon) and sometimes the solution will be as simple as moving the bed a few feet out of the energy line.

Sometimes it will be necessary to change bedrooms, or even move out of the house. Negative energy lines can be re-directed, but this is not always permanent, and proper responsibility must be shown in the sense that the negative line must be re-directed down the road, and not into the next door house!

**Negative energy lines are re-directed by inserting short sections of copper piping lengthwise into the ground.** A few years ago in Adelaide some dowsers found a powerful negative energy line going directly into a block of migrant housing, with dire consequences for the occupants as it was causing quarrelling and anti-social behaviour.

As everything stood on government land it was necessary for them to insert the copper piping surreptitiously and conceal it in case somebody stumbled on it and pulled it out. But thereafter the housing block saw a distinct improvement in attitude and behaviour.

**Dowsers can also ask the L-rod to point in the direction of something they are looking for, or find something, such as a sacred site.** L-rods can be used for finding water or objects buried in the ground, in which case the dowser will use two L-rods and ask them to cross when the object has been reached. With some people the L-rod will respond in one hand much better than the other, so they may be seen as one-armed dowsers.

## V – RODS



**The V-rod or rods is the modern form of that traditional dowsing tool, the forked twig.** The modern V-rod will usually consist of two thin, light flexible rods, usually made of plastic and joined by eyes at the end.



## What is Dowsing?

The V-rod is used for finding underground features, such as underground water, ruins or minerals, or caves, or treasure. To work effectively, the V-rod must be tensioned by holding it on the palms of both hands, but so that the rod is still able to dip or rise, which it will do when the feature is reached, which is why it must be flexible. The dowser will then use the pendulum to get an idea of the depth.



The present writer has found when using a V-rod that the rod goes up when finding an archaeological site and down when finding water. **Dowsing for minerals is used extensively in Russia, as is dowsing for archaeological features, and success has been recorded by dowsers dowsing from aircraft flying over sites.** Dowsers are called in to archaeological sites on some European and American digs, sometimes with psychometrists (clairvoyants who can see the past.) Very often features will be found where the dowsers have indicated they are, and much time and energy saved in locating them.

Unfortunately Australian archaeology is still in the Stone Age, and archaeologists known to be dowsers would be regarded as lunatic fringe and suffer professionally. Likewise, geologists who are dowsers may risk damaging their careers if it becomes known that they dowse.

---

### NEED OR GREED...

*“Dowsers for the most part believe that dowsing should be used to obtain information, but not necessarily for profit. It is acceptable to use it in a healing practice, and may be acceptable to use it to find gold, but it is not necessarily acceptable to use it to use it to dowse for the Melbourne Cup Winner. Somebody who tries this may find that this is not acceptable to their Higher Self, and so their dowsing may go awry.*

*Dowsers tend to be mature people and are usually long lived because they believe in being in harmony with nature. It is not at all uncommon to find dowsers still practicing and teaching dowsing well into their 80's and 90. Many dowsers are healers and use dowsing in their healing work. Most dowsers are very aware of health and environmental issues, and are sensitive to earth energies.”-Dowsing Australia*

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### Suggested resources:

Dowsing Australia-

<https://www.dowsingaustralia.com/about.htm>

Australian Dowsers Society branches: Sydney, Melbourne, Adelaide

American Society of Dowsers: 4,3,2,1 How To, PDF

[https://seureservercdn.net/198.71.233.138/pvz.071.myftpupload.com/wp-content/uploads/2016/05/4\\_3\\_2\\_1\\_Handout-1.pdf](https://seureservercdn.net/198.71.233.138/pvz.071.myftpupload.com/wp-content/uploads/2016/05/4_3_2_1_Handout-1.pdf)

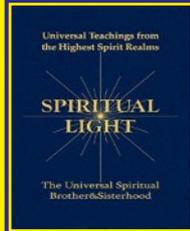
The Practical Pendulum Book

[https://www.bookdepository.com/Practical-Pendulum-Book-D-](https://www.bookdepository.com/Practical-Pendulum-Book-D-Jurriaanse/9781578632480?ref=grid-view&qid=1587440697148&sr=1-1)

[Jurriaanse/9781578632480?ref=grid-view&qid=1587440697148&sr=1-1](https://www.bookdepository.com/Practical-Pendulum-Book-D-Jurriaanse/9781578632480?ref=grid-view&qid=1587440697148&sr=1-1)

[LINK TO PENDULUMS INDEX](#)





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[www.theusb.org](http://www.theusb.org)

## CHAPTER 13 - PHENOMENA

### 11.5 OTHER PHENOMENA

#### *1128 A Little about Dowsing*

Dowsing is the faculty some people possess of finding underground water, minerals, or precious stones by the use of what is called a dowsing or divining rod—frequently a forked (roughly Y-shaped) stick, often of birch.

The dowser works by holding the two forks of the stick, one fork in each hand, while walking, the stick sometimes twisting strongly downward when it is above what is sought. The action of the rod is almost always automatic, quite independent of the dowser’s will, indicating that some degree of mediumship or psychic sensitivity is required.

This is confirmed by the fact that while some people using a dowsing rod by themselves will find it does not respond even if what they seek is present, it *will* often work for them when a successful dowser places his or her hands on their shoulders or on their hands holding the rod.

The dowser’s spirit companions play an important part in the work, manipulating the dowsing rod by means of protectively-sheathed ectoplasm.

Another point worth noting. By The Law of Attraction, the spirit helpers of the farmer (for example) will include some who recognize farm needs, of which water it often a major one, and who try to help secure those needs in one way or another.

#### [LINK TO PENDULUMS INDEX](#)



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*Conscious spirituality*  *in search of truth...*

[LINK TO PENDULUMS INDEX](#)

Conscious spirituality  in search of truth...

# Psychic Selection 2020

*Far from being a material world, this is a psychic world, which allows us to make only indirect and hypothetical inferences about the real nature of matter. The psychic, alone has immediate reality, and this includes all forms of the psychic, even.*

—Carl



**SPIRITUAL LIGHT: 1137 SOME MISUNDERSTOOD PSYCHIC PHENOMENA**

**SPIRITUAL LIGHT 1138A LITTLE ABOUT THE PSYCHIC CENTERS**

**THE CHAKRAS: A BEGINNERS GUIDE TO YOUR ENERGY SYSTEM**

**EDGAR CAYCE: ON ESP & PSYCHIC PHENOMENA**

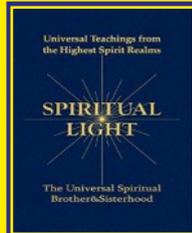
**THE AUSTRALIAN INSTITUTE OF PARAPSYCHOLOGICAL RESEARCH**

**FLOYD RED CROW WESTERMAN: HOPI PROPHECY**

**LINK TO CONTENTS PAGE**

www.philipcrouch.org +61(0)401 000 067 Tasmania, Australia.

Published 2020



“SPIRITUAL LIGHT,” Universal teachings from the Highest Spiritual Realms—*The Universal Spiritual Brother&Sisterhood*, [www.theusb.org](http://www.theusb.org)

## CHAPTER 11 - PHENOMENA

### 11.5 OTHER PHENOMENA

#### + TOPIC 1137 Some Misunderstood Psychic Phenomena

The less one knows about the mechanics of psychic phenomena, the more one marvels at them, and the more is one inclined to ascribe them to God or to someone exceptionally close to God.

The truth is that *all* psychic phenomena occur from the use of one or more law of which most people know little or nothing. So however extraordinary and wonderful the phenomena may be—as indeed many *are*—they are *not* miracles in the generally accepted sense. And most people, who have investigated them with an open mind, accept the fact that psychic phenomena are almost always caused by those who live in the *spirit* side of life.

We reflected on this when we heard about a “miracle” that has brought visitors by the hundreds to the scene: blood, reportedly analyzed as actual human blood, flowing from time to time from the eyes of a portrait. The explanation is simple (as most explanations are to those who are aware of them): skilled spirit chemists precipitating from the portrait’s eyes minute quantities of blood extracted from those living in the area or visiting it.

As we have pointed out, some spirit people who retain the consuming and overwhelmingly religious fervor they possessed on earth, will do anything they can to excite that same religious fervor in others—even to the extent of perpetrating what they *know* many will regard as “miracles.”

Two phenomena that impressed many people [see also + 1003] are worth mentioning: a bird that sometimes perched seemingly in the air, and a figurine that occasionally “wept.”

Regarding the first, the bird undoubtedly perched on an ectoplasmic rod, which if protectively sheathed, *would* successfully withstand light [+ 1122:5].

The second was plainly a case of skilled spirit chemists extracting water from the atmosphere or some other source and precipitating it from the figurine’s eyes. (Such cases are not uncommon).

Two other interesting, well documented, and to many, puzzling cases of phenomena—not, however, designed to mislead anyone—received wide attention when chronicled at the time and whenever discussed since.

12

One is a farmer who everyone said “had a way with bees.” When he died, and the cortege arrive at the grave, they found the area swarming with bees—on the floral wreath, a nearby bush, and over the grave itself; but the bees molested no one.

The other is of a huge dog that terrorized a rural neighbourhood by frightening sheep and killing poultry, and that disappeared into thin air when chased by farmers. A famous journalist, described as “a ghost chaser,” was finally engaged; and the next time “the ghost dog” was observed, the investigator sped to the scene, accompanied by two highly trained police dogs. The journalist himself witnessed no other animal, but the police dogs barked and attacked a seemingly empty space to begin snarling, tooth and claw dog fight.” When it ended one police dog stood in apparent triumph; “the other police dog lay dead—killed by a ghost it could not subdue.

The explanations for the two cases are simple. In the first, the farmer had indeed “had a way with bees;” and some insects, like many animals, are psychic; and the bees were present in silent tribute to the spirit presence of someone they had long known and liked.

In the second case, one police dog must have died of fright, for it could not have been physically injured by an unmaterialized creature. The second police dog apparently managed to scare the spirit dog away; it could not have “killed” the spirit dog, as the narrative implies it did.

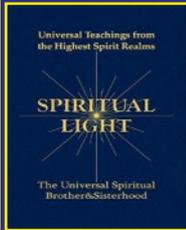
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\* Denotes *Spiritual Light* book core topic numbers. These topic entries clarifies context subject matter further, and are identified in book chapter headings, along with a comprehensive index.

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## CHAPTER 11 - PHENOMENA

### 11.6 PSYCHIC EXPERIENCES

#### *1138 A Little about the Psychic Centers*

The psychic centers—or “chakras,” as some call them—are especially sensitive regions in the physical [earthly] body that serve, among other things, as what might be described as *receiving centers* and *storehouses* of vital life force [913:3]. (In our opinion, *psychic centers* is the more descriptive term.) We usually receive this vital life force when we breathe air into our lungs. From the lungs, the blood stream carries this subtle substance this vital energy, to the psychic centers, and to every other cell and organ in the body. The seven psychic centers, or regions of particular receptivity, are: the center of the forehead, the top of the head, the back of the head, the base of the spine, the reproductive organs, the solar plexus, and the throat. Proper breathing exercises will stir the psychic centers to greater activity, thus making us [temporarily] more receptive, consciously or unconsciously, to spirit impressions and manifestations, including communication. One simple exercise we recommend is this:

1. Inhale steadily and deeply, filling the lower part of the lungs
2. Retain the breath
3. Exhale slowly and evenly
4. Pause

Perform the cycle seven times, inhaling and exhaling through the nostrils, and doing each of the four phases of the cycle to a count of seven. Then breathing deeply and slowly, try to center your consciousness on the psychic centers—one center at a time, of course.

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# Conscious spirituality in search of truth...



## **THE CHAKRAS: A BEGINNERS GUIDE TO YOUR ENERGY SYSTEM**

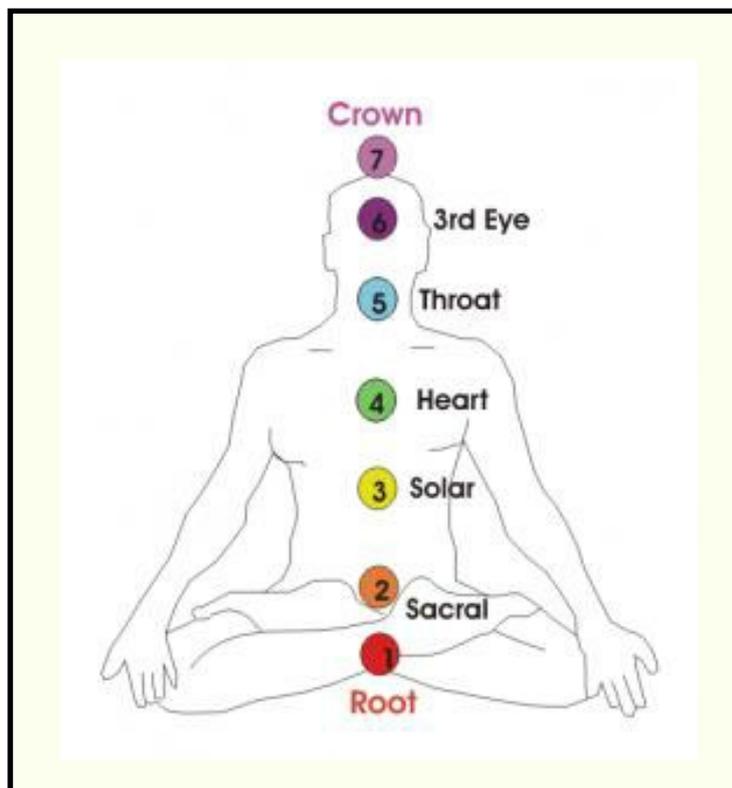
The Chakras, or as some prefer psychic centres are defined as energy points on the human physical body. Imagine our physical body's skeletal structure has an identifiable 'spirit' equivalent. The Chakras provide an interconnecting link with the higher self, great spirit, universal mind or God (however you conceive this relationship).

When consciously-spiritually activated these centres enable communication levels to begin, and are often felt through the physical body as if there was 'electricity' moving through it. The original meaning of the word Chakra is taken from Indian Sanskrit, and when translated means 'a wheel.' Beyond any positive activations of these centres, there is an opposite effect especially if they are "opened" spontaneously through illicit drug use, alcohol abuse, negative or inappropriate sexual desires and similar, as this may attract unwarranted psychic-energy vibrations. There is general agreement with organisations like ZenLama.com, The Theosophical Society, The Universal Spiritual Brotherhood&Sisterhood, USB and others who suggest there are seven key main energy points in the human body. Zenlama.com defines these seven energy points below and what occurs when these are activated follow.

—Philip Crouch, Tasmania, 2020

### **ZEN LAMA: WHAT ARE THE CHAKRAS?**

'The 7 Chakras are the energy centers in our body in which energy flows through. The word 'chakra' is derived from the Sanskrit word meaning 'wheel'. Literally translated from the Hindi it means 'Wheel of spinning Energy.' A chakra is like a whirling, vortex like, powerhouse of energy. Within our bodies you have seven of these major energy centres and many more minor ones.



**ZEN LAMA: YOU CAN THINK OF CHAKRAS AS INVISIBLE RECHARGEABLE BATTERIES.**

They are charged and recharged through contact with the stream of cosmic energy in the atmosphere in much the same way that your home is connected to a central power source within a city - the only difference is that this cosmic energy source is free. Imagine this, a vertical power current rather like a fluorescent tube that runs up and down the spine, from the top of the head to the base of the spine. Think of this as your main source of energy. The seven major chakras are in the centre of the body and are aligned with this vertical “power line. ”

**ZEN LAMA: CHAKRAS CONNECT YOUR SPIRITUAL BODIES TO YOUR PHYSICAL ONE.**

They regulate the flow of energy throughout the electrical network (meridians) that runs through the physical body. The body’s electrical system resembles the wiring in a house. It allows electrical current to be sent to every part, and is ready for use when needed. Sometimes chakras become blocked because of stress, emotional or physical problems. If the body’s ‘energy system’ can not flow freely it is likely that problems will occur. The consequence of irregular energy flow may result in physical illness and discomfort or a sense of being mentally and emotionally out of balance.

**7 CROWN CHAKRA**

**It’s colour is violet and is located at the top of your head. It is associate with the cerebral cortex, central nervous system and the pituitary gland. It is concerned with information, understanding, acceptance and bliss. It is said to be your own place of connection to God, the Chakra of Divine purpose and personal destiny. Blockage can manifest as psychological problems.**

**6 BROW CHAKRA**

**It’s colour is Indigo (a combination of red and blue). It is located at the centre of your forehead at eye level or slightly above. This Chakra is used to question the spiritual nature of our life. It is the Chakra of question, perception and knowing. It is concerned with inner vision, intuition and wisdom. Your dreams for this life and recollections of other lifetimes are held in this Chakra. Blockage may manifest as problems like lack of foresight, mental rigidity, ‘selective’ memory and depression.**



## 5 THROAT CHAKRA

**It's colour is blue or turquoise and is located within the throat.**

It is the Chakra of communication, creativity, self-expression and judgement. It is associated with your Neck, shoulders, arms, hands, thyroid and parathyroid glands. It is concerned with the senses of inner and outer hearing, the synthesising of ideas, healing, transformation and purification. Blockage can show up as creative blocks, dishonesty or general problems in communicating ones needs to others.

## 4 THROAT CHAKRA

**It's colour is green and it is located within your heart.** It is the centre of love, compassion, harmony and peace. The Asians say that this is the house of the soul. This Chakra is Associate with your lungs, heart, arms hands and thymus gland. We fall in love through our heart Chakra, then that feeling of unconditional love moves to the emotional centre commonly known as the solar plexus. After that it moves into the sexual centre or Base Chakra where strong feelings of attraction can be released. When these energies move into the Base Chakra we may have the desire to marry and settle down. Blockage can show itself as immune system , lung and heart problems, or manifest as inhumanity, lack of compassion or unprincipled behaviour.

## 3 SOLAR PLEXUS CHAKRA

**It's colour is yellow and is located a few inches above the navel in the solar plexus area.** This chakra is concerned with your digestive system, muscles, pancreas and adrenals. It is the seat of your emotional life. Feelings of personal power, laughter, joy and anger are associated with this centre. Your sensitivity, ambition and ability to achieve are stored here. Blockage may manifest as anger, frustration, lack of direction or a sense of victimisation.

## 2 SACRAL NAVAL CHAKRA

It's colour is orange and it is located between the base of your spine and your navel. It is associated with your lower abdomen, kidneys, bladder, circulatory system and your reproductive organs and glands. It is concerned with emotion. This chakra represents desire, pleasure, sexuality, procreation and creativity. Blockage may manifests as emotional problems, compulsive or obsessive behaviour and sexual guilt.



## 1 BASE ROOT CHAKRA

**It's colour is red and it is located at the perineum, base of your spine.**

It is the Chakra closest to the earth. It's function is concerned with earthly grounding and physical survival. This Chakra is associated with your legs, feet, bones, large intestine and adrenal glands. It controls your fight or flight response. Blockage may manifest as paranoia, fear, procrastination and defensiveness.



### **Suggested resources:**

The Chakras - a Beginners Guide to Your Energy System Zenlama.com  
<http://www.zenlama.com/the-7-chakras-a-beginners-guide-to-your-energy-system/>

Theosophical Society—Chakras, *Leadbetter*:  
<https://www.anandgholap.net/Chakras-CWL.htm>

The Universal Spiritual Brother&Sisterhood, USB, Spiritual Light Book,  
(11.6 Psychic Experiences, 1138 A Little about the Psychic Centers.)  
[www.theusb.org](http://www.theusb.org)

**[LINK TO PSYCHIC INDEX](#)**



# Conscious spirituality in search of truth...



## **EDGAR CAYCE: ON ESP & PSYCHIC PHENOMENA**

*Edgar Cayce was a highly respected and gifted psychic-medium in the 20th Century who contributed an enormous body of work covering consciousness, spirituality, dreams, healing, psychic abilities and more. The Association for Research and Enlightenment, ARE is testament to this highly gifted psychic medium's legacy. The ARE hosts an extensive general accessible, and member-based, resource database on above.*

*Formal membership is worldwide and people can join study groups, access articles, books, webinars, also an incredible volume of psychic knowledge. In Australia an ARE group is active in Victoria. Whilst exploring conscious spirituality during the 1980s-1990s in NSW and Tasmania Cayce's literature and associated materials was discussed amongst seekers of Truth in group development work. Cayce's work on dreams has remained on my resource bookshelf for many years. The following information is drawn from an ARE database on ESP, clairvoyance, telepathy and more.*

*—Philip Crouch, Tasmania, 2020*

## **EDGAR CAYCE ON ESP & PSYCHIC PHENOMENA**

“Edgar Cayce (pronounced Kay-Cee, 1877-1945) has been called the "sleeping prophet," the "father of holistic medicine," and the most documented psychic of the 20th century. For more than 40 years of his adult life, Cayce gave psychic "readings" to thousands of seekers while in an unconscious state, diagnosing illnesses and revealing lives lived in the past and prophecies yet to come...”

‘Edgar Cayce's life is filled with examples of what we call extra-sensory perception (ESP) or psychic phenomena. He was best known for his unique ability to put himself into a trancelike state, in which he gave thousands of documented readings detailing advice from health and spiritual growth to ancient mysteries and dream interpretation, but his psychic abilities were available to him in his waking state as well. Cayce stated that any of us could do what he did. Because there are so many different types of extra-sensory communication, researchers have broken down the term ESP into further categories to help explain what is taking place. Cayce displayed strong abilities in each of these areas.

### **TELEPATHY**

Telepathy is the ability to obtain information psychically by reading the mind of another person. For example, while Cayce was in Kentucky, he gave a reading for a man in New York (740-1). He saw the man smoking a cigar, heard him whistling a particular song, saw him meet with another man about a piece of property, and saw him look over three letters.



Finally, the sleeping Cayce heard the man telephone another gentleman and knew the gentleman's name. All of these events were later verified. In our own lives, one example of telepathy is when we suddenly start thinking about someone we haven't heard from in a long time and a short while later they call us on the phone.

## CLAIRVOYANCE

Clairvoyance is the ability to "see" information that no one else has seen. For example, suppose you shuffled a deck of cards and placed them face down, then went through the deck and tried to name each card. If your percentage of correct guesses was far beyond what would be expected by random chance, it would be an example of clairvoyance. You would not need to be 100 percent accurate to demonstrate clairvoyance, just statistically (and consistently) greater than random chance. On the other hand, if you tried the same experiment but had a friend look at each card and concentrate on it before you guessed, this would be an example of telepathy.

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Looking at one instance from the Cayce readings (2826-1), we find the case of a person who was in Ohio while Cayce was in Virginia Beach. During the reading, Cayce correctly gave the person's body temperature. If the attending doctor in Ohio had known the patient's temperature before Cayce's reading was given, then this would be an example of telepathy. But if the doctor hadn't known the temperature until after Cayce's reading, then it would be an example of clairvoyance.

## PRECOGNITION

Precognition is the ability to view events before they happen. Many of us have had the experience called *déjà vu*; for example, you might be having a conversation with a friend and, all at once, be absolutely positive that you've had the exact conversation before. You may even know what your friend is going to say next. The Cayce readings suggest that one explanation for this phenomenon is that our dreams often foreshadow future events. Such precognitive dreams may be forgotten and only dimly felt at those times as *déjà vu* experiences.

There are countless examples of precognition in the files of the Cayce material. In many readings for children, Cayce foresaw what they would be like as adults, even going so far as to describe hidden talents and occupational decisions. Although some have called Cayce a "prophet," he himself made no such claims.



He rarely made any predictions about worldwide events, mostly because these kinds of predictions are subject to countless outside influences. When psychics try to predict the future, all they can actually do is foretell a possible future based on current happenings.

If events continue to occur the same course then psychics can “see” what the result will be. However, with free will, many of us change our paths and even have the ability to change world events.

## RETROCOGNITION

Retrocognition is the ability to see past events, as we have described in-depth on the web page Edgar Cayce on Ancient Mysteries. In individual life readings, Cayce would often repeat aloud significant happenings in a person's life while going back over the years until the date of the person's birth. In one reading, (1462-1), Cayce was given the incorrect date and location of birth for a young girl.

In going back over the years he responded with, “We don't find it here.” (He had been incorrectly told that the child was born on January 24, 1919, in Cleveland, Ohio). Then, after a short pause, he finally said, “Yes, we have the record here (looks like it's the wrong place and date).” It was later discovered that the girl had been born on January 23 (a day earlier) in New York City and not in Cleveland.

**Cayce said that “psychic is of the soul”--a part of our spiritual essence. Most of us experience this essence through our intuition, hunches, and gut feelings.** The readings suggest that if we seek psychic experiences, it should be in the context of spiritual growth, learning about ourselves, or helping others. In time, we may work with our intuition in such a way that it becomes as natural as using any of our other senses: taste, smell, touch, hearing, or sight. One of the best ways to begin fostering our intuition is through a regular practice of meditation.



### **Suggested resources:**

The Association for Research and Enlightenment, ARE

<https://www.edgarcayce.org/the-readings/esp-psychic-phenomena/>

Edgar Cayce Australia - [Victoria]

<http://www.edgarcayceaustralia.org/>

Victor Zammit: <http://www.victorzammit.com/afterlifevoices/index.htm>

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**THE AUSTRALIAN INSTITUTE OF PARAPSYCHOLOGICAL RESEARCH**



‘The Australian Institute of Parapsychological Research, Incorporated (AIPR, Inc., or Parapsychology Institute) was established in 1977 and is a non-profit community association. The AIPR is based in Sydney, New South Wales, and its membership is world-wide.

**The aims of the organisation are:**

- To collect, assess and disseminate factual information about claims of psychic (paranormal) phenomena.
- To support and encourage parapsychology (the scientific study of paranormal phenomena and paranormal belief). (If you have recently had psychic or spiritual experiences, you are invited to participate in Monika Goretzki’s study: Unusual Experiences. Or try Rosemary Breen’s study on paranormal events in everyday life: Paranormal Experiences.)
- To provide support in matters to do with alleged or actual experiences of a paranormal nature that may require relief of suffering, distress, or helplessness (see seeking help).
- To undertake or promote activities (e.g., fundraising, social events, etc.) in support of the above.

**AIPR-INFO SHEET: PSYCHIC AND PSYCHO-SPIRITUAL DEVELOPMENT**

‘This information sheet discusses personal growth with reference to psychic and mystical experiences. It does not discuss the healing of other persons (see information sheet on healing).

**Mishlove lists three types of psychic development (21).**

**Accidental:** Occurs spontaneously after certain events, such as an accident, surgery, near-death experience, guru contact, or “UFO encounter.”

**Non-intentional:** Occurs as a by-product of training for another purpose, as in yoga or meditation used to induce mystical experiences.

**Intentional:** Happens during training for the specific purpose of inducing psychic experiences.



Mishlove also classifies development into two systems:

Pre-scientific: for example, yoga; Buddhism.

Modern popular: for example, Spiritualism; Silva method; Transcendental Meditation; Milan Ryzl program; A Course in Miracles. **(Mention of specific courses does not imply endorsement by the AIPR.)**

### **Hierarchy of wellbeing**

Personal growth refers to individual psycho-spiritual development, that is, achieving full potential and integrating the whole person.

The whole person includes three aspects: body, mind and spiritual (termed 'spirit' by Christians). Other names for these three aspects are: (i) pre-personal or subconscious; (ii) personal, conscious or self-conscious; and (iii) transpersonal or super-conscious (34).

This information sheet adopts the five-stage model of Vaughan (32,33) - physical, emotional, psychological, existential, transpersonal - but adds a psychic stage. The stages form an approximate ladder or hierarchy, though the steps on the ladder overlap. Each higher step includes all lower ones, and thus more completely describes the health and personal growth of the human individual.

### **Physical (material) health**

Being aware of body sensations and avoiding physical pain. Includes awareness of diet and exercise. Medical practice until recently, largely focussed on physical health.

Non-acceptance of stages 2 or 3 to 6 can manifest as excessive or compulsive behaviours related to material health, for example: obesity (excess food intake); anorexia (excess dieting); compulsive shopping (5) and substance abuse. The term "excessive appetites" (22) to describe such compulsions is apt.

### **Emotional Health**

Being aware of positive and negative feelings, such as anger, sadness, love and joy, and avoiding emotional pain. This is a focus of the humanistic psychology of Rogers and Maslow (19, 25).

The emotions are controlled by the endocrine system, which is closely connected with the nervous and immune systems. Emotional health thus cannot be separated from both physical and psychological health. The motivation of behaviour cannot be separated from emotions.



## **Psychological (mental) health**

Being aware of conscious thoughts and avoiding psychological pain. Includes life-skills such as cross-cultural communication (10, 19, 25, 31).

Self-concept, that is, the individual ego, is strengthened. Intuition is balanced with critical thinking (9, 32).

## **Existential health**

Accepting all the realities of human existence, including death, loneliness, the meaning of life, and the limitations of the ego. Includes the ability to accept body-mind unity within separate individual existence.

A person having a good job, family and social life can still feel unhappy: life has no meaning. This is called existential pain/angst/neurosis (6A,18,36,37). Access to spirituality is missing. The person has come close to a “religious conversion” experience. This condition supports the reality of spiritual experiences and their suppression in our technology society.

## **Transpersonal (spiritual) health**

Transcendence of ego identity, that is, awareness of the mystical experience - the “higher” state of consciousness characterised by a sense of unity with the universe, ecstatic joy and intense love and insight (4,7,13,14,34). See information sheet on mystical experiences.

Frequent minor mystical experiences (peak experiences) have a major impact within society (12). Maslow says they lead to “self-actualisation”.

All religions have a common mystical experience, but many paths are available, being unique expressions of the diversity of human individuals. Some persons have theistic mystical experiences (the presence of a personal God); others have impersonal mystical experiences.

## **Psychic (parapsychological) health**

Being aware of psychic experiences such as ESP, apparitions and out-of-body experiences (20,21,26,30). These lie at the interface between normal consciousness (stage 4), and spiritual states (stage 6). Methods of psychic development are much the same as those for developing mystical experiences.

Fantasy addicts, or fantasy prone persons, are the 4% of people who report regular psychic experiences such as ESP, out-of-body experiences, automatic writing, visual and auditory hallucinations (apparitions), and the sensations of being touched, of temperature changes, and of “past lives” (35). Fantasiers live in a trance much of the day. They easily develop psychosomatic symptoms, and allegedly make good healers.



Rather than negative connotations, the experiences have creative potential: the novelist Charles Dickens had a rich fantasy life, including premonitions and seeing apparitions of his characters (1).

### **The occult dimension**

Occult beliefs and rituals are based on psychic and mystical experiences. Some, such as astrology and numerology can yield personal growth, though others such as Satanism attract many disturbed people.

Psychic or mystical experiences are commonly confused with associated occult beliefs. A spontaneous experience of clairvoyance, for example, can be described scientifically. Religious counsellors who describe such an experience as “the occult” can needlessly frighten clients.

Methods of psychic development are the same as those for mystical experiences.



### **Suggested resources:**

Aipr-info Sheet: Psychic and Psycho-spiritual Development

<https://www.aiprinc.org/psychic-and-psycho-spiritual-development/>

Victor Zammit:

<http://www.victorzammit.com/afterlifevoices/index.htm>

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Conscious spirituality  in search of truth...



**FLOYD RED CROW WESTERMAN: HOPI PROPHECY**

*“More than any other tribe in North America, the Hopi Indians have developed according to the dictates and demands of what may be called a legacy of prophecy.” +website*

—Philip Crouch, Tasmania, 2020

**HOPI PROPHECY**

“We were told that we would see America come and go. In a sense America is dying, from within, because they forgot the instructions of how to live on earth. It's the Hopi belief, it's our belief, that if you are not spiritually connected to the earth, and understand the spiritual reality of how to live on earth, it's likely that you will not make it.

Everything is spiritual, everything has a spirit, everything was brought here by the creator, the one creator. Some people call him God, some people call him Buddha, some people call him Allah, some people call him other names. We call him Tunkaschila... Grandfather.

We are here on earth only a few winters, then we go to the spirit world. The spirit world is more real than most of us believe. The spirit world is everything. Over 95% of our body is water. In order to stay healthy you've got to drink good water. ... Water is sacred, air is sacred.

Our DNA is made out of the same DNA as the tree, the tree breaths what we exhale, we need what the tree exhales. So we have a common destiny with the tree. We are all from the earth, and when earth, the water, the atmosphere is corrupted, then it will create its own reaction. The mother is reacting.

In the Hopi prophecy they say the storms and floods will become greater. To me it's not a negative thing to know that there will be great changes. It's not negative, it's evolution. When you look at it as evolution, it's time, nothing stays the same. You should learn how to plant something. That is the first connection. You should treat all things as spirit, realize that we are one family. It's never something like the end. Its like life, there is no end to life.”



**Suggested resources:**

[https://www.youtube.com/watch?v=O6XSY6tbpAQ&list=LLyQMR7K8N1XvP7R5\\_zdn3EA&index=4510](https://www.youtube.com/watch?v=O6XSY6tbpAQ&list=LLyQMR7K8N1XvP7R5_zdn3EA&index=4510)

<https://www.ancient-origins.net/myths-legends-americas/hopi-prophecy-and-end-fourth-world-part-1-002280>

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