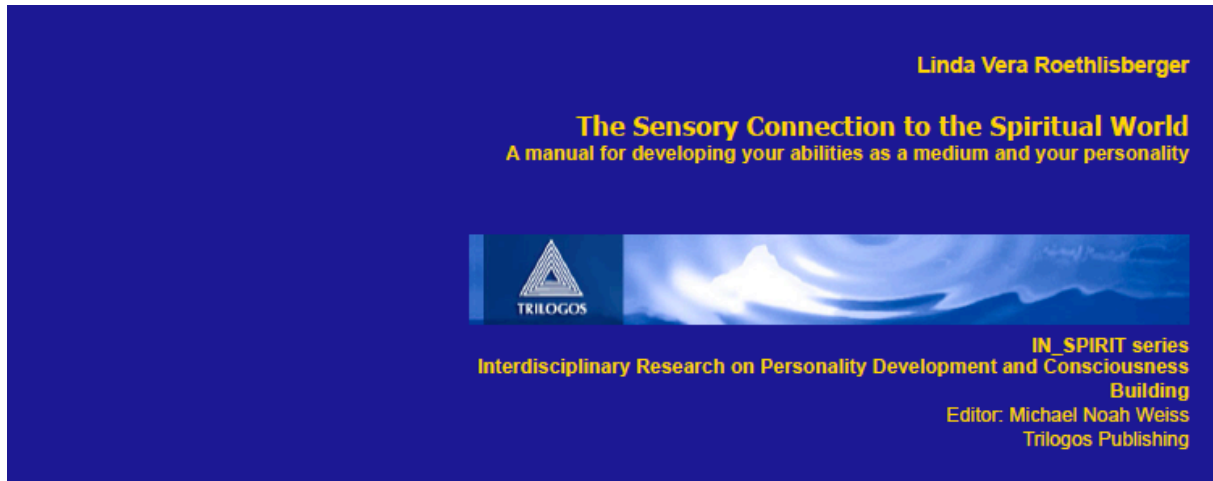


Linda Vera Roethlisberger
The Sensory Connection to the Spiritual World
A manual for developing your abilities as a medium and your personality



This is an english summary of Linda Vera Roethlisberger's book „Der sinnliche Draht zur geistigen Welt“ when it was first published in 1995 at Bauer Publishing. Since then the author did not stop to refine the content of this book and in 2004 and 2006 it was published in the 5th and 6th edition at Kailash/Hugendubel Publishing. This last edition contains a detailed and explicit description of the so-called Trilogos-PsyQ[®] Methode (TPM) – a vanguard approach for integral personality training and consciousness development. It assumes that the human being has 3 core intelligences: the rational (IQ), the emotional (EQ) and the spiritual intelligence (SQ). These 3 intelligences are seen to be interconnected and in this relatedness they represent the so-called PsyQ[®], the human potential. Even wether TPM nor PsyQ are mentioned as explicit terms in the 1st edition nor in this english summary, they are implicitly embodied there. Because the main concern of TRILOGOS Institute, which was founded in 1990 by Linda Vera Roethlisberger, ever since was and still is to support people to unleash their human potentials. In Springtime 2010 the Arkana/Randomhouse Publishing will release the 7th edition.

Michael Weiss

The editor

September 1995

The Sensory Connection to the Spiritual World

Linda Vera Roethlisberger

A manual for developing your abilities as a medium and your personality

In our society, extrasensory perception has an aura of crystal balls and fortune-telling. Yet, in greatly differing cultures, people with mediumistic talents have always been a source of creative actions - whether in the arts or as a visionary or consultant.

Throughout all the professional and societal classes, extrasensory perception can give life an unimagined dimension and an abundance of possibilities for insight and understanding. When the divine spark flows into everyday and professional life, a bridge is built from the concrete world to the subtle world. Essential information and help in decision-making is given to the individual by way of this bridge.

The Sensory Connection to the Spiritual World supplies the reader with everything worth knowing to build this bridge. The book introduces a solid training program for developing your abilities as a medium. Included in this program are practical exercises for experiencing your self, for clairvoyance, clairaudience, and clairsentience, for reading auras and interpreting symbols, as well as such important areas as responsibility, protection, and dangers. Everything in her manual is based on tests conducted in the practice.

Bringing the students doing the exercises into contact with their spirit guide, making it possible for them to become their own doctor and priest, teacher and adviser, and assume responsibility for themselves and their actions - this is what Linda Roethlisberger offers the readers with this manual.



Linda Vera Roethlisberger, born in 1956 in Bern, is a teacher and artiste (painter) by profession. Her great interest in philosophy, religion, psychology, education, metaphysics and esoterics, led her to become a student of Sylvia Wallimann, Professor Dr. Milan Ryzl and Gordon Higginson, among others. She has worked as a medium, spiritual teacher and healer since 1986. She established TRILOGOS, an institute for holistic personality development and integral consciousness building in 1990 in Zürich. Since the very beginning TRILOGOS offers a full education program on personality training and consciousness development. There she developed the so-called Trilogos-PsyQ[®]Method (TPM) which supports people to unleash their personal potentials in a holistic way. Based on guided imagery and mental training this method synthesises our intellectual intelligence (IQ), our emotional (EQ) and our spiritual (SQ). This interconnection is called PsyQ[®] – our integral human resource (PsyQ[®] = IQ + EQ + SQ). Linda Vera Roethlisberger is author of a diverse range of books and publications. Many of them were translated into several languages.

Linda Vera Roethlisberger

The Sensory Connection to the Spiritual World

A manual for developing your abilities as a medium and your personality

An extract

Table of Contents

Foreword

Introduction

Part 1

MEDIUMISM: ITS SIGNIFICANCE AND ITS CONNECTION BETWEEN THE SPIRIT WORLD AND THE MATERIAL WORLD

Chapter 1

The Exchange Between the Spirit World and the Material World:

A Summary

Who am I?

Life in the Material Sphere

The Spiritual Realm Within Us

The Connection Between the Two Worlds

Our Earth as a Learning Planet or School

Mediumism

Chapter 2

Examining Your Own Mediumism

Personal Aptitude

Personal Benefit

Chapter 3

The Spiritual Helpers and Guides

The Spiritual World and Its Hierarchy

The Spiritual Helpers and Guides

Communication With the Spiritual Helpers

Summary

Chapter 4

The Medium

What is a Medium?

The Mental Medium

The Work of the Mental Medium and the Behavior of the Advice-Seeker

What You Can Expect from a Mediumistic Consultation

Who is Suited for Training to be a Medium

Summary and Outlook

Chapter 5

Responsibility as a Medium

The Significance of the Responsibility

Possible Dangers

Protection

Exercises for Protection

Part 2

TRAINING PRACTICE: DEVELOPING YOUR ABILITIES AS A MEDIUM

General Advice for the Exercises in Part 2

Lesson 1

Mediumistic mental Training - Experiencing Your Self

- What is Mediumistic-mental Training About? / The Human Being and Various Levels of Human Consciousness / What is Awareness? / What is Meditation? / The Objective of Mediumistic-mental Training? / The Eight Basic Levels of Mediumistic-mental Training / Interpretation of (Waking) Dreams and Symbols / Before You Start / Exercises / Our Subtle Body and Its Significance / The Chakras / Awakening the Subtle Body: Various Exercises

Lesson 2

Clairsentience and Spiritual Healing

- The Unconscious and the Intuition / The Next Step / Telepathy / Psychic and Spiritual Mediumism / First Contact With the Spiritual World / Clairsentience with Exercises / Psychic Sense of Smell with Exercises / Psychometry with Exercises / Foundation of Precognition or Intuition / Foundation of Spiritual Healing / The Healer / Absent Healing / Self-Healing / Laying On of Hands / Healing Through the Aura / The Healer Within Ourselves / Exercises

Lesson 3

Clairvoyance and Clairaudience

- Fundamentals of Clairvoyance / What Will Clairvoyance Do for You? / The Three Levels of Clairvoyance / First Level: Psychological Clairvoyance with Exercise / Second Level: Spatial Earthly-Psychic Clairvoyance with Exercise / Third Level: Emotional, Mental, Causal-Spiritual Clairvoyance with Exercise / Problems in

Clairvoyance / The Spiritual Power / Preliminary Exercise for Clairvoyance / Various Imagination Exercises / Clairvoyance Exercises for Group Training / Clairaudience / Exercises for Clairaudience / Final Exercise: Emotional-Spiritual Position-Finding

Lesson 4

Reading Auras

- The Aura System / The Perception of the Aura / Various Levels of Consciousness and Their Colors / How Does the Intake and Output of Energy Function? / The Immortal Part of the Personality / The Mortal Part of the Personality / Reading Auras By Using the Five Mediumistic Senses / The Effect of Colors / Exercises for Seeing the Various Aura Bodies / Exercises for Seeing the Outermost Aura / Soul Images

Lesson 5

Channeling

- The Spiritual Hierarchy or the Most Important Vibrational Levels of Our Consciousness / The Various Levels of Consciousness and Their „Inhabitants“ From the „Inside to the Outside“ / Angels and Light Beings / Three Meditations / Advice / Past - Present - Future / The Significance of Past Lives / The Meaning of Karma / Responsibility in Past-Life Regressions and Guided Journeys into the Future / Do We Human Beings Have Free Will? / Practical Exercise Section

Lesson 6

Physical and Mental Mediumism

- Some Examples on the Topic of Physical Mediumism: The Trance / Mediumistic Art Abilities / Additional Types of Physical Mediumism / Technical Contacts / Miracle Healing / Practical Exercises / Various Interpretation Examples, Suggestions and Explanations

Epilogue to Part I and Part II

Part 3

THE MEDIUMISM OF THE FUTURE

- The Path of Humanity
- Utopia (Applied Mediumism in the Future)
- Child Development / The Arts / Psychology and Religion / Medical Science and Naturale Sciences / Archeology, History and Architecture / Law / The Society / Partnership and Family / Common Interest Groups
- Voices on Applied Mediumism
- Final Remarks

Appendix

TRILOGOS - Introduction to a Model Wich Accompanies
Professional Work

Glossary

Legend for the symbols

I give thanks to my spiritual and earthly helpers, my students and teachers whom I have encountered on my path, who have given me their trust, and have accompanied and taught me through their essence. This book would like to accompany all those who, like myself, are on their journey to wisdom.

INTRODUCTION

Here is my secret. It is simple: We only see well with the heart.

The most essential things are not visible to the eye.

Antoine de Saint-Exupéry

At all the times and in all cultures there have been human beings who were conspicuous because of their special talents. They were composers, natural scientists, prophets, mystics, palm-readers and, not least, healers and mediums. They were all mediators between the worlds of the spirit and the material, speakers for the divine. They used their „sixth sense“ and worked with the mediumistic abilities with which they were born or which they consciously trained or developed. Such training was only available to a few initiates in the old cultures.

The development of mediumistic powers has again shifted to the focus of attention in the present age. In a world which is becoming increasingly complicated, a holistic grasp of people, situations, and occurrences appears to be more necessary than ever - and not just for the few initiates. Some of our behavioral patterns are outdated because of today's fast-paced life; we can no longer orient ourselves to the old patterns, but the new ones do not exist yet.

The growing spiritual mediumism will show us the way to break the impasse: The river of life is forcing a new bed for itself - from the chaos into a new epoch. Throughout all professional and societal classes, the use of intuition will add to an unimagined dimension in each individual person, an abundance of opportunities for insight and understanding. This will not only benefit the individual, but also his or her environment. New forms of living together in harmony can already be observed in many areas today. In the Aquarian Age, a new way of thinking cross-linked with mediumistic abilities will have an effect on all social structures. Our world can only be understood when we understand ourselves.

During all time periods, people with a talent for mediumism have always been a source of creative action and will also play this role in the future. Only inspired work is immortal, as the great masterpieces teach us time and again, and seeing with the heart is what makes life worth living in the first place. It means letting the divine spark flow into everyday and professional life, creating a connection between everyday life, science and mysticism, building a bridge from the concrete to the subtle world. Let us permit inspired information from invisible spiritual worlds to flow into the visible world and do so on a level which we can experience and demonstrate.

Mediumistic perception helps to better master everyday life since we explore the causes instead of just reacting to the symptoms.

One of its objectives is to become your own doctor and priest, teacher and adviser - which means knowing yourself and teaching yourself to assume the responsibility for yourself and your actions.

Even as a child, I discovered my ability of perceiving the energies and colors surrounding other people. This often enabled me to see the „invisible“ or look „behind the scenes“ for other people. When, for example, they were having difficulties, I would feel a healing stream of energy flowing from me to them. Or I would suddenly know exactly how a certain situation would develop. Above all, during my youth I often felt myself alone and misunderstood in my world since I soon recognized that my perceptions were not shared by others. It was only much later that I began to consciously realize that I actually did have psychic or extrasensory abilities.

The development of personal mediumism is open to everyone. This does not mean that the talent for mediumism has to have been experienced consciously since early childhood. Like many other things, this gift becomes significant for each individual at the appropriate time.

You have the possibility to develop and train your abilities as a medium with the help of this manual.

A path for personality training will first be demonstrated. At the beginning of this path should be the purification of one's own personality - which also is the „vessel“ for the extrasensory perception. With the subsequent training of your innate abilities as a medium, you can train your intuition and achieve personal emotional security in the course of the development. The needle of the inner mediumistic compass should be reset and precisely adjusted time and again. Accuracy, the enjoyment of making decisions, and the ability to discern can then be improved and personally controlled. We may become more conscious of new things time and again - ceaselessly, just like the ocean always washes something new onto the seashore for us ...

This path offers a sound possibility of entering into communication with greatly different levels of consciousness, beginning with the mineral and plant kingdoms, through the realm of human beings and angels up to our solar system - and later perhaps beyond it - out into the expanses of cosmic space. The path lays a firm foundation for a communication with an increasingly extensive scope and is like the imperative ABC of the new „foreign language“ of mediumism. Once the „inhibitive threshold“ has been overcome, the psychically received information, images, and impressions will also be regarded as reliable help in making decisions for the future and put to use accordingly. Let us first consider the instruments of perception: body, soul, and mind.

BODY - SOUL - MIND

The little tip of the iceberg looming up out of the endless ocean can be symbolically compared with our body: it represents everything that is mechanical, vegetative, partly controlled by the unconscious, and with a simple manner of functioning. We function when we live in waking consciousness; we more or less instinctually pursue our activities. Our body is a gift of nature or the creation - it serves us as a vehicle and companion throughout our life here on the planet Earth. If we take a closer look at the network of blood vessels in our body, we will discover a clear pattern that repeats itself in other bodies and is always constructed in the same manner. We

suspect: A higher intelligence must have been at work here and invented, created, and materialized the functioning of our physical body.

Our physical body can be touched, controlled, and measured. In contrast to it, our soul and mind are like the concealed parts of the iceberg. They are completely accessible to neither precise investigation nor the physical senses. They are abstract. For normal human understanding, the soul and the mind are things which are difficult to imagine. They are not comprehensible and not yet explicable. A person can find access to them in a non verbal manner through telepathy. This is the beginning of the investigation of the endless plane of feelings and their symbolic language. According to Erich Fromm, the symbolic language is the only foreign language that each of us should learn. In my opinion, actively dealing with the personal language of feelings or symbols is the most adventurous journey of our life because, as even Socrates already taught us, *self-knowledge* is the most important perception in earthly existence. And even if this wordless language that knows no national boundaries is still difficult to explain today in terms of science, there is just one important precondition if a person would like to understand and/or learn it: We need courage - the courage to explore our own depths, to make the necessary changes, and to grow and develop.

Emotional-spiritual development means development in terms of being a *medium*. Mediumistic development means nothing other than consciously training your own extrasensory perception and learning to differentiate between instinct, intuition, and inspiration.

WHAT YOU CAN LEARN FROM THIS BOOK

This manual should *first* consciously open a door to the spiritual dimensions through the exercises which you can do in Part II. At the beginning it is not important in which form you experience the spiritual spheres with its helpers and guardian angels. The only thing that is important is the willingness to first come into contact with the

highest, divine guidance and then trustingly accept the messengers of God, to *know* that we are all children of God and find ourselves on the path to the highest level of consciousness. All of the traditional world religions strive for the same goal, namely the „re-ligio“ (which means the reconnecting with the source), with the highest intelligence, the supreme consciousness.

Secondly, I would like to make you aware of the following: When you connect the knowledge of the spiritual correlations with your own experiences, you will begin to recognize that the material world is just one of many planes which touch and penetrate each other. In the course of developing your mediumistic abilities, you will become acquainted with the subtle world, first on the emotional level, then the mental, the causal, and finally the spiritual level. The language of extrasensory perception - the universal spirituality - is relatively incomprehensible at the beginning, characterized by disconnected or unclear visions. This situation can be compared to a newborn child who also has to grapple with its native language for years. By practicing every day, you learn to be increasingly secure in dealing with your very own language of thought and feelings. This will help you decode the messages of the spirit world with greater discrimination.

Thirdly, I hope it is important for you to strive for the first step before the fifth step. By this I mean that you will first want to get to know the world of the spirit helpers on the mental level, dealing with it intensively and seriously before you put blind faith in the higher, less controllable visions of the spirit guide. At the beginning, you will not be able to show evidence of your spirit guide to anyone. Perhaps it will not even show itself to you because it sees that the time is not yet ripe for you, that you could be unnecessarily frightened or still must acquire patience, discipline, and trust in God.

In the mental training (Lesson 1, Part II), you will begin to practice your non-verbal communication with the help of your spirit helper. The spirit helper will telepathically teach you its thoughts and feelings; with time, you will become increasingly good at sensing it. Take joy in it and accept it as long as it gives you a positive, protective

feeling. You should also not neglect to investigate the psychological foundations of your personality and your perception as a parallel to your spiritual development.

THE SPIRIT HELPER CAN ALSO BE YOUR REFLECTION

You will become increasingly more emotionally secure through continual training. It will teach you to become more familiar with your own emotions and thoughts, enabling you to better control them. Accept your spirit helper as a more highly developed portion of consciousness, and let yourself be led to new, higher levels of consciousness by it.

It will also help you to bring the gathered experiences in relation to your personality, build valuable bridges, and let important perceptions flow into your concrete, tangible, everyday life. Our everyday surroundings will also be a mirror for us time and again so that we can recognize *ourselves* in an increasingly clear manner. All of the truths are found within and around us - the psychological as well as the spiritual ones. All we need to do is to understand and accept them. But you should also always subject the spirit impulses to examination - you can consciously let them stimulate you or not stimulate you by making use of your will.

After you have learned to differentiate between fantasies and messages and understand the latter increasingly well, you will learn to use your psychic sense to perceive your spirit helpers. You will also be able to get in contact with them.

As a mental medium (see Chapter 4, Part II), you can perhaps „prove“ your certainty of thoughts and feelings to yourself and examine them time and again as a result. As a mental medium and spiritual teacher, I am pleased to be permitted to accompany you on your personal path of emotional-spiritual development and, above all, to lay a sound foundation for you for your extrasensory perception. Building on the psychological basis - the liberation from inner bonds - we move towards the spiritual basis. This means we move towards:

1. The invitation to search for God and His truth; the understanding of new realities and other laws of nature;
2. The development of your ESP abilities;
3. The development of the intuition in order to become a mental medium.

Your own experiences which you gather with the exercises will be the material from which your own system of thought will be created. So please remain critical, dear reader, and create your own model in this area of emotional-spiritual experience of the self. Isn't it true that all models and systems are created by human hands and are therefore just a part of the whole?

I can only speak of and tell about things from the perspective of *my* own personal experience. I have had telepathic experiences in a great variety of forms, such as the verifiable „earthly“ ESP and mental telepathy, and communicated with minerals, plants, and animals. I soon realized that I also had „extraterrestrial“ telepathic perceptions such as interesting conversations with various angel visions, the Archangel Michael, or the prophet Ezekiel.

In a dream I once flew mentally in a UFO and repeatedly visited a „teacher's room“ on Venus. In a waking state as well, I once „saw“ a UFO take off from a grain field and it unfortunately immediately dissolved. The remaining imprint in the grain field was then examined and documented by experts. Spirit helpers who show themselves as the deceased would like to prove that there is an emotional-spiritual afterlife and explain their function as guardian angels; in order to contribute to the solution of problems, spirit guides remind us of previous incarnations and/or traumatic experiences which have not yet been digested. In a manifold and colorful manner, I enjoy being together with all the greatly varying spirit beings which I have mentioned in their respective levels of existence.

Fundamental Learning Objectives of This Manual:

- 1. Developing your own psychic and spiritual mediumistic abilities;**
- 2. Perceiving the great effectiveness and significance of the spirit in comparison to everything which is material and entering into dialogue with your own spirit guides.**
- 3. Training the existing mediumistic talent on a regular basis and monitoring the learning steps;**
- 4. Merging intellectual knowledge with spiritual-mediumistic abilities and using this in everyday life;**
- 5. Becoming your own doctor, priest, teacher, and adviser.**

The focus of further development is your own personality.

THE FIVE MEDIUMISTIC SENSES

Our perception includes the five physical and the five mediumistic senses. We are all familiar with the „earthly“ language of emotion, whereby our physical body with its eyes, ears, nose, mouth, and the sense of touch perceives the world around us. In addition, we also make use of the „supernatural“ senses every day and are often not even conscious of doing so. This means that we can visualize something or imagine it in our land of fantasy. We recognize our inner voice, listen to our conscience and that part of our subconscious which is connected with wisdom.

At certain times, all at once we simply *know* what we should do or we *feel* quite precisely what is right and wrong for us. Perhaps we already *suspect* an approaching surprise - from ten miles away.

At this point, I would like to give you a first general idea about the five mediumistic senses. You will later find a detailed description of each individual sense in the corresponding lessons in Part II.

Clairsentience

Of all the mediumistic senses, clairsentience (the power of psychic feeling) is most directly interwoven with physical feeling. In the physical body, the solar plexus is the seat of many nerve connections. We all are familiar with the sudden feeling of unwellness, the lump in the stomach, nausea, various feelings of anxiety in the stomach. Such manifestations are often nothing more than the impulse of a subtle vibration which we perceive in our psyche and which, depending on its intensity, can even be expressed in our physical body.

Lesson 3

Clairvoyance and Clairaudience

Learning objective for clairvoyance and clairaudience:

To expand your language of thought and emotion. Using your awakening ESP abilities, you can increasingly set your compass needle more precisely and become more accurate.

Everything in the world is remarkable and wonderful for a pair of wide-open eyes

José Ortega y Gasset

Fundamentals of Clairvoyance

Mediumistic seeing, also called second sight or clairvoyance, „clear seeing“, is the form of ESP which can be perceived as a picture, a fantasy, or a visual impression.

Whether it is clear to you or not, you have already had numerous clairvoyant experiences in your life. If, for example, you visualize something in your mind, you

telepathically tap, your accumulated world of ideas and the appearing visions are clairvoyant impressions. Each time you dream or pursue day dreams, you use the fleeting/telepathic, emotional, and mental pictures of the psychic or extrasensory eyes. Mediumistic seeing can then be compared with an internal television monitor showing information and pictures not accessible to your physical eyes.

Many people practice clairvoyance without having the slightest idea of what they are actually doing: they spontaneously reach for the telephone receiver to ask a friend how he is and simply find it amusing that he just had the same idea.

If you have recognized that *you* are also somewhat familiar with clairvoyance, the next step is to learn how to properly classify these "inspired" pictures. It is important to properly differentiate between your own or others elements and worlds of consciousness, meaningfully interpret and be able to control them.

Clairvoyance is the most desired mediumistic ability- because it usually astounds us and other people the most. Yet, it is important to know that it in no way represents the highest and ultimate development of mediumism. This psychic vision occurs thanks to our powers of imagination and creative fantasy. Thanks to the development of the third eye, which is found in the middle of the forehead – our subtle astral body- it constantly lets itself be inspired by our own psyche, as well as by other astral bodies, worlds of consciousness, or *energy elements*. This spiritual eye, which we all have, is not visible with our physical eyes. But we all possess this energy center whether we „see“ it or not.

Progressing from clairsentience to psychometry, we slowly develop our powers of clairvoyance. By increasingly trusting our inner visions, fantasies, dreams, and symbols, we learn to deal with them correctly. The mental clairvoyance in other spiritual levels of consciousness, which no longer deal with us personally, then slowly begins. We become aware of visions which could also apply to other people and may possibly even have a glimpse of the Anima Mundi, the world soul, or the Akashic Records. It all depends upon our talent.

At the beginning, we often see pictures related to the astral, mental, or causal planes and those which refer to the future or past of our own psyche; if we practice alone and meditate, we feel slightly insecure: who will help us to see clearly in this sea of various possibilities? There is no quick solution, but even the talented or even born medium should never forget to not only train the expansion of consciousness time and again, but also develop the personality. Otherwise, it would be very easy for serious errors in definition, interpretation, or fantasy to occur. In order to check our own compass needle time and again, easily checkable ESP games, like those used for mental training, are quite suitable. These aids could include palm-reading, Tarot cards, fortune-telling from sand figures (geomancy), reading inkblots, or simply symbols or dreams from the land of fantasy.

The spiritually-working medium receives impressions and visions from his or her guardian angels or spirit helpers with the same soul vibration. These in turn can allow themselves to be inspired and guided by even higher elements of consciousness. So we hope that, by means of our clairvoyance, we will one day perhaps receive insight into these dimensions which are still closed to us. How else could significant inventions, immortal works of art, etc., have been created but through inspirations from *higher* levels of consciousness? The fine arts are of such excellence that they not only devote themselves to the manifestation of nature but infinitely more manifestations than nature creates, according to Leonardo da Vinci.

With the conscious further development of the personal clairvoyant abilities, not only the details of a medium's own psyche are revealed but also the details of others people's psyches and certain situations in lives of spirit friends. The *information sensed* can be increasingly clearly comprehended in a *clairvoyant manner*.

With the conscious further development of the personal clairvoyant abilities, not only the details of a medium's own psyche are revealed, but also the details of other people's psyches and certain situations in lives of spirit friends. The *information sensed* can be increasingly clearly comprehended in a *clairvoyant manner*.

The clairvoyant image, which is expressed through your visual spiritual memories, then appears when the psychic or extrasensor impulses or signals which the brain receives are „clicked“ in your computer memory as a picture from your past. Now this only needs to be translated accordingly. The richer, more comprehensive and conscious a medium's life has become, the better the accessing of visual pictures stored in memory can be made use of in waking consciousness as well.

The origin of the clairvoyant picture reception then also lies in our imaginative memory. The use of the earlier picture, which is now stored in your memory, will help you interpret a current mediumistic message. The keys to this are the feelings, the circumstances or associations which you have in connection with the memory.

An amusing suggestion regarding the conscious process of looking and seeing is offered by the television in everyday life. The next time there is a political program, for example, simply turn off the sound and just watch the play of features and gestures. What do you feel? Does the content of what the speaker says match your feelings about the speaker?

It depends on personally responsible, conscious focusing and the mediumistic predisposition for this ability to be guided in the direction of self-knowledge and the ability to differentiate between psychic and spiritual mediumism or between past, present, and future. In accordance with the acquired personality and the developed consciousness, you will be more or less successful in achieving this.

Each person possesses these abilities of clairvoyance – but not everyone has inherited the same natural mediumistic abilities or even developed his or her aptitudes in past lives.

How willing the clairvoyance is to rise up from the subconscious is another issue. For some people, it lies close to the surface. But in others, it lies so deep that it would be better to use the time which would be required to bring it into waking consciousness for other things. Everything has its own time-frame.

Clairvoyance is also a divine gift basically given to everyone. But it is the same as playing the piano – not everyone will become a piano teacher or concert pianist. *All talents* are of a divine nature, are a gift of God, or are the abilities of our spark of divinity. This spark of divinity desires to be discovered, developed, and ultimately lived again as pure spirit on our path of development.

Life is nothing more than gathering experiences, developing our consciousness according to our personal tempo, and examining and centering our emotional security time and again.

WHAT WILL CLAIRVOYANCE DO FOR YOU?

Pete A. Sanders has the following opinion about people whose strength is clairvoyance: They excel at integrating all the factors into one overall plan. They are good at solving visual and spatial problems (packing, arranging furniture, etc.) and can easily recognize when something is not in order. They can imagine situations, problems, and solutions in their minds. They have a very good sense of time and can plan well with calendars. They have a very good sense of orientation and can find their way easily with a map. In addition, they are surprising in how well they can put colors together harmoniously, and they consider the world to be optically interesting.

One weakness can be rigidity and a lack of flexibility. Clairvoyant people frequently do not act until they have an overview. Of all the mediumistic types of people, they worry the most by imagining everything that could go wrong and have a tendency towards perfectionism. They can be very critical of themselves since they more strongly emphasize their mistakes than their strengths.

If it turns out that you have natural clairvoyant abilities, you will learn to understand why you have the tendency to think in pictures and why you so frequently have to „see“ a decision before you make it.

This lesson will also help you to better deal with the clairvoyant people in your life. It will instruct you in the ability of creating your own success through visualization.

Let's now examine this mediumistic sense of sight a bit more closely:

THE THREE LEVELS OF CLAIRVOYANCE

Modern Psychology has shown us that behind or beneath our actual waking consciousness there are a number of levels or layers of consciousness. This is why we want to gradually impose a sound control through our own will – by means of our own intellect – on our structured training. In concrete terms, this means that we slowly want to learn to differentiate between:

- fantastic visions from our own psyche and personality
- those from another incarnated person
- those from a non-incarnated person or subtle being of another world of consciousness.

Expressed in different terms, we could also say: We want to divide clairvoyance into *three* ways of working or seeing things. These are:

1. psychological clairvoyance
2. the spatial, earthly-psychic clairvoyance
3. the emotional, astral, mental, causal, and spiritual clairvoyance.

The *three levels* apply not only to clairvoyance, but also clairaudience and the other mediumistic disciplines with which we have now become familiar, such as clairsentience, the psychic sense of smell, and precognition. For the sake of training, we separate these three possibilities, although in practice all levels flow with each other, alongside each other, and into each other.

FIRST LEVEL: PSYCHOLOGICAL CLAIRVOYANCE WITH EXERCICE

At the beginning of clairvoyant development, the third or spiritual eye works with daydreams. The physical eyes are inactive, which means you should relax the external sense of sight by passively looking „through the material“ (by fixing the eyes on a glass ball, being lost in thought as you stare out the window, or lying on couch in the dark with eyes closed, etc.) in order to primarily be able to perceive the *inner, spatial vision* which we are certainly familiar with from 3D pictures. This occurs on the highest level of concentration. Perhaps something unexpected comes to mind and appears within us as a vision; beautiful or dramatic pictures and fantasies are created in the mind and the daydream begins. Do you remember your last daydream? Maybe it was at the office as you dreamed about your vacation? This is where clairvoyance „lives“!

The entire possessions of our creative abilities, all of our fantasies and powers of imagination, have their source here in the infinite world of fantasy.

One person may require more aid for clairvoyance and the other needs less:

A mother lets herself be inspired and guided by inner pictures from her experience when it comes to advice regarding her child.

The teacher through his acquired inner wisdom which wants to express itself creatively as inner visions.

One observer of a picture prefers a realistic picture for dreams and the other is satisfied with an empty screen.

The astrologer's natal horoscope, the numerologist's numbers, the graphologist's handwriting, or even the Tarot cards trigger inner fantasies, imagination, and visions in the person who uses them. As a result, ideas occur which serve as a means to an end and inspiration for a good intuition.

Our entire earthly and extraterrestrial life constantly inspires us to not only explore our external world, but also primarily explore our inner worlds.

Right now, only the proper approach, the understanding, and the correct interpretation of all these fantastic/creative, visual spiritual phenomena and their subtle associations are crucial.

Do you remember your last lecture, your last concert, or your last rousing speech to a large group of people? How your excitement caused you to have soft knees, a pounding heart, difficulty in breathing, and cold, sweaty hands? Perhaps you believed that everyone there could hear your heart beat. If this is true, then your power of imagination won upper hand. It is precisely the irrationality of this fear which lets it grow. This is why we strive to always remain the creator of our world of thought and emotion with the help of the spiritual powers.

Feelings are ultimately the creations of the spirit – the nervous system is initially set into motion or subdued. As a result, it is the extrasensory perception of the connection of the „nerves and senses“ to the spirit world, which contributes to the formation of the individual emotional world through the limbic system.

Joy and worry, the two „first-reason feelings“ of the small child develop according to their cultural impressions in the child's growth process. As a sharp instrument, the mind gradually influences the child's emotions most effectively by thinking about them. The child therefore learns to recognize feelings in other people and thereby make controlled use of them since it ultimately desires to become a member of the society and be understood. The feelings can get under the skin and then come to the threshold of consciousness.

In our past, we have all encountered people who trigger experiences of pain, shame, fear or joy, of happiness and satisfaction in one way or another within us. We have long forgotten the people and the situations in which we found ourselves with them.

However, these memories are not lost but stored deep within our subconscious since they would otherwise interfere with the normal working of the mind and would disturb us by inhibiting the free flow of vitality.

As an example, if one day we meet a person whose face or behavior clearly resembles that of our friend or of our enemy, although we see this particular person for the first time, he strikes a chord in our soul which has nothing to do with him. Instead, this experience awakens a longforgotten memory. If there is no conscious recollection of the friend or enemy, there will be an *emotional impulse*. We transfer the feelings, actually created at an earlier point in time, to the stranger. We think that we must be mistrustful, although we are probably dealing with a good and endearing person. This *psychological projection* occurs quite frequently.

Our own feelings, as well as those of other incarnated and non-incarnated beings, have an irresistible or a repulsive, a supportive or a hindering effect on us. They can inspire us because we are morphogenetically crosslinked in the hologram.

However, sometimes situations which occur later show that our first impression was also correct! Here we notice that clairvoyance should not only be equated with *visions or lucid dreams*. In its course through the unconscious layers, the spiritual force brings us much more than just a simple visible image. This image is often complemented by a spiritual and instinctual atmosphere.

It is therefore the sum of visible images, feelings, and memories which reach waking consciousness when we watchfully and attentively begin to train our clairvoyance abilities.

With progressive development, the images, sounds and sensations become more clear and the emotional atmosphere less dominating because we have an increasingly better understanding of them – or because we learn from them. This is why to a certain degree at the beginning it appears that the visual images give space

to a formless and intuitive understanding – the training of our language of thought and feeling develops and self-knowledge begins because:

It is the power of the emotions which illuminates things which would otherwise remain concealed and which creates true understanding.

The following *exercise* invites you to participate in the experience of *psychological clairvoyance*:

Make yourself comfortable and relax your physical body. Go ahead and exhale all of the heavy feelings you have inside of you – a deep peace pleasantly starts to spread within you. Your thoughts also become slower and more calm – an agreeable harmony and inner sense of satisfaction arises. Now consciously connect with your spiritual self. While doing this, feel how you are automatically enveloped in a divine mantle permitting only those electro-magnetic impulses to affect you which are supportive and beneficial for your further conscious development and your confrontation with it. All subtle energy centers open up, and you inhale the purest and lightest divine healing energies. All of your bodies regenerate, purify, and strengthen themselves in the process.

Now imagine a green springtime meadow. With a light step, you walk along a footpath into the awakening world of nature and enjoy the feeling of connection with the almighty power of creation. You imagine a ravine far ahead of you. You come closer and want to continue through the ravine along the path which becomes increasingly narrow. You feel the stones under your feet and cast off everything material – all of your worries, fears, and doubts – as you consciously leave them behind you in the ravine with every step. As you come out of the ravine, you feel light and carefree. Once again you breathe in the juicy green springtime meadow. You observe how the sun shines warm and a transparent, golden curtain is now formed in front of you. You go through into another vibrational plane of perception. Your spirit helper is already waiting for you again here and warmly welcomes you. It has a dream journey planned for you and would like to invite you to participate in it.

Faithfully protecting and accompanying you, it now leads you through various scenes. Observe and notice everything: landscapes, Architecture, people, animals, and plants. Further along on your way you suddenly come to an obstacle. What is it? Give yourself time – take a good look at it. What are the possibilities of overcoming it? Your spirit helper gives you suggestions.

It is time to return. Your spirit companion once again takes you back to your springtime meadow. Thank the helper and say farewell to it. Take the responsibility for closing your subtle energy centers in your consciousness. Once again direct your consciousness to your physical body and let it wake up slowly and calmly. Accept the inspiration which you have received as a reflection which, interpreted symbolically, should represent an important message from yourself and for yourself.

If we remember the past two lessons, the wish should now be awakened to also finally spiritually „see“ what you have felt. What appeared in the exercise which you have just experienced?

We know that our best teacher is everyday life. As a result, we not only have physical/material and spiritual/intellectual tests to withstand, but we can and *should* also constantly consciously deal with the emotional-spiritual challenges.

This is because the actual purpose of our life is found in the mediumistic development of our current earthly incarnation . The reality does not lie in the external, physical world, but in the inner spiritual world. This means that only through our personal, actively-lived conscious development do we have a holistic life.

People who are awakening in terms of their mediumism want to learn how to „see into other worlds“, not just externally, but also within themselves; no longer just unconsciously, but with complete consciousness, a definite aim, and above all, *with responsibility and emotional security*. In this discipline as well, it is important to differentiate between your own subconscious and that of another person.

Partner exercises can also be very valuable here because the inner compass needle of emotional security can be set with increasing exactness through the mutual exchange of thoughts about your own perception.

SECOND STEP:

SPATIAL EARTHLY-PSYCHIC CLAIRVOYANCE WITH EXERCISE

Clairvoyance in time and space can be compared with psychometrie. As already perceived in Lesson 2, it is also possible for us to read an object or be „clairvoyant in time.“ An object or even an incarnated astral or mental body can also serve as a starting point as well as a reference point. It is possible to work without an object, but at the beginning it helps to concentrate on an object, maintaining the work of the clairvoyant within the given boundaries. In the continued conscious exploration of our psyche's world of fantasy and imagination, the attentive contact with memories, our extrasensory perception awakens even more and it becomes possible to experience spatial clairvoyance – outside of our own personality.

After you have physically relaxed and harmonized yourself, imagine that you are going up a slope. When you reach the top, you come to a small mountain lake. A little point of light is shining on the other shore. You feel yourself magnetically attracted to it. A rowboat is waiting for you and takes you directly to the other shore. Enjoy the boat ride, deeply draw in the fresh and quiet world of nature. The shining point becomes increasingly larger. You perceive and sense that a spirit helper is waiting for you.

Land your boat and greet the helper. Let it lead you to a small mountain hut, where it has a surprise for you. An ultramodern technical system is waiting for you – your spirit helper shows you how you can now receive clear TV signals on your monitor through satellite reception. In keeping with the motto „your will be done,“ you are aware that your spirit technical assistant will only show you programs which are proper, important, and responsible for your development. Let yourself be surprised:

You will first see on the screen what the members of your family are doing at home, then you will visualize which program is being shown at the moment on your television where you live, and in closing you will see on the screen which dress a girlfriend has put on today and what she is doing right now.

After these three programs, thank our spirit helper, say goodbye, and ride back across the lake. Your journey takes you back across the meadow to your house, and your consciousness retracts all the subtle antennae of spiritual perception, protects itself against unnecessary influences, and lets the physical body awaken once again.

Please check to see if you have received the right program by asking the members of your family and your girlfriend about their activities. Also verify the television program to see if it was identical with your own. If this is the case, then be happy. If yes-and-no, then remember: practice makes perfect. If this is not the case, then always remember that a medium is not a machine.

THIRD STEP: EMOTIONAL, MENTAL (ASTRAL), CAUSAL-SPIRITUAL CLAIRVOYANCE WITH EXERCISE

When during the later mediumistic development the student becomes increasingly aware of his clairvoyant abilities, more accurate and emotionally secure, and able to perceive the psychic plane in keeping with his level of talent, he can learn to differentiate increasingly better and give nuances to all the subtle visions or fantasies in the world of the imagination. This is the case when his clairvoyant perceptions become more „concentrated“ or „materialize in the form of spirit.“ A talented clairvoyant can perceive inner impressions not only as visions of his inner world of imagination, but also externally, physically“ while still being perceived on the subtle

level as well. The clairvoyant then „sees“ *another* non-incarnated thought, emotion, consciousness, or energy element which materializes. According to the state of consciousness, the personal emotional-spiritual development, and intellectual character: this vision can be demystified, defined, and recognized with increasing clarity.

This is the reason why some become mind-readers and others develop into increasingly accurate diagnosticians who perceive the aura of various living beings, have mystic experiences, or see fairies, Pleiades, or UFOs. Others in turn perhaps will clairvoyantly see non-incarnated guardian angels, appearances of Mary, old masters, or the deceased who would like to „prove“ that there is a life after death.

We fundamentally understand the perception of various subtle levels of consciousness and their materialized worlds of thought and feeling to be the definition of astral, mental, causal-spiritual clairvoyance.

In accordance with this, your life can be clairvoyantly perceived in the form of various “beings.” I name these beings the „personality components“, which do not need to possess a physical body in order to live. The „shining ones“ or „divine ones“ of the Celtic tradition, the water or forest nymphs and the elemental spirits of the Greek beliefs, the fairytale people, the deceased as described by the English spiritualists, angels and extraterrestrials, etc. – they all live and possess a subtle body or *exist in the concentrated form of an energy impulse* which, according to the level of consciousness, is at home in the ethereal, astral, mental, causal, or spiritual realms and/or vibrations of consciousness.

The mediumistic student will certainly encounter some beings when he begins with the clairvoyance training. Their activities and the confrontation with them will become a fascinating area of research for the committed clairvoyant. This is particularly true if he becomes conscious that there is actually a fairytale astral or emotional level (fairies, gnomes, etc.), a mental level that emphasizes the rational (deceased). A causal level (guides and masters, archangels, etc.) in our holistic

system which lies „in the air“.These are next to each other, within us and outside of us, below as well as above. It is all a question of the transmitter or channel which we have switched on at the moment and which we, as the receiver, are capable of perceiving.

As a result, responsible caution is required when discovering other realities – in so far as it is even possible to make contact with living beings of various types or archetypes from one’s own soul – because not all forms of manifestation always have a friendly attitude towards us human beings. The spirit hierarchy mentioned here also is and remains polarized up to the purest spiritual level which cannot be described in words. Physics is even subject to the same natural laws in the subtle realms, but the forms of manifestation or the aggregate state have changed. This is why this old proverb also applies in the subtle worlds: where there is much light, there is also much shadow. As long as a person is still on the way – and who of us is not – he will also have to develop the strength to resist the magic which some of these beings can exercise over a person and not become enslaved by it, neither to the good nor to the bad.

According to a person’s disposition, development, and consciousness, it is the flexibility used when changing channels that makes it possible to perceive the various levels by means of this telepathic ability of ESP and be able to tune in to others frequencies.

It is amusing when the emotional medium has the opportunity, for example, to be able to watch the play of the fire spirits, the dance of the air spirits, water spirits and earth spirits, and the activities of the fairies and gnomes, the interstellar and extraterrestrial beings, etc.

In contrast to this, a mental medium can, for example, learn to see the aura of another person and interpret it with increasing clarity. He can also suddenly observe while in the middle of the street how a spirit helper in the form of a guardian angel protects a pedestrian from the sudden appearance of a bus or inspires the protected

person to buy a new pair of shoes. The mental medium, as a spiritual teacher, can teach the student to „look rationally“ in order to help him with interpretation and knowledgeably accompany him.

The causal-mental medium could observe a spirit guide that inspires the spirit helper to an important, decisive thought impulse or the healing of the protected person. This spirit guide could also bring a forgotten scene from another incarnation into consciousness or receive a vision of the day-after-tomorrow which is then fulfilled.

In the case of physical mediums we must also be aware that the veracity of a higher intelligence is required in order for it to have a true spiritual value and not just a psychic value.

Exercise for Spiritual Clairvoyance:

Relax as usual, then give yourself the time and enjoy the external peace and harmony which then becomes the awakening inner peace and harmony. Inhale and exhale deeply three times, relax your thinking and feeling, consciously experience how your thoughts become increasingly slower and more peaceful – like clouds in the sky pass slower and slower. You no longer have any expectations. You sink more deeply into a sense of peace and your physical relaxation is increased as well.

Now consciously imagine that you are on a beautiful beach by the ocean. The sky and the water are an intense blue. This color fills the depths of your entire being – you become even more peaceful and at one with the nature surrounding you. Here in this pleasant vibration, you once again become aware of your spirit helper, which would also like to accompany you today for an important experience.

You now remember the ocean beach – enjoying a cheerful summer mood, from the distance you observe a great many people sunning in colourful swimsuits with bright umbrellas to shade them. Your spirit helper leads you now to a quiet little spot by the dunes, a bit away from the swimming activity. You make yourself comfortable

there and can now look forward to a surprise. Your spirit helper has invited a guest who slowly starts to materialize in front of your inner eye and becomes increasingly visible.

The better you can perceive this clairvoyantly, the more clearly you will discover that this guest is an artist – more precisely, a portrait painter. This expert now sits next to you on a little folding chair, takes out his painting utensils and paper, and begins to create a portrait for you alone. You effortlessly look over his shoulder and observe how he begins to draw. Perhaps he begins with the eyes, the nose, the mouth – observe how a face begins to be formed and take shape under his confident drawing hand. It increasingly takes form. While he works, you become conscious that this is not a very ordinary portrait painter who has specially come here for you and would like to convey a greeting from the spirit world to you. This greeting is from someone who you perhaps even knew personally while they were alive, but who now lives on in the spirit world or who has just „died“

Do you recognize the figure in the portrait? If you do, then be happy. If not, then telepathically request that the portrait painter please write down for you this former person's initials or even the name, the date of birth, residence, profession, etc. ,so that you can use as many clues as possible to find out who from the subtle world wanted to materialize through this painting medium. Perhaps your painter will also write the name of the future recipient on the paper – notice everything, thank him for his artistic work, and say goodbye to the painting medium.

Your spirit helper now accompanies you with your portrait, which you have received as a present, from the dune back to the ocean. You see that the sun will soon set and the beach has become empty. With thankfulness and new impulses, you take leave of your spirit helper. In conclusion, it wants to also give you a healing, a purifying, and a closing of all your subtle chakras so that you can return to your space in a state which is protected, safe and sound, and peaceful. Once again direct your consciousness to your physical body and gently awaken it.

Do you recognize the face in your portrait? If you do, did your painting medium want to prove an afterlife after this life? Be happy and perhaps repeat this exercise yourself once again. Another time, request that your painting medium draw you a portrait for an acquaintance. Good luck! If you don't know what to do with the portrait you've received, still try to remember the details – perhaps a sudden „aha“ experience will occur after further research... who knows?