

**ANGELS**

and your other

**UNSEEN**

**FRIENDS**

# Angels and Your Other Unseen Friends

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## **Part One**

### **About This Book**

You are never alone. Even when you feel alone you are always accompanied by your unseens who have made sure that at no time in your existence have you ever been alone. Since you were a spark of spiritual consciousness, you have had unseen friends guiding and helping you. They have walked beside you, step for step, since you answered the call to be and experience All That Is as a conscious human being. It is only through your experience that Goddess-God, or whatever name you call your Creator, can perfect what you discern as imperfect. It is through the human experience that our form of creation is perfected. Without your discernment, creation is chaos.

I have spent the last half of my life as a multidimensional healer, and during that time I have explained the information in this book to many clients and students. I learned to tailor the words to fit each set of ears and I observed the consequences; I know that each person can pull the thorns from her or his soul to allow the body, heart, and mind to heal. There is one truth that we can individually count on: we create, often through allowing, everything in our reality, albeit sub- and unconsciously. Why not become conscious of what, how, and why we do what we do? Our unseen friends, which include our angels, are constantly with us wanting to communicate with us, guide, and help us create our life the way we have always wanted but never achieved. This is not a how-to-book about channeling our unseen friends: this is about how we can easily learn to communicate with them. They are able to see what to us does not exist, communicate with people we are unable to talk to, and guide us to knowledge we would normally pass up. As we learn to work with our unseen friends, our resonance will rise, our awareness will become more acute, and our lives will change personally, occupationally, and spiritually.

You create stability by discerning a small part of chaos and transforming that part you call your reality into order. What you do not order, you do not perceive, and what you do not perceive can at times hurt you. That is when your real friends--your unseen friends--become necessary. They help you hold back the chaos that would overwhelm you, and they order the chaos you are as yet unable to organize. They have been doing so, and continue to do so, in order for you to survive and evolve, that is, until you become fully conscious and aware of yourself. You have now evolved enough to begin taking responsibility for yourself. To be responsible in the spiritual world means you have earned the

authority to act on your own. It also means your unseen friends will begin stepping away from you to allow you to independently act for yourself. Your conscious choices now supersede your unseens' plans for you as a physical being. Consciously you are not yet aware of this, but just below consciousness you are very much present with this fact.

Your unseens are normally either assigned, spiritually akin, or choose you. They could be a combination of beings who represent or are a deceased relative, friend, or unknown person, a living person's higher spiritual self or selves, an ascended master, an angel, or even a being as spiritually advanced as an archangel. As varied as they are in spiritual rank or personal expertise, all of them are committed to helping you evolve. As you evolve, they evolve, but their evolution does not depend on your advancement while your evolution can take a monumental leap forward with their help. I have never met anyone who has not at one time or another felt something, someone, some force at just the right time holding them back, pushing them forward, or just being present with them. They are always helping you while waiting for you to ask them to act in your chosen ways. Your unseens will eventually accomplish their tasks, but it is up to you if the important tasks will happen during this life or one of your future lives.

What's new in this *New Age* is that your less-than-conscious awareness is bubbling to the surface of your physical reality which should force you to become increasingly conscious of *all* reality. As your consciousness expands, so will the answers to many of the questions about your life, your feelings, and why you have been unable to fulfill your desires and meet your goals. It will also present you with a flood of new questions. Standing by to help you navigate this new awareness and to answer the questions that arise are your unseen friends. You are the path-maker. You are in the lead. Your unseens are now waiting for you to ask, waiting for their instructions.

Having your own authority and becoming a conscious, responsible human/soul/spirit being is at the top of the most important spiritual goals to accomplish during your present incarnation. At no other time in your or anyone else's past or future has there been so little opposition to human spiritual development as now. Still, while there are no sustainable religious inquisitions, witch hunts, or persecutions in most of today's modern world, some precautions should be observed as you so boldly step into the *New World*, your future.

Human beings are now choosing whether they want to change from dependents of the spiritual worlds to contributing members. Most hesitate because they think they are unprepared. All of us alive today are prepared, whether we

think we are or not, because our unseens have made sure we are. You should understand that if you were not capable of making the change, you would not be alive to try.

Your unseen friends are present to help you make this transition, but it is increasingly important for you to take the lead. For the first time since your creation you have evolved enough to take the initiative and ask your unseens for help. Becoming conscious requires you to divest yourself of your past habits. These hold you back from knowing your purpose and therefore keep you from living it. When you begin to understand your purpose, you are more able to develop and focus your intent while deepening your convictions. Your unseen friends have safeguarded many of your secrets, powers, and knowledge to be revealed to you during this life. Your Real Self is awaiting your acknowledgment; your unseens are offering their knowledge for the asking, and your increased awareness is there for the taking.

If you do not believe your unseens are with you every moment, if you do not sense them in some way, then you will continue to feel alone and without a life-purpose or plan. Teaching yourself to become aware of your unseen friends, first as a group and then getting to know some of them as individuals, will catapult your spiritual development beyond your greatest expectations while improving your health, relationships, and occupational goals. There is no greater achievement than to know yourself, for that is the path to your spirituality and your spirituality is your personal connection to Goddess/God/All That Is.

Your unseen friends talk to you, but you rarely hear them. They warn you of the dangers and pitfalls your actions could lead to, but you almost never heed their suggestions. Your outside world is much louder than your inside world. The outside noise and movement drown out your unseens' communication and acts. If by chance you hear them, you often refuse to allow it into your consciousness. They often appear before you, but you seldom, if ever, see or acknowledge them. Even if you believed in them, their appearance would probably scare the hell out of you or put you in a worshiping mode toward them. Your unseen friends touch you, but since they are not physical like you, you may feel their touch as a puff of wind, an anonymous tap on your shoulder, or possibly an almost imperceptible stroking of your hair. You probably explain away most of their communication attempts as natural phenomena.

The unseens will remain invisible until you are conscious enough not to fear seeing them. When you stop resisting their presence, you will know you are never alone. When you stop refusing to feel their touch, you will sense them always

embracing you with their resonance.

Their behavior and actions are very conservative in order not to cause harm to you, yet they are acting very creatively by constantly pushing you into situations and environments that will temper Soul and focus Spirit. They do not create your reality for you; they help you interpret what you are creating for yourself. Most of all, they do not want you to get the wrong ideas about them.

They are friends, not gods. They will help you create what you want, but they will no longer do it for you. They are in their ways greater than you are, and you are in your ways greater than they. They see and know what you cannot see and know because you are a physical being limited to your physical senses. Your unseens are etheric. Your life energy is imbued within a mineral physical body so you experience what most of them have not experienced. Despite their differences, they are truly your best of best friends.

Your unseen friends watch over your body while it sleeps and interact with you during your dream-time. They communicate constantly with you using verbal, emotional, and telepathic messages and images. If you are not receiving their communication consciously, they are unaware of it, because just under consciousness, you do communicate with them subconsciously and unconsciously. You incarnated to become conscious, and communicating with your unseens is a part of your being conscious. Therefore, one of your purposes is to become conscious of not only the physical world but also the metaphysical world: the astral, etheric and spiritual worlds.

If you do not hear, feel, or see your unseens you need to speak up. When they become aware that you are not consciously aware of them, they will change their approach. When your unseens “see” you, they see all of you. They see all your lifetimes, past and future, parallel and probable. You want them to see the you who is living now, so you have to become the squeaky wheel if you want to be noticed. You need to force them to focus on you personally, in this time and space, so you have their full attention. Having their full attention is a part of your becoming conscious. As you learn, they learn and as you become conscious, they evolve. If you resist, they will watch over you, but eventually evolve beyond you.

Your unseens are waiting. They will not reprimand or think less of you because of your fears and inattention. They know all your illusions will dissipate as you learn who you really are. To get you to this realization is their goal. Besides, your unseen friends are incapable of the lower emotions and feelings of which we believe ourselves capable such as anger, rage, or resentment, emotions humans believe are unchangeable but controllable parts of human nature.

You will not find weird, religious, or dogmatic information inside this book. This is about living life. If you read further, you will learn about yourself and discover many of your life's abilities, paths, and purposes. You do all this anyway, so why not do it consciously and therefore with aplomb? This is the age of self-discovery and mastery, and that is best accomplished by becoming acquainted with your unseen friends. It requires no prerequisite information or training, and will take up no extra time because you replace your thoughts with new thinking and your emotions with higher ones. It does, however, take commitment, curiosity, and a desire to become free of the pain in your body, emotions, and mind. Nobody can do this for you except you.

It is as if you are the CEO of a large corporation of unseen friends and angels. If you know they are there, you can grow your businesses, enjoy loving and lasting relationships, and develop your fortune. If you remain unaware of them, you will evolve, but not with the mastery your awareness that your unseen friends and angels offer you.

If you are like most, you have tried about everything to solve the reoccurring problems in your life with little or limited success. And like most you probably did what you did on your own. Your angels, guardian angel, and other unseen friends are here to help you accomplish what you incarnated to do during this most important of your lifetimes.

## **Feedback**

To begin your communication and conscious interaction with your unseens, start by developing a feedback system with which you can measure your achievements. This step will change your life. When you know your unseens are real and are there for you, you will never look at the world in the same way again. You build your feedback system by paying attention to the subtle sense alterations you feel around and within your body.

Although this is not a game of faith, you have to start with it. Faith is the divide which must be bridged between hope and belief. To start, you must have faith that your unseen friends are there without being able to sense them. This is not a blind faith, but one that is founded in your experiences during this lifetime. You, like everyone alive, have had at least one incident when you felt a spiritual presence. This is a gift from your unseens and a consequence of your evolutionary maturity. The exercises scattered throughout this conversation are designed so you can consciously begin to feel their presence at will. This will allow you to transmute faith into knowledge. When you know your unseens are real, you will

begin to understand that you are much greater than you could have ever imagined being. Why else would such beings spend so much time and effort helping and guiding you if you were not a very, very special being?

Your unseens are skilled in many ways you cannot be. You are handicapped by physicality. They are not. They understand the worlds you will encounter in your travels through time and space. You, on the other hand, must focus almost all your attention on traversing your physical world. To complete your life's purpose you need help from the unseen worlds. You and your unseens make a divine team, a synergetic whole, which is greater than the sum of its parts. This team is sacred and you are its CEO. You are the leader because it is your physical body which you are attempting to consciously imbue with your spiritual self. They are there to help you accomplish this divine act, but in addition, as you evolve, your unseens evolve.

If you need help, ask. When you were younger and all your attention and energy was focused on learning and growing, your unseens created *for* you when you could not. You are still unconsciously creating your reality. It is up to you to understand and eventually become aware of how you create it since your unseens have now stepped back to allow you to create it on your own. They are still vigilant, but they are now paying attention from afar. Once you start to take responsibility for creating your reality, you can begin to co-create with your unseens. Since most human beings grow up almost entirely on their own, they are accustomed to doing most things themselves. By the time they have matured to grown-up-hood, most people have forgotten how to ask for help and would find it difficult to accept help from anybody, especially beings they cannot see. It takes rare personal honesty to know if you fall into this majority.

Although you probably live in a time and place where having a relationship with your unseens will not cause you difficulty, it is not generally something you should tell everyone about. Your work with your unseens should be kept fairly private, since a lot of people have not stretched their minds to accept the truth: you are never left alone by your unseens. You may know some people with whom to discuss your unseen friends, but if you are not comfortable talking about them to others, don't. While you are learning about your unseens, debating whether they exist or not often results in self-sabotage. Once you are able to discern the subtleness of your unseens and are fairly confident and aware of the impact they have on your life, you may want to share your experiences with others.

Most skeptics will demand instant physical proof of the miracles they think your unseens should be able to manifest. Until you are able to supply that kind

of proof it is best not to share anything with them. As you perfect your relationship with your unseens, your actions and their consequences will be noticed. Those who notice will ask you how you do what you do. These are the ones to whom you can explain your relationship with your unseens and their relationships with you. If you make your communication public, you will be considered a bit weird and maybe even slightly crazy depending on how you present your knowledge. Some like the attention, but most do not. As long as you know the difference between your etheric relationships with your unseens and your physical ones with people, you are probably grounded and sane.

Although it seems as if the ongoing evolution of the mysteries of life, conscious interaction with one's unseens, and the future of spirituality are all in sad states of repair or decline, there are very good reasons for this. We live physical lives to learn about ourselves and to grow spiritually. It is sad to say, but trauma and drama are the scripts we react to as we play our parts. The problems and complications seeping from the cracks of all physical life forces us to evolve as we learn to live within their complexities and solve their difficulties.

Our mineral physical evolution will not end with this life, although most of us who believe in reincarnation often hopefully joke that this will be our last physical lifetime. Whether or not we dream of never incarnating again, we will all live many physical lives in this or other worlds. Of all our future or past lives, this life is special. There is no other, nor will there ever be another life in which we can have such a profound affect on the foundation for our future lives. What a gift it would be if we could free our future lifetimes from much of the traumas and dramas we had to experience during our womptime, birth, and formative years. In this life, what you clear from your past, how conscious you become in the present, and how you begin to consciously create your future will catapult you ahead of the crowd. There, you create every step you take instead of walking in someone else's foot steps. The choices you make now will echo throughout your entire existence and could, just possibly, change the course of humankind for the better.

To develop conscious-aware communication with your unseen friends is a pioneering feat. There are no maps and few instructions. To compound the difficulties, the available information is sketchy at best and dead wrong at worst. There are a limited number of teachers on the subject which limits your possible contact with any of them. Under the circumstances, you are left with the stark realization that you and you alone are responsible for developing your own map. When you accept your responsibility, you will add to the present limited instructions and create paths which will then be available to those who follow you.

They in turn will widen the paths for those following them.

### **How To Read This Book - A Suggestion**

The repetition and sequence of the following material are intentional because some of the ideas and thoughts in this book may seem new to you, or challenge your established beliefs. If you take notes, underline, or highlight as you read, you may actually miss most of them. I would suggest you read through this book without doing anything else. Try not to expect or look for any specific results. Just allow yourself to experience as you read. Be present and aware, but try not to focus on any particular concept or thought. Let the pieces of the puzzle settle without focusing on any one until the picture starts to form. There is one exception. When you read the meditations, try to be in a quiet place where you can read them slowly to yourself.

When you have finished reading the book, give yourself a break by focusing your brain and conscious mind on everyday activities. You will know, with no uncertainty, when the time is right for you to read this book again. This time between readings allow your brain and awareness time to adjust to the material. You may find that during your first read you missed most of the subtleties because of the nature of the material. If you give yourself time to adjust before reading this material again, you will probably discover your subconscious and unconscious minds, your angels, guardian angel, and all your unseen friends will be more real and communicative than you could have expected them to be.

This is not *the* definitive book on the effective ways to communicate and become acquainted with your unseen friends. There is no such thing. This book offers pathways to expand your understanding and relationship with both worlds, but they are not the only paths. As you walk them, you should become more comfortable and familiar with your nonphysical, more real worlds and the beings who are there to help you recover your own path. Each of us is different, each of us has our own story to tell, either figuratively or actually.

You will pass on what you have learned to the living and those about to incarnate, consciously or other than consciously, as you choose to either consciously take responsibility for creating your reality or to take the most traveled road and allow someone else to create it for you. Your unseens are ready to help you discover your story, which precedes time and started long before there was space. They are ready to guide you through the maze of learning about yourself in the *Now* and to help you identify and heal the difficulties in your life which prevent you from living the life you desire. This is real; you cannot help

but know it if you contemplate or meditate on it. With each accomplishment, you come closer to your goal of freeing yourself from future incarnations into worlds where peace is not the dominant power.

### **About The Exercises, Techniques, and Meditations**

Many of the exercises and techniques along with all of the meditations are written so you can record them in your own voice using any appropriate apparatus such as a smart phone. This should be useful and educational if you are not accustomed to doing your own progressive relaxations or visualizations.

Listening to a meditation in your own voice, even if it is really bad, is much better than listening to some professional guiding you using his or her voice.

You will be reminded of these suggestions throughout the book, but it is worth explaining here. All recordable phrases are italicized. Back slashes (/) are used to signal different suggested pause lengths between phrases—one slash is a slight pause, two a slight bit longer, and three even longer. Sometimes there may be other suggestions about when to pause, but remember that these are only suggestions, you may want to pause where there are none or connect two or more phrases where there are many suggested pauses. This is one of those exercises where the results and consequences outweigh the time invested. The suggestions or comments that are not italicized should not be recorded. You may find it easier if you highlight or black these out before you record.

Before you record any desired section, read the meditation out loud in your safe place when you have enough alone time to practice reading until you are satisfied and are comfortable with your performance. Use the practice to develop your relaxing, rhythmic voice and cadence between phrases. Then, record your meditation. Once it is recorded you will have a very powerful tool to use for your own transformation which you can use any time, any appropriate place. Make this a fun exercise; you cannot go wrong. Nobody else needs to listen to your recordings. They are for you.

### **Acknowledgments**

Everyone has a story and every story describes in some way the interactions of complex relationships. The following acknowledgments tell my story and explain what I have learned from those whom I consider my greatest teachers: my angels, unseen friends, book-teachers, clients, and students. This information is not channeled; it, like most knowledge, was learned the hard way by living it until it became second nature. It took me almost seven decades to gather and verify the

information in this book, but it could not have been written without a lot of help from the living, those between death and rebirth, and others who exist in different realms and worlds. I will be forever grateful to these beings for their help and guidance which made it possible for me to explain how you can learn at your own pace and in your own way how to know and utilize your unseen friends, a skill that will eventually be a prerequisite to life itself.

Since the subject matter is about an aspect of my life's work, the acknowledgments should start with those present at my birth, should include those who have helped me get to this moment, and should end with those I will meet beyond this time. As the author, my pedigree should not matter, but the content, context, and outcome of this material should. There are no prerequisites needed for you to contact and become friends with your unseens since you are already proficient in doing so on levels beyond your conscious awareness. Whether you are a novice or well versed in metaphysics, this book is designed to help bring your unconscious spiritual knowledge into your conscious awareness where you can live it with every remaining breath.

My first acknowledgment focuses on the person this book is dedicated to, my mother, not for her mothering per se, but for how she shaped my metaphysical mind while at the same time allowing me the freedom to grow as I had been programmed to long before I was born. Evelyn G. Schiff introduced me to the world of metaphysics, the science of ordering the countless worlds which are not physical, not visible, not logical, and where reasoning is largely unknown. Later in life she taught me how the hypnosis my unseen friends introduced me to as a child to temper my anger could also be used as a therapeutic tool to help others.

She was a pioneer in the use of hypnosis as a tool to root out the causes of our many physical, emotional, and mental karmas, disabilities, and diseases. Her theories and techniques entered the ethers to be gathered by those who eventually and rightfully claimed the fruit as their own. Like most great teachers, her work is mostly unknown, but practitioners who use age regression, inner child, and past life modalities are indebted to her for her contributions, foresight, and dedication to the inner worlds she spent her life exploring. My appreciation and love is reserved for Jo Ann Sabatini, my main support and confidante throughout the years this work evolved.

I will be forever grateful to Terra Pressler, who patiently guided me from a hundred-page manuscript to the book you are holding. Terra taught me how valuable a superb editor is in completing such a project; she taught me more about the English language than I had ever learned during the many years before meeting

her. Without her guidance and patience these written words would have remained floating in my head or at best unreadable.

I know my unseen friends were there to witness and sing my soul's song at my conception and my first breath, and from very early in my life I was fortunate to occasionally see and even hear some of them, especially as I struggled through my formative years. In spite of their constant patience, help, and unconditional love, it took me years to fully acknowledge their presence, and to accept and eventually ask for their help and guidance. They taught me that every human gifted with life is also gifted with the presence of her or his own unseen friends. They explained that a true teacher's lifetime work can be assessed by the ease and accuracy with which one's students integrate the knowledge into their awareness. The vast majority of the unseen worlds are composed of spiritual beings working to help humankind evolve. There are some bad apples, but we are spiritual beings and as spiritual beings we can protect ourselves using our own powers. Our unseen friends help us become conscious of our own spiritual domains so we are able to know and then own our personal knowledge; knowledge can no longer be based on quotes from books, the words of a master or teacher, but must come from your total being as conscious awareness.

I also want to acknowledge a few physical teachers. I have attended seminars and classes with teachers who shared some techniques and bits of their philosophy, but almost all of what I have learned has been from those whom I call my book-teachers. I learned from these teachers' written or recorded words and from other authors and channeled works, modern and ancient. I did not include a reading list in this book because this is not an intellectual project to impress you as the reader; besides, who reads such lists anyway? This is a practical guide designed for you to become a conscious friend to your unseens and to make, in your own way, that friendship become more personal with every minute left in your life. That having been said, my favorite book-teachers are Lazaris, Jane Robert's Seth, and Rudolf Steiner; without their teachings this book could not have been written. It is impossible for me to imagine a world without this information. All I can recommend is that during this lifetime do what I do: read as much as you can and test what you read; don't just accept it. You cannot really know anything you do not live, that you do not experience.

Parallel and related works are too numerous to list, but all lists should include the works of Hilarion, Lee Carol's Kryon, Bashar, Gurudas, and the Ra Material. With the exception of Rudolf Steiner, I have listed mostly works by authors who channel discarnate, angelic, never-been-physical, or extraterrestrial

beings. I have found these authors to be not only informative and entertaining, but life altering, since every theory, idea, or concept I have ever examined and agreed with has already been discussed with aplomb by them.

Last, I acknowledge you for choosing to incarnate at this time of chaos so you in your way can learn to order the confusion around you and become all you can become during this, your most important lifetime of all your past or future lifetimes. You are a piece to the divine puzzle which, once arranged properly, will change the course of history and set human-beings on the path to become soul-beings.

## Part Two

### Angels And Your Other Unseen Friends

#### Chapter One

#### Your Unseen Friends

##### Who Are Your Unseens?

Almost everyone curious about the unseen worlds wants to know who, and sometimes, *what* make up the ranks of the unseens. The next question most people ask is if we are unable to hear them with our ears and see them with our eyes, how then do we communicate with them? For this purpose we will divide our unseens into three groups. The first are the unseens you have a kinship with who represent higher or lower parts of yourself. Examples of these lower parts would be your negative ego, martyrdom-self, and self-pity-self. These parts are evolving and maturing so they tend to demand most of your waking and sleeping time and attention. Other more advanced aspects of yourself that are also a part of this group include your High Self, Soul and Spirit. Many of these popular *New Age* and metaphysical concepts will be defined, discussed, and explained in different ways and places, throughout this book. Also see the Glossary and Index in the back. These higher aspects of self also includes parts of your spiritual anatomy such as your different aware bodies, parts, appendages, and organs of your spiritual self.

The second group is made up of both disincarnate and incarnate beings who are not you, but are from the same incarnational group. *Disincarnate unseens* are those beings not presently inhabiting mineral bodies or in possession of life force. They are, however, still caught in the so-called wheel of life ruled by the laws of reincarnation. This group also includes the few who have escaped the incarnation cycle and have consciously held their own evolution back to help those who remain caught in the wheel. Deceased relatives and friends, as well as historical and religious figures, are usually the most recognizable of this group. They could represent relationships you have experienced in past, future, parallel, probable, or simultaneous lives. They could also be the result of vows made or unfinished business from other lifetimes. *Incarnate unseens* are living human beings who, subconsciously and unconsciously, act as unseens when their bodies are asleep or during certain incidents when they are unaware of themselves and unaware of their helping you. Members of the animal, plant, and elemental kingdoms can also be

part of this group.

Other consciousnesses, who are overseen by the angels or other members of the spiritual hierarchy supporting us, also fall into this category. This group can be called your *spiritual sponsors*, because these unseens, for the most part, have no kinship with you, but support you with the various projects and programs you attempt. For instance, when you meditate, participate in competitive sports, work to improve your occupational skills, or in any way attempt to expand your awareness, these beings wrap their resonance around you to give you a structure to grow into. Their resonance is perfection, the complete structure or matrix of the possible. We, as parts of the whole, are only able to understand our small piece of that matrix and our spiritual sponsors help us with that understanding.

The third category is made up of members of the spiritual hierarchy. They include the Angels, Archangels, and Archi as well as extraterrestrials and other beings who are not part of the human incarnation group but hold the spiritual rank of angel or above. Angels usually have the most impact and influence over humankind because they work with the individual. The archangels work with groups while the archi focus on the world and humankind as a whole. The archangels and archi have very little to do with the day-to-day life of the individual human.

The Angels became enlightened human beings at the same time humankind was choosing to become physical. They have focused almost entirely on humans and our development since. It is impossible for us to imagine the creativity, knowledge, and individual strength that many of our unseens developed as they guided and coaxed us to this state of evolution. Most of your complex unseen relationships started a very long time ago. The Angels, besides being enlightened human beings, are different from us because they did not experience a third dimensional mineral earth evolution like ours. No other evolutionary group has. That is why there are no manuals or instructions for us to follow as we enter a time period called the *New Age*. That is also why there are no maps for us to navigate the *New World* in which we are increasingly awaking into. Angels are, however, crucial to our evolution and we are necessary for theirs. They teach, guide, and protect us while we are evolving into conscious-creators. As we become conscious, they evolve. When we become aware of being conscious, they will ascend, evolve, or graduate to archangel status. This is a purely human description, which probably does not even come close to the real picture, but we humans would not be able to understand that picture.

You, like most human beings, have one guardian angel who has protected

and guided you since your entry into physicality. The dedication, love, and focus your guardian angel has given you is unimaginable. Other angels are also assigned to aid and help you through various dramas, losses, sicknesses, and diseases in your present life. Some of these are assigned to one or sometimes a group of your lifetimes while others may focus only on one lifetime or specific problems running through groups of lives. Angels and other unseens could be assigned to help you solve the problems most people attribute to karma. Others help you develop skills needed by You-as-Soul or You-as-Spirit. There are angels and unseens who guide you through one problem, one lifetime or a full incarnational cycle. Likewise, there are unseens who watch over you by connecting you to other human beings who have agreed to help during this sanctioned lifetime. Sanctioned lifetimes are incarnations which have authorization to be born to fulfill a particular set of goals. There are some incarnated unsanctioned human beings, but they have little or no help or support from the unseens and usually even less from other living human beings, including their own family members.

Some unseens are extraterrestrial. They represent many dimensions and levels within dimensions. The ones you learn about are often from your starseed origins. Your starseed is probably an ether, astral, or etheric lifetime or series of lifetimes which you spent in other dimensions or worlds. You are connected because your starseed life or lives remain very significant to you-as-Soul. Seldom are these lifetimes spent in physical mineral bodies.

The significance of your starseed origins is usually connected to specific skills or abilities you mastered then and still possess unconsciously now. Your unseens from these worlds usually teleport, bi-locate, or otherwise visit this world in nonphysical form to learn what you know about feelings and creating your own reality. They also come to remind you of skills and/or abilities which you have forgotten or are unable to assimilate into your physical incarnation. Most of these are soul-or spirit-focused, which usually require deep meditative work to uncover and assimilate into your everyday life. These beings could be from either the dark or light worlds or from the enumerable shades or levels in-between. Those who help you become more than you have been are your unseen friends. Those who do not help you, whose advice is wrong, or who attempt to harm you are unseens, but they are not your unseen friends.

## Meeting Your Unseens

Meeting your unseens requires you, first and foremost, to act like an adult. An adult is not a grown-up. Grown-ups are people whose mineral/ether body has matured, but their emotional and/or mental bodies have not yet reached this higher level of being. It is important to understand that neither the emotional or mental bodies have to be 100% matured to be an adult, but for a body to be more adult than grown-up requires that the mature adult part amply exceeds that of the grown-up. It is also important that you do not feel bad about yourself because you are still a grown-up. Instead, focus on feeling good about yourself and the parts that have reach adulthood. Focusing on your adult parts will help you more honestly separate and identify the grown-up streaks that weave throughout your adult parts.

Adults were grown-ups first, but before that, they all experienced some form of childhood. Presently, many grown-ups are taught various forms of sophistication either formally or by living life. These traits most often mimic adults, but they do not make a person an *adult*. When the adult traits are mimicked, grown-ups often fool themselves and others into thinking they are adult, but they are all show and no substance. They are two-dimensional adults, grown-ups who are all height and breadth with no depth. To develop one's depth requires certain levels of understanding, knowledge, and wisdom which are learned by taking the steps toward adulthood, not by mimicry, but by becoming aware of oneself.

Becoming aware of who you are and consciously working to train, teach, and nurture the parts of you which you deem less than mature is a way to work from your adult-self to help your grown-up self become more mature. This is a life-long, conscious quest which can be interpreted in two ways. The first is to believe it is so hard to become an adult that its difficulties are the reasons there are very few true adults living today. That statement is correct. The second, that this path is hard is not true. It takes work, but it is not as difficult now. The more people who try make it easier for everyone to succeed. To not try results in stagnation.

All of us need to learn to discern between our adult-selves and our grown-up parts. This requires self-honesty, the most difficult thing incarnated humans learn. By looking at ourselves honestly, we can know our adult side and understand which of our parts hold on to their grown-up feelings. Those which hold on require your attention.

When you are either meeting or about to meet your unseens, self-doubt and lack of confidence, not feeling good enough or worthy, and feelings of shame and

fear are but a few of the sensations and emotions you will experience if your grown-up is present. When you are aware of your feelings in these circumstances, the part of you who is aware of your grown-up-self is your adult-self. Pay attention to how your grown-up feels. Then, using your logic and reason, your self-knowledge, and your emotions, decide how you should actually act and feel under the circumstances. When you are deciding how you should feel, notice how you do feel. More than likely, that feeling is your adult-self.

Remember what you can, so just before you call on your unseens you are able to put your grown-up feeling, your needy-self, behind you. Putting a body sensation, emotion, thought or even a full blown feeling behind you is a technique which allows you to temporarily clear your field of focus so you are able to concentrate on the task at hand. This requires an intent to do so and a powerfully focused imagination to take your grown-up self out of you and put it behind you.

In this case, your needy-self is itself a powerful subconscious intent which you are probably not aware of and, more than likely, unable to change without becoming conscious of it. When you feel any of your grown-up feeling surfacing, stop what you are doing and focus on the sensations, emotions, or thoughts this needy-self is eliciting. Feel the feelings and imagine them being a tangible part of you although you may understand that they are unintegrated thoughts or feelings. When you focus on them as being tangible, your intent will make them react to your thoughts as if they are. You can make them seem tangible by intending them to be a certain color, having a particular form, and/or as vibrating at various intensities of light.

When you are comfortable feeling the tangibility of the sensation, tell that feeling with your internal voice to get behind you, outside of your sight and other senses. Tangible things can move, so the intangible can also be moved within its environment often with even less effort. Your imagination and intent can move them and your beliefs will make it real. Just by imagining them moving behind you, you should feel them doing so. You can also call your unseens to put the feeling behind you. When you feel the feeling move behind you, recall how you felt when you identified yourself as an adult by focusing on what you felt when you experienced the feelings of your adulthood. Remember, your unseens see and react to your resonance. If you are vibrating as a grown-up, they have to treat you as an immature child in a mature mineral physical body. If you are vibrating as an adult, they will treat you as an equal, as their visible friend.

Again, if your unseen resembles a spiritual teacher, saint, or your image of an angel, remain calm. Try not to do the human thing by throwing yourself at their

feet because you think they are so much greater than you. You may feel honored, humbled, or blessed, but try not to react to these feelings. Honor your unseens by knowing they are equally honored to witness you becoming aware and attempting to communicate with them. Be humble enough to accept their help as your unseen friends. They are humbled by your attention, because you in your way help them evolve through communication with them. When you make contact, you become the talk of the unseen's universe. This is because you are opening a line of communication lost for hundreds and sometimes thousands of years. As you make contact with your unseens, pathways are opened so others can more easily find their unseens.

Most of those practicing aboriginal shamanistic traditions began to lose their contact to unseens some 500 years ago when Western civilization began to expand throughout the world establishing its science and religion. Western civilization lost its connection to unseens starting around 2500 years ago when religious and spiritual scholars began to write about losing contact with their gods, who to them were their unseens and until that time they could see. When gods could no longer be seen, faith replaced personal experiences. The shamanistic tradition's personal involvement with the mineral, plant, animal, and spirit kingdoms has been almost entirely lost. Faith has been temporarily filling the vacuum and has been the substitute for personal contact. It is now time for all of us to contact our unseen friends and angels by conscious choice and to replace faith with personal experiences.

Everything is different now. Today we all have the ability to contact and communicate with our unseens, not as gods, but as friends, allies, and teachers. We have the ability because we earned it. It is not the knowledge that is different; the times are different and we humans are going through changes now. We are now more consciously aware because we are equipped with logic and reason-trained minds which are organized for thinking, discernment and questioning. Aware human beings today question themselves and their environment. They then act accordingly. We are no longer beings who instinctively and automatically react. We have developed choice.

### **Seeing Your Unseens**

Life is not scripted by Hollywood, nor is it a theater play or a program made for television. The entertainment industry typically depicts the ether, astral and etheric realities as mineral physical phenomena, but they are far from this. They can be physical, but very few if any are mineral. Their bodies are not constructed

with mineral substances so your five physical senses which sense things that are made of mineral substance are not able to sense them. Stop trying. Trying to see or feel what is there with your physical senses is often the very reason you may not be able to witness them. If you keep trying, all you will end up with is eye strain and another failure to add to the string of failures you have experienced trying to see, hear, feel, taste, or smell their much faster vibrational resonance.

You will often see what you expect, so expect what is beautiful and eloquent to you. If anything appears which does not meet those standards, call your unseens to surround you, bring yourself to a fully awakened state, and ground yourself. Do not dwell on anything that is to you ugly, dark, or bad. If it surfaces, observe it, acknowledge its presence, and release the thought, image, or picture.

Almost everyone reading these words should have completed the major part of their incarnational goals for the first half of the evolution cycle called by some the Post-Atlantean Epoch. We passed the half-way mark for this cycle some two-thousand years ago, but it has taken us from then to now to stop descending into the physical/mineral third dimension. We have stopped our descent and are preparing for our ascension. Ascension does not mean we are going to disappear from the third into some unknown fourth dimensional overtone. It means we are changing directions and are about to start our ascension back home. We are returning to Goddess-God but this time we are stepping up into All That Is, not down as we have been doing since we chose to become physical beings.

The present epoch has as its main focus the development of rational, reasoning thought. For the most part those who have reached this level of evolution have learned to think before reacting and to understand and thus restrain their emotions as their societal laws, folkways, and mores dictate. We are in the process of reaching for the next higher level, which requires each of us to develop our own laws which honor the rights of all beings.

Our descent required us to numb our inner senses, the senses of Soul and Spirit. By our twenty-first birthdays, in most of our past lives our goal was to have our inner sense awareness almost totally superseded by our developed third-dimensional physical senses. This is a necessary and very important step since it would have been almost impossible to learn to walk if we remembered how to fly. How would we learn to talk, write, or think if we could do infinitely better by simply using our minds for telepathy and *knowing*, like we do when we are totally focused as Soul and Spirit? We placed ourselves in a time and space where we would find ourselves blind, deaf, and numb to our inner senses. We forced ourselves, by necessity, to learn to see and feel, think and experience with a

physical mineral body. By doing this, we forgot our true-selves and began to believe we were the physical body we refer to as *me, mine, or I*. This is a step, a great accomplishment, and something that is supposed to take place. After that, the real work begins.

Because of this early training, many of the incarnated human beings presently on earth are now able to think rationally and reasonably, but few of us are able to do this responsibly. We can do some things responsibly, but we still have a lot to learn and remember. The next half of the cycle will be to learn to integrate thought and reason with will and emotions. There are no better teachers than our unseen friends to help us relearn the use of our inner senses while we are still using our physical senses. They are always present and standing by to help us evolve.

Your personal evolution is a major reason why it is important for you to learn to communicate with your unseen friends. A first step toward this goal is to organize them, a concept which seems impossible since you probably can't even see them. The unseens you will organize include such spiritual dignitaries as Soul and Spirit, angels, and in some cases archangels, as well as beings from other worlds, and those within and outside the human incarnation cycle. You earned the authority and learned the skills required to communicate and organize your unseens during this and your many other lifetimes. If you did not have this authority you would not have found this material. You even have the authority to open channels with other beings such as animals, plants, and elementals. In most cases, you can rediscover what you knew in your past lifetimes and apply that knowledge and wisdom to your present time and space. Other abilities and skills may call for more formal and focused work to uncover and discover your incredible wonders, but even those disciplines are accessible to you and your unseen friends.

This communication is of monumental importance, yet few know how to do it, and fewer actually accomplish it. The first thing humans usually do when confronted with most problems is worry. The second thing is to doubt their own abilities to solve the problems. You do not need to worry nor should you waste time doubting yourself. Your unseen friends are always with you and will help you organize them and develop lines of communication with them. Although they are invisible, with many of them lighter than light, they are there for you and have always been there attempting to help you discover them. That is why this particular time in this physical reality is special. Now, most of us can begin to really *see* and communicate with our unseens if we choose to do so.

Human beings are practical. We use logic and reason because this is the era we are supposed to be learning such forms of thinking. We believe we are physical, because that is the logical conclusion we are expected to derive from the education we receive. Also, accepted present-day socialization and science trains us to think, using logic and reason so most of us, throughout our lives, appear to be as we are expected to be: logical, reasoning beings. Many religious doctrines and spiritual teachings go further by saying in one way or another that each of us are spiritual beings living in a physical body. All these approaches are avenues to the real truth, as they see it, and their truth is deducted through the logic and reasoning they were taught and are expected to use.

Most of us believe our thoughts are practical because they are derived from using logic and reasoning. But since we believe what is untrue, we must use the untruth to get to the truth. We should use these beliefs as a first step toward organizing our unseen friends. Start with what you think your unseen friends would physically look like. The first images you will encounter will be what you believe them to be. You may see angels or beings from a phantasmagoric dimension or world, but at first what you *see* in your mind is what you were probably trained to see by art, religion, and your formal or informal education. Pay attention to the images, pictures and thoughts you *see* and/or experience. When those thoughts stop or begin to repeat themselves, take a minute to review what you *saw*.

When you complete your review, clear your mind of those images and be silent for a few moments. Feel your body. Start at either your head or feet and check each appendage and part to observe and feel all the sensations you are able to discern. Check for heaviness, lightness, tightness, or tension. Notice what you feel inside your body. Then notice what you feel on the outside of your body. You should now know what you *believe* your unseens look like and how you *feel* when you experience them as you believe them to be. This process is important because you have to get over these feelings and images. See them as you believe, feel what that visualization's presence causes you to create as body sensations, and own what you see and feel as yours, not theirs. Once you witness and own your beliefs, the feelings should subside and you can use your images without the accompanying reactions.

Then recall a time when you were surrounded by people. You may remember a time when you were standing in a crowd such as a concert, sitting in a theater with people all around, or walking down a busy street. Recall the memory until you can feel yourself there, surrounded, standing, sitting, or walking. When

you feel yourself there, pay attention to every part of your body and how those parts experience the body sensations and emotions. By recalling such a memory, you will elicit its feelings of having many beings around you. You can apply these to your present work without having to make up or assume the feelings which you have readily accessible in your memory.

The *act of being there* is a technique of remembering as many details about your experience as you can recall until you not only see the images, but also experience the body sensations of that time and space. As you practice you should be able to clear your present brain sensations and focus only on the sensations from the time and space on which you are focusing. In other words, you are *there* and *here* at the same time. Instead of feeling *here* more than *there*, you feel being *there* more strongly than you do in your body in the *Now*. Focus on details like whether you were alone or with someone. Another relatively easy recall subject is the clothes you were wearing, how they felt as they touched different parts of your body, and if they were tight or loose, heavy or light. Feel if you can sense your hand touching your leg, or your upper arm touching the side of your chest. Sense what you were thinking and feeling while you were aware of your clothes, your body, and the other people's presence so close to you.

The more you are aware of your thoughts, feelings, emotions, and body sensations, the easier it will be for you to see and communicate with your unseens. Your unseens are practical, so they use the body sensations your memories recall to help you *see* them. They will also use your beliefs, thoughts, emotions, and anything else they can, to help you communicate with them. These methods and techniques are not rigid and inflexible. *Each of us has our own skills, our own ways of seeing, connecting, and communicating.* Discovering and developing these skills are necessary if you want to make any headway in your search for yourself. With the help of your unseen friends, you can greatly reduce the effort and time needed to achieve this goal.

Your unseen friends are there for you at all times; this cannot be said enough. Let them know that *you* know they are there whether you see them or not, or whether you feel them or not. In this way, you will give them voice. Giving them voice is to acknowledge them and authorize them to talk to you. It may take a while before you are comfortable enough with your unseens to know they are there without any need for verification. You may get glimpses of them out of the corner of your eye or see them as figures standing in the shadows. You may even see small specks of light flash in your peripheral vision. Whatever you experience, allow it to unfold without effort without trying to force it into some

belief system. Allow it to unfold by itself and you should be able to communicate, see, or know they are there without hesitation.

You will find that if you see one of your unseen friends peripherally then look at it directly, it will vanish from your sight. When you look at something directly, the focus you have trained yourself to use is one which centers on the illusion, not the real. Once the real starts to move out of your direct sight range your focus begins to weaken enough for you to make out shadowy figures and flashes of light. These are images which are not part of your illusion.

Peripheral vision along with shadow gazing are two ways you can see the *image* of your unseen friends with your physical eyes. You can sometimes see their images in the shadows created from blocking any direct light source. They sort of glow in the dim shadows created by light. Your eyes will find it difficult to see them in the dark or direct light until you develop some of your inner sense skills. Some of your unseen friends and all of the angel ranks and above create their own light which vibrates at a resonance which most of us humans are unable to see, and in most cases are even unable to sense.

### **Knowing Your Unseens**

Put your mind at ease. At first, it should not matter if you don't know who your unseen friends are. It doesn't even matter why they are attempting to influence you or to what spiritual or mundane ideas and thoughts they are trying to get you to pay attention to. You do not have to know their names, nor do you have to be able to sense them. They are here. They are all around you whether you feel them or not. As you begin to recognize this fact, you will start to experience them in ways you will eventually be able to sense and see. It does matter, however, that you know who you are and why you want to contact them. By knowing yourself and why you want to contact them, you will set in motion the resonance of discovery that will draw the unseens to you who will guide you to an understanding of who they are and what they were assigned to you to do.

Your unseen friends are not really assigned to you, but rather, they choose you. There are a number of reasons why you are chosen and it is important for you to discover as many of these as possible. Why? Because, the more you know your unseens, the more successful you will be with manifesting your intent. This may seem to be a circular way of thinking, but the best way for you to begin to remember your past life training is to become aware of your unseens. If you think this may be too difficult, remember you have already done the work during many of your past lives. Presently, it is up to you to develop a relationship with as many

of your unseens as you can. The more you know about them, the more you discover about yourself and the more you are able to perceive the multi-dimensional world. This places you at the end of the world, poised to take that evolutionary step that will be your badge of honor for the rest of eternity. These chances are rare, and many of us signed up for our shot at grabbing that gold ring as we spin around the incarnational merry-go-round.

The unseens who have been with you since the creation of the universe include your guardian angel, various other angels, and a few beings who resonate on the same or higher levels than angels. For this discussion, these beings will be referred to as angels since so few of us would know the difference, and for now it is not important. Nevertheless, the beings who *chose* you agreed to imbue you with their enlightenment. They do not try to enlighten you; they do the next best thing. They imbue you with their awareness.

Imbuing is like marinating. Once marinated, the flavor, or in this case the information and knowing, become a permanent part of the whole that you are. Your unseens knew this would take a very long time. They also knew during this incarnation you would be able to become aware enough to introduce yourself to them. Once introduced, you can then develop a conscious relationship with them.

When you finally become aware of your angels, you should notice that your resonance, in its way, matches theirs. This new, but simple awareness releases the unseens so they can reach a higher enlightenment. Likewise, your awareness will open you enough to allow you to reach a higher level of awareness. The first time you consciously experience such an enlightenment, you will come to the realization that despite your expectations of great change, you find yourself standing in a doorway which has opened into your future. You should then become aware that the world beyond the open door is there for you to explore and fill with your creations. This process continues, in our terms, *forever*.

When your unseens chose you, they did more than just pick you. They committed to constantly imbuing you with their resonances. The resonance each angel imbues you with was created to eventually awaken a similar, but hibernating, resonance within your inner-self. Once you awaken within to this resonance, you will become enlightened in the knowledge of the particular angel singing the song. This song is the unseen's resonance, sung as his or her gift to you because you will have earned it by doing what it takes to become aware enough to find and open that gift. This discussion is about rediscovering our inner senses so we can *hear* our angels and other unseen friends sing their celestial songs. There will be more about our inner or lost senses to follow.

To your angels, constantly choosing you, imbuing you with their love, and being with you are all the same thing. They sing their songs containing the knowledge and wisdom each is committed to give you because when they originally saw you, it was love at first sight. This was much more complex than it seems, since love to them is far more spiritual and meaningful than it is to human beings. They understand love as the energy of All That Is or the feminine energy from which all things are created.

Our universe was created when the angels were newly enlightened human beings. Human beings are created with different forms and densities depending on the environments in which they live and evolve. We are human beings living in mineral bodies. Most angels did not experience environments where flesh was as dense as it is presently on earth. They did not evolve on earth, nor did they evolve with the same form or in the same way we are evolving now. Their enlightenment was a transformation from human beings to soul beings. During their transformation, we were being created and sent into the physical universe as sparks of light imbued by the essence of Goddess/God. The transforming angels saw us as we were then--specks of light--and it was love at first sight. Our beauty attracted them to us, they fell in love, and they adopted us.

One angel chose to act as our guardian angel and the others chose to be our teachers. Angels do not speak; they sing. Their resonance and songs have kept us safe throughout our physical evolution. Although we are able to feel a few of their songs, we seem unable to hear them with our ears. Nevertheless, we are often influenced by their resonances, which makes it more likely that we will accomplish certain things or behave certain ways. Slowly, without even knowing, we are being influenced by something we cannot see or hear.

There are a number of actions we can take to help this relationship mature into one which is powerfully spiritual, metaphysical, and physical. Our unseens are eager for us to consciously communicate with them; after all, they are constantly communicating with us, knowing some day we will respond. This is often chaotic to us since we are either unaware of or unable to understand the images, pictures, and other forms of communication with which our unseens constantly imbue us.

If you do not organize your unseens, no one will. You do not have to believe in them to organize them. They are there no matter what you think or do, believe or imagine. They will always be at your side and must be organized in the ways you understand and with which you are comfortable. If they are not, it will be difficult for you to develop a deep relationship with them.

If you are able to learn from a living teacher or master, then do so, but teachers are hard to find and even more difficult to work with. You can also learn from the words of others in books and other media, but do only what feels right for you. Trust yourself and your intuition. It will take time, but eventually you will discover your personally developed way is the best path to travel. Your contact with your unseen friends is always right, as long as it is loving, caring, and compassionate. If communication consists of anything less than those three qualities, you are not talking to your unseens friends.

### **Preparing Your Body–Intending Your Desire**

When you organize your unseens for the first time, you should be in a quiet, safe place where you will not be interrupted. Such an environment increases the probability of experiencing your unseens, because you can be more acutely aware of the subtle changes that will go on around you. Once you have organized them, you can communicate and utilize them in any circumstance or environment you find yourself. Always have your unseens accompany you in every facet of your life.

If you are skilled at relaxing your entire body, then do what you would normally do to relax it. If you are not trained in relaxation methods, make yourself as comfortable as you are able. Then, begin to quiet yourself by focusing on each part or appendage of your body. Start from either your head, feet, or anywhere in between. You decide which feels the best as you focus on each part individually. Notice how your body parts feel. For instance, your legs may feel tight or tense, while your arms feel heavy or light. You may feel other body sensations which make you restless or nervous, calm or relaxed. When you find an uncomfortable or tense part, use your imagination to drain the energy out of the part as you focus on it. You can do this by imagining the feeling, for example tension or tightness, as a color or liquid. Visualize the feeling draining out of the tense or tight part until it is no longer in your body. See it flowing away, moving out, or even floating up and away into the air where it dissipates and is no longer in your body. Work through each part of your body until it is as relaxed and comfortable as you can make it. You do not have to be perfect, just make yourself as relaxed as you can, given the circumstances.

Once you are relaxed, *intend* to organize your unseens. Intent is part of your unseens' normal communication. They see your intent as an action which has been imagined, experienced, and completed because they are aware that all actions are simultaneous and not restricted by time. You, on the other hand, have

to go through the process one step at a time, because you are bound by the rules of mineral physicality. First, you have to know what you want, what it would look and feel like, and what you would think if you had what you wanted. This prepares you to receive. If you do not know what you are looking for, you will often miss it as it manifests and then dissipates because you do not recognize your own creation.

Then, you have to follow through with the work until the intent is completed, which means the changes you desire are manifested. Intent is a thought and the more complete the thought, the more likely it will manifest. The more precise you are, the easier it is for your unseens to understand what you want and what they can do to help you accomplish it. Your unseens see your intent and immediately begin helping you manifest it.

When you know what you want and are able to focus exclusively on that knowing, you should be able to create a powerful intent. Your focus should include how your body feels, what emotions are being experienced, and which thoughts, images, and pictures surface in your mind's eye. Focusing on how your body feels does not mean deciding if you feel good or not so good. It means exactly that, *focusing*. The more you are able to discern how your entire body and its parts, appendages, and organs feel, the more you will be able to open yourself to your inner senses and thus more effectively communicate and work with your unseens. If you are fully conscious and aware when you intend something, you are focusing on both your knowing and imagination. Each time you focus, each time you create, your consciousness learns something. Each time it gets easier, and each time you become more aware of your power to intend. Each time you request help from your unseens, your relationship with them grows and matures.

If you are able to imagine almost anything and skilled enough to visualize just about everything you can imagine, then you should have no problems organizing your unseens. Imagine what you would feel if your safe place were filled with beautifully bright spiritual beings. Some of them will stand alone, some may be in small groups, but all will be silent as they wait for you to do something positive toward communicating with them. Imagine them all watching you, waiting for your acknowledgment.

If you are meditating with your eyes closed, look toward a light when you begin to imagine your safe, quiet place filled with these glowing beings. Do not look toward the light with your eyes open or look directly into a bright light with your eyes closed. You are not being extreme; you are just using the light to gently illuminate the light your eyes physically see behind their closed lids. Then, slowly

turn your head from the light and imagine the crowd. Try not to discount the images you see or imagine. Remember, you are working in subtleties. To your brain, your physical mineral world is real and the world you are imagining is an illusion. Just the opposite is true. The path to this truth is through your imagination. As you exercise your imagination, your awareness stretches into parts of yourself you would never find with either your intellect or emotions.

If you are more practical, grounded, or physically focused and find it difficult to imagine or visualize your unseens, you are not alone. You are probably attempting to see them with your physical eyes. This, no one can do. They are perceived or *seen* with the visual inner senses with which your subconscious and unconscious minds *see*. When your conscious mind is able to sense the subtleness of your inner sight through your temporal lobes, what is invisible to your physical eyes becomes visible to your consciousness. When you are able to see with your consciousness, you think you are seeing with your eyes.

The main reason most people are unable to see or sense their unseens is because they are afraid. This is not a cowering-in-the corner fear; this is a very subtle block caused by fearing the unknown, or fearing what you are unable to sense but know is there. These fears are usually subconscious and unconscious, and only surface when you are confronted with a situation that reminds you consciously of what to you is the unknown. We all know there is something there, but as long as this knowing is without sensing, we are able to compartmentalize it until we can consciously do something about it. Working with and acknowledging your unseens will go a long way to exposing this hidden fear. Once exposed, your fear will be replaced with self confidence and conscious awareness.

If you refuse to see your unseens in this life, you will not see them when you pass over into the world between this life and the next. This is a certainty; however, many of those who do see etheric worlds tend to perpetuate the inaccurate belief that the unseens are visible to anyone if the secret to seeing them with one's physical eyes is known. There is no secret. You will come to realize that when you see them, you see them in your own personal way, not another's. All you need is a little imagination and some time to practice. You will never be without the subject matter, because your unseens are always around you waiting to be seen.

### **Calling Your Unseens**

In general, you now know what to expect when you meet your unseens. Knowing most of what you could experience as you step into the unknown should

help quell your fear and put to rest some unnecessary worry. Quieted fear and less worry will help you relax even further. There are no mistakes or wrong ways to do these meditations. Trust yourself by following your feelings and trust your unseen friends to guide you. In your safe place, do what you have to do to make yourself comfortable. Stand, sit, or lie down and focus, meditate, or contemplate on relaxing your body. Do what you would normally do to relax. Allow your body to sink deeper and deeper until you are relaxed. As you are relaxing, expand your focus to what your body is feeling inside. Notice the changes taking place as you relax. Then, allow your concentration to expand outside. Sense what you feel around you, outside of you. Notice if how you feel outside has any affect on how your feel inside.

Each time you do this exercise, you are setting a precedent which will allow you to go even deeper the next time. Your brain is supposed to pay attention to everything. You need to let it do its thing while reassuring it that its mission is to gather all the information you experience, to be present, and to observe. Also included is how your physical body feels, the emotions you experience, and the thoughts and images you see. Constantly reassure your brain that after your experience you will spend time contemplating everything that happened from its point of view. Each time you start to think about what you are doing, you should remind your brain not to interfere. You will probably have to do this a number of times during your exercises until your brain is satisfied that it will get the attention it thinks it deserves. You do have to make an effort to follow through on your promise whether your brain interfered or not. Consider the inconvenience of doing this as a gift to yourself. Your brain wants to be told what to do. It may take a while for it to get the gist of what you want, but eventually, if you stay consistent, it will learn and become one of your best human resources.

When you are relaxed as deeply as possible, call your unseens to you using your inner voice. Use your own words and thoughts, while you keep in mind that you are calling all of your unseens. You are calling those assigned to you permanently and those assigned temporarily. You are calling those you have requested and those who help you on their own. You are calling on all the unseens who have been, who are presently, and those who will be of service to you during your present lifetime.

The moment you call, all your unseens will appear, whether you feel them, see them, or not. After you call, focus your total attention on feeling the space around you. Attempt to feel their movement in that space. Open to their vibrations, their resonances. Use your imagination, but do not make things up.

Open yourself to your body sensations, emotions and thoughts. Observe yourself, your environment, and the interaction between your body and its environment. For example, feel how a puff of air, a slight sound, or a sense of movement gets your attention when you are aware of them. Open yourself to those small things and your imagination will fill in the blanks. Observe what you experience and try to look beyond your present boundaries.

### **The Power of Soul & The Power of Command**

When you become aware, in your own personal way, of your unseens gathering around you, you are ready to develop a meaningful communication with them. This is when you should exercise your Power of Command. This personal power is the ability to direct a command, concisely and distinctly, without action or reaction. Commanding something in this way means you are stating to those who are meant to hear what you see yourself having. You are not asking for it; you experience yourself having it. You are not going after it; your intent states that you already have it. This is an inner skill which bridges your consciousness and intent by connecting them to the higher dimensions of your unseens.

The bridge between your world and your unseens' is a connection created by your expanding resonance that permeates the higher realms without having to do anything or react to anything. It is feminine in nature as long as its power remains unspent and unused. This resonance carries your inner voice, which is made up of words that cannot be heard because they vibrate at a higher range than any of your organs knowingly experience. Your inner voice is a resonance which is the synergy of the parts, pictures, images, and the full multidimensional understanding of everything that has to do with the subject you are focusing on and communicating with. As long as your power remains feminine it evolves. When you do eventually use a portion of your saved power, it is transformed into force. As force, it becomes masculine.

When you are present and talking with your angels, there is no room for wavering, begging, whimpering, or groveling. If any of these lower feelings are felt, or the less-than-behaviors or reactions are experienced, you are immersed in your grown-up. This is not good, because your unseens will help you create the reality you are asking for. If you think, feel, or act like a grown-up, your resonance will command your unseen friends to treat you like a grown-up. Similarly, if you resonate as an adult, your unseens will treat you as an adult. Being treated as an adult is an advantage you should take seriously.

Your unseens respond to your resonance because your resonance instructs

them how you want to be treated. This is the reason it is to your advantage to consciously step into your adult every time you notice yourself in your grown-up mode. Your resonance is read by every living thing you come into contact with. You create your reality, so that reality is directly orchestrated by your resonance. This is why your grown-up self uses the Power of Demand: it is responding to your unfocused emotion and undisciplined thought. It uses demand because forcing reality into a desired shape is your grown-up self's only option. It is also addicted and anchored to the unhealed traumas and dramas from your past. When you are exercising your Power of Demand, you are not in the moment; you are in the past. When you are exercising your Power of Command, you are present in the moment, which means you can choose which resonance you want to experience, and because of your choice, which reality you choose to experience.

You can do this by communicating with your unseen friends, most of whom are greater than you are, but not better. Speaking in these terms, greater means that they have been at this physical game longer than you have. They have experienced more and are therefore more complete, or in our terms, they are larger so they take up more space. Their level of evolution renders them wiser than humankind in many ways, but they do have flaws and limitations in their dealings with us. Most of these flaws and limitations have to do with our own desires, which may be in opposition with our spiritual blueprint. More on this later, but it is important to know that your unseens are not deities, gods, or supreme beings. They are your friends, your best friends, and many of them are unconditional as far as loving and caring for you.

The Power of Command is a part of each individual's Power of Soul. The Power of Soul is the total resonance of Soul which you-as-consciousness are evolving toward. It draws you from where you are to where you are supposed to be. It is an inner drive which you unknowingly follow while under the illusion that you are single handedly directing your life. The You-that-is-Soul is where you are supposed to be and she waits for you to catch up to her. This is another compelling reason you should attempt to stay in the moment by standing in your adult-self.

### **Organizing Your Unseen Friends**

Organizing your unseen friends is a relatively easy process, although most people make it difficult. Like most things metaphysical, the difficulty seems to lie in allowing oneself to experience the sensations felt with his or her inner senses and then to accept the feelings as real. When you start a new technique or

meditation, spend extra time relaxing so you can be assured of being as focused and calm as you can be in your safe place. Once done, this meditation will grow and branch out to influence all contact with your unseens. You may prefer to repeat it periodically to develop a more profound and intimate relationship with your unseens. It is always advisable to start any training in an environment which will not challenge your experiences. Also, one time is not enough. Any new technique needs to be repeated until the results are actually felt.

You are your unseen friends' leader, their student, and an equal. Equality in this case means when you work at your maximum and they work at theirs, co-creation will take place, albeit your results may be small in comparison. Co-creation takes place through equal effort, not equal performance.

Make sure your safe place is quiet and you will be undisturbed for the time you are planning to do this exercise. You do not have to worry about negative influences or beings interfering with your process. When you call your unseens around you, their very presence negates unwanted energies or entities. Know you are safe and secure the old fashioned way--by being surrounded by your unseen friends who love you unconditionally. At our present evolution, nothing can penetrate the aura this love creates. Your safe place protects your mineral/ether body while the physical presence and love essence of your unseens protect those parts of you which are other than physical.

Relax as deeply as you are able, paying particular attention to the sensations felt in your mineral body, the emotions you are experiencing, and the thoughts flowing through your brain. Mentally take an inventory of what you feel. Tell your mental-self, your brain, that you are now going to meditate. Ask your mental self if it would please be still and pay attention without interference. Remind it that after the meditation you will use it to think about everything which transpired. Tell it, in your own words, how sometimes when you meditate you may forget some things, so if your mental-self would focus on what happens to you, it can tell you, after your meditation, what transpired during your meditation. One of the ways to do this is to create the intent by imagining that whenever you close a door on your brain, it will go silent and observe everything that transpires. When you open the door, you can then discover what it saw.

While you are trying to not think about anything, refocus your attention to your feelings. In all honesty, your brain never shuts off; you never stop thinking. This is both a metaphysical and a physical law. You can, however, turn its volume down by intending to shut the door to your brain and then by moving your attention to how your body is feeling. In the higher realms there is no time to

think or brains to think with; there is only mind and mind does not think, it *knows*. Outside of the third dimension, the information you need is presented to the part of you paying attention. That part should be your conscious mind. This is how you think if you are in between death and rebirth. It is also how, when incarnated, you are able to tap into the higher levels of your awareness where you are constantly reminded about non-physical, metaphysical reality. It is not that you have to learn anything. If you focus on it, you know it instantly, but you must be sensitive enough to recognize it and tough enough to be able to focus on it long enough to allow it to manifest. This will be explained in more detail later.

Quickly review your intent to organize your unseens and then become as quiet as you are able. Just the thought of your intent raises its resonance in your present moment. This increase in energy supersedes any of your grown-up feelings, so your intent takes center stage. Part of that review is your attention to your feelings and another is your attention to your thoughts. Do not *think* about your thoughts; pay attention to them without thinking. Again, this is impossible, but it is approachable, so pay attention to your thoughts without focusing on them.

As you focus on your body sensations, narrow them to your heartbeat and breathing along with an occasional gastric gurgle. You may feel itchy in some places, uncomfortable in others, or even discover painful sensations coming from places in your mineral body. Cough, scratch, and move to relieve your discomforts. These should eventually subside as you practice. If you have trained yourself to meditate, you will probably not experience anything out of the ordinary as you prepare to organize your unseens. If you are untrained, there is no time like *Now* to begin.

Once you are relaxed, attempt to feel beyond your mineral body. This is a natural feeling, but not to your consciousness. It is usually only recognized subconsciously or unconsciously and is not something your brain is comfortable with. With practice your brain will accept many of the things you find present in your nonphysical realities. Your brain-mind is programmed for safety and stability. Once it confirms that your exercises will not put it or you in danger, it will expand its boundaries as your consciousness expands its awareness. After all, when you feel outside of your mineral body, you are attempting to experience your astral body. Your astral body is not part of your brain awareness until you make it so.

Keep your closed eyes relaxed as you see what you are able with your inner eyes. Sense the beings around you. With your Power of Soul, speak firmly to your unseen friends with your inner voice saying something resembling: "*I call*

*every unseen of light who has ever worked with me, is working with me now, and who will eventually work with me during the remainder of this life, to come to me now.”*

Your Power of Soul is inwardly voiced, as is your Power of Command. Both should be spoken quietly either out loud or to yourself with conviction and focus. Feel, listen for, and sense any movements. You may have pictures and images flashing through your mind. You may hear sounds not heard with your ears but by a knowing inside. You may smell or taste sensations as they gather around you. Feel, listen, sense. Be aware but not critical. Allow yourself to imagine.

When you are satisfied that they have gathered around you, with the Power of Command tell your unseens, *“All the beings here, who are focused on my spiritual development move to the front of me.”*

Be still and very quiet. Discern if there is movement around you. If you do not immediately feel or sense movement, wait. Remember to relax even more and listen, be calm, and sense everything around you for any subtle movement, sound, or sense. Attempt not to listen with your ears. Listen inwardly without discounting anything you sense. Allow what you sense to mingle with your imagination without thought. This way, you can expand your consciousness to sense and hear your unseens. If you do not experience or sense them present and moving, trust that your command was executed although you did not feel it. Read the next few pages and try the meditation again.

Once you sense or imagine them moving about, wait until they become still before commanding with your internal voice, *“All the beings here who are focused on my physical and material world development, move to the right of me.”* Be still and very quiet. Discern the movement around you.

When your unseens are quiet and have stopped moving, command with your internal voice, *“All the beings here who are focused on my emotional development move to the left of me.”*

Be still and so very quiet. Discern the movement around you.

When all is calm around you, command *“All the beings who are focused on my safety or any other reason, move to the back of me.”*

Be still and so very quiet. Discern the movement around you. Feel your unseens surrounding you.

Sense your spiritual unseen friends in front. Notice the feelings in your body as you focus on the resonance of spiritual energy from those in front. Sense how those unseens feel on your right. Feel from the right those who are focused on your

physical world and body. Sense if it feels heavier or lighter than your left side. Sense if it feels shorter, taller, or even if it seems to stand further to the front or rear than your left side.

Sense how the back of your body feels when you focus on the unseens who are standing behind you. Sense if your back feels secure. Does your entire body feel secure? After you sense the state of being secure, move your attention to your left.

Sense the unseens who have gathered there. As they help you with your emotional self, feel your left side. Then, compare it to your right side. Sense what you feel when the emphasis is on your emotions.

### **Refining Your Organization**

Your unseens are not a noisy group, but when something of importance happens, everyone seems to talk at once. Some unseens are not even aware that others may also be talking since their awareness, like your normal awareness, is usually restricted to a few octaves above and a few below their own automatic and instinctive levels. When you focus on spiritual matters, your resonance raises and can connect to the spiritual world from which you should be able to communicate with almost all beings.

Being focused on the spiritual is very powerful, but not very useful unless you have learned to allow new concepts and realities into your awareness. The act of letting the new in does not require its immediate acceptance as real or absolute, but it does mean that you allow the probable and potential into your consciousness. Once you allow it, the higher parts of you either reject or accept it. Whether rejected or accepted, it will show up in your reality where the answers or understandings will either come at you from outside or show up in your bodies as sensation, emotion, or thought. If it is accepted by your higher aspects, they and your unseens will help you make it a part of your reality, but you in turn must make the ultimate choice to accept it or not.

You have organized your unseens by tasks, having the spiritual ones move to your front and the others to their respective positions. The next thing you can do is to assign authority to one being from each of the four positions. When you give one of your unseens authority, you are actually allowing each grouping to choose one of their own to represent them. The one with authority is to funnel information to you from the others and to pass information to the others from you. This relieves you of the difficulties of having to listen to all of them at once.

This pleases your unseens because you are utilizing them in ways that make

your life easier and more organized. It will also allow you to focus on one unseen at a time, and possibly to learn his, her, or its name. It is not necessary to know one's unseens' names, but if you do it will create a connection that not knowing cannot. This communication will be done possibly by sound but definitely by resonance. To put it another way, you will usually feel it with your entire body instead of hearing it with your ears. In this way, it lifts your resonance to a higher octave. Being present in a higher octave is a boost to your evolution and when you get a boost, your unseens get a boost in their own evolutions. This, like every spiritual endeavor, becomes a very rewarding win-win situation.

### **The Imaginal Realm**

The doorway into the imaginal realm is your imagination. It is the opening you use to pass through while doing this next exercise for the first few times. Connecting with the imaginal realm means allowing your minds, mainly your subconscious and unconscious, to explore that realm without interference from either your conscious mind or your brain-mind. Your conscious mind is an instrument of Soul and Spirit as are your subconscious and unconscious minds. It, unlike your brain-mind, is not a product of your mineral/ether body. When you sleep, your conscious mind leaves your body because that mind is part of you-as-Soul/Spirit matrix. It is the part of you which records your sleep-time journeys, snippets of which your waking brain-mind may gather from your returning consciousness. It may then think it remembered what it calls a dream. Although there is biological activity, your brain-mind awareness stops when you sleep.

Both your subconscious and unconscious minds create your reality in accordance with the synergy of the sensations of all three of your physical bodies. When your reality is not what you want it to be, some part of you is interfering or restricting your subconscious and unconscious minds from creating the reality you desire and in many cases have asked for. Your only relief from these blocks is to find them and the beliefs supporting them. Once found, they can be fixed. Your unseens can be invaluable to you in these endeavors.

When you stop trying to dictate *how* something is created and focus instead on your knowledge of how you would feel if you had what you desire, you free the forces within you that create most of your reality. When you put forth the effort to focus your intent, you are giving the creative parts of your being a revised blueprint. You are giving your subconscious and unconscious minds another choice. Since that new choice is created consciously, in the *Now*, it supersedes any blueprint that preceded it. Since these two minds now have more than one choice,

they will always choose the better one.

After the choice is made, your consciousness must maintain the new choice until it becomes familiar and comfortable to you. To maintain a choice or thought means to constantly think it until it becomes subconscious. Once subconscious, it must be held and believed until it becomes unconscious. When it becomes unconscious it is automatic and instinctive. Until then, the old choice will constantly attempt to return to what it thinks is its rightful place and position in the hierarchy of your feelings.

Both your subconscious and unconscious minds are programmed to always pick the best choices available to them. Neither mind is able to make choices. That ability is reserved for your conscious mind. If any of the things in your world are not what you consciously want, it is up to you to create the choices which your other-than-conscious minds can pick from to create the reality you want to experience.

New choices change your blueprint, which then instructs your creative parts to create what you desire and want according to your intent and based on how you feel. Your unseens and your subconscious and unconscious minds then fill in the blanks. You may not get exactly what you focused on, but you will get something which, by its very presence in your life, will give you the feelings for which you asked.

At first, putting talk into practice should be done in the safety of your safe place. By getting into the habit of relaxing as deeply as you are able whenever you enter your safe space, you can eventually just think of that space and you will become deeply relaxed. This way you can relax no matter where you are or what circumstances you find yourself experiencing. Again, training yourself to become conscious is the light by which you will be able to break through the illusion to see the magnificent spiritual creation life actually is.

### **Meeting Your Unseens**

This exercise will work best if you record it yourself. All recordable phrases are italicized. A backward slash (/) is used to signal different suggested pause lengths between phrases—one slash represents a slight pause, two a longer pause, and three slashes mean an even longer pause. These are only suggestions; you may want to pause where there is no suggested pause or delete one where there is a slash. The suggestions or comments that are not italicized should not be recorded. You may want to highlight or black these out before you record. Keep your voice steady and do not whisper.

*Before I gently close my eyes/ I look around my safe place./ I focus on the details I see/ the shadows/ the things I usually do not notice./ Clearing my mind of thoughts./ Clearing my mind of expectations./ Clearing my mind of beliefs. Shifting my attention/ shifting my focus/ to my body. Relaxing/ from the bottom of my feet/ relaxing/ to the top of my head./ I am making my own rules./ I am designing my own rituals./ I am creating my own reality./ I am relaxing deeper/ deeper./ Even deeper down/ down deeper.///*

*I am fully awake/ fully aware of my body/ fully aware of my safe place./ Focusing on my arms./ Focusing on my legs./ Neck relaxing/ head relaxing./ Feeling my stomach and internal organs relaxing./ Feeling my internal organs./ Feeling my breathing./ Feeling my heartbeat./ Feeling and becoming aware of as many parts of my body as I am able.///*

Do not get carried away with this part of the exercise. Think of the part you are relaxing, feel it relax as much as you are able, and move on. If you forget something, do not give it a second thought except to assure yourself that you will catch it next time. Remember, you are now starting to place yourself into a more relaxed state with every phrase, so use your voice as you would if you were talking a child to sleep or soothing a lover. It is as if the beginning of each phrase and the first letter in each word is spoken with more intensity than the last word or letter. Flow with the words, imagine that you are reading and acting a line of poetry as you step down a spiral stair, each word, line, each stair takes you down the spiral stair case.

*Changing my focus/ from my body parts/ to my body as a whole./ Sense my body/ from the bottoms/ of my feet/ to the top/ of my head./ Feeling my hair/ exposed skin/ where I feel my clothes touching my body/ all at once./ Paying attention to my (sitting/ lying or standing)./ I am feeling what is supporting me./ Noticing where I feel anything touch my body./ Noticing what my body is touching./ Feeling my body from the top of my head to the bottoms of my feet./ So relaxed/ so at ease./ Relaxing even more/ with each breath I take/ more relaxed/ with every heartbeat.///*

While doing this part of the exercise, let your increasingly relaxed breath dictate the speed and rhythm of each phrase.

*Paying attention/ to my breath/ feeling the air/ entering my lungs/ with every inhale.// Feeling the air/ in my lungs/ flowing out/ with every exhale. Flowing out/ out and away./ Out and away./ Flowing out/ slowly/ allowing/ sense of breathing/ flowing out/ and away./ Like my breath/ I am flowing outward./ Feeling everything/ expanding outward/ flowing out with my breath./ Expanding outward./ Keep my physical eyes relaxed/ as they look forward./ Look around me/ with my inner eyes.// Sensing outside of my body/ outside of my skin./ Flowing out with each exhale./ Pulsating out with each heartbeat.///*

*Calling my unseens/ to surround me/ as I expand outwards./ Sensing my body expanding/ expanding outward./ Feeling my unseens standing around/ above below/ all around./ All those who are to help me spiritually,/ physically,/ emotionally/ safe. // Relaxing even more.///*

*Sensing from my skin as I expand outward/ sensing from my ether body/ holding my skin./ Sensing around me/ sensing my unseens/ around me./ Focusing/ on my expanding/ outward./Expanded outward/ until I am touching/ the resonances/ of my unseens./ It is like pressing the contours of my bodies against theirs.///*

*They reach into the physical world from the spiritual. My mineral body/ allowing me to expand/ outward from my center // to touch the contours // of their resonances./ Feeling/ imagining/ myself expanding/ outward // to and around my unseens/ further/ further out.// Flowing outward/ sensing my unseens// touching them with my bodies/ my sedentary/ mineral/ether/ my expanding astral/ my etheric body.*

*Moving my focus and attention/ to the presence of my unseens/ in front of me.// Then on one side// around to my back// then to the other side.// Back to those in front of me.// Taking my time/ to feel/ sense/ and imagine as much as I am able.///*

Do you see or sense them, or just know they are there? How many of your unseen friends do you sense? Are they the same size or are they different? What do they look like as a group? What does each individual look like? What does your body feel when you look at them as a group? What does it feel as you look at each individual? These are a few questions you may ask yourself. Only you can ask these questions in a way which has meaning to you, because only you see what you see. Only you can answer these questions in ways you understand.

As you sense your physical body expanding outward, your expanding sense

of form should be able to feel the contours of the beings surrounding you, as well as the distance they are from you. Constantly be aware of your eyes. As a mineral/ether body, you reflexively look in the direction of what you want to see, but in a relaxed meditative state, you can see your unseens without looking directly at them with your eyes. Even when you are relaxed and your eyes are closed, you will have a tendency to strain your eyes to see what they cannot see but what your inner eyes can. Keep your eyes relaxed, looking forward at nothing. Let your mind's eye see.

When you are meditating, you are in a spiritual state and your entire body is a visual organ. Eventually you will be able to look inward while your mineral eyes are relaxed. Look for colors, shapes and images. When you feel or see something, focus on the details. Take your time. Do not think, feel.

You may easily see them, or you may have to work a bit until you start to distinguish something. Everyone is different. Honor and trust your inner-self and your unseens to walk you through the exercises at a pace with which both you and they are comfortable. Do not try to follow someone else's pace. Find your own and remember how it makes you feel. If you think you are moving too slow, consult your unseens. Often, moving slowly means your unseens are teaching or re-educating you spiritually.

### **Positioning Your Unseen Friends**

It is good strategy to position your unseens every time you work with them. As with almost everything you get in a habit of doing, eventually you will do it without thinking. By positioning your unseens consciously as often as you can, it will not be long until all you have to do is think of them in their positions and everyone will, without hesitation, take their places. But, since you are meditating in your safe place, repeat your demands, sense your unseens moving, and then continue with your visualizations.

With your inner voice and the Power of Soul tell your unseens,

*All those who are to help me spiritually// move to the front of me.///*

Pause until you are comfortable that the move is completed.

With the Power of Soul, tell your unseens.

*All those who are here to help me physically// move to my right.///*

Wait until all movement is completed.

With the Power of Soul, tell your unseens,

*All those who are here to help me emotionally// move to my left.///*

When all is quiet again, say,

*All those who are here to protect me and all others// move to the back of me.///*

You will become comfortable with the fact that your unseens are where you intend them to be before you even make your intention. Eventually, you will no longer need to position them. But for now, create the rituals that work for you. You can continue to the next technique or wait until you are comfortable with your progress and that your unseens are where you intend them to be.

### **Authorizing Your Unseen Friends**

This technique should follow the one above. Concentrate on the unseens in front of you. With your inner voice, speak to them,

*Will the being who loves me unconditionally/ and is the most responsible for my spiritual growth and evolution/ step forward?///*

When one steps forward, ask the being,

*Will you be my spiritual spokesperson/ who speaks for the rest of my unseens/ standing in front of me?///*

Listen to the being you are authorizing to speak for the others. What does he, she, or it say? Sense the answer, feel the answer, and allow yourself to experience the answer. Then ask that being, *If you could talk,/ how would you pronounce your name?///*

In the stillness, listen. Names come in different guises. You could suddenly visualize a picture or image. You may hear a sound or tone, a color or smell. Open your senses to your unseens. Allow them to communicate with you. Listen, feel, sense. If you do not receive a name in any form, ask again by telling your unseens, with your internal voice, that you did not understand. *I did not hear your name./ Please repeat it so I can hear it.///*

If you still do not hear a name, pay attention to everything you can sense so you will remember this being the next time you meet. At that time, you can ask for a name again.

If a name does not come to you, stop thinking about it for a day or two and rest. Try not to put pressure on yourself to perform. Names and dates seem to be the most difficult pieces of information to allow yourself to receive. Although they

can be important eventually, a name is not necessary for your initial contact and the *getting to know one another* phase.

If names still do not come easily to you, practice your patience. *Patience* is not what you were told it was when you were a child. It is not sitting without moving, without thought, waiting until an expected event or experience happens. Patience is the art and act of quiet observation. Observe everything around and inside of you. Probably, when you least expect it, the name will pop into your head. After you hear or know the name, you will be confronted with the real test: do you believe what you hear or know?

Your unseens usually have a much better sense of humor than you do, so be prepared. Often the name you least expect and maybe most dislike will suddenly come to you. If the name is in any way negative, disregard it, and ask again. If the negativity persists, stop your mediation, make a written note of your experience, and try another time. Your negative ego will, from time to time, enter your meditations to spread its own form of chaos. When this happens, tell it to leave you alone, end the session, and make a note of what happened. These notes will help you ferret out any repetitive interference. Your ego is Spirit, the “I am” part of yourself. Your negative ego is the part of Spirit learning to be the “I am” in the mineral physical reality. It is a part of you that is still developing and therefore lacking maturity, but it is powerful and can be dangerous if not supervised and taught by your consciousness.

When you are satisfied that you have felt your authorized spiritual spokesperson, *in your mind's eye* turn to your right. Look at the unseens who are responsible for your physical reality and your masculine energy of doing, accomplishing, and structuring. If you have difficulty ‘seeing’ with your inner eyes, see with your feelings or senses. Sense what you are feeling when you look at your unseens. Feeling was our primordial eyes. It is the sense which evolved before we had eyes with which to see.

Acknowledge your unseens on your right with your internal voice. Thank them for helping you throughout your life. Communicate to them that you are becoming conscious and you would like to begin a new chapter with them.

State with the Power of Soul, *Will the spokesperson step forward/ who loves me unconditionally/ and is the most responsible for my material well being?///*

The one stepping forward will be the most skilled in guiding and helping you with your wealth, health and the strength of your mineral body. Once the unseen steps forward to accept the post, ask him, her, or it, *If you could talk,/ how*

*would you pronounce your name?///*

In your mind's eye, turn to the back of you and see or sense your unseens who protect your back and help you in innumerable other ways. Do they differ from the ones on your right or in front? What colors do you see or sense? How many are there? Then state with the Power of Soul, *Will the spokesperson step forward/ who loves me unconditionally/ and is the most responsible for my safety?///*

The one who steps forward will not only watch your back but every other part and direction. When an unseen steps forward, ask him, her, or it, *If you could talk,/ how would you pronounce your name?///*

Allow the silence around you to hold the name long enough to hear it. Softly repeat the name a few times with your internal conversation. Turn to the group on your left. See or sense your unseens responsible for your emotional stability and health. State with the Power of Soul, *Will the spokesperson step forward/ who loves me unconditionally/ and who is the most responsible/ for my emotional harmony,/ life, and stability?///*

When she, he, or it steps forward ask, *If you could talk/ how would you pronounce your name?///*

Again, allow the silence to hold the name for you. Softly repeat the name a few times to yourself internally. If no name comes, turn again to face the unseen you authorized to speak for the group responsible for your emotional behavior, thoughts and feelings. With your inner voice, speak to him, her or it. Ask, *If you could talk,/ how would you pronounce your name?///*

If you heard, experienced, or felt the name, repeat it a number of times to yourself as you feel what the name, when repeated, feels to you. Thank all four of your authorized unseens for taking such an important role in your life and evolution.

Authorizing particular unseens as spokespersons does not keep your other unseens from communicating with you or you with them. Rather, organizing your unseens and then authorizing four of them to funnel all the others' suggestions and dreams for you helps them understand your desires and wants more clearly by clearing your field of the possible confusion of too many voices.

This exercise seems to work best as a serial meditation. A serial meditation is one which you repeat. Each repetition offers new learning and potential change. Some you will miss, others you will use, but eventually you will become satisfied with the outcome. In this case, the ideal outcome would be to feel your unseens in front of you, on both sides, and standing behind you. This kind of meditation can be done from beginning to end or it can be started and ended anywhere. For instance, during a meditation you may choose to work with your spiritual unseens only. During another you could choose to only work with the unseen you authorized to speak for your emotional unseens, or maybe you want to work with all your unseens at one time for a specific reason and outcome.

Eventually you should be able to feel all of your unseens and become aware of those you authorized as opposed to those you did not. Knowing is a resonance. It is a programmed vibratory energy packet of information, not some random experience. Knowing your unseens on an individual basis creates avenues into realities yet unknown to humankind.

Once you know who your unseens are, you can establish more personal relationships with them. Relationships are possessions, and those you develop with your unseens will become your most precious. Few people on the planet will take the chance to experience the realness of such relationships in this lifetime. If you would like to develop further relationships with your unseens, they would be delighted to help you. They will instruct and guide you to intend what you desire. They will help you to give them your intent, wrapped in an energy packet filled with the right thoughts and correct feelings. Once you have developed your intention and packed it with all the other feelings and thoughts you choose to include, you can relax. At that time you should switch your attention to trust. Now, you must be passive and trust enough to let go of all worry and doubt and practice your patience and awareness while allowing your unseens to do the rest.

While doing this exercise, you may be able to observe how co-creation works. Your part is to be present and aware as you observe your reality for any sign of your intent materializing. You will seldom get the exact physical forms or circumstances you intended, but when done you will always create a reality where the feeling you felt as you developed your intention will manifest. The feeling and the materialization will probably be more to your liking than your original intent was. It is the feelings that count, because when they are manifested, the reality you experience will be more than you desired and much more than you asked for.