

# Paul Solomon Lectures

## Emotions

### Remembering Truth

In all of these things I think it is important for any teacher to say that the ideas that I express may not be correct. The important thing to do is consider the possibility of what I say and try that with your feelings. Something that I believe about all human beings is that we have an inherent ability to recognize truth. The recognition of truth is an experience that feels like remembering, it feels like something that you already knew and it's as if you're being reminded. It doesn't feel as if you're hearing something brand new. It like, "Oh! I remember that from somewhere."

That ability to recognize truth comes from something inside that the ancients called the "Akashic Record" within you. There is a Record written in your consciousness of where you came from. Very often, the hearing of truth can open the door to that Record and you feel this remembrance. In fact, Jesus Christ used that illustration in particular, when he said to his apostles, "I'm leaving now but I'm leaving you an ability that will be really important to you. I leave a spirit of wholeness in you and that spirit will cause you to remember all things that you will ever need to know all the way back to the foundations of the world."

So, you have this memory in you that will allow you to recognize things as being true. Even if you can't put them in a laboratory and test the truthfulness of them, something rings true inside.

### Getting in touch with the Inner Teacher.

What we want to do is go from sensory reality, this is at the meadow and at the bottom of the mountain, we want to go through the stages of consciousness releasing our belief systems, getting in touch with an inner teacher, a guide, and opening ourselves to possibilities of discovery. Then we go inside the Temple. This Temple you can consider the cranium if you like. Contained within the temple is a consciousness or a spirit of wholeness, a spirit that has information for you.

### The Akashic Record

There are two qualities that I would like you to know about this source of information. One of the qualities is called "a Hall of Records", a library, stored information. The ancients called this the Akashic Record, the Great Akasha. The Akashic Record, to give a literal definition for that word, the word means "the invisible record of thought and action written on the skein of time and space." That may not mean anything to you. If it doesn't then I'll further explain it. What that means is something like this. When ever you think or act your brain produces an electrical impulse, an electrical charge. So right now while we're thinking in this room our brains are discharging electricity. The electricity discharged by the brain is peculiar to the thought that released that charge of activity.

That means that different thoughts produce different qualities, different strengths of electricity. The more emotional the thought the greater the amperage of the electricity, and thoughts that are acted upon produce a greater amperage of electricity than those that are simply thoughts not acted upon. So we are producing these various different electrical charges that have different qualities and different strength. While we're doing that we are surrounded by molecular structure, which is to say the walls, the ceiling, the floors and your own physical body. Those structures, both your body and the physical structures around

you, are changing constantly. They are not static. They are not simply solid. They are whirling atoms of energy constantly in activity and constantly changing their relationship with one another.

Molecules are breaking down constantly in the walls and the ceiling and the floor of this room where we are. Activity is going on. Molecules are breaking down and new molecules are being formed. The atoms are rebonding themselves in new ways. It is a process of decay and a process of change. Now, when these atoms bond themselves together they form their bond within an electrical matrix. The electricity that is present at the moment of their bonding influences the way that they bond. Now, what that means is that your thoughts are being, literally, recorded into the substance of the walls and the floors of this room and the chairs in which you sit. Interesting thing is that if you got up and left your seat and we came back in as much as 24 hours with an infrared camera and took a photograph of the seat, we would still get an image of you sitting in that chair. This happens because you have produced a force field that attaches itself to the material around you.

Now, this force field actually goes into the structure of the room itself and effects the structure. The ancient teachers called those records of thought and action that become encased in the molecular and atomic structure of the earth itself the Akashic Record. So the earth itself contains a Record of everything that has been thought or done on the earth. An interesting thing about this Record that is written into physical things is that there are some people who can hold a physical object and by disinhibiting their cerebral cortex can release the record that is written in that object, impressions, ideas, thoughts, feelings, emotions, that are recorded in that object then are registered in their mind and they speak of them and they can tell you, largely, the history of the object.

### **Psychometry**

That activity is called Psychometry. It is not an ability that is peculiar to certain people as if they were a different species. Some people are called "psychic" as if there are human beings over here and there are psychics over there. That's not the situation. The situation is that all of us have this ability and use it more or less depending upon how much we are dependent upon that activity for our feelings and our ideas and our impressions and so on. And it has largely to do with a decision within us. Not so much a conscious decision due to the way we grow up and the influences that affect us in our growing up. Some people are much more affected by the energies of their surroundings than others. And those who are affected by the energies of their surroundings tend to retain the ability to touch and be influenced by that surrounding.

But all of you have felt this at one time or another; if you've ever gone into perhaps a great cathedral, a church, in which people have worshiped for centuries, going into that building, will cause you to feel something in the atmosphere. What you're doing when you feel that is psychometry. You are feeling the emotions that have been stored there. Or take it out of a religious context and let's say you walk into a room somewhere where you've never been before. There's nothing about the physical surrounding of the room that is peculiar or particularly stands out to you, except that when you walk into the room you feel uncomfortable. There's just something about the atmosphere that you don't feel good about. You wonder why? It is very likely that you are psychometrizing the room, not intentionally, but those senses, those abilities are working in you.

That ability, the mechanism that you use to psychometrize is the same mechanism that you use to remember. The psychometrist's ability is really memory ability. I'll try to explain it this way. In recent years psychological researchers have believed that in the brain there are billions, literally billions, of microscopic cells, so tiny that you'll need a microscope to see them. These microscopic cells are memory cells and somehow this minute, microscopic cell has an ability to record within itself miles of space and perhaps

minutes, hours, days, weeks or even years of time compressed into that single microscopic cell. So when your consciousness goes to that particular cell to release its memory, you may remember a time when you were standing on a high mountain and you could see for miles in the distance. And when you release that energy, you release those miles of space from a microscopic cell. Isn't that amazing?

But you can do it. You have done it. You've had that experience. Memories are stored in these microscopic memory cells. Interesting thing is that more recently psychological researchers have discovered that, well, let me back up a moment. The reason that researchers believe that these memory cells were in the brain and could release these memories in this way is because they took tiny probes, microscopic instruments capable of touching a single cell, and when they touched that cell to stimulate it, it would release all of the memory in that cell. So the belief was that the brain contains these billions of memory cells.

More recently they have discovered that when you take a probe and touch a cell elsewhere in the body you do the same thing. Which is to say, your entire body has memory cells all over it. And they've discovered that different kinds of memories, different qualities of memories, are stored in different places in the body, depending on the way that we express ourselves in relation to different kinds of emotions and so on. This suggests that your whole body is one great memory storage bank and that the cells of your body contain memories of thoughts and actions that you have had. Things that you have thought and done all the way back to birth and, for those of you who believe in reincarnation, beyond.

## **Reincarnation**

When you formed the original cells of your body you brought forward memories from the past and stored those in the memory cells of the body that you were creating. So that your body contains all the memories of this life and of past experiences, assuming that you have had that. If you don't believe in reincarnation you can explain that phenomenon another way but the memory is there anyhow. Find a different explanation for it. That is valid. There are people, for example, who believe that these memories, earlier memories, come from something called "race consciousness." That is not an individual memory but a universal consciousness that is stored in the body. If that's a preferable explanation for you, use that one.

But the point that I'm making is that your whole body contains memories of thought and action including every single thought that you have ever thought in your life, it's recorded in you. Now, just as your entire body is made of cells capable of containing memories so are rocks and trees and walls and floors. Those cells are memory cells too. And in order to unlock the memory in one of those cells the process that you use is the same process by which you unlocked memory from cells in your body. You remember it.

Now, if you hold an object to psychometrize it, there is one of two things that you can do. You can hold that object and you can look at it and logically you can try to figure out and guess about its background. That's a left-brain process. It's not a memory process. It's a logical reasoning process. Or, you can hold that object and perhaps close your eyes and make no attempt to try to figure out anything but sort of throw your brain out of gear by one process or another. You can use a mantra process. You can use a meditation process. You can use any kind of process that disinhibits the cerebral cortex. And while you are not thinking logically but are open and receptive, you can allow images and feelings to come into your mind just like memories as if you were remembering something. Very often you remember things in bits and pieces. You get an image or a feeling and you can't remember where that was or what that was. That feeling is the way that these memories are unlocked from physical objects.

## **The Hall of Records**

This process of psychometry is something that you can do not just by holding an object in your hand but you can do it with the earth itself. In other words, you can go inside yourself, into what we call the Temple. The format that I prefer to use is to go to the top of the mountain [in meditation]\* and then go inside this Temple. Within the Temple there is a library, a Hall of Records. You open this door to the library and you go inside. Inside the library there is a librarian. There's a presence there, a being. This librarian's purpose is to respond to you when you ask for a particular kind of memory. You may ask to remember things about yourself, what is my purpose here? What are the things that I need to know about my body? What have I done to my body that I need to do differently now? What are the things that I need to know about my emotions, my relationships, what do I need to know about myself?

Ask this librarian to bring you a book about yourself. You may get an image, if you're imaging this, of a literal book or it may not be. You may not see a book at all. You are asking for information, not words. But as this librarian brings you this source of information, whatever it is, you want to do the same thing that you do in trying to remember an event. You stop thinking logically about what's going on and you try to recall and you allow images, ideas, thoughts and so on, to come. Allowing those thoughts to come either about yourself, your personal life, or about earth or whatever, allowing those images to come is called "reading from the Akashic record." You are allowing information to come from the record written into the earth, the atmosphere, about you.

## **The Essenes**

There are a number of books that have been written about reading from the Akashic Record. These are books in which people who have developed this skill, this ability to unlock these images and feelings from the Akashic Record, have asked perhaps about a particular time in history or a particular thing that happened. One example of this is the man named Edgar Cayce who produced a tranced state, went into such a library and asked about the period of time in which Jesus Christ lived. There were several questions that were presented to him about this period of time. He described a group of people called the Essenes and he described a community where they lived on the shores of the Dead Sea. He said that this community was a community of men, women and children. He described records that they had made and the activities of the community. The thing that's spectacular about that is that at the time that he first talked about this, there was no historical record of the existence of these people. There were ruins there that had been considered a monastery. The archeologists said that there were only men there and that it was a monastery of some peculiar sect. In fact, they did know the name Essene, but they didn't know any more than that about the community.

They did not know that there were men, women and children there and they did not know about the records that they had written and stored until about five years after Edgar Cayce described this.

The Dead Sea Scrolls were found. And they contained the information that this man had gotten from the Akashic Record five years before researchers and archeologists discovered proof of what he had said. That's not the only instance of reading from the Akashic Record. It's been done by quite a number of people in different instances, different periods of time. But that's what the process is like.

## **Unlocking Ourselves**

What does reading from the Akashic Record have to do with you? First of all, there are a lot of things that would be valuable for you to know about yourself, about what you have done with your opportunities, what your purpose in life is, perhaps. One of the most valuable things that we can know is more about

ourselves, because we have an amazing ability to hide from ourselves what we don't want to admit or what we don't want to deal with. As a result, instead of learning to overcome habits that are working against us, we continue and repeat those habits because we don't see them as other people see them and we don't see them in the perspective of what they are doing to us. If we can unlock this understanding of ourselves then we can get to know better what we have done with our body, what we have done with our opportunities, perhaps what the next step is.

In fact, this process can be used for remembering past lives, if that happens to be a direction that you're interested in. But there is another aspect to this Akashic Record that may be a little more difficult to understand. According to the teachers who explain the Akashic Record there is another quality of this Record that does not come from the past; it could be described like this. If a sculptor creates a sculpture, he expresses himself in it. And if you psychometrize that sculpture you won't get the history of the stone but you will, instead, get in touch with the mind of the sculptor. You will make a link with how he thinks,- not only what he was thinking in creating this sculpture but you will get in touch with what he wanted the sculpture to do. So you are looking at the future of the sculpture from the point of view of the mind or the preference of its creator.

According to those who write about the Akashic Record the earth is a sculpture created by a Master Creator. And He expressed himself in it. By psychometrizing the earth you can get in touch with His purpose, His mind and His thoughts about creating it - its purpose and its future. So, in other words, getting in touch with the Akashic Record not only tells us about the thoughts and actions of people who have lived on earth, including ourselves, but it also tells us about the Mind of God - His purpose in the creation of the earth. We tune into a thinking process, the thought process of the Creator of the Record, or the Creator of the earth.

### **Prophecy**

The Akashic Record it has been used for prophecy. One question that always comes up is "How is prophecy possible? Is the future already set? Is it already decided? Is there nothing we can do about it?" Probably a better way to look at that is that the future is a product of the past plus the present. Which means that the past sets up an opportunity, in the present we have done something about that opportunity, which produces the future. The future is a result of our actions in the present upon the opportunities of the past. By looking at our activities on the past we can discern what the future might be. And that prophecy might not be specifically accurate. One of the remarks about prophecy that I think is important - from my own Readings, the Source once said that a prophecy that is fulfilled exactly as it was prophesied is a prophecy that failed. There are two reasons for prophecy. One is to warn of an event that should not happen, thus giving people an opportunity to take an action to prevent it happening. So if it does happen in spite of that, then the prophecy failed in its purpose. The other reason is to warn people of an event that is about to happen thus giving them time to get ready for that event, so that you take the sting or the pain out of the event. In either case, you have changed the event by the prophecy, if it succeeds. So the purpose of prophecy is not to prove that you can be accurate in prophesying something, but rather, to get a look at where conditions are leading us so that we can respond appropriately and perhaps change the result that we have set in motion.

I'm sharing all of those ideas with you to say this. The library, the Hall of Records, and the Temple that we are about to visit in meditation are not imaginary. They are real. The image that you see, the image that you create in your mind, you may consider imaginary. That's fine. It's a symbol. But what it symbolizes really does exist. There really is, for example, a Temple, a structure in which a spirit lives. This Temple you do not have to consider a physical structure. You don't have to make it your cranium or your physical

body, but it is the container that is you and has within it a spirit that is the spirit of the creator of you. Just as any sculpture contains the spirit of its creator so you contain the spirit of the Source of your being. And you are the Temple in which that's contained.

There is also inside that Temple, quite literally, a library, a storage place, of information. That's not imaginary. It's real. The images that you use for it are probably not literal. Those who go and read from a great book are not reading from a literal book, they are reading the information contained in the book. When they see a book they are interpreting a symbol in order to release the information. But the storage of information is really there. The library really does exist. I think that it's vitally important for you to realize that. Do not think of it as imaginary or you will get results that are imaginary. Know that you really are going to a Temple that there really is a spirit in that Temple and that spirit is a spirit of wisdom.

\*See the ILC Seven Terrace Meditation.

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