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With an emphasis on practice-based and research-based articles, the Journal peer reviews and publishes practice-based articles, case studies, editorials, original research, "brief" articles, and reviews.

Journal of Metaphysical Thought covers a range of disciplines, including metaphysics, consciousness studies, New Thought principles, spirituality, and metaphysical theology.

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Contents

FRONT MATTER

Editor's Note <i>Chris Anama-Green</i>	Page 5
Call for Articles (Volume I, Issue 2) <i>Editorial staff</i>	Page 7

ARTICLES

These Perilous Times <i>Joanna Neff</i>	Page 8
The Power of Forgiveness to Heal Relationships <i>Jenine Marie Howry</i>	Page 16
The Misunderstanding between Schizophrenia and Clairaudience <i>Philippa Sue Richardson</i>	Page 24
East-meets-west: How <i>the Dhammapada</i> Influenced the New Thought Movement <i>Chris Anama-Green</i>	Page 28

PERSPECTIVES

Does Reincarnation Matter? <i>J. Joy Maestas</i>	Page 34
A Metaphysical Perspective on Prayer <i>Cindy Paulos</i>	Page 36



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Journal of Metaphysical Thought Editor's Note

CHRIS ANAMA-GREEN

Dear reader,

Thank you for taking the time to read this inaugural issue of the *Journal of Metaphysical Thought*. The concept for this journal came about due to the lack of modern peer reviewed publications that address “practical” metaphysics. There are, however, several professional journals that focus on metaphysics from a purely academic and philosophical perspective. The gap between this form of high-minded academic thought and the applied metaphysics practiced the world over is, to say the least, substantial. Academic metaphysics anchored in philosophical logic and reasoning, while useful in its own right, leaves little to no room for divine inspiration. From a practical metaphysics standpoint, it is the divine spark within us that awakens our inner wisdom and, when guided by our own intuition, makes metaphysical practice special and “unquantifiable.”

Modern metaphysics as practiced by mystics and spiritual seekers around the world often does not follow logic, nor is it bound by a reason-based understanding of the universe(s). As any student of meditation knows, wisdom and ideas come from within often when most needed to help us make sense of our lives and experiences. (Not necessarily when most needed to meet a publish-or-perish deadline.) Over time, with dedicated practice, a “big picture” spiritual understanding of life slowly emerges. “Going within” to answer life’s questions might seem counterintuitive to one dedicated to the life of the mind. And yet, metaphysical practices in their many forms have powerfully improved the lives of many.

And so, the separation arises: academic metaphysics anchored firmly in understanding life, consciousness, and God from a third-dimensional perspective anchored in logic and

reason versus practical and applied metaphysics guided by inner wisdom and intuition. For two fields that share the same name and overall purpose, they couldn’t be more different. Over time, the “ivory tower” has adopted the philosophical understanding of metaphysics, resigning practical and applied metaphysics to the fringe of human experience. This is, of course, nothing new in the grand scheme as mystics and spiritual seekers who “go against the grain” have often been quiet practitioners.

However, in this time of Aquarian awakening many practices and concepts once kept secret have gone mainstream. The Law of Attraction (just one of many universal laws), meditation, and mindfulness practices are great examples. Yet practical and applied metaphysics remains something deemed not quite “good enough” for traditional academia. That, too, is slowly changing as a new and old universities alike adopt metaphysical principles into their curricula. We may never see metaphysics properly regarded for its transformative power in our lifetimes, but for now we can trust that those who are destined to discover metaphysics now have ample opportunity to do so.

The *Journal of Metaphysical Thought* enters the picture to somewhat “bridge the gap” so to speak in mending the separation of theoretical and applied metaphysical fields in professional literature. Metaphysical practitioners need an avenue (multiple avenues, really) to share their work and perspectives, driven by that tiny but mighty divine spark, inner wisdom, and intuition. To share our work in a professional manner, we must adopt some of the practices established by traditional academic publishing. However, traditional academic publishing is plagued with challenges ranging from

counter-productive peer review processes to “pay-to-publish” schemes to outright falsification of data and research. (*And they call us “woo woo.”*) The examples are endless. And yet, some of these principles are good in theory. Every discipline needs benchmarks to ensure, encourage, and reward high quality work (while weeding out plagiarism and sloppy research).

To produce a high-quality publication, the *Journal of Metaphysical Thought* has adopted the following guidelines for the publication of articles. Authors are welcome to submit articles representing any theme that falls within metaphysics, consciousness studies, or New Thought (with or without a religious perspective). To account for the diversity of topics and needs, the Journal accepts research articles, “brief” articles, “practice-based” articles, case studies, reviews (of literature or books), and “perspective” articles (similar to guest editorials). Ideally each journal will contain a mix of these article types.

All articles submitted first go through a rigorous content-based editorial review. Those acceptable for inclusion in the journal are anonymized and referred for peer review. Unlike traditional journals, articles referred for peer review are already tentatively accepted for publication. Peer reviewers for our journal are not the arbiters of which articles will not be published (except in cases of plagiarism or something similar). Our peer reviewers focus on helping authors to make their articles stronger. Results from peer review are reviewed by the editor and anonymized comments are referred back to the author. Articles are accepted for final publication on the condition that the author makes revisions identified during peer review. This process avoids many of the issues rampant in traditional peer review.

The Journal has committed to produce two issues per year, though this may change depending on demand. As an “open access” publication, all work is made available free (no

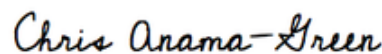
registration required) via our website (www.metaphysicalthought.com). Unlike many other “open access” journals, we never charge authors a fee to submit their work. For those interested in print copies of the journal, printed issues of journals may be ordered online for a nominal fee.

We rely 100% on volunteers to edit, design, peer review, and write articles. As such, if after reading the journal you are interested in contributing some of your time to our cause, please feel free to contact the editor (editor@metaphysicalthought.com).

This issue contains articles from a variety of perspectives to provide a taste of what’s to come in future issues. Our next issue (December 2018) will be themed “metaphysical healing” and will include articles focusing on a wide spectrum of modern techniques. Full submission guidelines are available at www.metaphysicalthought.com.

I hope you enjoy this issue and I welcome your feedback. Thank you to the authors and peer reviewers for their hard work in bringing this issue to life and to members of the editorial board for their continued service to the Journal.

Sincerely,



Chris Anama-Green

Editor, *Journal of Metaphysical Thought*
editor@metaphysicalthought.com

Call for Articles (*Volume I, Issue 2*)

The editors of the *Journal of Metaphysical Thought* welcome article submissions for the Journal's second issue. **The thematic focus of Volume I, Issue 2 is "metaphysical healing."** This issue will feature articles focused on many areas of metaphysical or spiritual healing. Articles related to other areas of complementary and alternative medicine (CAM) will be considered provided that they also relate in some way to metaphysics.

Examples of metaphysical healing techniques include, but are not limited to:

- Reiki,
- mental/metaphysical healing,
- dowsing,
- Quantum Touch,
- entity identification/removal,
- angel healing,
- crystal healing,
- meditation,
- prayer,
- spiritual sources of "dis-ease,"
- metaphysical aromatherapy,
- ethics of metaphysical healing,
- Akashic records healing, and
- other energy healing modalities.

Please note that as a spiritually-focused publication we are unable to accept articles relating to the diagnosis or prescriptive treatment of any disease or health condition by non-licensed providers. In the United States, this can be considered "practicing medicine" without a license.

For liability reasons, we will not accept articles that promote CAM or spiritual practices in lieu of medical treatment (even if evidence suggests that a given CAM practice is more effective). We will not permit publication of articles recommending practices that could endanger readers or create legal problems for the author(s) and/or the Journal.

Authors writing about CAM modalities must be currently certified practitioners and

able to provide proof of certification. Exceptions to these rules will be made on a case-by-case basis for qualified and currently licensed health providers writing about topics within their specialties. Any research articles focused on human subjects must be approved by the author's Institutional Review Board. This rule does not pertain to case studies, reviews, or perspective articles.

About the Journal

The purpose of the Journal is to promote discourse and information exchange among professional practitioners of metaphysics and New Thought. The focus of this journal is primarily practice with a secondary focus on research.

With an emphasis on practice-based and research-based articles, the Journal publishes peer reviewed practice-based articles, case studies, editorials, original research, "brief" articles, and reviews. All articles will be published online as "open access" – at no cost to authors – and in print. Print volumes are available for individual purchase for a nominal fee.

The Journal of Metaphysical Thought covers a range of disciplines, including metaphysics, consciousness studies, New Thought principles, spirituality, and metaphysical theology.

Article Preparation and Submission

For article preparation instructions, see www.metaphysicalthought.com or email editor@metaphysicalthought.com. Topics in any area of metaphysics, consciousness studies and New Thought pertaining to the issue theme will be considered.

For this issue, submit your first draft by **October 31** to allow ample time for peer review and editing. We anticipate releasing this issue right after Christmas.

These Perilous Times

JOANNA NEFF, MA

In Hillary Rodham Clinton's commencement speech at Yale this past spring, the former Secretary of State said: "The radicalization of American politics hasn't been symmetrical.... There are leaders who blatantly incite people with hateful rhetoric." Clinton's observation helps explain why so many conservatives did not help elect probably the most qualified candidate for the Presidency who has ever run for that office. America's political/social divide does show that centrist Clinton's observation of political asymmetry is as accurate as it is obvious.

The outcome of the 2016 Presidential election also revealed class, racial and industrial differences between Republicans and Democrats. As it turns out, in the post-industrial, largely secular and racially diverse metropolitan centers, the political majority is Democratic. In mostly white, small-town and rural communities long established in agriculture, resource extraction and more traditional manufacturing, Republicans form the majority. However, something more intrinsic, more biological, is also defining the divergence of social and political thought in America. In "Why Conservatives and Liberals Can't Talk,"ⁱ author Ken Blanchard informs us that "Conservative-leaning people tend to have larger amygdalae, the brain's emotional processing center, while liberals generally have a more active anterior cingulate cortex, an area responsible for taking in new information and understanding its impact while making decisions." Trump's victory was fueled by what Pulitzer-Prize-Winning author Chris Hedges calls "the triumph of spectacle"ⁱⁱ—not by Trump's "Crooked Hillary" mantra-incited emotion; in vain, Clinton invoked reason during her failed campaign.

Our country's founders were men of The Age of Reason, and our Constitution is a product of painstaking effort by citizens of a new

nation who sacrificed much to reject the pitfalls of monarchical rule. In writing our Constitution, these classically trained and enlightened minds sought to instill all protections required to sustain Democracy. Washington, Jefferson, Franklin, and others were fully aware of the Greek concept of *metriotes*, "the golden mean," or of taking the ideal moderate position between two extremes. This is echoed in another Greek tenet, translated as "Nothing in excess." And yet, we currently seem doomed to repeat the cyclical imbalance of political polarity, and our current "far-left" faction is just as polarized as is the far-right.

The yawning chasm between our two main U.S. political parties has been created by rabid opinions, often based much more on emotions than on "facts." While at least one cable (so-called "news") station functions as a propaganda arm of our current President, journalists appearing on other cable networks valiantly try to uncover the facts. This creates a wild divergence of popular belief—on both "sides." (Before the Presidential election of 2016, I severed from a friend who told me that if she were to visit someone who had a poster of Hillary Clinton on their wall, she would shoot up the former Secretary's image with a Glock. A self-styled New Age practitioner, she informed me that "Spirit wouldn't want" me to make political postings in my Facebook account. She and her retired husband of the CEO-level golden parachute had drunk the Trump Kool-Aid® and helped elect him in 2016.)

Dear readers, you are not alone if, saturated with polarized bad news, you feel an intense need to blow your referee's whistle and say, "Time out!" You perhaps have longed to stop swinging from one end of the pendulum to the other and have come back to your own inner guidance and said, "Well, wait a minute. *None* of this resonates with me . . . period."

So It Was from the Beginning . . .

Earth is one of the best places to incarnate for beings who want to experience 3rd-dimensional existence. Unfortunately, for eons Earth has been inhabited by shady interlopers from other star systems and even other dimensions. The caveat is that our planet has always been a free-will zone. Because our planet is one of the predominant free-will zones, we have abundant temptations to seek the pleasures of power, pleasure and wealth.

More and more, the dark forces have interfered. Again and again, people's toxic choices have changed the Earth's vibration so that

millennia ago Earth became attractive to the dross of intergalactic beings who have wished to incarnate here. This saturation of lower-consciousness beings has made Earth one of the densest consciousness zones in the many universes—not just in this one. And this is why they Earth keeps attracting more of these entities.

Thinning of the veils between 3rd, 4th, and 5th dimensions is permitting us to evolve (“ascendⁱⁱⁱ”) in consciousness more quickly. Unfortunately, this permeability between dimensions allows deeper penetration by dark-force aliens, who use humans appropriate for their agendas as hosts.

“Now you may wonder about cases of possession, in which it's not just that someone is irritating or destructive—they act truly demonic. There *are* legitimate cases of full possession of a person by negative entities. This may be seen in such severe kinds of mental illness as psychosis and certain kinds of schizophrenia. Here there is an all but total loss of the original personality of the being.

It is also important to know ‘negative’ entities may be passed through DNA as ‘inherited miasmas’ . . . or what you may think of as karmic issues. These you may bring with you into a physical incarnation, or you may (by prior agreement ‘between lives’) inherit them from your parents and their parents, and so forth. It is much like having a ‘predisposition’ to certain diseases like cancer. Although cancer may run in your family and, thus, you may have a *latent* possibility of getting cancer yourself, according to your resonance you have an equal chance of *not* getting cancer. It is the same with ‘activating’ inherited miasmas of the dark entity sort.

You may also ‘catch’ a negative entity the way you ‘catch’ a cold. Again, the mechanism is the latency of the DNA impression or viruses, which exist in your body all the time! (So you see, you're not really ‘catching’ anything.) You say, ‘My resistance was down, and I caught a cold.’ We shall contrast and say, ‘Your resonance changed drastically and you ‘caught’ an entity. Indeed, negative entities can be passed among groups of people just like the flu—for example, among people who have a strong social, and sometimes even ‘spiritual’ bond. Because the latter often are releasing their ‘stuff’ at a heady rate, when they meet as a group they may effectively ‘swap’ entities without being aware of what has happened.”^{iv}

Thus, these seamy meddlers revel in the “politics” of greed and lust. They thrive on power, sexual exploit and vulture capitalism. A prime method these lightless entities and their hosts use to get what they want is to keep people on Earth *dumbed-down*. (“I love the poorly educated.”^v)

Those of us who have been working regularly on ourselves for decades have been reading the many books promising deliverance from these dark ones. If we considered the original publication year of each of these books, we could easily deem them outdated. However, a number of these books have been reprinted as current editions. Unlike daily television newscasts, there remains a foundation of truth in these books, regardless of the publication date.

However, many who once consciously chose an ascension path seem to have forgotten the excitement, revelation, and awakening they experienced when reading books like Solara’s *11:11*^{vi}, Barbara Marciniak’s *Bringers of the Dawn*^{vii}, and the late Joshua David Stone’s *Beyond Ascension: How to Complete the Seven Levels of Initiation*^{viii}. The forecast we’ve been waiting for is what so many New Age authors have called “bringing our bodies to Light.”^{ix} And so, like Godot, we keep waiting for that event to occur in some definitive way.

Why “The End Times” Keep Going On and On

In 2007 I kept hearing, “Time is running out.” I understood that this phrase didn’t mean the end of time but, rather, “the end times.” (Beings in higher realms perceive the end times as the starting point of events—especially physical Earth changes—and the fall of the World Economy, based on millennia of control by Reptilian and other dark-force entities^x.) The end times are said to be the end of their tyranny on the Earth. At that point there is supposed to be a shift of the pendulum, which will take a relatively “long time” in our perception. The end times really will occur when there is an end of the old and the ushering-in of the new. This

is what the Age of Aquarius is supposed to be all about.

Those of us who have followed the many prophets who, during the past thirty years or so, have foretold the coming of a great golden age **are still waiting**. In 2007, I advised a friend who was worried about her physical survival in the times to come: “Well, I remember in 1991 when I moved back down to Boulder from the mountains, I was reading in so many sources that I should ‘Pack light . . . because I will be beamed up’—but I’m still here!” In the meantime, a host of others have gone into the mode of “Yeah. Yeah. Yada. Yada.”

Many of us have grown weary of waiting to be “beamed up,” having been told so many times that our deliverance from 3rd dimension is imminent but finding this not to be occurring. Although there are still channelers who regularly advise us to be ready when “they” come to rescue us, most of us have understandably turned our attention to matters *here and now* . . . on Earth. **Most of us have either resigned ourselves to focusing on our life’s purpose here or are trying to embrace what we have come to understand as our responsibility as incarnated Souls.**

The truth about *Ascension* is that it is ongoing, for it is our consciousness that is ascending. At various times we are already focused in “higher” dimensions. When we are focused totally in one of these dimensions we will be *there*—the way we perceive we are *here*—all the time. In other words, where our consciousness is for the longest period of time is where we “dwell.”

As Below, So Above

The upheavals—politically and socially—and the Earth’s throes expressed in geologic/weather disasters parallel the battles going on in the Etheric realms between forces of the Light (Love-based) and forces of the dark (non-love-based). “The upheavals, the unrest and torment within humanity at this time are the contractions and labour pains heralding a birth

of an incomprehensible, cosmic magnitude.” (St. Germain^{xi}) Authors like Michael Mau^{xii} have disclosed that the “dark-hearts” know their rule and influence on the Earth are coming to an end because this has already happened on higher planes!

The major force that parallels what is going on in higher dimensions is the victory of Light over non-light. The "battles" going on in higher dimensions by the Galactic Federations and the Intergalactic Federations are reflected in what's happening on Earth in our “now” and what will happen on the Earth in our future. The dark ones know they're going to be defeated by the Forces of Light. Being “evil” as they are, they will try to take as many out with them, and keep as many down, as they can, before they are finally ejected from the Earth plane.

The Problem of “Time”

The human mind in third dimension often questions how there can be entire, apparently linear, "histories" that we can study, like the Middle Ages, the Renaissance, the Victorian Era. Why is it that simultaneous existences *seem* to be linear? If they're simultaneous, then how can we read in history books that *this* age occurred first and *that* age occurred next? In the rules of 3rd-dimensional reality there is TIME, and there is the restriction of 3rd-dimensional understanding. In order to make that play out for us as convincingly as it does, there need to be some "bleed-throughs" of other multidimensional existences. For the most part, we receive only those of the "past," because our belief structures (at least, until more recently) have not so readily accepted that we can access "future" events the way we access "past" events.

Of course, from a perspective beyond 3rd dimension there is no difference between past, present and future. It is all fluidly in the *now*. In the rules where our consciousness is focused, however, it is necessary for there to be a bleed-through in a linear fashion so that we have some sense of time passing—some sense of a "chronological" history, so that we can experience a

relationship of the past in a progression. This progression *seems* to be chronological and developmental, or else these rules would simply disappear, and we would not have the structure we need to learn the life lessons that we have incarnated here to learn. Thus, our reality is a sort of holographic creation, a sort of psychodrama, if you will, with this rule of time. If we did not have a sense of starting somewhere and progressing and coming here, then it would not work in this way.

“Time is the space between memory and anticipation.”^{xiii}

In his recently published book, The Order of Time, theoretical physicist Carlo Rovelli establishes that our sense of continuity and chronology is merely a story we tell ourselves so that we can make sense of our existence. He writes, “Time is the form in which we beings whose brains are made up essentially of memory and foresight interact with our world: it is the source of our identity.”

Given these understandings, it is hard to explain why forecasts of accelerated time have come true. The way we perceive time is one way, but actually time “bends” or “warps” or is “malleable.” This points to Quantum Physics. But the *acceleration* is real. Clients have been mentioning for some years now that time feels strange: sometimes it is accelerated and sometimes we ask ourselves, “Was it only an hour and fifteen minutes? How did I get all that done in an hour and fifteen minutes?” Or conversely, “Why did it take me four hours to do one tiny thing?”

Back in 2003, an adept spiritual friend taught me how to ask for a “time warp” to get me somewhere on time within impossible time constraints. For example, I need to catch a plane by a certain time, but I know I need 15 minutes more than I actually have to reach my

destination on-time, and safely. Even though the clock's time indicates I have only 25 minutes left to get to the airport, while operating within the time warp, I get there almost exactly at the time I requested—*by the clock*. In 2010, a well-known spiritual counselor from California shared with me that “an hour is now forty-five minutes.” My own perception, eight years later, is that an hour is about thirty minutes, but not by the clock.

Why Masters in the Etheric Haven't Swooped in to Rescue Us

It is difficult for Higher-Dimensional beings to get in-synch with Time because they are not bound by Time or Space. The great Light Ships so often seen in Sedona arrive through inter-dimensional portals, not spatially. (I have often wondered whether crop circles are not only consciousness triggers for us but also “registration patterns” to allow these travelers to establish time/space synchrony with us on specific energetic gridlines that gird our planet.)

The Etheric Masters can track what's going on “here” most directly through us—through our talking with our High Selves, spirit guides, guardians and angels. In order to do anything regarding 3rd dimension, Etheric Masters must do a lot of calibrating, and re-calibrating, because there is no time or space “where they are.” Just when it has seemed as though it was “time” for us, *en masse*, to go through established dimensional portals for ascension, then something else has happened. Then more recalibration had to be done. There have been innumerable dress rehearsals for when these light ships, and these Great Beings of which we are now conscious, have come in to help us. Each time they have seen that there is a more optimal “time,” location and something else. Indeed, there have been multitudes—maybe even millions—of re-calibrations and dress rehearsals going back-and-forth . . . “Is this the optimal moment. No.” Now it is closer in the future as we look at it, but all these innumerable attempts

to help us have been made before now and have been found not to be optimal.

The import of all the various dress rehearsals is that our etheric helpers are getting the calibrations closer and closer to the point where they will then be able to act. “Closer and closer” would be “sooner,” in our experience, than later. The more conscious we are of what is happening “here” and “beyond,” the more the calibrations can become precise enough that our “beam-out” can occur.

What Should *We* Do?

We can accept not only that “time” is an illusion but also that our whole external reality is an illusion—a vast holographic creation of which our physical existence is but a miniscule part^{xiii}. But there's an upside: **We will always have consciousness**. Back in 2005, Bruce Lipton stated: “I was exhilarated by a new realization that I could change the character of my life by changing my beliefs.”^{xiv} Indeed, consciousness is all; what we are not conscious of is virtually useless to us.

Regarding spiritual growth there is no “coasting” at any level. Because we live in the density of our physical bodies, this infinite sea of changes often seems intolerable. The rebellious human brain and ego long for us to escape to Pango-Pango, where we can lie on the beach and drink piña coladas. However, we would do well to look at what is beneath our own emotions, to look beneath what our minds are saying about our relationship with other people. This new gestalt can form when we move from duality to experiencing Oneness more of the time. For example, the mind always says, “We are separate.” The mind says, “Here's what I'm like. Here's what you're like. Here's how we're different. Here are the things I like about you. These are the things that irritate me about you.” And that is separation. That is why judgment separates. Judgment assumes that you are different than I am. And then there exists a sort of interesting sidelight of *projection*: I say that you

do it and that it irritates me, but it is something I do too.

Too many people seem to base their relationships on how similar they are to others. This clannishness (recently dubbed as political “tribalism”) makes people of weak egos feel good that they have this sort of “twin” out there. But real love acknowledges another for exactly where s/he is. When I relate to you with love, I am not thinking, *Now he's saying this but he's really thinking that*, or *I think she ought to wear a little more makeup to enhance her looks*. Love really has to do with totally focusing on other people and listening to what they say—and being interested in what they have to say—without judgment. These are areas in which we may start to shift out of a purely mental or emotional domain and into just experiencing another person's *being*. Doing this is difficult for people who are used to relating to others largely via established societal or political mindsets.

By the same token, if we focus only on physical survival, then we're bringing ourselves back into 3rd-density consciousness. Because the ego is our primary tool for surviving in 3rd dimension, our mental body is saying through our ego: “How am I going to survive?” When I lived in Boulder I told my friends who were reading the same books as I—and who were going into the same mode: “Why are you focusing on your physical survival? You know that after death your soul goes on. Wherever you are in your spiritual development by the time you go through transition in this lifetime is going to determine where you go next.”

We can say: “I am letting my consciousness, now, start to leave its absorption here. Yes: I'm still in a body so I'd better stick around in it. But I am not exhausting so much of my focused consciousness here. I'm spending more of each day in 5th-dimensional consciousness, where Love is the center.” We can continue to make ourselves ready—by discarding and releasing all that is standing in our way so that when that moment arrives, when all the calibrations are agreed upon as exact, we will be

ready to go. It doesn't matter if it is tomorrow, or a month or five years from now, or in a future lifetime.

Heavenly help is always at hand. We need merely ask ourselves what is standing in the way of our growth and then relinquish whatever that is. We can say: “Okay. I can't verbalize what ascension is, and I don't really understand it,” and yet we can still be aware of its reality. In that moment we leap, and in that leap we have made more progress than we would have in running out to buy *The Keys of Enoch*^{xv} because someone told us this book would be the “vehicle” of our ascension. In that leap we could say: “Okay. I know I'm here, and I know that a book is not going to take me ‘there’.” And when we reach out from our hearts sincerely, earnestly, respectfully to our spiritual guides with committed intention, their hands of light will come toward us and pull us to the higher Light.

All these consciousness transitions will occur according to our Soul intention. Therefore, why should we not focus on the highest-possible goal for ourselves, which must necessarily be according to our Soul intention—not our ego intention? It is difficult *not* to succumb to such thoughts as *How can I complete my work if my body dies?* Maybe we've done the best we could, the Earth changes take place, and physically we don't make it. All this will happen according to our Soul intention anyway, and so we really will have completed our Earth mission. What we can “take with us” at the end of our days are the “*spiritual* brownie points” we've earned—not material possessions or political victories. Thought is faster than the speed of light, and we're moving from molecular-mass beings to purely energetic beings. This will enable us to advance from doing to *being*. As long as we remain committed to our spiritual growth and keep going higher and higher, the rest will take care of itself.

About Joanna Neff

An experienced editor, published writer, and college educator, Joanna Neff, M.A., is the author of *Soul Retrieval: Return to Wholeness*, first published in 2003. Doing energy healing work for more than 25 years, she has more than 1,300 clients in 45 American states and in 52 countries abroad.

While living in Boulder, Colorado, for almost three decades, Joanna took advantage of this hotbed of alternative healing inspired by “New Age”/Old Wisdom practitioners. In what she describes as “a 19-year apprenticeship,” she studied with masters in Boulder and beyond, and learned their advanced healing techniques so she could offer them to others. Also a teaching Reiki Master and Master Dowser, Joanna currently conducts distant-healing sessions from her home in Largo, Florida. For more about Joanna and her work, visit: www.melora.org.

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- xvi J.J. Hurtak, Ph.D., *The Book of Knowledge: The Keys of Enoch*” (Los Gatos, California: The Academy for Future Science, 1987). In the late 1990s a colleague proclaimed that if I really wanted to ascend, I should read *The Keys of Enoch*. I looked for a copy in Boulder’s Lighthouse New Age Bookstore, and the first thing I noticed about the 620-page, hard-bound book was its fifty-dollar price tag. After I had slogged through the first chapter I closed the book with a loud thump. I thought: *I’ll never live long enough to read, much less understand, these chapters!* In my despair I asked my inner guidance whether I could still ascend if I didn’t read this barely fathomable tome. To my relief, I heard: “There are many paths to Ascension.”

Editor’s Note: *In some of the preceding endnotes, the author included early publication dates to show how long ago certain books first became available to the public and to provide context.*

The Power of Forgiveness to Heal Relationships

JENINE MARIE HOWRY

ABSTRACT: The power of forgiveness can heal any relationship from friendship to marriage and as a foundation can reveal the true God power of love within one's self. This paper claims that forgiveness in relationships can eliminate judgment, fear, anger, and blame, leading to the true love that reflects God's Universal nature, and how forgiveness heals us all.

BACKGROUND

The research in this paper is comprised of the ideas and works of authors such as Marianne Williamson,ⁱ J. Donald Waltersⁱⁱ, Gerald G. Jamplosky,ⁱⁱⁱ Anthony De Mello,^{iv} and Jaquelyn Small.^v The study of their contributions reveals how healing through forgiveness, as a part of love, can be found to be the highest power known. Also, that a return to pure God love makes all the difference in the forgiving process.

This paper will explain how the use of positive and affirmative thinking can contribute to a more forgiving mindset and how it works within us to shift our perspective from an angry negative one to a more softened and loving one. In addition, the role in affirmative meditation plays in forgiving others and reinforcing it into our Higher Mind.

This research also reveals that the marital relationship is one which forgiveness can be learned even more profound due to the closeness of the relationship itself, and the karmic ramifications that need the forgiving' touch in order to stop the cycle of having to learn better ways to interact with one another. Without learning we are destined to repeat our errors.

Another important focus of this research is the discussion of how the hot pursuit of mindful and heartfelt peace is an important slice of the puzzle when dealing with other's offenses toward us. How we choose to see others, their position in our lives, and in Universal Consciousness plays an important role in learning why we all need to find our way toward a more loving and forgiving humanity.

In a world where so very few things are definite, one higher truth that we can always count on is that forgiveness heals individuals, relationships, and humanity. Without it, we are an angry and bitter person, we lose precious relationships, and become a hardened society. It's the part of Higher God Love that can never be separated or sacrificed. The act is not always easy, but necessary to keep peace on our planet, in our connections with one another, and in our own hearts.

In her book, *"A Return to Love: Reflections on the Principles of a Course in Miracles"*, Marianne Williamson explains, "To forgive is merely to remember only the loving thoughts you gave in the past, and those that were given you. All the rest must be forgotten."ⁱ In this statement she reflects the nature and character of a God that chooses a form of selective remembering. We can consciously choose to only remember the good things about an individual, a situation, or even ourselves. Letting go of other's transgressions is a high act of God which places them in a realm of the past which no longer exists.ⁱ

Williamson further explains we can make a conscious choice from the very beginning to only see the actions and characteristics of others which reflect the good inside of them. In this we automatically eliminate the need to forgive anyone. To continually look at the wrong parts of a person is to walk according to our ego self and not our Higher God Self. In always making the choice to see the best in others we become a contribution to humanity.ⁱ This is made possible because we are all connected as one in consciousness. This is a great act of love and

healing. As Marianne Williamson teaches, “The practice of forgiveness is our most important contribution to the healing of the world”.ⁱ

What would be the alternative? It would be to walk in unforgiveness which keeps us captive to the things of the past. The past can become a prison, dark and devoid of any God Light we could contribute to others and to our world. Williamson explains that our wounds need air to heal. To hold them captive, along with those who inflicted them, is to hold ourselves captive as well. There is only one possible way to keep this from becoming a problem and that is to actively pursue forgiving others as a passionate form of service to human kind.ⁱ We can see that in this we find our high calling; our way to bring more God Light into this world and to help heal others. When looking at forgiveness in this way, it becomes an easier endeavor. We are challenged to walk according to our Higher Self and reflect God within us.

To conclude Williamson’s thoughts, to forgive is to give the gift of release to others. We release them from the past which now only exists in our minds. We release them from shame and guilt from transgressions or actions they might have regretted.ⁱ According to Dr. Paul Leon Masters, founder of the University of Metaphysics and University of Sedona, we also release ourselves from the hurt and pain which came from the human part of another being. In activating this release, we become a conduit of prosperity and of the miraculous for ourselves and our world. In the words of Dr. Masters, “When practicing forgiveness, we add to our mental prosperity. By having a forgiving heart and mind we keep our minds clear of unwanted anger or hateful thoughts which darken our view of ourselves and the rest of the world.”^{vi} This affirmative practice must become a part of our everyday living as Dr. Masters teaches. He encourages us that affirmative meditation can hold us closer to our Oneness with God, keeping our hearts open and clear of negativity.^{vi}

Dr. Gerald G. Jampolsky agrees that forgiveness hinges on God’s character to have an active form of forgetfulness when it comes to transgression, and when choosing this same character, we are acting through our Higher God Self. In his book, “*Love is Letting Go of Fear*”, Jampolsky expresses some of the same heartfelt ideas as Williamson in that our choosing to forget as God does, we also release the past, therefore the transgression lives no longer. The past can only hold us captive within our minds, so therefore if we are not thinking of certain actions they technically no longer exist.ⁱⁱⁱ He continues to express to forgive is our ultimate key to happiness in our lives. When practicing forgiveness, we take the person off trial in our minds.

Instead of walking in condemnation of the individual who has caused us anger and pain, we can choose forgiveness to cleanse away our misperceptions of another person and see only the good in them. In this action, we also return to love as our focus. “We need to remind ourselves continually that Love is the only reality there is.”ⁱⁱⁱ This being true, then forgiveness, as a part of love, is also a part of the only reality. Also, by taking others off trial in our minds, we take ourselves off trial as well. In the context of our Oneness, we condemn ourselves when we condemn others. This leads us to walk in darkness and not the light of God within us.

While active forgetting and returning to love is a profound miracle, Jampolsky believes that our first and foremost goal in the process of forgiving is to pursue peace. His claim is when peace of mind has been achieved then forgiving others is easier as it will bring greater acceptance and appreciation of the person in mind.ⁱⁱⁱ To meditatively and in a heartfelt way see another person in the light of pure Love not only brings healing to them but also to ourselves. He believes that pursuing peace is the most powerful way to begin any process of forgiving others. “Other people do not have to change for us to experience peace of mind.”ⁱⁱⁱ If we wait for others to change to have peace, it

most likely will never happen. Our lives were never meant to live according to other's thoughts and feelings but to live from the inside out and project what we have come to know and experience.

Living in a world that is continually creating dividing lines and labeling everything, it's easy to label people according to their actions. We certainly can see this being acted out in some of the racial disharmony or judgmental bigotry these days in the United States. Often, we don't even take the time to get to know someone or their motives and automatically assume we know what they think or how they think. Anthony De Mello writes so eloquently concerning labeling others in his book, *"The Way to Love: The Last Meditations of Anthony De Mello"*. We can label someone a sinner or a saint depending on how we perceive their actions without considering that they might not be aware as to what they are doing. Sometimes people act out of ignorance because they have not learned that something is wrong. De Mello suggests we see others in a state of ignorance first before we automatically label them a "sinner". "No one can sin in the light of awareness."^{iv} Once we become aware of something we cannot become unaware of it, so therefore we are then responsible for our actions, thoughts, and feelings. Judgement and unforgiveness become harder in light of this information.

De Mello likens acceptance of others as a lamp that shines its light on everyone. The lamp has not labeled anyone good or bad, right or wrong. It just shines its light. In the same respect he mentioned a tree and that it provides shade for anyone who chooses it. The tree never decides to withhold its shade because it perceived someone as wrong or bad.^{iv} Just like the light and the tree, we also should learn to walk in forgiving acceptance. Our light that comes from God inside of us is meant to shine upon those who are acting in a good way or even in a bad way. Forgiveness gives us the power to

shine upon others where we might not otherwise be able to.

We are all in a process of learning. When taking into consideration that we can make mistakes unknowingly, it is easier to understand when someone else makes one. Not everyone is vindictive and does things purposefully to hurt others. It would be best to consider that most people have the best of intentions instead of the worst. Dr. Paul Leon Masters concurs with De Mello, "People do not always know or understand they are being cruel or doing something wrong. It is most beneficial to believe the best in someone and to forgive them immediately. Give people the benefit of believing them unenlightened in an area instead of being quick to judge."^{vi} These are wise words to live by. Misunderstandings can be the focus of many a family problem, romantic relationship issue, or even world wars. It's almost as if the nature of people is to expect the worst and think the worst. This should not be so if we are to walk in immediate forgiveness, not to mention what we focus on becomes bigger. Therefore, if our focus is on a person's shortcomings first then that is what we will always see.

Jacquelyn Small speaks of the co-dependent relationship in her book, *"Awakening in Time: The Journey from Codependence to Co-Creation."* According to Small, codependent relationships are those which are bonded in human dysfunction and is considered a soul crisis.^v Often, they are characteristics handed down from family lines and ultimately, we find ourselves involved with those who reflect our life we spent with our parents and even more distantly, from past lives. The author believes our task at hand is in transforming our minds. "In order that our lives to be transformed we must learn to become the master of our Higher Mind. The way to enlightenment and to transformation is through the continual renewal of the human mind."^v

Part of the mind renewal is forgiving. Small expressed that forgiveness is a power given as a gift to one's own self. It is our heart that must

process and let go of judgements we hold against others who have done us wrong.^v She teaches is not our job to fix others, but to let them go and allow them to experience their own journey. Forgiveness does not let the other off the hook for what they have done but it releases ourselves from the pain of their actions. Small elaborates that to do this, we must die to our judgements and what we think is our right to hold onto the pain another's actions have caused.^v In this process we are free. Our adversary must walk their own journey out themselves. This never means we agree with what they have done. We forgive the person and forget the actions. We maintain the lessons we have learned from the experience. In the same respect we must also remember that forgiveness is to be extended to one's self as well. It is the only way our hearts can heal and move onward with a heart open instead of one which is bruised and closed.^v An open heart is a receiving heart and one which embraces life and others instead of shutting them off.

J. Donald Walters expresses forgiveness in the context of marital relationship and marital love. In his book "*Expansive Marriage*," he also sees the pursuit of peace as the ultimate path to forgiving others, especially our marital partner. He states, "If it is your partner who is upset, you be the peacemaker."ⁱⁱ Working through issues as a peacemaker already establishes that we have chosen to forgive without blame or re-examination of the issues. Walters adds that showing gratitude toward our partner helps our marital partner feel appreciation.

Appreciation is a great human need and shows that we value the person we are interacting with. It is very hard to hold judgements against someone when we are pursuing peace and gratitude toward another.ⁱⁱ Judgements, as we have seen expressed by other authors, are what keep forgiveness from being possible. "Be slow to judge, but ever quick to forgive."ⁱⁱⁱ It is very clear that Walters sees marriage as the perfect relationship in which to exercise forgiveness. He feels that within the marital

relationship we can experience the breaking of the bondages that have trapped us into living through our ego. Marriage is the greatest place to heal and become whole as we consciously work toward living according to Higher God Mind, leaving ego behind us.ⁱⁱ

In his book of affirmations, "Spiritual Mind Power", Dr. Paul Leon Masters affirms, "I understand that a true soul-mate is someone who is quick to forgive me, and I them, for whenever either of us has erred."^{vii} In this practice we also show a form of divine forgetting as we choose to walk according to our Higher God Self and not by our human ego. He also offers a meditation which takes us from the ego mind to God Consciousness, "Through my daily practice of meditation, I reawaken to the eternal reality of my ultimate Christ selfhood in God."^{vii} An individual who is walking according to their Christ selfhood is one who is forgiving and loving. We can be a healer in our own right as we interact with our loved one in relationship.

According to author and angel reader, Doreen Virtue, we often come back from past lives and enter relationships to settle our differences.^{viii} She interjects that forgiveness of one's self for ignoring red flags regarding the relationship to begin with, for ignoring guidance, and ignoring red flags about the person involved is important. She adds that we often come back together from past lives to forgive one another as well. This has less to do with what happened in the situation than it does in releasing anger and hostility toward the other person which hinders ourselves from growing in love.^{viii} Healing our past lives from hostility can draw healing into this life and stop the karmic circle in any relationship. Forgiving ourselves within relationship for the mistakes we have made in our choices is a huge step toward making better choices. Not every relationship choice is going to be for our highest good. Some can be very detrimental to our health, physical and mental well-being. We see this in so many abusive marriages and relationships which come together for all of the wrong reasons.

Their lessons can be hard and harsh. Forgiving one's self for the wrong choices can be just as healing as forgiving the one we chose and who chose us.

DISCUSSION

Each author in the literature review of this paper agrees there is a component of healing that comes along with the act of forgiveness regardless to how it is approached. Each has a profound idea of how forgiveness assists us or how the lack of it affects us in the wrong ways.

Marianne Williamson equates the effect of forgiveness on a broad scope to the point where the act can bring world peace. Forgiveness is a part of true God love which brings compassion to our world through the truth that we are all one in consciousness. Seeing forgiveness as a high act of love this statement rings profound, "And what is the highest internal law? That we love one another. Because if we don't we will all die. As surely as a lack of oxygen will kill us, so will a lack of love."^{vi} Our world endures enough without more unforgiveness imposed upon it. *The Holy Bible: New Living Translation*, tells us that our world has been going through pains which are like a woman in labor during childbirth. "For we know that all creation has been groaning together in the pains of childbirth until now" (Romans 8:22).^{ix}

Our earthly and human evolution depends on the healing that forgiveness brings into our world. We have witnessed through history how battles have begun. Usually they happen starting with the opinions of one who operates in ego and has some form of high office in government or in command of an impending battlefield. Every battle or war began in someone's mind who has been bent on enforcing their own ideas upon others. When we walk in this type of ego we bring disharmony with everyone we encounter. It is not our job to figure out if someone else's view is right but to find acceptance within every interaction.

The renewal of our minds as individuals is so important for healing in many ways.

Jaqueline Small expressed that the true way to enlightenment and transformation depends upon becoming the master of our Higher God Mind.^v *The Holy Bible: New Living Translation* also has words of wisdom regarding the renewal of one's mind. "Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect" (Romans 12:2). Jampolsky echoes, when peace of the mind is achieved then forgiving is easier. He believes that it is the mind which keeps us stuck in the past and to our past traumas.ⁱⁱⁱ If there were to be any place to begin to forgive it would be to bring more peace to the mind.

A person who is unforgiving is rigid and has a closed heart. Closing off our hearts will close off our lives as well. In closing our hearts, we push others away from us instead of drawing them near. It is my personal opinion that we are all about relationship. No evolution of our souls can take place without our hearts remaining open to others and other's ideas. This depends on forgiving them when they hurt or harm us in any way. Although it is not as simplistic as these statements might sound, it is easier when we realize what is at stake for us. Do we really want to close ourselves off, to add harm to our bodies, to pollute our minds, or to act harshly toward ourselves and others? We should all remind ourselves that our own personal well-being is just as much at stake as anything that might occur to others we might encounter in relationship.

In his article, "*Tools of Personal Transformation: Forgiveness*", Deepak Chopra states that considering forgiveness of others in relationships is a good practice, and to consider whether forgiveness is coming from ego or from a good energy that is being sent forth in order to release one from hostility and anger. One of the best ways to heal from an offence is to activate forgiveness.^{ix} He goes on to explain that when one is unforgiving it is likely they are

operating from a desire to hang onto hostile feelings toward someone. Sometimes this comes from a desire for vengeance upon them. Unfortunately, according to Chopra, holding onto hostile feelings can have a serious affect upon a person's body. We know how important it is to forgive someone when we realize we are mind, body and spirit.^x Far too many suffer from physical ailments they cannot explain simply because they allow their ego thoughts to run rampant in their inner lives. If we only could instantly see what negative emotions do to our bodies, we might be more apt to be more loving with one another. Taking this thought further, we can inflict physical harm upon others by harming them in their minds and hearts. Judgement can be a killer of not only the soul but the body as well.

When Walters speaks of personal relationships, he considers seeing the good in others.ⁱⁱⁱ We all carry good inside of ourselves. It is so easy to focus on the harsh parts of a person or their short comings. Many marital issues would be more easily solved if we could only all adopt this practice. If we struggle with seeing good in others as a person, then maybe we certainly can attempt to see good in any difficult situation. *The Holy Bible: New Living Translation*, agrees "And we know that God causes everything to work together for good of those who love God and are called according to his purpose for them" (Romans 8:28).^{ix}

We might not be able to agree with a person's actions, but we can separate the person from the deed and see them as one whom God has called according to His purpose. We also should try to believe that even in a person's faulty actions there is good that can come of it if we choose to look for it. It bears repeating that what we focus upon the most is what becomes bigger in our lives. If we choose to focus on the good in others and their actions, then that is what will become larger in the life we live. We can see the harsh feelings melting away in the light of good things as we make the choice to see them. Our focus upon what we perceive as

wrong can only serve to harm our body, mind and soul, by inflicting our own stress upon ourselves. Also, focusing upon what is wrong as a person places us in the position of judge and jury when it comes to assessing their actions. This takes away from the grace of God and the active forgetting that Williamson has spoken of. If God lives within us and can look at what is good, forgetting the past and what is not good, then we can walk in our Higher God Self, shall we choose, and see what is good through active forgetting and grace.

De Mello echoes the same main idea in the choices we make as to how we might label another person either as a sinner or a saint.^{iv} His thoughts are upon focus and what we choose to see in another person. Surely if we desire to heal then it is depending upon our choice to see others for the good they bring, or we can choose to focus on what is not good. Either way, our judgement is opposite of forgiveness and could never bring anything other than stress and even illness. Not living life in ease can cause disease, or disease. We can choose to walk in Higher God Love or not. Choosing higher living is to choose love and to choose life. This becomes especially profound in marital and karmic relationships.

Dr. Wayne Dyer has an interesting prospective regarding forgiving someone who has hurt us. In his article, "*How to Forgive Someone Who Has Hurt You in 15 Steps*", he makes the point that there are many ways to activate and support forgiveness for one's own relationship health and to walk in higher God Love. What Dr. Dyer suggests is moving onward to new things in life, take personal responsibility for one's own personal actions that might have caused the issue, to focus on staying connected to one's Higher Self. Dyer writes, "When you give up interfering and opt instead to stream like water, gently, softly and unobtrusively, you become forgiveness itself."^{xi} What an awesome thought, to actually "*be*" forgiveness!

Moving on in life is an amazing suggestion toward the act of forgiveness. Sometimes it can

be very hard to forgive even though we might be really trying. Putting some space between the issue and the present moment helps a great deal. After all, the issue is already in the past and the present moment need not be interrupted by past experiences. Distracting one's mind with new things can certainly help in renewing one's mind. His second point is even more profound. Can we consider that the issue might be our fault, or that we have a responsibility in taking part in something that has caused pain between two people or others? Seeing our part in any situation takes humility on our part. This means walking in our Higher Self, as Dr. Dyer has pointed out. A wonderful goal in life would be to become forgiveness itself. This gives me the image of walking in pure God Light, with a humble heart, and the strong power of grace and healing for others and ourselves. This is how Jesus walked: with grace, forgiveness, and healing. They all seem to go together and are a powerful trio! What an amazing goal to work toward as we adventure through this life!

CONCLUSION

Can we create healing for ourselves, others, and in this world through forgiving? Even more profound, can we be the healer? In concluding this paper, the answer is a definite "yes"! Even in the words of Dyer we can "be" forgiveness.^{xi} This means a willingness on our part and an understanding of how each of us can do this on a regular basis.

According to the research presented in this paper we can all heal ourselves through forgiveness and leave the past behind us. The past is all but an illusion in our mind anyway, to only learn from, but not to live in. We can heal others by forgiving their past and releasing them from their transgressions. We can even bring healing to the world which is a High act of God for ourselves and all humanity.ⁱ

Just as love is, forgiveness is a learning experience. To not forgive is to act in judgement, therefore forgiveness eliminates judgement as an opposite. To live in conscious forgetfulness

is to release anger and blame. We no longer hold an individual or situation hostage nor do we place them on trial.ⁱⁱⁱ This is an amazing act of healing for both ourselves and any person. To be released from this prison is to be totally free. Only anger, judgment, condemnation, or hatred, can stop us from walking in love if we choose to hold on to the energy they present.

We have seen that not only letting go, but to also decide to see the good in others instead of what is not good, therefore forgoing the need to forgive in the first place.^{iv} We have a conscious choice as to what we decide to focus upon: light or darkness in others. Forgiveness is a power that brings peace to the soul by releasing what no longer serves us. It is the part of love that brings God's grace to our planet. In this, we are healers, peacemakers, and the light of God to a thirsty world.

Forgiveness is not magic, or rocket science, but a miracle! It is the demonstration of God living "within" which results in a release that places dark things into God's Light.

Forgiveness is a return to innocence in every extent of the word. Just as Marianne Williamson expressed, "Love is what we are born with. Fear is what we have learned here,"^{vi} As a part of love, the ability to forgive is what we were born with also. Look at the actions of a child. Children have an innocent ability to be upset one moment and then forgive without a thought. One moment a child might quarrel with a playmate and then the next be quietly playing together with laughter and joy. Isn't this what God desires for us: to live in passionate joy on the playground?

We have discovered through the work of J. Donald Walters that the marriage relationship is also an incredible place to learn forgiveness and its power.ⁱⁱ His ideas are echoed by Doreen Virtue, to help us get past karmic situations where anger and hostility have held us captive.^{viii}

As we are in our human state, forgiveness, along with love will always remain our healer that we can count on. Whether in marriage, friendship, with family, or in situations of this

world, we are all lifted higher in consciousness and released from bondages within the power of forgiving as a gift from our Creator.

About Jenine Marie Howry

Dr. Jenine Marie Howry's education and experience span over 10 years. Her deepest desire is that all individuals experience transformation as each one explores new alternatives in order to achieve balance, success, and healing.

Dr. Jenine is the former founder of The Lilac Center for Healing and Enlightenment in California and creator of Jenine Marie Coaching and Ministries LLC in Texas. She is in process of spring boarding a new project in the state of Texas she calls "Serenity" where clients can receive a multifaceted healing experience from various trained professionals and practitioners.

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The Misunderstanding between Schizophrenia and Clairaudience

PHILIPPA SUE RICHARDSON

ABSTRACT: This research focuses on Schizophrenia and Clairaudience that is part of doctoral research for a Doctorate of Metaphysical Sciences at the University of Metaphysics. The mental illness known as Schizophrenia has been known for centuries. There are various symptoms associated with this mental illness upon which a diagnosis is based. The exact causes of the mental illness Schizophrenia remain unknown, as does the actual part of the individual which is effected by the illness. The most prominent and definable symptom of Schizophrenia remains to be auditory hallucinations. Another explanation for individual's being able to hear voices, is that of clairaudience, a psychic ability. Clairaudient ability has a positive connotation upon the ability to hear voices, whereas the diagnosis of Schizophrenia is most commonly treated with pharmaceutical drugs to reduce or eliminate symptoms. This paper involves information about Schizophrenia, how it is perceived and treated. It also discusses various views of clairaudience, and how it is effective and manageable. A new approach is required to the medical industry when individuals are being treated for a diagnosis of Schizophrenia.

BACKGROUND

This article came about through researching for a dissertation for the Doctorate of Metaphysical Sciences at the University of Metaphysics. The dissertation will include considerably more references and research. This brief article is from preliminary research, as findings were of great interest to the field of metaphysics and should be shared.

The topic is an important one to explore the alternative view of traditional medical diagnoses to a more spiritual and even shamanic approach, just as Joseph Polimeni has done. By exploring the definitive symptoms and traits of clairaudience and schizophrenia, similarities can be drawn, and important questions are raised. As there are so many people effected by schizophrenic diagnoses, and ineffective treatments remain heavily drug based, a new approach needs to be taken.

Traditional medical views of schizophrenia see it as a burden and are incomprehensive and not agreed upon across the medical industry. In the community, schizophrenia is also stigmatized, misunderstood and even feared. Schizophrenics are often associated with violent or erratic behavior. Once thought of as a split

personality, the understanding of schizophrenia and those diagnosed with it, has changed over time.

Joseph Polimeni describes the 'Schizophrenia Paradox' as schizophrenia's defining features which are not agreed upon by the traditional medical industry. That the system or determinants of diagnosis of schizophrenia are not universal, coherent or acceptable to the whole medical community. Polimeni states that there is a need to offer a new belief system around schizophrenia. This paradox of schizophrenia is used in my discussion.ⁱ

It has also been suggested since the 1960's, by Thomas Szaszⁱⁱ and others, that schizophrenia and many other psychiatric disorders are in fact not (or not entirely) medical diseases. That there are other ways to assess the symptoms of people who have been given a traditional diagnosis. The Psychiatric focus for treatment of schizophrenia has been on drug-based treatments. This therapeutic Intervention type has been around since the 1950's and drug-based treatment is now routine for diagnosed schizophrenics.

Clairaudience is not widely written about on its own, but rather grouped amongst the

clairvoyant abilities or psychic abilities and is therefore somewhat difficult to research. The ability to hear voices has long been associated with spiritual ability including shamanism, and spirituality gives a much more positive view of this as a gift not a burden. Clairaudience Is one of the many psychic gifts people possess. It is an ability which can be developed and grown if nurtured.ⁱⁱⁱ

Clairaudience is described by Pete Sanders as Psychic Hearing, like what you hear inside your mind when we self-talk, an inner dialogue. Sanders also associated clairaudience with telepathy, an inner hearing in words not images, as the voice within provides inner guidance. Sarah Wiseman^{iv} also uses the term Psychic Hearing, like accesses a direct connection to the Divine. These definitions are what the following discussion is based on.

DISCUSSION

Schizophrenia is, according to Alex Rice, one of the easiest psychiatric disorders to misdiagnose, due to the complexity of the brain and our lack of understanding of it. It is an illness typically diagnosed in the late teens to early twenties, with symptoms including psychosis, delusions and hallucinations. It is also an illness which affects the brain and how it perceives the world.^v

The main symptoms of schizophrenia have been thought by many to include delusions, hallucinations, including auditory hallucinations or hearing voices and disorganized speech or behavior. These symptoms are not limited to just schizophrenia but are also the symptoms of several other mental disorders, providing questionable means of diagnosis.

Those living in faith and religious communities offer a different view of the mentally ill. It has been said that spirituality and religion have no place in therapy for mental illness. Yet for centuries religious communities have taken care of mentally ill individuals. Boisen believed that schizophrenia could be understood as an attempt to solve the problems of the soul. The

medical Industry often does not take into consideration these beliefs or notions.^{vi}

Current drug-based treatments are aimed at decreasing the symptoms, including reducing or stopping delusions and hallucinations. There have been many cases of schizophrenia which suggest the individual was at risk of causing harm to themselves, but not others. Psychosis is also a symptom of schizophrenia, where individuals may suffer one or more episodes throughout their lifetime. Drug-based treatments are often aimed at decreasing the likelihood of psychosis.

In current research it has been shown there are numerous benefits to including religion and spirituality in the treatment of schizophrenics. These treatments have shown improvements in people's motivational levels and wellbeing. Further research would need to be conducted to determine the definitive effectiveness of treatments and alternative approaches.^{vii}

For a clear understanding of schizophrenia's context and its dynamics, we would need to look in to the studies of evolution, natural selection, medical history, anthropology and alternative views including those of the shamans and psychics, throughout history, and the cognitive science behind spirituality.ⁱ

Clairaudience is defined as the psychic ability to hear words or language inside the mind, from a source other than the individual hearing it, but just like how the person would self-talk or talk to themselves inside their own mind. This voice may be described as a person's higher self, or your subconscious, the voice of God, the Universe or All. It may also be the voice of Angels, Spirit Guides or other entities.^{iv}

Once a person has experienced clairaudience they will be transformed in many ways, spiritually, mentally and emotionally. One of the most common problems with clairaudients is that they struggle to understand the meaning of what is heard. This puts them in a state of confusion, easily mistaken for delusional beliefs or disorganized behavior.^{iv}

The voices, as they are described as, can be diabolical or divine, male or female, with infinite kinds of messages which can be disturbing or a nuisance to the listener. These voices and their messages are said to come from the Divine, God, Source or the Universe and can answer an individual's most pressing questions, like what is their soul's purpose or how do they heal themselves from the past.^{iv}

This phenomenon occurs globally and often the geography of a person affects their experiences. Some people naturally have stronger abilities of clairaudience than others, and this ability is often more present in writers, readers or people good with language and communication. This ability to hear comes from opening the mind's ears to receiving messages from the Divine.^{iv}

The practice of Clairaudience is said to have the ability to connect you to infinite energies of the universe. Through psychic and spiritual practices, a person can connect at will, accessing divine guidance for solutions to life's challenges. A person may view the Divine as God, the Universe or the Source, all are one in the same, and are infinite sources of knowledge and love.^{iv}

The ability to connect with a higher source, hear the higher self and divine guidance would mean infinite possibilities. Potentially this would bring positive, inspiring, artistic, creative ideas into the consciousness of humanity, would be infinite like the Divine.

Receiving messages through clairaudience may come in the form of music, hearing meaningful songs, through media as messages which appear to be specifically for, or hold true meaning to, the individual. These messages are considered psychic and are often subtle and symbolic. These messages may be considered as delusional beliefs by modern science.^{iv}

It is time for a reassessment of mental health and its treatments. How we treat those with different views, opinions or beliefs will shape the society of the future. If treatments do not change, neither will outcomes. Suicide rates are

high amongst those with a diagnosis of schizophrenia. Smoking and other poor health choices are also high among those diagnosed with the illness, leading to their poor overall health and wellbeing.

CONCLUSION

The categorization of people as schizophrenic is largely through the lack of understanding of the person, their background and their beliefs. It is merely a way to label, stereotype or categorize a person for no other purpose than to place them in a group of people with supposed similarities.

The defining characteristics of clairaudient abilities and the symptoms of schizophrenia have remarkable and significant similarities. From that which can be described or defined as delusional belief, as an auditory hallucination or catatonic behavior may also be described as receiving psychic messages, hearing from the Divine or carrying out spiritual practices and following Divine guidance or one's own intuition.

The alternative approach as presented by Polimeniⁱ in the publication 'Shaman's Among Us' provides an extraordinary view of the context and our overall understanding of what schizophrenia is. There is inconclusive evidence that schizophrenia is caused by any one factor, whether that be genetic or environmental. Yet treatments are standardized and primarily drug-based.

Clairaudience provides an alternative view which would ultimately change our way of treating people who are symptomatic. The views appear opposing, as the treatment of schizophrenia is to oppress, eliminate symptoms and numb the person to their senses. Whereas if treated as a clairaudient, we would encourage the development of their gifts and abilities to strengthen and gain an understanding of them.

Clairaudience provides a positive view upon the experiences which millions of people have had throughout history. The differences

between people's experiences of the senses, including hearing within the mind, inner dialogues or inner voices may be interpreted as the hearing angels, hearing the voice of God or the Universe. These beliefs harm no one, need not be suppressed or eliminated and do not require drug-based treatments but rather nurturing and understanding.

The inspiration and creativity of people diagnosed with schizophrenia, in media and the arts, is already astounding. Like the movie, a *Beautiful Mind*, these creative people with a variety of experiences live amongst the masses and have a quality life to lead.

The medical industry cannot agree on what schizophrenia is, what makes a person schizophrenic and how that person became schizophrenic. It's a term used to categorize people experiencing one or more symptoms, which may or may not be related to other determinable illnesses. This research opens the gates to the re-evaluation of terminology, categorization and treatments of those, not just with schizophrenia, but with any number of mental illnesses.

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Philippa lives, works, and plays in Melbourne, Victoria, Australia. She earned a master's degree in metaphysical sciences and bachelor of metaphysical sciences degree. She also has completed certificates in many alternative therapies including Crystal Therapy, Aromatherapy, Energy Healing and Spiritual Support, as well as Chakradance Teacher Training. Philippa has worked in the special events industry for over 10 years all over Australia. She is the author of *Life, Love & Everything*, *Symptomatic Addict* and *The Real Events Industry: My Story*.

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East-meets-West: How *the Dhammapada* Influenced the New Thought Movement

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ABSTRACT: New Thought teachings are based on a variety of pre-existing traditions as well as on information new to the human consciousness. While the exact source of specific New Thought concepts is unclear, evidence suggests that the movement benefited from eastern religious traditions including Buddhism. New Thought metaphysical principles including the Law of Attraction, the practice of meditation, and the Law of Cause and Effect can be found in the Buddhist text, *the Dhammapada*. These principles are described in detail throughout *the Dhammapada*, providing strong evidence that early New Thought thinkers were influenced by the contents of *the Dhammapada* and Buddhist practices.

BACKGROUND

New Thought metaphysical teachings benefit from millennia of religious, spiritual, and cultural traditions.ⁱ The teachings also benefit from information that was new to the human consciousness when received by early thinkers and practitioners. To determine the degree of influence on New Thought metaphysics of any contributing perspective would be an impossible undertaking. Fortunately, such precision is unnecessary for us to benefit from its transformative teachings. However, it is useful to explore New Thought's roots so that we may better understand the context from which it came and the modern spiritual reference point in which it fits.

Among the traditions from which New Thought draws are those of the eastern religions.ⁱⁱ While rarely discussed, Buddhism and New Thought share a common philosophical framework aligning some of New Thought's messages more closely with the spiritual thoughts of the East than those in the West.ⁱⁱⁱ This is interesting, considering modern New Thought teachings are frequently presented in biblical context.

Among the eastern spiritual perspectives, Buddhism was selected for this analysis because of the philosophies, principles, and practices that it shares with New Thought metaphysics. *The Dhammapada*, or the "Sayings of Buddha," is a popular Buddhist text that records

the heart of Buddha's teachings. *The Dhammapada* contains Buddha's words on the Four Noble Truths and the Eight-Fold Path, among other philosophies. Because it is still used by all modern Buddhist denominations,^{iv} it is appropriate for exploring broad concepts within Buddhism. Thus, this analysis does not explore the variations within and among Buddhist practices and modern dogma.

Following a brief introduction to metaphysical philosophy, this paper will explore the specific and profound influence of the *Dhammapada* on New Thought teachings. This influence will be considered in three key themes: the law of cause and effect, the practice of meditation, and the practice of manifestation.

Early Greek Metaphysicians. Aristotle and Plato were the first to record early metaphysical concepts in detail on the Earthly plane.^v Both philosophers referenced earlier thinkers that informed their philosophies, making it difficult to pinpoint the initial descent of metaphysical concepts into Earth's consciousness. Likely, several people received these concepts from Divine Consciousness before they became ingrained into mass human consciousness. In any case, Aristotle defined metaphysics more than 300 years before the birth of Christ. His work has influenced 2,000 years of Abrahamic religious traditions,^{vi} which are often referenced by the New Thought movement.

Furthermore, some of Aristotle's assertions, notably in *Metaphysics*,^{vii} seem to mirror certain new thought principles particularly with regard to his comments on the power of thought and his discourse on what would seem to be an early description of the Law of Attraction. Understanding possible sources of influence for Aristotle and other early Greek philosophers is thus important for understanding the early evolution of the New Thought Movement.

Evidence suggests that during their lifetimes Aristotle and his contemporaries were influenced by eastern religions including Buddhism. We have documentation indicating Aristotle's travels to Asia Minor and evidence suggesting more extensive travel in Asia. Buddha also traveled extensively, primarily in India, Tibet, and Nepal.^{viii} While travel outside this region is not well documented, it is clear that the contemporary sphere of the Buddha's influence reached far beyond Asia.^{ix}

Before Aristotle's birth, the philosophies of Buddhism had reached Greece. Thinkers from both cultures exchanged ideas in these early pre-Christian centuries, resulting in the proliferation syncretic ideas in Greece, Asia Minor, and the Asian subcontinent. Based on what we know, it holds that Greek philosophy – including Aristotle's – benefited in some ways from Buddhist influences.^{ix} The emerging possibility is that Buddhist thought implicitly influenced many modern religious and spiritual perspectives through Greek philosophy. Further evaluation of Greco-Buddhism exceeds the scope of this project, though it remains an important area for future study.

Metaphysical Philosophy. Most Earthly spiritual perspectives are based on one of the two philosophical views of metaphysics: process or substance. Process metaphysics focuses on “becoming” and thus views the human experience as evolutionary.ⁱⁱⁱ The “process metaphysics” soul is fluid and is changing through a series of continuous processes at different scales of existence. In contrast, substance metaphysics emphasizes “being.”ⁱⁱⁱ Thus a

“substance metaphysics” soul is first and foremost a “thing.” A “thing” can be measured in finite terms and can be broken down and described by its fundamental components. This difference is important to note because most spiritual perspectives hold one perspective or the other.

Process metaphysics best describes the perspectives of the New Thought movement and Buddhism. Because the two stem from the same branch of metaphysics, understanding and exchange of concepts between the movements is enhanced. It is philosophically sound for process-based New Thought to find common ground with process-based Buddhism's concept of what happens to the soul after death. If not perfect agreement, Buddhism and New Thought would find mutual understanding in a supposition such as “the soul rejoins the collective universal consciousness after death.”

However, it is difficult if not impossible for process-based New Thought and Buddhism to find common ground with substance-based Judeo-Christian concepts of what happens to the soul after physical death. The typical Judeo-Christian perspective would view the soul as a fixed “block” of matter that would be transferred to another plane of existence rather than experience further evolution. Even though New Thought teachings use and adapt many Judeo-Christian teachings, their underlying philosophical perspectives are incompatible. The limited but profoundly central example of the soul's destiny illustrates this key difference and suggests other sources for New Thought's philosophical basis. The remainder of this paper will focus on specific themes from Buddhism's *Dhammapada* that likely influenced New Thought thinkers.

ANALYSIS

(2) ...If a man speaks or acts with a pure thought, happiness follows him, like a shadow that never leaves him.

Chapter I. The Twin-Verses, The Dhammapada

Theme 1. The Law of Cause and Effect.

The law of cause and effect is a universal law of metaphysics^x and is illustrated throughout the Dhammapada. The Law states that every action has a consequence and is related to the Law of Karma. Everything we do has a measured effect, even if we do not see it immediately or even in this lifetime. The metaphysician would call this Divine Perfection. In Buddhist understanding, the Law of Karma is one mechanism by which Divine Perfection manifests.

The consequences of an “untended mind” are discussed using the analogy of rain and its effects on a home with a poor roof. Like the roof, the untended mind is ill prepared to handle anything that comes to it and, as Melody Beattie would say, is “blown about by every wind.”^{xi} New Thought Metaphysics emphasizes “right thinking” and emphasizes the importance of keeping one’s thoughts in check.^x The Bible passage frequently cited by Metaphysicians in illustrating this law is:

(7) Don't be deceived. God is not mocked, for whatever a man sows, that he will also reap. (8) For he who sows to his own flesh will from the flesh reap corruption. But he who sows to the Spirit will from the Spirit reap eternal life.

- Galatians Chapter 6, Holy Bible

As illustrated by Buddha’s Dhammapada, the Holy Bible, and New Thought Metaphysical writings, messy thoughts mean messy manifestations and ultimate lack in fulfillment of one’s desires. The Dhammapada states:

(13) As rain breaks through an ill-thatched house, passion will break through an unreflecting mind.

(14) As rain does not break through a well-thatched house, passion will not break through a well-reflecting mind.

Chapter I. The Twin-Verses, The Dhammapada

The actions of man are discussed in the same chapter of the Dhammapada, hinting at the future results for one who does evil versus one who does good deeds. The law of cause and effect is completed in “two worlds,” one being the spiritual and one being the current consciousness experience. Death means continued joy for one who does right and continued torment for one who does wrong.

This passage should not be interpreted to mean a linear path to “heaven” or “hell,” but rather in context that one creates his own future consequences with his actions today. While Buddhist texts describe a “heaven” and a “hell,” along with other planes of existence,^{xii} these are not “permanent” states of being as modern Christian dogma asserts. In keeping with the Buddhist belief of reincarnation, “the next (world)” mentioned the following passage would be interpreted to mean one’s soul’s destiny in the next level of reincarnation rather than one’s permanent after-life home. In Buddhism, nothing is permanent.^{xiii} The Dhammapada says:

(15) The evil-doer mourns in this world, and he mourns in the next; he mourns in both. He mourns and suffers when he sees the evil of his own work.

(16) The virtuous man delights in this world, and he delights in the next; he delights in both. He delights and rejoices, when he sees the purity of his own work.

Chapter I. The Twin-Verses, The Dhammapada

Theme 2. Meditation. Meditation is a central practice of the New Thought metaphysician, being the first skill taught to a new practitioner.^x Buddha teaches the practice of meditation in the Dhammapada, asserting its importance for clearing and focusing the mind and in cultivating certain positive traits. Meditation originated in Hindu cultures of the east,^{xiv} before being adopted by Buddhism and ultimately

by New Thought metaphysics. The purpose for metaphysical meditation, which is also referred to as “the Silence,”^x does not match the purposes of Buddhist and Hindu meditation. However, the practice as it is taught became incorporated into New Thought metaphysics by its early thinkers who were influenced by eastern religious thought.

The Dhammapada holds, as does New Thought metaphysics, that meditation is a freeing activity that permits one to open the mind and to live a better life. Both emphasize and require regular practice of meditation to achieve greater understanding and freedom. In the second passage below, Buddha goes as far as to state that destruction arises from the absence of meditation. Here he clearly positions meditation as the key practice for furthering one’s progress on path. *The Dhammapada* states:

(23) These wise people, meditative, steady, always possessed of strong powers, attain to Nirvana, the highest happiness.

Chapter II. On Earnestness, The Dhammapada

and

(282) Through zeal knowledge is gotten, through lack of zeal knowledge is lost; let a man who knows this double path of gain and loss thus place himself that knowledge may grow.

Chapter XX. The Way, The Dhammapada

Theme 3. Manifestation. Perhaps one of the most popular metaphysical laws of our time is the Law of Attraction, popularized by *The Secret*,^{xv} but first clarified by early New Thought thinkers.^{xvi} The Law of Attraction focuses on the power of our thoughts and beliefs in intentionally manifesting what we want. Used with other metaphysical tools such as the previously discussed Law of Cause and Effect and the practice of meditation, we can use the Law of Attraction to consciously create the life we

desire. The Law of Attraction is pervasive in New Thought literature as well as in the *Bible*. Example verses include:

(7) Ask, and it will be given you. Seek, and you will find. Knock, and it will be opened for you. (8) For everyone who asks receives. He who seeks finds. To him who knocks it will be opened.

- Matthew Chapter 7, Holy Bible

and

(24) Therefore I tell you, all things whatever you pray and ask for, believe that you have received them, and you shall have them.

- Mark Chapter 11, Holy Bible

The Law of Attraction is implicitly described throughout *the Dhammapada*, beginning with the first verse. However, the *Dhammapada* describes Law of Attraction more in terms of the effects of thoughts and beliefs than prayer. *The Dhammapada* describes “mental states” from which perceptions are born. The perception of suffering comes from a poor mental state and the result is suffering. In other words, suffering is attracted to one operating with a mindset of suffering. The first verse describes the negative consequences of manifesting with a poor mindset. The second verse is perhaps the most profound verse in *the Dhammapada* relating to Law of Attraction and describes, cookbook-like, how to manifest desired experiences. *The Dhammapada* states:

(1) All that we are is the result of what we have thought: it is founded on our thoughts, it is made up of our thoughts. If a man speaks or acts with an evil thought, pain follows him, as the wheel follows the foot of the ox that draws the carriage.

(2) All that we are is the result of what we have thought: it is founded on our thoughts, it is made up of our thoughts. If a man

speaks or acts with a pure thought, happiness follows him, like a shadow that never leaves him.

- Chapter I. *The Twin-Verses*, The Dhammapada

Other verses in *the Dhammapada* also describe the benefits of manifesting with the right mindset. The following verse describes the power of the tamed mind, citing ease in life. The mind is trained to do what the person wants it to do. *The Dhammapada* says:

(35) It is good to tame the mind, which is difficult to hold in and flighty, rushing wherever it listeth; a tamed mind brings happiness.

- Chapter III. *The Mind*, The Dhammapada

CONCLUSION

(50) Not the perversities of others, not their sins of commission or omission, but his own misdeeds and negligences should a sage take notice of.

(51) Like a beautiful flower, full of colour, but without scent, are the fine but fruitless words of him who does not act accordingly.

(52) But, like a beautiful flower, full of colour and full of scent, are the fine and fruitful words of him who acts accordingly.

- Chapter IV. *Flowers*, The Dhammapada

New Thought metaphysics benefits from a vast array of spiritual, cultural, and religious traditions. Among these, the eastern traditions and Buddhism specifically and profoundly influenced the laws and practices of modern New Thought metaphysics. Cross-cutting themes between the two traditions can be examined by comparing modern with historical practices and spiritual texts. Examining historical Buddhist spiritual texts, such as the *Dhammapada*, in context with New Thought teachings suggests

that teachings from Buddhism were formational for New Thought's early thinkers.

The Dhammapada contains early statements about New Thought metaphysical principles, including the law of cause and effect, the practice of meditation, and the practice of manifestation also known as the Law of Attraction. *The Dhammapada* can be used to help us understand the sources these and other New Thought Principles. For the practicing metaphysician, it holds that Universal Mind is present in both traditions.

Author's Note: All citations from The Dhammapada contained in this paper come from a public domain English translation copy provided courtesy of Project Gutenberg. All citations from the Holy Bible are from the World English Bible, which has been released into the public domain.

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Does Reincarnation Matter?

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Many who travel this path of awakening or enlightenment, (whichever sounds good to you), have already come to the awareness that they have had past lives. This leads them to exploring what and why they are having these memories of past lives. Now there are many who believe that karma is one reason we experience many lives, having to relive again and again until we get it just right and live as a good person. Working through different karmic situations to overcome in one life what we did not in a past life.

Whatever your belief on why, this now leads to the knowledge that is brought forward from our inner depths of thought. We see images of past lives and it may have been a good life and we may have been a good person...so do these lives matter? If you go in for hypnosis and past life regression to find out why type of life you had, and you find out you were a child in the Middle Ages who died from the plague that is something you had no control over. What is the reason for coming back?

Have you ever thought maybe each time you are remembering just a little more of the knowledge you already learned? Those deep inner thoughts of forgotten knowledge of healing or a family line of heritage is just now coming forward. Are you at a time in your life where you have chosen to look into yourself or the Universe and finally connect with that other dimension?

The point being this is now not New Thought but remembering what we once knew as fact. Have you ever gone to a ceremony, like a new moon drumming ceremony and thought this will be an interesting experience, something I have never done? Then once you get there that *Deja Vu* feeling kicks in? That's the feeling you have been there or here before and done what you are now doing? It's a feeling of

familiarity. Could it be it feels so comfortable you start drifting off and seeing scenes that you have done this before?

How many of you have come to know about the Akashic records? Akashic is the Sanskrit word for aether or atmosphere; in Hindi it means sky or heaven. Is this also the "book of life" referred to in the Bible? (Daniel 12:1, Revelation 3:5) The one where our life's records are kept? I believe so since both are volumes of lives lived. The only difference is if someone is so bent on having nothing to do with any religion then Akashic sounds better than a biblical term.

The difference between the Akashic and Book of Life is one that is influenced by religious dogma and the other is through an inner connection with Divine Spirit on a personal level. But the Akashic it's also known as the library of forgotten secrets that was once common knowledge. Ok got your attention now, who doesn't love a good secret!

There are now some who have tapped into the original line of humanity originating from the Atlantean history. Thought long lost it is being brought back to life through and individual who is one with the Archangel Michael. Those in this master study class, are learning the "Way of the Magi" in hopes of connecting enough people with their higher self and be a connection to the Angelic realm to influence what is happening on earth.

This great experiment that God set up, giving us free will, is being watched. We as humanity have had helpers to guide us from the beginning of time itself. These helpers are not only Angelic Beings but also Ascended Masters and Spirit guides. Using different combined ways of Metaphysical thought and action along with working with crystals, oils and energy healing, they have managed to teach us how to

change the course of storms and change people's lives.

What does this have to do with past lives you may ask? As with everything in Metaphysics, it's all connected!

Now this may be hard to understand, especially if you fully believe in karmic reincarnation but with the resurrection of Jesus karmic reincarnation ended. That price they talk about that he paid for all sins? Sins are just bad decisions we have made during our life time some of the things that we in the past were trying to work through was the karmic that us or our ancestors created. The sins of the fathers carried onto the son. This was being worked out generation after generation. He paid the price for all. So that karmic problem no longer exists. Now it's a free will choice of if you want to come back to help or not. It is not required as it's all been worked out. Your reincarnation is now a free will choice, do you want to come back and help someone to become enlightened or just be part of the Oneness of energy with our Father/Mother God?

So, let's get back to our Angelic Messengers, and this life time. Many sacred texts, not just the Bible, talk about visits from heavenly messengers bringing books of knowledge or words of warning. Some gave instructions on herbs to use for healing or they gave us knowledge of scientific ways of figuring out complex problems.

Now that our technology is so advanced, and never think it's not; are they still here? The short answer is yes, and in a big way. These Angelic beings that were created before humanity are here to still teach us history of our past that has been forgotten. The sacred texts of Atlantis that were destroyed are being channeled through an Angelic Knight who is teaching others to be peaceful Angel Knight warriors. These warriors are all over the world and using technology to connect with one another. They are learning at an accelerated rate how to develop their psychic gifts, how to use crystals and how to merge with Angels as instruments

of the Universal Mind of the Mother/Father God. These peaceful warriors are always looking for more to join them in complete devotion to a noble cause, devoting life and time as the Templars of old to promoting peace and awareness of the oneness to this world.

Were the ones in this group Templars in a past life? Possibly but now they are men and women who answer this call to dare to have a bold purpose and dare to stand alone. It is the Angelic army in human form being assembled and readied for the battle, only this battle is not against flesh but rather for our spirit. The spirit of humanity, to be free thinkers and peaceful people the world over. The song Imagine always pops up now and John Lennon was so right, imagine there's no heaven. Imagine that heaven is within you and around you, and you can create that heaven on earth with the Angels help. They are the ones writing this now and they are waiting for you to ask them to help; they don't just swoop in and do. It's that free will thing, you have to ask, submit and be willing to do your part!

About Joy Maestas

Josephine Maestas, known as Rev. Joy, is an ordained metaphysical minister of the International Metaphysical Ministry.

Living a positive and joyful life lead her to the University of Metaphysics, where she received a Bachelor of Metaphysical Science degree. She is working toward a master's degree. Rev. Joy founded Universal Light Ministries in Tucson to help others live positively and find the Universal Divine Love within them.

Rev. Joy maintains a YouTube channel, has created an oracle card deck, and has published two books (with more planned).

A Metaphysical Perspective on Prayer

CINDY PAULOS

The following is an excerpt from the soon to be released book by Rev. Cindy Paulos: *Prayers, Affirmations and Meditations*.

“. . . Whatever you ask for in prayer, believe that you have received it, and it will be yours.”
– Matthew 11:24

There is wonderful comfort and power in prayer. If you encounter a situation that is overwhelming and downright scary, you will find that it helps to take a few moments to go within and pray. Have a conversation with God. Ask for guidance and protection. Don't be afraid to ask for help. God is there for you, and the spark of the light and love of Mother/Father God are always with you to call on.

A Metaphysical perspective of prayer may give you a different way of practicing prayer.

What Is Metaphysics? Traditionally, the word *Metaphysics* comes to us from Ancient Greece, where it was a combination of two words – *Meta*, meaning over and beyond – and *physics*. Thus, the combination means over and beyond physics. In the definition found in most dictionaries, metaphysics is referred to as a branch of philosophy that deals with first cause and the nature of being. It is taught as a branch of philosophy in most academic universities under the label of “Speculative Philosophy.”

In today's world, however, the word metaphysics has become a description of many fields of interest. When one expresses an interest in metaphysics, that interest may be in any one or a combination of the following subjects: Philosophy, Religion, Parapsychology, Mysticism, Yoga, ESP, Dreams, Jungian Psychology, Transpersonal and Theocentric Psychology, Astrology, Meditation, Self-Help Studies, Positive Thinking, Life After Death, and Transcendentalism.

It also can mean finding a way to have a direct connection to God through meditation.

So, when you look from a Metaphysical Perspective of prayer you approach prayer in what may be a different way from traditional religion.

Life works best when you are in constant awareness of your connection to God. The Metaphysical Prayers are conversations that connect you to the One Source of all, the Creator. The prayers are not spoken in desperation or as please. They are a way to clear a channel between you and God. They are always asked with an awareness you are aligning with God's will that will be done, which is always the highest outcome for you.

Talk to Mother/Father God as your closest friend, for God knows the whole of you, more than any other person. Even if you don't feel it makes a difference, you will find that it helps to develop a relationship with your Divine Source. You are building a relationship with your Creator.

Since God is the one Source of all Creation, prayers directly to the Creator are powerfully effective.

Come with an open heart and pray with the right intention and ask for the prayer to be sent for the highest good of all, which takes your personal ego out of it. We have no idea what really is for the highest good, even though we always want our prayers to come true. It is God's will that truly is always for the highest good

It is important to know miracles happen every day, yet they do not happen on command. It is ultimately God's Will that is at work in the world, not our personal limited will. Prayers always work they are for the Divine higher good of all. We cannot even begin to imagine the bigger picture at work in the path of each soul's journey, only God can know that. End your prayers with “Thank You, God,” which seals the belief that you know your prayers were

heard. Be assured that prayers are heard in all forms, and in words of all languages, for they are heard from God in a universal language. This is the language of your soul.

Prayers are often spoken from the mind when being read. Try speaking prayers from your heart and soul. Many of the prayers shared here are attunements to connect with God and be in the vibratory energy from the Source of Creation. When you are in this energy field, you feel a sense of grace and peace that brings forth many blessings. If you release your prayers to God after they are spoken, they can fly free to the Creator.

See what a difference it makes when you feel that state of grace and speak from your heart. It changes the energy field that the prayers are sent from. It is like having a heart-to-heart conversation to the one you love. Always remember that you should keep prayers from having negative statements in them. The more you say something negative, you are reinforcing that negativity.

Remember God is always here and everywhere. So in truth, God already knows the answer to all of your wants and needs. A higher view is always waiting there within your soul for you to see. Bare your heart and soul to God to receive the answers you need.

You can choose to be with God when you pray. Prayers can be alive and answered when it is in your best and highest interest. With prayer, you are given so many options and opportunities in each moment for you to use and take the time to choose.

If you in earnest pray, you lay open your heart for help today and commune with God in a sacred way. You can transform your normal mind space, but you need to get past your ego and pride and reach that sacred place inside where you can let go and let God abide.

God is here right now, and in this moment, you can choose to live as Mother/Father God's prayer and be One with the Creator.

We are the children of that Light and we are the Love of that life. We are able to serve the

Divine will and become God's prayer and fulfill our purpose here in our souls before we return back home. Ponder these points of what prayers really are:

- Prayers are asking for God's help when you just can't do it on your own. Prayers are affirmations that you are not alone.
- You can talk to God and commune with the Living Spirit that's alive within your soul.
- Prayers are the thread to your eternal life.
- You can ask Mother/Father God for the strength to find solutions and pray and be assured that their presence will guide you the best way.
- Prayers are talking to God in earnest and having that heart-to-heart communication.
- Prayers involve being silent and listening for answers and direction to let God's handiwork do its part.
- A prayer may last only a few minutes, yet that prayer is a pebble thrown into the sacred energy of God's infinite pool of life. When you pray, it's an affirmation that help is all around you and within you. It doesn't matter *how* you ask for help, all that matters is that you *do* ask for help. What do you need help with? Please take a moment right now and ask for Divine assistance. *Your life and how you live it should be your true prayer to God.*

Have you ever stopped and wondered why you would want to pray? Ponder the following questions.

Why Do You Pray?

- Do you need a little help to find your way out of the wilderness of life to a better place?
- Are you begging Mother/Father God to show you the Way?
- Are you lighting a candle or are you closing your eyes?
- Are you down on your knees asking God to bring peace of mind?
- Are you begging and pleading for some healing to be done?
- Do you really need a miracle to happen?
- Are you afraid or worried about something bad happening?

Take a moment and ask if you are even aware that God is right here. You can always come to terms with any challenging situation if we you take time to be aware that you can talk to God, share your cares and receive positive solutions.

Yes, it's true miracles do occur, and prayers can be heard, but sometimes when the miracle doesn't occur, it's time to focus on seeing the bigger picture. Ask yourself:

- Can I embrace life come what may with its moments of joy and with all the good and the bad things and whatever happens each day?
- Can I learn to pray always and to talk to God as a friend, to love Father Mother God, and commune with them within?
- Can I walk in the steps of the Divine Teacher and become an instrument of Love?
- Can I learn here on earth till I graduate to heaven above?

Metaphysical things to reflect on with prayers:

1. Prayer is talking to God and it is a two-way conversation.
2. Address God as you would your closest friend and teacher.
3. Commune and communicate from your heart and soul .
4. Listen and expect answers.
5. Be attuned to the pure energy of God when you pray and *feel* it.
6. Be open to feeling worthy to receive what you need from God.
7. Let your Life be a prayer to God.
8. Expect miracles.
9. Remember it may take time for prayers to be answered.
10. Always ask for the prayers to be for the highest Good.
11. Take the time to watch for signs and receive guidance and answers to your prayers.
12. Thank God for listening to your prayers.

An integrated approach to your spiritual and physical life is an important part of Metaphysical lifestyle.

All of life is a learning opportunity and it can be a blissful or difficult experience that you learn the most from. Always try to walk your talk and look at life as a chance to learn and grow.

Your Life is your Prayer

by Cindy Paulos

In the living and surviving,
Dealing and acting out of life,
It is important to hold Love
In the heart as your motivation, Remembering your purpose
And choose to live with God's Love As the center of your being.
It is the key to being able to enjoy
The beauty in the miracle of creation
And as you learn to live with Love
And are able to share it in your life
With words to express how you see and feel it, You will be able to bring Love
Into your entire lifestyle
And be alive in the Light of the soul
While using this plane of existence
To be a place that is reflecting the soul's purpose.
Honor your life,
Love those who surround you and who live here And learn from this life as you would
Learn from your meditation
As your life is your prayer,
Your Love is your way to pray
And as you pray with Love,
You will find joy and beauty
And you will find your life is filled with Love And all of the good that is God
And all that is God is good.

**Excerpt from the soon to be released book by Rev. Cindy Paulos:
*Prayers, Affirmations and Meditations.***

About Cindy Paulos

Rev. Cindy Paulos is director of the Metaphysical Media Network. Rev. Cindy is a motivational inspirational speaker, author, composer, artist, travel agent, and disc jockey for KAOI RADIO in Maui, Hawaii. She has hosted the longest running talk show on Maui for 30 years. She programs a Metaphysical radio station in Sedona: KUOSFM.com. She also has hosted many TV Shows in California and Maui. Rev. Cindy has interviewed top names in the inspirational field such as: Wayne Dyer, Neal Donald Walsch, Mary Ann Williamson, Anita Moorjani, Ram Dass, Swami Sachadanada, Alan Cohen and many other celebrities.

Rev. Cindy has been writing inspirationally since age 14. She has taught metaphysics and holds a doctorate degree from the International Institute of Metaphysics. She has 5 CD's out including: There is a Forever, Practicing Aloha, Angel Blessings, Arise above Abuse, Ave Maria, Queen of Angels; and five books, Put a Little Light in Your Life, The Travel Angel Handbook, Angel Blessings, Messages from Heaven, Mystical Mother Mary, and How to Fly with Less Stress. For more information, visit: www.cindypaulos.com.

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