

## *Psychic Psychology: Energy Skills for Life and Relationships*

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## *The Dance of Life as an Ecstatic Conversation with Everyday Reality*

*"Darn, I had thought that being psychic meant you had a voice that gave you all the right answers. "*

*A student*

*"Desire has such a wild yet subtle creativity that when you engage it with courage and unconditional responsibility, it leads you from the surface of your longing to the depths of meaning."*

In *Psychic Psychology* we embrace the uniquely personal, joyous, and meaningful events of everyday life and relationships. As humans, we are enticed into the psychological life of everyday life and relationships through our desires, and in psychic psychology we welcome our desires as a divine attraction, neatly and sometimes not so neatly drawing us into all the adventures and lessons of human life. Still, reliable happiness does not come from fulfillment of desires, it comes from the richness that can only result from real life experience. Everyday life presents us with a dazzling array of subtle and specific interactions which offer spiritual, even mystical, opportunities to develop happiness, kindness, and generosity. Souls incarnate as humans because the sharp focus of space, time, and desire generates experiences, meaning, and understandings that the soul cannot generate by itself in its own higher soul plane. In time and space we enter into conversation with our desires, our own humanity, with others, and with the world. This conversation is ineradicably open-ended. Life constantly surprises us, and whether it delights or disappoints, it always offers back more than we knew or could have known before encountering it.

Many excellent systems give psychic/spiritual advice on how to attain your desires. Psychic psychology brings the powers and pleasures of psychic awareness into your life so you can use your ever growing awareness effectively. In this book we explore and use a system whereby when our desires are congruent and we create the aura space for those desires, we obtain our

goals. However, though most of us tend to imagine that great power will inevitably lead to the fulfillment of our desires and therefore to happiness, life is too rich and deep to be tamed or solved by any technique.

Like all spiritual/mystical paths, this one involves paradox. Without paradox you could program your life into a computer. You would speak and the world would obey. It's the open-endedness of paradox that generates a never-ending conversation in which you bring newness to the world and it brings newness to you. Two paradoxes in particular are important. The first one we've been alluding to already. Our desires are the passageway to embracing life, but reliable happiness comes from much deeper sources than satisfying our desires. Life is so unstoppably creative and spontaneous that following our desires inevitably takes us in unexpected directions.

For example, all of us know that we have longed for things that in retrospect didn't make us happy, or that would have brought pain if we'd gotten that desire; yet most of us think that we now know what will make us really happy. In a way, we are all like adolescents in our desires. An adolescent lacks the experience to even imagine what love is or to understand that love doesn't just drop out of the sky: it develops over the span of years and through the power of committed engagement with ourselves and the loved one. Since by its very nature desire anticipates experience, there is inevitably a naiveté and shallowness in our desires compared to the depth of experience and transformation that the pursuit of our desires can bring. In this book we explore powerful means of finding what is authentic and true in our desires, yet even so, it is a good idea to be open to the unexpected directions that desire inevitably takes.

The second centrally important paradox is you create your reality but cannot absolutely control it no matter how powerful or aligned you become. The external world has a life of its own; when we engage it, it engages us back with spontaneity, creativity, and surprise. Our inability to pin down the external world is part of the very fabric of reality and meaning of existence. Were it otherwise, there would be nothing to be gained by life experience. It would be a puzzle to be solved that would quickly become as predictable as tic tac toe, and as deadly as the life King Midas discovered when he turned everything he touched into gold, even his daughter. Reality's intrinsic uncontrollability is an essential precept of wisdom teachings from ancient Taoism and Buddhism right down to the modern Seth, originator of the phrase "You create your own reality."

The price we pay for being in a world we create but do not control is that life inevitably involves an interplay of pleasure and pain. We can learn to engage the dance of pleasure and pain with practical skills like those taught in this book. Such skills allow us to engage the world capably, achieving more of our goals. Still, there is something even more fundamental, more core than competency. All life expands in all directions; everything is ultimately redeemed in an underlying unobstructed and sublime awareness (technically called non-dual awareness). It is the nature of desire to *resist* change so that we can rest eternally in the pleasure we anticipate it will bring, but it is the purpose of desire to *engage* us in the unceasing change of life expanding in all directions. What is most essential is learning to engage life with a courageous open-heartedness that welcomes unbridled creativity and generates happiness.

There are many paths to that open-hearted happiness. The path we explore in this book focuses on skillfully engaging everyday life and relationships through a combination of psychic skills, understanding the big picture, and practical wisdom. Psychic psychology approaches everyday life and relationships through a fun, exciting, and easily learned system of psychic development that is uniquely psychological and relationship-based. But being psychic is not enough by itself to generate life and relationship skills. Thus there are two other equally

important aspects of life covered in this book which, when integrated with psychic skills, do reliably generate life and relationship skills, and more fundamentally, do reliably generate happiness. These other two aspects are: 1) the “big picture,” or understanding our place in the world and the purpose of desire and life experience itself; and 2) practical wisdom, or the ability to engage complex real-life situations that have no single right answer.

Part One of this book explains how to develop psychic abilities that are particularly focused on everyday life and relationships. The psychic skills we each develop can enhance our own psychological well-being. Using these skills we become more self-aware, authentic, kind, and generous, and more understanding of others.

Two simple kinds of awareness are the basis from which a rich assortment of psychic skills grows. First you learn to sense psychic energy, something surprisingly easy for most people. In particular, you learn to sense what energy is yours and what energy is another's. It is true that underneath all manifestation there is a fundamental unity, so from that point of view there is just the one energy of All That Is. But within manifestation, that is, within your life as a human, life's purpose is to learn how to engage the utter uniqueness of all the manifested world, particularly that of each human being. As a psychic you can explore your uniqueness by identifying and learning to use the energy that is uniquely yours. That unique energy has an intrinsic directionality, that is, a desire or impulse towards action in your unique authentic direction. When you act skillfully using your own energy, you move and act naturally and spontaneously. Acting naturally and spontaneously out of your intrinsic uniqueness is “authenticity.”

The second kind of awareness or psychic skill out of which all others emerge is the skill called “being in current time” or simply “current time.” Ideally, moment by moment, your aura is free to vibrate through the entire range of human actions, emotions, and thoughts and thus respond to whatever you turn your attention to. However, in any given moment there is a tendency for portions of your aura to be stuck in past reactions to life. Where the aura is stuck it vibrates in an unresponsive fixed pattern called a picture. Having stuck pictures in your aura is much like having a muscle with a cramp in it or a guitar string with knots tied in it; the stuckness limits your ability to be open to, active in, and responsive to the present. Your ability to have new experiences is degraded. This book teaches a powerful method for psychically releasing the stuckness so you become more open to the present.

Once you learn to recognize your own energy (which generates authenticity) and learn how to free your aura of pictures (which allows you to be open to whatever is happening now), a world of powerful psychic abilities opens up.

Part Two of this book explores the big picture: how you create your reality, the purpose of human experience, and how to find happiness. Some traditions address the uncontrollability of the external world by trying to rise above desire. While rising above desire can reliably generate a kind of happiness, we the authors are committed to a path of engaging the world through our humanity and our relationships. Desires particularize experience and trigger the spontaneous creativity and surprise inherent in life. Desire is the way one commits to life.

The second part explores what creating your reality means, what you can and cannot do, and where desire fits in. Here is discussed the surprising fact that not only your soul but also your personality is eternal. One needs to look in a usually unexplored psychic direction to see that the personality survives and continues to grow into finding its own sublime and unobstructed consciousness. The personality isn't lost in further incarnations, though further incarnations usually happen; nor is the personality gobbled up by the soul. As illustrated in Chapter 14

through the experience of John's deceased friend Will, a personality grows and powerfully transforms, yet retains what seems most precious and individual. Understanding that the personality continues and grows eternally after this life, and understanding the personality's eternal relationship with the soul, helps us comprehend the sometimes-mysterious complexity of desire. We close Part Two by exploring the nature of happiness—what it is and how to attain it.

Part Three delves into practical wisdom, sometimes called know-how. We can use psychic abilities and techniques to help us create the reality we want, but every day moments defy formulation. What do you do when your spouse says you're spending too much money? We explore how to use all you've learned to have a meaningful discussion when neither of you are likely at your best. You're both probably vying to prove your point rather than deeply engaging your own concerns and those of your partner. Practical wisdom is the ability to address the tension inherent in the dance of polarities that underlies all manifestation, even to use that tension as a vital part of the unbridled creativity of all life. Yes, there is an intrinsic underlying harmony to all the universe, but too many of us try to repress the irrepressible other voice that lies outside our ego self. With practical wisdom we move from trying to repress the external world so that it adds nothing of its own, to engaging the spontaneous creativity of All That Is.

Part Three, then, offers practical skills such as: how to relate to and work skillfully with anger, how to integrate the insights of psychology and communication theory with psychic abilities, and how to pursue your goals in ways that enhance your overall clarity, kindness, and generosity.

Hindu iconography portrays life as an ecstatic, chaotic dance. The world of psychic psychology takes us directly into a skillful engagement with this dance. Engaging this dance is the most authentic of spiritual journeys. Our spiritual state grows through and is most powerfully reflected in our responses to everyday life—a baby crying, the demands of work, an unexpected promotion, a parent's death, a wedding, heavy traffic, grocery shopping, a baby laughing. If the everyday life of a human weren't deeply meaningful and enriching, we would never incarnate in the first place. The opportunity to know oneself more authentically and more joyfully is present in every breath.

Our goal is to engage life with practical wisdom and a sense of adventure, to know that life is a spiritual journey, and to know that each of us (and no other) holds the key to our own happiness. Seeing life as an adventure and staying open through its ups and downs with authenticity, practical wisdom, kindness, and generosity is a reliable way to cultivate happiness.

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