

# The Cause & Effect Report

by Richard Sutphen

For 34 years I've conducted metaphysical research, counseled people, and conducted psychic, reincarnation and human-potential seminars. As a result of my work, I'm convinced that everything of importance in your life is PREDESTINED—of karmic origin. That doesn't mean you don't have free will, and it doesn't mean you can't change aspects of your life. But basically, you're living the life you were born to live, in the body you designed for karmic growth.

In my book, *Unseen Influences* (Pocket Books), I described 17 primary influences, but a new edition will include several more. From a Higher perspective, all the influences have been invoked to fulfill the need of karmic balance and learning. Many can be included under the following four categories: 1) Past-life programming, 2) Spirit Possession Syndrome, 3) Your spiritual home is "elsewhere" (star-people, wanderers, walk-ins), 4) Psychometric and/or telepathic sensitivity.

## Telepathic Sensitivity

The following letter from Susan is typical of my daily mail. It represents the kind of problem psychologists, psychiatrists, and counselors, working with standard therapeutic techniques, usually cannot explain or resolve through conventional therapeutic techniques. Susan attended a seminar retreat and later wrote me about her problem.

Dear Richard,

"I am writing to you because I know of no where else to turn, and after attending the Lake Arrowhead retreat, I have faith in your advice. Now, I wish I had brought it up when we were all together in the mountains, but I was too embarrassed. You see, many years ago I was involved in an on-again, off-again relationship with a man I came to care for very much. Eventually, we went our separate ways, and I haven't heard from him since. After our parting, I did quite well, except every three or four months when I'd start remembering, and be unable to get him out of my thoughts. The feelings would be overwhelming and very distressing.

"In time, I stumbled upon a method which helped. When the feelings would begin to overwhelm me, I would put everything down in a letter to him, then seal and address the envelope and put it away. Within a week, the feelings would pass, and I would burn the letter. After five years, it's the only thing that seems to help.

"Lately, everything has become more intense. The memories now linger on between the episodes—becoming more disturbing by the month. My life is busy, and I'm concentrating on developing my talents and creating the life I desire. But no matter what I do, the thoughts keep coming back with regularity. I'm desperate to find peace and put it all behind me.

"Your books have helped me understand why I'm here, and I know I have to move forward, take risks, and keep my mind open. Is there anything else you can tell me that could explain or help me to resolve this situation?"

### **My Response**

Dear Susan,

"Aside from psychological considerations best accessed by a local counselor, there are several psychic considerations. All would result from you being highly empathic (telepathically sensitive), and could manifest as any of six factors: 1) You and your ex-lover may have near identical brainwaves. As an example, you may both be alpha-sevens, and your shared history has resulted in an on-going telepathic link. Subconsciously, you're always in communication, but it's only when you've received a several month buildup of awareness, that it begins to bleed through. Once you relieve the pressure by responding, you open to begin receiving again. 2) He may be purposely sending telepathic messages to you. 3) He's simply thinking about you and you're telepathically picking it up. 4) You're occasionally contacting him "out-of-body" on the other side while sleeping at night, and the contact lingers. 5) Dreams, resulting from unconscious longing, are reinforcing the union. 6) He has died, is earth-bound, and coming to you, generating the effects you're experiencing.

"After another letter exchange with Susan, I asked a psychic to investigate with automatic writing. She contacted her spirit guide, who then made contact with a woman in spirit, Gwendolyn, who knew Susan in the lifetime responsible for the problem. The psychic described Gwendolyn as a petite woman, blonde, dressed in 1800's attire. This is what she had to say:

"Ireland: Susan's name was Franklin. He was a dashing, daring prize fighter within the confines of our prison camp. The guards couldn't break him so they made money from him, by putting him out on the circuit. We remained in the prison camp, and were later shipped to Australia, losing touch with him.

"Eventually, Franklin too was sent to Australia, a paralyzed, broken man. He just happened to come to our small camp, men carrying him. I had always looked up to him, and in Australia, I helped care for him many years—as if he were the child I never bore. He loved me in his way, but it was not the love of a woman and man. As

his physical condition deteriorated, he called out to others, sisters, past loves, people we did not know.

"In this life as Susan, he no longer wishes to fight, but he retains a desperate longing for loving connections that he feels were denied him in that life. As Susan, when the relationship in question ended, she subconsciously used her empathic abilities to retain the connection. Unfulfilled passions karmically carry over as a powerful force. In this case, because she has a natural telepathic ability, she manifested a connection as Dick described in his response. She "feeds" on the connection, then reaches a saturation point and reacts, trapping herself, much as she was trapped in the past life."

"Susan should focus her meditations upon vividly visualizing this connection being cut. She can imagine it in many forms: chopping the connection, burning it, dissolving it. It is time for her to find peace, so she can prepare for a new love that awaits."

### **In Love, Gwendolyn**

In another case of telepathic sensitivity, a young man named Daniel told how his life took a downward spiral after he received a raise and moved to a new apartment. "From day one, it seemed like a dark cloud descended upon my life. I moved in over the weekend, excited about living in such a nice place. The complex had a beautiful pool and lots of single girls in residence. But by Monday morning, I awakened extremely depressed. It got worse and worse. On long weekends, with friends up in Big Bear, I'd be fine. But as soon as I got home, I became depressed. I even saw a psychologist. After three visits, she advised I get a thorough physical. Nothing. To make a long story short, several months ago I threw a party. A buddy I work with brought a psychic—a woman who does those 900 number phone readings. She had to leave, because the vibes in the apartment were so bad."

"Did the psychic say anything else?" I asked.

"She wanted to know if someone had been murdered there. It scared me. I asked my neighbors about the previous residents. I learned the couple was evicted. Everyone thought he was a drug addict. Neighbors called the police several times, because of their terrible fights. The psychic explained that the psychometric vibrations of the previous residents are still there—permeating the walls and appliances. I'm evidently very empathic, and I was drawing in the negativity, thinking it was my own creation."

"Did you move?"

"You bet. And my state of mind returned to normal within a week."

## Past-Life Programming

Since all is karmic, all problems, restrictions, obsessions, and fear-based emotions, unless traceable to this life, are the result of past-life programming (and even then, past-lives probably set the current-life events into motion). Assuming karma is the universal basis of reality, even if you're from elsewhere, you've chosen to come to earth and interact with the rest of us for karmic reasons.

The following examples are from recent individual regressions I've conducted at our retreats, and from group regressions, in which individual participants have shared their experiences. The purpose of past-life regression, when used as a therapeutic tool, is to find the cause of the current effect, and ideally to accelerate the needed learning and heal the soul.

Jonathan was in his late thirties and in business for himself in San Diego, California. "No matter what I do, I can't seem to grow beyond the level of success I've already attained. It's not that I'm not successful, it's just that my growth seems blocked. I try, but my efforts beyond this 'line in the sand' invariably fail. Why?"

In a back-to-the-cause group regression, Jonathan found his own answer: "I was living in Amsterdam in the early 1900s, and owned a carriage business. Things were going well until I decided to expand. The result was disastrous. Do you think I'm subconsciously holding myself back, because I fear the same thing happening again?"

"Probably," I said. "But it's false-fear karma, one of the easiest kinds of karma to resolve. Often, just knowing the cause is enough to release the effect. Wisdom erases karma. In your daily meditations or programming sessions, I'd advise you to include this mantra: 'I know the cause, release the effect, and succeed beyond my grandest dreams.' Then visualize the success goal you desire as an already accomplished fact. Repeat the mantra over and over. Within a few months, I bet you'll raise your level of success."

Lauren was in her early thirties and unable to conceive a child. "My husband and I have been to two fertility clinics, spent a lot of money, and have had no results. It's so frustrating," she said.

In a retreat group regression, she found out why: "In my last life, I committed suicide. I was only 15, and my parents were devastated by my act. This time around, I have to learn about the value of human life and begin to balance the suffering my loss caused my parents. But my husband Keith is also affected, and when you took me up into Higher Self, I obtained a karmic overview. It seems that Keith relished the taking of

enemies' lives in World War II. Fighting for your country is one thing, but finding joy in killing creates karmic debits. Again, it's a lesson regarding the value of human life."

"Did you receive any advice when I asked how you could invoke the Law of Grace?" I asked.

"By giving mercy and grace, I'll open the door to receive the same in return. I'm going to meditate on it."

Donna, 32, was a retreat participant who had always wanted, but never experienced, a serious relationship with a man. She dated often, but to no avail. "I figure I just don't have a relationship-oriented personality," she said.

Her personality seemed fine to me. I asked Tara to investigate. Tara once spent months combining Western astrology with Arabian astrology to learn more in-depth techniques to analyze relationships.

After examining Donna's astrology chart for several minutes. Tara pointed and said astrological things I didn't understand, then, "There is no way she could have had a serious relationship, because she karmically blocked it before birth. She will have an opportunity when she's about 36 years old. Consciously she wants a relationship, but subconsciously she is teaching herself something."

"No doubts?" I said.

"No doubts. It's all right here."

Later, I regressed Donna into a past life. To capsule the regression, she experienced a life as a male bookkeeper in Boston a few years after the Revolutionary War. He lived in a tiny room and scrimped on food to save enough money to regularly visit a local prostitute. Falling in love with her, he eventually asked her to marry him. She responded by laughing in his face. He left cursing the concept of love and vowing never to love anyone or anything again. He died a bitter old man, carrying a powerful grudge.

After the regression, Mary asked, "Haven't I had any other lifetimes since the late seventeen-hundreds—lifetimes to have resolved the silly vow?"

"You may have carried the vow through all those incarnations. Or you could have set it aside for several lifetimes, until finding the strength to deal with the unresolved energy. To balance the energy with awareness will require forgiveness."

"Forgiveness?"

"Forgive yourself, the woman who laughed at your proposal, and everyone else that has not responded the way you wanted them to respond."

Ruth attended a seminar retreat in which I did some general human-potential processing. "My problems all stem from being molested as a child," she said, adding graphic details.

"Karma is the basis of reality," I explained. "For some reason, you needed to experience this. I know that's hard to accept, but karma either is, or isn't. There can't be any half-way karma."

"That's ridiculous," she replied.

"You accept reincarnation?" I asked.

"Sure I do. But ..."

"Reincarnation doesn't work without karma. That's what it's all about. We keep coming back to learn—to get it right. Would you like to be regressed back to the cause of the molestation?"

"Sure."

The process took less than 20 minutes. Ruth relived an 1870s incarnation as a male coal miner. Following the death of his wife, he forced sex upon his daughter until she was old enough to run away from home. Cause and effect—balancing karma.

Diane wrote to Tara's magazine column, saying, "I've always been extremely overweight, and I'm sure no beauty. Why me, when others are thin and beautiful?"

Through automatic writing, Tara made contact with the woman's spirit guide who explained, "Donna was very beautiful in a turn-of-the-century incarnation in Belgium. I am sorry to say, she used her beauty to manipulate men, with no concern for the consequences. She hurt and took from many and despised those less beautiful or less fortunate. In spirit, prior to birth, she chose her current body as a way to learn much needed humility—to learn that loving relationships cannot be taken for granted. She needs to know that if she resents those who are beautiful, she will be denied beauty in a future life."

## **Group-Focus Regression**

In a "group-focus regression," one person lies on the floor (subject), their head cradled in a volunteer's lap. The other retreat participants (healers) sit around the subject, laying their hands upon the subject's body. I ask the subject to explain the nature of their problem. Then I induce everyone into a meditative state of consciousness, using a chakra process to open and charge the aura, and mentally chakra-link the subject to the healers. Once done, I direct the subject back to the cause of the problem.

Next, I guide a regression and everyone perceives impressions of the subject's past life. The healers draw down Universal healing energy and expand it until they can focus the force in their hands, which become very hot. At the point of maximum energy, I ask them to release their energy into the subject. Healing suggestions and a self-forgiveness process follow. The experience is incredibly powerful for all involved—the results for the subject usually profound.

Example: Mary, 38, attended a retreat with 22 other people from all over the country. On a crisp fall evening, we all gathered around a blazing fireplace in the meeting room. Mary lay on the floor, her head cradled in Marsha's lap, with six people sitting on each side and two more at her feet. Those who were not touching Mary sat in yoga positions nearby, notebooks in their lap.

"Can you tell us what is troubling you, Mary?" I asked.

Voice breaking, she said, "Three months ago, my husband Mark left me for another woman. We were married 21 years. As a result of all the conflict, I haven't paid enough attention to my gift shop, which is now in serious financial trouble. I have two children, one boy, one girl—teenagers. They live with me, and they seem to be taking their anger out on me. Last week, my daughter said, 'Maybe if you'd been a better wife, Daddy wouldn't be living with Karen.'"

Mary began to cry.

Relaxation, chakra links, and induction completed, I directed Mary to go back to the cause of her current problems. By going "back to the cause," the subject can attain awareness in the current life or past lives. Mary was the only one directed to speak. The healers were to observe through the chakra-link mental connection that allowed them to perceive and feel what Mary was experiencing.

"What do you see and what are you doing?" I asked.

For a few moments Mary had difficulty forming words. "The only impression I'm receiving is of my spirit guide Verona sitting beside me, talking to me. She's as vivid and real as you all were before I closed my eyes for this session.

This was unusual, more apt to occur in a Higher-Self session than under these conditions. I assumed it was the power of the group energy transference. "What is Verona saying?"

"Mark and I have been together many, many times, and we'd have to look at most of those incarnations to fully understand our current relationship. Let me listen for a moment, and then if it's okay with Verona, I'll just repeat her words."

Silence.

"It's okay, wait."

Silence.

When Mary began to speak, her words were halting, without emotion. "You have outgrown Mark. You came together again in hopes of balancing your shared karma. The more you became interested in metaphysics, the more he pulled away. For the last six years you have not been happy, you know that, Mary. You will soon have a karmic opportunity to embrace another. You will love him and he you, and he will support your growth."

"Was Mary's divorce predestined?" I asked.

"There is always hope that one will evolve beyond what is destined."

"But was the divorce predestined?"

"As you would understand it, yes."

"I'm missing something?" I asked.

"There was planned karmic growth between Mary and Mark. Think of it as balancing conflicting energy. There was a little growth on Mark's part, much growth on Mary's part. Resolving karma often takes many incarnations."

"Why is there so much karmic conflict between them?"

"It is a long story that begins in medieval times. Mary and Mark were incarnated in the gender roles they chose today. Mary and other women of her English village were branded as witches. Mark was the cruel accuser. In the next life, Mary balanced the score in Wales as a male renegade who raped and stabbed a female Mark. They have reincarnated eleven times since. The last five lives have shown considerable progress."

There is no longer physical abuse, and they have come to love as well as hate each other."

"What about Mary's failing business?"

"She has free will in this regard, and by focusing her energy upon the gift shop, she can save it. Subconsciously, she allowed the crisis to develop, because Mark helped her establish the business. She would rather be doing something new, something without attached memories. Now is the time to follow her heart."

After Mary was awakened, several of the healers talked about Verona.

"She had long blonde hair, didn't she?" asked Sharon.

"Yes," Mary said, smiling.

"And she was wearing a toga with a braided-white tie," said Daniel.

Mary nodded.

"How many others visualized Verona this way?" I asked.

Of the nine who chakra-linked with Mary, seven put up their hands. One of remaining two said, "I saw the toga, but I thought her hair was light brown."

## **Wanderers & Walk-Ins**

Since I began professionally researching metaphysics in the early seventies, a high percentage of the people I've worked with have told me that they felt they didn't belong here. Something within their psyches was telling them that their true home was elsewhere.

In those early days, I also had several regressive-hypnosis meetings with those I called "light people" in my early books—people who experienced past lives as non-physical light beings. At the time, it seemed to me that they had somehow flunked that advanced level of experience and had been sent back to earth to experience material reality once again before being allowed to return home.

Today, I'm not sure this was an accurate assumption. Considering other people's investigations, it seems more likely that the light-people incarnated to serve a planet in need of help.

My friend Brad Steiger once wrote a series of "Star People" books. The series was based upon extensive research and seems to generally agree with a new study published as *From Elsewhere*, by Scott Mandelker, Ph.D. (Carol Publishing Group).

According to Mandelker's research (his Ph.D. thesis), those who feel that the earth is an alien place usually don't connect their deep sense of being different with the possibility of a non-earthly origin. They are born of earthly parents to fulfill an earthly purpose, and they fall into two categories: "wanderers" and "walk-ins."

**Wanderers** are souls who have incarnated from a more evolved civilization, with memories of their identity and true origin blocked—just as memories of past lives are blocked until investigated with metaphysical techniques. Wanderers volunteered for the purpose of serving humanity. This service may be subtle, or the wanderer may be destined to become a major influence.

Once born, wanderers are as ordinary as everyone else, so it takes a real metaphysical effort for them to realize their true identity. According to Mandelker, if they don't remember, they can easily become entangled in all the earthly snares and never fulfill their plans.

In *From Elsewhere*, the author describes many characteristics of wanderers, including:

- 1) As children they were thought of as being odd.
- 2) They are genuinely kind, gentle, peaceful, non-aggressive people.
- 3) They are not very interested in money or material things.
- 4) They have a hard time recognizing manipulation and trickery.
- 5) They cherish great ideals.
- 6) They have a strong interest in metaphysics and/or UFOs.
- 7) They've always felt alienated.

**Walk-Ins** are souls who participated in a "soul-transfer" with a human being who wished to depart from the physical world without dying and without incurring additional karma. The departing soul often feels overpowered and incapable of handling life. An agreement is reached while the person is sleeping and "out-of-body" on the other side. Then the walk-in steps in with the departing soul's memory banks intact. Once the transfer is made, the walk-in doesn't remember what has occurred, but is intuitively driven to clean up the problems of the departing soul. After this task is completed, the walk-in is free to pursue their own humanitarian service agenda.

A walk-in's entrance is usually signaled by someone finally getting their life together. The transfer can take place after an accident, or near-death experience, but a trauma isn't necessary for the transference to occur. Sometimes, the walk-in appears different to those closest to them. After the old problems are resolved, the walk-in sometimes divorces, drops old friends and begins a new career.

Before sharing some current wanderer statistics, I need to provide a little backstory: In past seminars, when I directed a "Parallel-Life Search," almost everyone participating was able to tap into a parallel life (described in detail in my book, *Past Lives, Future Loves, Pocket Books*).

In the early eighties when Ruth Montgomery began writing about walk-ins, Ruth and I were working together on some seminars. I included a "Walk-In Search" to see if any the participants were walk-ins. Although everyone wanted to be a walk-in, only one person in 100 perceived being one, and it was a boring session for everyone else. I feel it is important to note that nobody "made up" being a walk-in. Statistically, according to Ruth's research, the percentage made sense when compared to the number she said were walking in.

A few years ago, I conducted a "Psychic Prophecy Seminar" in six cities: Dallas, Houston, Philadelphia, New York, Riverside, and Los Angeles. The average attendance was 100 participants per city. In every city, almost 50 percent of the participants perceived themselves as "wanderers." It didn't vary, city to city. At a couple of seminars, no one perceived being a walk-in, while in others we'd find two or three out of 100; the same statistics we obtained 14 years before.

## **Etherealisation?**

In *Past Lives, Future Loves*, I reported on a session with trance-psychic Kingdon Brown that may relate to the wanderers being here to help: "There is the impression that this planet was indeed seeded somehow. That the souls here in physical bodies were brought here, and that we are under some incubation, or gestation period that has been going on. The reason this is becoming evident is that there is a life-giving continuity here that does not exist elsewhere in the universe in quite this way. The intelligences are still monitoring our progress. I see ... I'm now getting this directly. It's like a veil or blinders ... like the Bible says, through a glass darkly. This veil is being removed very carefully to see if we can make this leap, or advancement, without falling backwards into disintegration once again as has happened so many times in history. This is what transcendence means. We become something else. There is an experiment going on with this planet and the intelligences that are observing it are not taking part directly, for it happens automatically at a certain point. They are observing to see if this time we can accept evolutionary knowledge and true change. There is something here about the relationship of all your past, present and future physical explorations transpiring in a constant now, and that you will all have to make this change at once. Everybody has to make it. An instantaneous thing, without falling back again into a dark age, or a point where all is hidden once again."

Later in the session, Kingdon seems to expand upon this concept: "Well, I'll have to say this the way it comes to me, but it seems incredible to me. I can't censor it because that would defeat the purpose of this. We are moving towards a point of 'etherealisation' ... Ah, we don't really have a word for it in English. We are attempting to move to a place where we do not exist in physical bodies, yet we exist in an etheric way in which all is totally clear to us ... as to what has transpired and why we then exist. I'm also receiving with this ... this is the reason it's so difficult for me to comprehend ... that at some point when we have reached this degree of evolution, a decision will then be made as to whether or not it will be necessary to continue this planet. It will either be entirely destroyed ... or something. What I'm seeing visually is that all of these souls that have been interconnected here and interrelated are fragmenting out the way a dandelion seeds out, and they are going out everywhere. I'm being told that this is why this is an incubating place, where all this care has been placed through centuries of bringing human beings past the state of experimentation into the point of self-creating. But they are self-perpetuating in an etheric way, or through a spiritual essence, an astral essence. We create spiritually ... spiritual propagation ... ah, there is love. Love is a propagating of the spiritual nature. We will no longer recreate in the way we do now, for we no longer need these bodies, but are in light bodies, and we propagate in a vibration that we call love."

Maybe the wanderers are here to help us make this transition. For them, it may be a matter of returning home.

## **A Case History**

Marcia, 34, a pretty blonde with a shy personality, identified with all the aforementioned traits of a wanderer. She rarely dated because the men she met were not spiritual. "We have nothing in common," she said. "I've worked at different jobs, but they've never meant much. All I need is enough money to get by. The Universe will take care of me."

"Do you have a sense of purpose?" I asked over dinner at one of our Malibu retreats.

She shook her head.

"I have a feeling that if you become involved in metaphysical service work of some kind, you'll come alive," I said.

Six months later, I received a letter from Marcia: "You were so-o-o-o right. When I got home, I took classes in Reiki and began offering my services in the evenings. People I work with were my first clients, and they recommended me to others. With Reiki, I make people feel better, but most important, it gives me an opportunity to

share my spiritual beliefs. If my practice continues to grow at the current rate, I'll soon be able to do the 'work' full time. I'm planning to take your Professional Hypnotist Training, so I can also offer past-life regression and accelerate the process."

## **Spirit Possession Syndrome**

Psychologist Edith Fiore, combines psychotherapy with past-life regression and the treatment of spirit possession syndrome (SPS)—problems caused by the spirits of the deceased interfering with the living. Soon after Dr. Fiore began incorporating past-life investigation into her therapy, she recognized that over half her clients exhibited signs of spirit interference. The more she worked with patients suffering from SPS, learning to recognize the signs and symptoms, the more she became convinced that at some time in their life, nearly everyone is influenced by non-physical beings, to some degree, and for varying periods.

Spirit interference ranges from subtle influence, to attachment, to full possession of a living human by a discarnate—the surviving consciousness of a deceased individual. In other words, according to Dr. Bill Baldwin, "The entity becomes a parasite in the mind of the host."

One of the most often asked questions in seminars is in regard to how, after death, a spirit becomes earthbound. My response: By lowering their level of awareness (vibrational rate) while living. This could result from an addiction such as a drug, alcohol, or sexual dependency. After death the earthly desire remains, and in a futile attempt to fulfill their craving, the newly-deceased soul clings to living souls that are similarly afflicted. Long-term anger lowers our vibrational rate, as does extreme fear, jealousy, greed, resentment, remorse, or guilt, or the ruthless quest for personal power. Love manifesting as an obsessive need to remain with the lover can keep a soul earth bound.

An ongoing spirit attachment can, in some cases, manifest in lifetime after lifetime as explained in the opening "Debra Wakefield" chapter of my book, *Predestined Love*. In such cases, the attaching entity is angry or resentful about some past injustice and seeks retribution.

One of my first contacts with an earthbound entity was in a house I bought on an old gold claim in the Arizona mountains. Even my teenage son could perceive the cold, undesirable presence. In time, I set up a session to contact the discarnate—a miner who had worked the area. His partner had hit him in the side with a shovel, and he died slowly over an extended period of time, filled with anger. Although he had been dead nearly 100 years, his side still hurt, and he didn't understand why no one talked

to him anymore. Through spirit contact with those who loved him in life, I was able to send him to the light. After the session, I learned that my new neighbors had occasionally seen manifestations of an old miner in their kitchen.

Mahatma Gandhi, when shot by an assassin, is said to have verbally forgiven his murderer as he died. He knew not to create a karmic tie or to allow blame, anger or hatred to keep him earthbound.

## **A Case History**

Kevin wasn't aware that a whole nest of entities had attached to him during a period he was drinking himself into a nightly stupor. It was only after four weeks in a detox center that he realized, although sober, he was experiencing desires that made no logical sense to him, especially homosexual urges. An understanding therapist explored the SPS potential.

Once Kevin was in an altered-state, the therapist drew out a male named Christopher. Through lengthy dialogue, the therapist learned that Christopher was the elected voice of a dozen other souls, all of whom had been alcoholics in life, and several had been gay. This group of parasites was angry at Kevin for denying them their contact high, and when they couldn't get him to drink, they began mentally prodding him to have sex with a man. The therapist successfully banished the spirits and today, Kevin doesn't drink and is happily married.

## **Vibrational Rate**

Increasing your level of awareness raises your vibrational rate, which is the unconscious quest of everyone on this planet. Raising your rate can also help to avoid the problems connected with spirit interference. Although this cannot assure you won't experience SPS, it is difficult for an entity of a lesser vibration to influence an entity of a higher vibration. It is also good insurance to establish communication with your own guides and Masters in meditation.

Think of the spiritual planes as a ladder down a well. Each rung of the ladder is on a different level—a different vibrational rate. The bottom rungs are damp, dark, cold, and of low vibration. As you climb the ladder, the atmosphere becomes lighter and warmer, and the rate of vibration increases. Your goal is to get to the top and climb out onto the Celestial Plane (Nirvana, the God Level, the Seventh Level, or Satori 3). Spiritually, you want to get there. To do so, you must raise your vibrational rate, and this can be achieved more rapidly in the physical body than in spirit.

The lower levels—the lower astral planes—are undesirable and similar to the classic concept of purgatory. As with spirit interference, hauntings and apparitions are also caused by confused entities who have trapped themselves on the lower astral. They have the ability to rise above their situation, even on the other side, but it often takes hundreds of earth years for them to realize they are free to go to the light. In time, they listen to the advice of more advanced souls who are always willing to help. On numerous occasions, while regressing someone into a past life, I have had a subject find themselves on the lower astral. The reaction is always the same and is usually described as "confusing, dark and fearful." The fact that these subjects have been reborn on the earth plane shows that they worked their way out of the situation.

At the time of death, you will cross over, leaving the physical body, and again become the spiritual being you actually are. Your vibrational rate at this time will dictate your level on the other side. If there are seven upper astral levels and you have the vibrational rate for the third level, this is as high as you'll be able to go. You could not withstand the more intense vibrations on the fourth through seventh levels.

What determines your vibrational rate? Your thoughts, words and deeds on the earth plane will determine your level of awareness, which determines your vibrational rate. Since you have to think something before you speak or act, it really goes back to your thoughts.

You were born with a vibrational rate you established in the past. The way you live your life will determine whether you raise or lower the rate during this incarnation. If you changed your way of thinking, speaking, and acting today, your vibrational rate would begin to change tomorrow. Love, positive thoughts, and helping others would raise your level of awareness. Hate, negative thoughts, and hurting others mentally or physically would lower your level of awareness.

Metaphysical teachers often say, "It is possible to advance 15 to 20 lifetimes during this life you're now living, if you choose to do so."