

Inner Light Consciousness

(Edited from a Lecture by Paul Solomon 1979 in Houston, Texas)

Inner Light Consciousness is a guided experience in spiritual evolution. It will change your life.

Happiness Is A Habit

A goal of *Inner Light Consciousness* is learning to laugh and play more often, to have fun, to enjoy yourself, your life, your relationships with your neighbors and with God. You can experience and express pure joy just because you want to. You don't have to have a special reason. When you can feel joyous just because you want to feel that way you stop being a victim of life.

Ninety-nine per cent of the people of the world live as victims. They believe that if they are happy it is because someone or something other than themselves made them happy. They are happy if they have enough money, if their health is good, if what they consider the right people and right things are happening in their lives. They are happy because of externals. Happy or unhappy, they attribute their feelings to outside circumstances. It doesn't have to be that way. Happiness is a choice.

If you are happy, you probably have a habit of being happy. You can put a happy person in the worst situation and he will remain unhappy for only a few minutes. Then he will think - *Why should I be in this miserable situation and be unhappy too?* And he will go back to his habit of being happy.

If you take a habitually unhappy person and put him in the very best situation, he will be happy for only a few minutes. Then, he will find something to gripe about and go back to his habit of being unhappy.

It is a fact that you can prove for yourself. People who are habitually happy are happy in almost any circumstance. They have learned that it is natural to be happy. It is the way they want to feel. It has very little to do with external circumstances. It does have to do with their attitude and belief about themselves and their relationship with life.

You can learn to change the negative, and by doing so you will no longer be a victim. When you stop being a victim, you become a Cause.

Experiencing a whole new life actually means a new birth, being born again in a very practical sense. I am not talking about a religious, emotional experience. A new birth means living in a different way.

A Change in Identity

An objective of *Inner Light Consciousness* is to start a new life that is different from what you have experienced before. The new life is so different from the old that a change will occur even in such basics as the way you identify who and what you are.

It may seem a little presumptuous for me to say that I think you need to start a new life, because that assumes that the life you have now is not all that it could be. But that need is extremely pervasive in our culture today.

You have been taught that what you are is your body, your mind, and your personality. That is not really what and who you are. What you really are existed before your body, mind and personality, and I am not talking about reincarnation. It is not necessary to believe in reincarnation to understand this principle.

There was an Intelligence that pre-existed your body, that made decisions about your body and that built your body. That Intelligence evidently knew how to make glands, cells, organs and tissues and knows how to make them function. There is good reason to believe that if that Intelligence knew how to build your body it remembers how your body is built and how it functions. It knows how to make a body operate and what your body needs. It knows everything that happened to your body ever since birth and perhaps before. If that Intelligence built your eyes, it probably can see you. If it built your ears, it probably can hear you. If it built your ability to communicate, it must be able to communicate with you. It would seem wise to learn to communicate with that Self.

The Source Of Your Mind

Whatever the measure of your intelligence your mind also has a Source. You don't have to be religious to notice that. If you can transcend what you know as your mind and tap its source, your mind becomes bigger. That Greater Mind or the Super-conscious Mind that your mind came from must be more intelligent than you are.

The Intelligence that made your mind and your body essentially is you. It is the You that pre-existed your mind. It is a Cause Mind. Your body and brain mind are results. Your Cause Mind made your body and your brain-mind. You are a Creator; you know how to make a physical body. That is impressive! It takes wisdom and intelligence.

That Intelligence that made your body and your mind is what you really are, but you and I have made the mistake of identifying with the Result instead of the Cause. I think that is the source of our limitations as human beings. We have said, *I am my body*, instead of saying that the Greater Consciousness that is me made a body for me to use and express through this lifetime.

Building A Personality

And what about your personality? Where did that come from? Your personality came from a collection of prejudices of the adult caretakers who were close to you when you were growing up. It came from your parents and what they said about you. *He's smart! She's cute. He's so stubborn. She's a sickly child.*

All of those little phrases that were used about you when you were growing up became your beliefs about yourself, and you began to identify with them. You began to think that is what you are. *I'm smart. I'm cute. I'm stubborn. I'm sickly.*

If you heard while you were growing up that you had a violent temper, you probably have one now. If you heard that you were painfully shy, you probably are. But that does not mean that those beliefs are your permanent personality. It does not mean that those habits and beliefs are you.

They are a set of beliefs that you adopted. What was said to you became a part of your belief system about yourself. But they are not what you are. They never were you. They were other people's opinion of you based on their own beliefs and prejudices. Most of those beliefs are not true, but you have been living as if they were true.

Experiencing a new life means ending the beliefs that you are your body, your mind and your personality, and beginning to identify their Source. You suddenly will realize that you are the Cause

of all you experience. You will stop believing yourself to be the victim of external circumstances. You now have the ability to restructure your body, mind and personality. This knowledge will result in experiencing a whole new life!

Changing From Victim To Cause

You and I live in an irrational culture. You have adopted habits that make relationships and communications ineffective. You have built barriers. You were taught that if someone is angry with you the best thing to do is get angry right back at them. You were taught that if you have any pride you would stand up for yourself. You get angry when people do or say things you don't like. The basic belief seems to be that if you get angry enough for long enough you will be able to correct the situation. But does it? Absolutely not. Almost never. You are taught responses that don't work.

Almost everybody believes that other people can make them angry, hurt them, make them jealous, etc. They believe their emotions are the result of the actions around them. They are victims of everybody and every circumstance in their lives, including the weather.

Most people believe if they are angry it is because somebody made them angry. But that belief is not true. Nobody has ever made you angry. The only thing another person can do is give you an excuse to be angry -- if you want to be angry. The way you respond is your choice.

Most people believe that emotions are something that happen to them and that is not true either. Emotions are something that you do, and you do them as goal-oriented activities, manipulating to get specific results.

As soon as you know that you don't have to act the way another person wants you to act, - that nobody can make you angry,- you change from victim to Cause. If there is anything other people do that makes you angry on cue it means that your enemies have the power to run your life. That is a terrible state of affairs. People who don't even like you decide whether you feel good or bad.

It is happening all of the time, and you can change it. You can change it to the point that you can make a decision about how you feel at any given moment, including those things that used to be extremely upsetting to you. You can create a new, healthy response. I am not talking about suppression. I am talking about responding appropriately to take care of a situation rather than being victimized by it, bottling it up, or expressing it in a traumatic way.

You can learn to be a Cause of what you feel and not a victim of other people's attitudes, emotions and beliefs.

Experiencing And Expressing Pure Joy

You can learn to experience and express joy without having to have an excuse. That is fairly easy to do, but I want to warn you about something.

I have a basic belief, it may not be true but it is my belief and it works for me. I believe that you have a personal, individual teacher who is responsible for your growth. Your teacher is responsible specifically for you. It is a personal relationship. This teacher is not somebody you are going to meet in the flesh. I am not talking about any external teacher. The best thing an external teacher can do is point you to your inner teacher. Your teacher is someone who communicates inside you and through other people around you. This teacher knows everything that you need to learn, knows all of your weaknesses, and knows exactly where your buttons are and how they can be pushed. He knows the challenges you need to overcome and as you go through life he sets up situations to which you must respond.

Life is a set up. People come into your life and push exactly the buttons that you most need pushed. If your buttons have been pushed lately, and I'm sure they have, if there are frustrating, trying or challenging situations that repeat over and over and over there is a teacher pointing out an area you need to deal with. There is a lesson there, an opportunity to learn and grow.

You can learn to deal with those lessons as pure gold. You can begin to think differently about life's challenges. You can remember as you leave your home each day that you are enrolled in a school, and lessons are going to come. Nothing will come into your life that you don't need. No situation will take place without the approval of your inner teacher.

The first time you encounter a frustrating situation, - a store clerk who is spewing anger, remember that that person is there just for you. You come through a checkout line and he snaps at you. You used to snap right back. You made sure you looked out for your rights and defended yourself.

But today is different. You get in that same line, and again the clerk is snarling and angry. You can feel the tension building as you move in front of him. But suddenly, you think, *My teacher knows I need to respond to this situation. He set it up. What can we do together differently today?*

Instead of thinking how mean and angry that clerk is and how you would like to punch him, you think: *This guy must have some problems. Maybe his wife was angry with him and maybe his children are ill and maybe he has other problems. Maybe I should make it my challenge to make him smile.*

He may not smile today, but you decide to make it a project. You will look for this particular angry, snarling clerk each day and make him smile. It will change not only the way you feel, but it will make his day.

Life is a school and you can create your own script. You can make it a horror story if you want to. I am not particularly entertained by horror stories anymore. I stepped out of mine. My soap opera changed drastically - now it is comedy. And I have fun living it.

You can live in your horror story, your tearjerker, or your soap opera if that is where you want to live, or you can step out of it into the kind of world I live in now. It makes all the difference. You can begin to enjoy the life.

The first time that you are able to enjoy yourself while the boss is coming unglued, you are going to find one of the most interesting experiences you ever lived through. He is going to wonder what hit you. It may make him madder at first, but after he thinks about it he is going to wonder how you did it. Then you are going to have an opportunity to help him change his soap opera into something more beautiful, more interesting and more joyous.

You don't need an excuse to be joyous. You can begin radiating, laughing, enjoying yourself, and letting people wonder what happened. At first they will ask, *What's the matter with you?* It is all right for people to think there is something the matter with you -- as long as you feel good about it. It is also all right if you want to continue being stressful, serious and concerned. As a matter of fact, it is quite all right if you totally disagree with me. It is all right for you to be a skeptic. It doesn't bother me in the least. I know that it works for me and that can't be taken away by any skeptic or by any disbeliever. It simply doesn't cancel what happened to me. It can, however, cancel what can happen for you.

As a matter of fact, you can prove that this will not work. You can prove it, but you can only prove that it will not work for *you*, - because it already has worked for me. It will work for anyone who decides to live a new life and experience and express pure joy anytime they want to, and just because they want to, without any other excuse for doing so.

Develop Higher Sense Perception

In our culture we are taught, quite deliberately, to operate as half-wits. We have two halves to our brain, two hemispheres, two lobes. These two hemispheres of our brain have somewhat different functions. The left hemisphere of our brain is said to control analytical, deductive, logical reasoning and sensory awareness, awareness of the outside sensory world. The right hemisphere of our brain deals with intuition, imagination, sensitivity, and inductive reasoning. As we grow up we are taught that there is only one way to think. Thinking means using the left hemisphere of our brain to make observations and comparisons and draw conclusions through a rational, logical, deductive process. If we can't see it, touch it and feel it, it is not valid. If it comes through the right lobe of the brain, the intuition, the imagination, through mental imagery, we are taught that it is "just your imagination."

We throw out a half of our brain, half of our consciousness. We operate as cripples and half-wits because we have thrown away half of our ability to think.

An Alternative Way Of Thinking

A story from very ancient times tells of a man who suddenly gained a great responsibility for which he was unprepared. This man suddenly found himself responsible for a nation of people who didn't have a homeland. They had no buildings, no houses, no seat of government, no religion, no schools, no army. This nation was in the very poorest of conditions, and this man was expected to take them through the desert and establish a country.

He knew he didn't have the ability to think of everything he needed to take to fulfill his mission, so he did something else. He asked questions and listened for answers. In other words, he moved from one hemisphere of the brain to the other to get answers. Instead of being so ego-centered as to think he could rationally figure out the answers he needed he asked for the answers, assuming that there was a Greater Mind that knew the answers and could respond. When the answers came, he recorded them without question. What he recorded is the single most impressive psychic feat in all of history.

That man was Moses. Three thousand years ago, Moses wrote a book containing sanitation and sterilization techniques, epidemic control, nutrition, government and law. Much of what he wrote 3,000 years ago was not re-discovered until our lifetime. For example, it was just 100 years ago that sterilization and sanitation techniques were discovered through the rational, logical, deductive, conclusive process. What does that say about the two hemispheres of the brain and which one is most efficient?

People have known throughout history that certain very talented men and women had the ability to ask questions and receive answers intuitively or psychically. They were treated as if they were special and had abilities that others didn't have and couldn't develop. They were called "miracle men" and were looked upon as superior beings. Yet every one of these men and women had said, *All of these things that I've done, you can do too, and you can do even greater things than I can. You have the same abilities.* Even Jesus Christ said that.

Either you can do these things that Jesus did - or Jesus or the other great men lied. It has to be one or the other.

How We Are Taught

I believe that we can do all that was done before and more, and I think that there are reasons why we are not using our whole consciousness. The primary reason is simply the way we are taught as we grow up. If a child tells you some remarkable thing he just discovered you ask the child, - *How do you know?*

If that child says, *I saw it with my own eyes. I heard it with my own ears. I touched it with my own hands* - then we believe him. But if he says, - *I just know inside*, or - *a bunny rabbit told me*, - then we say, - *That's just your imagination*. And that child who thought that his brain could give him information through his intuitive, imaginative senses has been taught that that method of getting information is not valid, that the intuitive half of his consciousness is not meaningful. The child is told. *Throw it out*.

Unless you can see it, feel it, hear it, smell it, taste it, it is discounted. You are forced to unlearn your very natural abilities of your subtler senses.

For every one of your external five senses, you have a subtler counterpart. Most people past their teen-age years have lost their ability to use them. Before that most of you could play in an imaginary meadow with imaginary playmates. Some of you were generals of an army, some drove trains that adults could not see. You were kings and queens, knights and ladies, - but as you grew older, you thought imagination was kid stuff, just a game.

In Inner Light Consciousness, we teach you ways to reawaken your subtler senses. We begin with exercises in visualization and imagination. Soon we learn to ask questions and receive answers through those senses.

When the images begin to tell you something that is meaningful to your life you no longer are practicing visualization. Imaginative visualization becomes clairvoyance.

When the words, sounds and thoughts that come into your consciousness can be applied to real life situations, then you have developed clairaudience.

These become the first steps to whole-brain thinking or the use of the rest of your mind. The ability to again use the five senses of the subtler dimension provides an avenue for two-way communication with Source, or God.

With the development of the five subtler or psychic senses comes the need to learn spiritual discernment. You are responsible for knowing where your information is coming from. We will discuss how to be sure you are getting in touch with the right Source, how and what to attune to, how to know with absolutely certainty who you are talking with, where the information is coming from, and whether it is valid.

As to the question of whether accessing information through the subtler senses is dangerous, the basic answer is that it is always dangerous to work with anything that has to do with emotion, mental abilities or spiritual matters. On the other hand, it is considerably more dangerous to not be knowledgeable about it. You do deal with other dimensions whether you are aware of it or not, want to, or not. Anything becomes less dangerous when you understand it better. Driving on a freeway is dangerous. It is less dangerous if you know how to drive.

In Inner Light Conscious, we direct our communication to God, the Creative Source, and not with masters, teachers, spirit guides, or any other less than God. It is possible to communicate with all of these others. They are available for communication and I am not condemning any of them. What I am saying is that when you can have access to the Chairman of the Board, why go elsewhere? He has the option of sending his delivery boy, if He wants to.

Experience Dynamic Meditation

The word "dynamic" is the key here. Meditation itself is a quiet, still, peaceful experience. It produces stress release, and is important for good health. The Dynamic Meditation of Inner Light Consciousness goes a step further than what most people think of as meditation. It is a two-sided experience; it is dynamic, directed and creative, as well as being passive, receptive. The difference is this. When you enter into Dynamic Meditation, you enter with purpose. You direct your consciousness towards a specific purpose, and you create changes in your life.

Dynamic Meditation will change you every time you do it, and I suggest that you meditate every day for the rest of your life.

Dynamic Meditation feeds the spiritual body as well as the physical and mental bodies. The physical, you have been feeding every day, probably three times a day since you were born. You probably haven't missed very many meals. That means the physical body has been well fed and exercised. The physical body thus has become a giant.

Your mental body is curious. It makes sure it gets fed. You take in information every day, and you also exercise your mind by thinking and figuring things out. So, your mental body is a giant too.

Then the third one, the spiritual body, it has gotten a little bit of attention once or twice a week for a part of your life, - perhaps. It is still small, weak and emaciated.

You have two giants competing with this poor little, emaciated, weak, spiritual body. You need to change that to grow in balance. The reason that I suggest meditating is to try to give the spiritual part of you at least as much attention as you give the physical.

You ask people, - *What is more important to you, your spiritual life or the physical development of your body?* Almost everyone says, - *My spiritual life, of course.* They think that is what they are supposed to say.

When you ask, how much time they spend eating, they usually say about three hours a day, if you count all the times in between meals. Yet if you suggest that maybe they ought to meditate at least 20 minutes a day, they say, - *I can't do that. I don't have the time!* Which body did you say was most important?

It is a Universal Law that the body that is fed and exercised the most will become the dominant body. If you begin now to feed your spiritual body every day, even if just for a few minutes each time, then you will begin to develop a new relationship with that part of your being.

You will very soon begin to recognize how powerful a developed spiritual body can be. It is not going to be powerful at first though, but as you continue to give it attention, food and exercise, the spiritual part of your nature will gain a greater and greater ability to affect your life in very dramatic ways.

After a while with Dynamic Meditation you will notice that your life will change rapidly. You will notice a difference.

You can begin to change your personality, your relationships and communication with other people. You can develop power to overcome difficulties that you thought were a permanent part of you. Suddenly, you discover they are not a part of you anymore. They can die, and you can become new. That is the potential magic of Dynamic Meditation. The keys to this transformation are a part of the Inner Light Consciousness Experience.

Learning To Love

Learning to love means learning to love yourself and others, and letting it be all right. This is not just a sweet, nebulous ideal that will make you feel better. Developing a healthy appreciation for self is an essential part of developing the whole mind. It is dangerous to attempt to develop spiritually without a strong sense of self-esteem.

Unfortunately, most people in our culture are taught it is not nice to think highly of yourself. You are supposed to love others, but not yourself. The need for humility is emphasized, - which means you are not supposed to think you are worth much. Authority figures and accomplished individuals are put on a pedestal as if they were more valuable because they know more.

When you start developing spiritually, if you have a poor self-image you will most likely have a belief that you should not communicate with a part of yourself. You probably also have thought that it is too presumptuous to communicate directly with God, because God is so big and far. Often, therefore, people who begin the spiritual path begin to communicate with intermediaries, spirits or other personalities.

There is a danger in assuming that any other personality, character or being in the universe is an authority on what you should do. People who were not worth communicating with while they were still in the flesh are unlikely to be any brighter on the other side. I don't think they have more information than you have.

Thus, one of the first steps toward spiritual development is love, appreciation and confidence in self. In fact, you are not capable of loving anyone else until you love yourself. If you don't have self-love and self-appreciation, then you also have a basic belief that you are not worth loving. You know you need love, but there is also a belief that when people get to know you they won't love you for who you really are. You try to please other people to get love, at the same time believing that you don't deserve it. You wind up leeching energy from others, trying to take their love while believing that you don't have much of value to give in return.

What Is Humility?

What is humility really? I think humility comes the moment that you discover the Creator that made you gave you an incredible instrument. It is beautiful. It is beautiful enough to make other people feel better when you turn on your beauty and start to glow. You are intricate, delicate, fascinating, complex, and absolutely wonderful. Even one who perhaps may be thought of as not the most physically attractive person has a beauty about him or her when they start to smile and laugh. You can make other people feel better. You actually affect the chemistry of another person's body.

You personally, individually, have a talent to cause another person to feel better. You actually affect the chemistry of another person's body. That means you are pretty special. You have an ability to affect other people's lives. You were given an exceptional instrument. It took time, energy, love and a lot of attention to create that instrument.

Humility is not saying, *oh me, I'm not much*. That is an insult to your Creator. On the other hand, when you become thankful to the Creator for making in you such a beautiful instrument, you will begin to change your relationship with other people because you know your love is worth having. You can make people feel better when you care about them. People who get your love are fortunate, and now you can love other people without being scared.

People who don't love themselves are always afraid they will not be loved in return so they give their love tentatively. *I'll love you, but I am afraid that you won't love me in return, so I am not going to love you very much until I see what you are going to do for me*. They play a game, and compete with one another.

Even when they are not trying to compete, expressing love and appreciation for other people is rare. It is something we are taught to avoid in our culture. When you think another person is beautiful, you think he is aware of his beauty, too. When you appreciate another person for what he does, you think he knows you appreciate him. How long has it been since you said to someone, *I feel lucky to know you. You are a beautiful person. I'm glad you are in my life?*

Do you know what would happen to that person if you said that? You would at least make his day, and at most, you would make that person a better person. That person would begin to understand that he is valuable to you. You can literally make a better person out of somebody else by expressing your love and appreciation, by teaching him that he is worthwhile, that he has made a contribution to your life and can make a contribution to other people's lives.

If you can learn how to do that, you will not only change your own life, you will affect other people's lives. What the world needs right now, more than anything else is people appreciating other people who are not afraid to express it. The world needs people who can openly express love.

People who feel loved are happy people, and happy people are good people. People who are happy, fulfilled and joyous within themselves don't scrap, compete, fight and hurt other people. They don't need to.

Helping you become whole by appreciating who you are is a primary goal of *Inner Light Consciousness*. You also can gain a lot more knowledge, learn how to handle problems and lessons more effectively, and do things that you could not do before. All of that is a part of *Inner Light Consciousness*. But those are not my main objectives. My main objective is to help you appreciate who you are.

I want you to know how beautiful you are, how much you have to give, and I would like you to be very confident of that. When you are, you will start to give freely. You will start doing things for other people that you were afraid to do before, and your life will change. You will be more joyous than before. You will feel good about yourself. You will feel good about giving because you will know that what you are giving is valuable and that other people will benefit from it.

When *Inner Light Consciousness* works in a person's life, other people notice. You will know *Inner Light Consciousness* is working when your neighbors start to say, "What happened to you? You look so good. You have a glow about you. Where is this change coming from?" When that happens, you will know that change has occurred inside.

I want to help you learn to love yourself, to appreciate your own love and give it freely because love is the X-factor in almost every important experience. Love is the X-factor in communication. It

makes communication work whether with the physical or the subtler senses. It makes your life work.

We could start an epidemic with this X-factor, and if we did, we would change the world. I believe we can do it. I intend to!

Experience Full-Time Thinking

In these days of television and worldwide communication, learning to experience full-time thinking becomes much more important.

There are two kinds of thinking. The kind of thinking most people do I call automatic pilot. This simply means they go about their day in a routine, kind of a rote manner, not being responsible for what they are thinking. They are in a feminine, receptive state of mind most of the time.

If you encounter a full-time or a creative thinker, or to use a very highly charged term, an occultist, and you are on automatic pilot, he can cause you to think what he wants you to think.

If that scares you, let me point out that that happens every day. If you are on automatic pilot and the person next to you is experiencing very strong thoughts, those thoughts will pop into your mind.

Have you ever walked down the street and suddenly, with no catalyst, you felt angry? You don't know where the thought came from. If you were on automatic pilot, those sudden thoughts of anger, pain, hurt, jealousy might have come from the person who just passed you in the street.

Or, to say it another way, if you were in a classroom and I asked you to imagine a dream house, to build in your consciousness a structure that expressed beauty and creativity, do you know what would happen? Everyone sitting in a particular area would have similar houses. Except for the dominant thinkers, all of you would absorb thoughts and images from the others around you.

Now, that goes on all day, every day of your life. It is the principle that makes advertising work. How often do you know that what you are thinking is what you are choosing to think? I'm not suggesting that you're a victim. You're not. You can be receptive anytime you want to as long as you want to, or you can change that. You can change from negative, receptive, feminine, incubative thinking to positive, directed, constructive thinking. You can take charge of your consciousness and experience full-time thinking.

Full-time thinking simply means being aware as you go through the day of where your thoughts are coming from, and using your mind productively and deliberately. Some people have developed full-time thinking quite naturally and have been doing it for most of their life. But they are rare individuals. Most people spend most of their time on automatic pilot. But it's really important that we learn this other kind of thinking.

The most dramatic case in all of history of automatic pilot happened just a generation ago in Germany when a man named Adolph Hitler discovered the occult power of the mind and took advantage of the fact that people around him were on automatic pilot. He began to plant ideas through exactly the techniques that we are talking about, and if you doubt that, there are at least two histories of his occult training and his techniques that demonstrate it. Only by practicing full-time thinking can we be responsible for our thoughts at all times.

Experience A Separate Reality

The Separate Reality we are referring to is a greater reality. We are not talking about an imaginary reality. The Separate Reality does exist. It is real.

At this moment, you are conscious of what we call a sensory reality. It is a very limited reality. It is limited to the walls of the room you are in. With the five physical senses you can experience only a very limited part of what exists.

There is a greater reality that extends beyond the walls. If you give up the limitation of your senses you can move with your consciousness outside of the room, and with the subtler senses, you actually could move your consciousness to the space outside. That is the outer reality. Beyond the walls of this room is still a part of the reality that you can experience with the senses. It is a first step. You can go beyond that reality to one that doesn't exist for the five external senses but is real to the subtler senses. And, in that subtler world you can have experience. You can ask questions and receive answers. You can experience life.

A few years ago, I was in New York City working with medical doctors and psychiatrists who wanted to learn how to do psychic diagnosis. I told them that the other reality of the subtler senses is no less real than the one we are in now. It has an ability to affect you.

One of the psychiatrists was absolutely incensed and said, "What do you mean it's real? How could it be real? I'm just imagining it in my mind. It doesn't have reality."

I said, "I believe it has reality because it can affect your life. Anything that can change your life must be real. And as far as having life, I believe it has life independently of you. I think you'll discover that when you spend some time there and use it.

He still wanted to argue so I said, "Let's try it and see. You may have an experience that will convince you differently."

We started going through the experience. We were lying on the floor, and I was guiding them through a meditation experience. We were going up the mountain, and all of a sudden, the same psychiatrist jumped up off the floor and began to yell. He yelled loud enough to pull everybody out of the meditative state. He wrecked the meditation.

"What's going on?" I said.

"There's life in there. When I was going up the mountain a lizard ran across the path," he said.

"So?" I asked.

"I didn't imagine him! There's independent life in that other reality!"

"You have a good Teacher," I said.

His Inner Teacher wanted to demonstrate to him that this isn't just his own little creation. There is independent life in the subtler reality. It is real. You can go there. You can experience it. You can use it as a backdrop for other information that can come to you.

A Strange Request

The ability to focus the mind and enter a separate reality and the ability to experience the X-factor called Love are the keys to the psychic gifts or the "siddhis" as they are called in the East.

I had the opportunity to demonstrate one aspect of this to the United States government as a result of a strange request.

I spent many years doing trance readings. When I do a Reading, I give up my conscious mind and go into a trance state. People ask questions on any topic they choose, from physical conditions, diagnosis and treatment, to political questions, to how should I live my life, conduct my relationships, etc.

A United States government agency heard about my work and contacted me. They said that both the United States and the Soviet Union were experimenting with using psychics to find out military secrets from one another. Apparently both countries were having some success, but our government's representatives were upset because they thought the Soviet Union might be ahead. They asked me to participate in an experiment.

The proposal was disturbing to me. Psychic warfare sounded dangerous. It was the last thing I wanted to do, but when you have a reputation for being psychic, it is not unusual to get requests from people who want to test you and want you to help them in their research.

The night after the contact was made, we decided to do a Reading about the situation. I lay down and went into a trance, and the conductor asked the question, "What will be the outcome of this experiment in psychic warfare between the United States and the Soviet Union?"

The answer was amazing to me. The Source said that in order for the Soviet Union to find out what was in the files of the United States, they were going to have to care about what was in those files. They would have to care about what we're thinking. For the United States to know the Soviet Union's military secrets, we're going to have to care about their point of view. If we start mutually caring about one another, we will begin to understand one another. The very thing that started out as warfare will build bridges of understanding between the two nations.

I knew the principle and had taught it in *Inner Light Consciousness* classes around the world. Love makes telepathy work. If I want to know what you are thinking right now, the only thing I have to do is care more about what you are thinking than about my own thoughts. If I can give up my opinion to hear yours, I will begin to think your opinions and your attitudes, and we will have made a telepathic rapport. The X-factor in being able to do that is love. Love allows me to care about your opinion more than my own. It is the key to telepathy.

That same principle that is true between individuals is true between nations and between families. If parents can give up their opinion in order to understand the opinion of their children, they will build a telepathic rapport and understand things about them that never are communicated with words.

Communicating With God

Telepathy, clairvoyance, clairaudience, clairsentience work, and you can prove it. It simply means you can see, hear and feel information by communicating with another part of your own consciousness.

When I say communicating with another part of your own consciousness, I am describing a point where your mind is connected, as if it were with an umbilicus, to its Source. If you are religious, then you know that Source of your mind is God.

There is an umbilicus that connects your mind with God consciousness. If you can give up your own opinion and seek information from God through that umbilicus, you can communicate with God consciousness. This point of contact is the Inner Light of Inner Light Consciousness.

When you communicate with the Source of your own life, you are communicating with the part of you that knows about you in every area of your being.

A Basic Belief

I have found out in talking with people all over the world that almost everyone has a similar basic belief. Almost everyone believes that he or she has come to this earth to do something special. I have heard people say over and over again, "There's something special I had in mind when I entered this life. I came to accomplish something. If I could just remember what it was, I could get about it."

I happen to believe that it is true. I believe that you did enter this life for some specific purpose. You had a specific design in mind. You had something that you wanted to accomplish in this lifetime, and there's a part of you that remembers precisely what it is.

If you can build a bridge in your consciousness, if you can talk with that part of you, you can tap the memory of why you're here. There is a record within you of what you came to do and of how you are to proceed about it. If this is so, one of the single most important things you can do in life is get in touch with that part of you. Nobody else can answer those questions for you.

There is an argument sometimes today as to whether a person should develop his or her psychic abilities. There are people who say that what you really should do is serve and seek to grow spiritually, but not psychically.

To me, that is like saying that you have come here to build a house, and you should be about building it, not reading the blue prints. You cannot live your life efficiently without developing your whole mind, which means developing your inner sensitivity and learning to listen to your Higher Self.

You have to listen for instruction from somewhere and you are either listening to someone else's opinions about what you ought to do or listening to the Source of your being. Listening to the Source of your being is the highest form of psychic development. It's absolutely essential to living an efficient life.

These are the objectives of *Inner Light Consciousness*. They are simple enough for a child, and yet, profound enough for any stage of growth and life.