



THOUGHT FORMS

Annette de Jonge

WHAT WE THINK, WE CREATE

Thought Forms

Annette de Jonge

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Other books by the author

In Search of Reality - Book One

Other Selves

Psychics and Séances - A Journey to Understanding

We Are Not Alone: Extraterrestrial Encounters

Insights into the Nature Spirits

Twisted Tales

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This book is dedicated to my editor and good friend, Pat. Without Pat's constant encouragement, belief in me and the validity of the guidance of the teachers are offering humanity this book may not have seen the light of day

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*'You are one thing only.
You are a Divine Being.
An all-powerful Creator.
You are a Deity in jeans and a t-shirt,
and within you dwells the infinite wisdom of the ages
and the sacred creative force
of All that is,
will be and ever was.'*

Anthon St. Maarten,

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Introduction.

*Have you ever sensed that our soul is immortal
and never dies?*

Plato.

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Most days I consciously communicate with a group of teachers and students that are not of this reality. All communication is done by question-and-answer format in what I originally thought was by a form of group telepathy. It seems that my understanding was not correct as the various dimensions and their residents have different ways of communicating and all are able to understand each other, including me.

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The information in this eBook is a compilation of various daily discussions taken from my larger eBook, *In Search of Reality, Book Two*. In *Book Two*, the unseen teachers educate readers to understand and accept that we, all of humanity, are creators and cannot do anything but create.

We create our reality by our thoughts and it can be done consciously where we plan for future events or randomly where our life seems out of our control. Mostly our thoughts remain as random mind chatter, something we do to keep ourselves amused and are soon forgotten by us as another thought takes their place.

Our discarded thoughts seem to be as mostly out of sight, out of mind, but the teachers explain that this is a misconception. As creators all thoughts created by us have not gone away. Instead they exist unseen in the atmosphere in two different ways; as thought forms and as other selves (the subject of a separate eBook).

Thought forms are our thoughts without the focused energy we give to the selves. They float around in the atmosphere where they magnetize and connect with other elemental energies, other thought forms from other people, ways and avenues. They do not become a life form per se but exist as a condition of existence we have created. Both our created selves and our thought forms can have an effect on us, their creator and the following discussions explain how this can be.

A Product of Your Thoughts.

*The greater our knowledge increases
the more our ignorance unfolds.*

John F Kennedy

o0o

You have mentioned that we, as creators, are always creating even when we do not realize we are and any thoughts we have ever had do not disappear as we think they do. We may have forgotten about them and while it may appear to us to be 'out of sight, out of mind' this is not how reality functions. Even the fleeting thoughts we have throughout our day are created and exist in the atmosphere.

As we are electromagnetic beings what attract and repel. My question is, do our thoughts demagnetize from us and float in the energy field until they are attracted to something or someone else?

It can follow that way. They are always in the 'atmosphere', as you say and they are there for a purpose as well. They magnetize to other desires not strong enough to be formed alone. In this way, by this they are creating other challenges, ways to be undertaken.

So, what you were meaning when you said '*This form has taken on, magnetized itself into a growth pattern, just as you are in form as a growth pattern*' you are stating that our thoughts are still there but not intense enough or strong enough to create a form by themselves. They float around until they connect and magnetize themselves to other thought-forms floating about and they continue doing so until the combined energy is strong enough to go whichever way it is attracted or attached to?

That is what happens to your thoughts. They construct for themselves out of the ether, energy field, what is required. They continue to input, grow and form into another entity in this way, by this.

It is not so strange. It happens all the time, 'from eternity' as you say and will continue along this way because it cannot be any other way.

But by whom? They weren't strong enough to stay magnetized to form so to what purpose are they now?

These 'forms' shall we say are changing themselves because they have attached other levels of expertise, other ways perhaps not of your earthly existence but close enough in vibratory ways to make it possible for existence, earthly existence. They then go that way.

You mentioned '*It is the changing perceptions that links to others and bring them into form.*' What did you mean by that sentence?

You understand magnetization, what is required and done by attracting and repelling. We are stating that it goes on all the while and as you sleep even it is still enacting, enabling other thought forms to cohabit with 'like minds' so to say. They, in turn, create other necessities, lives for growth and learning.

Even while we are sleeping and not in a physical body?

Yes, why would it be any other way? You are still 'living' as you say. Still magnetizing to yourself, creating all the while. You are still active while awake or asleep and the same laws apply all the while.

So, what you were meaning when you said *'This form has taken on, magnetized itself into a growth pattern, just as you are in form as a growth pattern'* you are stating that our thoughts are still there but not intense enough or strong enough to create a form by themselves. They float around until they connect and magnetize themselves to other thought forms floating about and they continue doing so until the combined energy is strong enough to go whichever way it is attracted or attached to?

That is what happens to your thoughts. They construct for themselves out of the ether, energy field, what is required. They continue to input, grow and form into another entity in this way, by this.

It is not so strange. It happens all the time, 'from eternity' as you say and will continue along this way because it cannot be any other way. The energies do go on. However by working in other ways they attract other similar forces and they can cause mayhem to the unenlightened or responsive.

Well, let's say we might mentally struggle to overcome our limitations. We physically work hard, tick all the boxes with our desires and it doesn't come to pass. However, what must come to pass are what we have created. We have spent time focussing on our desires and as you have previously mentioned they may be out of sight but have not gone away.

Yes, you are correct when you state they may be out of sight but have not gone away. They reside in another part of this dimension because part of your desires when incarnating here was to learn to work with the elements here, at hand. Your creations are part of the elements here. Not the nature world as you may perceive but of the elemental matter that makes up the known reality here.

We are spirit beings who need the coarser covering for us to function on this coarser vibration reality. What happens to our thought forms? Do they have a soul, a part of ours?

It is so that they have 'a soul', as you say. All do but not perhaps as you perceive. Meanwhile they are structuring their way and knowledge along this avenue divine. They are a product of your thoughts but have not the knowledge you have accumulated and they are seeking their way.

Is this why, when we are on this dominion, we are subject to other thought forms? Those who float around in the atmosphere and can attach themselves to susceptible people?

Aren't the other floating energies also thought forms from some being? If so, why don't they go on to create a life of their own as our selves do?

They have their own way of development divine.

You have mentioned that these other energies that float around serve a purpose. Apart from taking our energy and inciting us to depression, anger and other emotions not in our best interest, what else do they do?

They serve as a wake-up call for those who are influenced by their call. They require that you instigate your thoughts to a better way; a better reception of use of your utilities, your thoughts and actions.

But only if we know of them can we take action.

Yes, but you are all learning the way. There are many now on your domain who are helping, encouraging your sort to learn self control in its many and varied ways. It is part of their service to their fellow beings.

What they have chosen as part of their mission in life?

Yes, it is the way it is. Many respond to the call of the incoming energies and give encouragement and guidance to those less enlightened of the ways these energy beings can wrought havoc to their being.

I need to finish our interesting discussion for today but perhaps tomorrow we can continue with this interesting topic.

Then it can flow that way. Peace and blessings go to one and all. We are done, gone for the day.

Thank you.

What Attracts Floating 'Others'?

*Life is for participating,
not speculating.
Kathrine Switzer.*

o0o

As previously discussed, all incarnated here have a guide, an angel and our soul family.

Yes, there are many who offer support as you find your way.

Yet many of us go through periods where we feel lost, abandoned and alone.

No, it is not and cannot be the way. You also have others attracted to you from 'time to time' so to say who also delight in watching and understanding your ways.

Who are they?

There are others from the nearby interacting dominions whose harmonies bring them into your sphere. They impersonate you sometimes and influence you to go another way if your mind leans that way.

How do they impersonate us?

They follow all you do, your beliefs, your fears and acquisitions of thoughts and understandings. They then take it upon themselves to understand your ways by flowing with your energy attraction ways. For a time they are 'you' in manner and attraction opportunities they bring their way.

These we mention float around and attach themselves to like-minded or those who have the sway, the pull that attracts them. They then take on the persona of the attraction but do not follow through with this dimensional body because they are not of this way although they can, for a short time, be of this way. They do not need a body, a shell, for they are of the mind to come and go and gain what they can, what attracts them by the energy flow attraction.

And they are capable of influencing us?

Yes, in many ways they can have a bearing on your thoughts and ways.

Then what about our helpers? Don't they repel or guide us through an attachment like this?

No, it is not their way. You have instigated or brought forward into your energy field in some way these other energy beings. They, your support group do not interfere. It is your way, what you instigated, magnetized to your energy frame. They, your helpers go another way.

I have sometimes had emotional psychic attacks from what can be termed 'less evolved spirits'. Other humans hear voices telling them what to do or not do. Are these the ones you are referring to now?

It may be the way for it is the attraction that enables any other spirit entity into your energy force field. We do not deny what you are saying but it is not 'one size fits all' as you say. Many times what happens is done

in ignorance but again we say there are no accidents. What has transpired served as a learning curve for all concerned.

It seems to be an oxymoron for you to say something happened in ignorance but there are no accidents. Please explain what you mean.

All of you we feel understands mind control and what can happen when you are not in control of your thoughts.

Is this one of the reasons you suggest we watch our thoughts? What we are thinking?

Not only this way but what activates your thinking. There are times when you are led astray by what you have heard, or watched or seen. It sets into action thoughts that are not constrained by your thinking process. You activate by this a different energy field that takes you another way.

Are you saying that we absorb the emotions without thinking cogently about what we have seen or heard?

Yes, we see you understand our words. When you are being influenced, emotionally influenced by others in whichever way to have you see or think along a different way to what you would normally be influenced by we suggest you pause, stop a moment and wonder why you go this way. What influence has me holding different concepts? Are they taking me away from my desires chosen by me and letting me be influenced by another way; a way that perhaps works on and with my emotions in an unproductive way. We watch and see much of this happening to those who inhabit this timeframe existence.

Not wishing to sound argumentative but isn't that our choice? Didn't we come here to this existence at this time to learn and absorb whatever the incoming energies have to offer us?

It is the way. We also want you to see and understand that not all that comes your way is to your benefit; your 'greater good' as you say.

Then are you suggesting we use discernment and not be one of the sheep that follows trends or crowds? Not to be lead astray by emotions and lack of control because it enables other energies to attach to our energy field and maybe influence us more and create havoc with our emotions?

Yes, it is so. We started our conversation today with information of the other energies that are here with you and what emotion can do to attract them to you. We suggest that when you find yourself thinking or doing something that is not to your advantage to stop and think why it is this way. It maybe that you are being influenced by others outside of your skin, your energy way.

We leave you now to your thoughts. Peace and blessings go to one and all. We are done, gone for the day.

Thank you.

Shape Shifting Energies.

*Imagination is more important than knowledge.
For knowledge is limited to all we now know and understand
while imagination embraces the entire world,
and all there will be to know and understand.*

Albert Einstein.

oOo

You mention that we attract other unseen energies to us by the power of our thoughts. These unseen energies can be helpful or of a hindrance but all offer a salient lesson for us of mind control.

Yes, it is the way.

You have also explained that we not only attract others by our thoughts but that our thoughts have an energy life and don't just disappear.

Yes, it cannot be any other way. You are creators and, as creators, have created unseen form from out of the atmosphere and these creations do have a life of their own. They float, can move about in and out of situations and 'feed' from the energy that is present. We feel that this is something you may not be aware of; that your emotional energies do not float away and dissipate. Instead they feed energetically and emotionally from what is available in the atmosphere.

To what purpose? Do they take on form in any way?

They do indeed take on form but not your way. They never form into a body as such but can shape shift and take form this way. They can attract and frighten others who are receptive of seeing these forms. Your alcoholics or drug users are ones that see and understand these existences.

And those who can see these shape-shifters, they get influenced and maybe frightened which feeds the emotional energy charges of these shape-shifters?

Yes, there are many such beings that inhabit yours and other existences which delight in frightening souls for the sustenance provided. They create havoc wherever opportunities arise and are given the needed sustenance they crave for their power and existence by this and in this way.

I am assuming that, as energy, they exist for what we see is for all times. I am also assuming that there are a lot of these shape shifters in the atmosphere.

It is the way. Do not be dismayed by what you see is an intractable problem for it is not the way. All have their way to their divinity as you do, but in a different way. They are there as a purpose, to help you reason, understand that your energy thoughts have not gone away but are instead still there, unseen perhaps but still in the atmosphere. They do not require getting rid of as you might think but instead serve to honor your soul, all souls. They bring about changes to your understanding of what you create.

Only if we know about them, what our thoughts create.

Yes, it may be the way but you are changing and becoming more erudite, more in alignment with your divinity. As you move this way you open up knowledge that was previously denied you; not for any other

reason but that the timing was not right upon you. Now with the inflow of the newer energies much is to be revealed that was beyond your comprehension, your ken.

And in the meantime we are to watch our thoughts?

It has always been the way that we offer salient advice for you to watch your thinking. It is to your advantage and advancement to be this way.

Well, not letting our emotions overwhelm us is a good idea. Many, like me, would be feeling despondent and many would be anxious with the doom and gloom scenarios, what we are led to believe by our various media and others. Are you saying that all of those negative emotions are floating around in the atmosphere looking for more of the same for their nourishment?

Yes, it is the way.

We have so much ignorance of the reality of existence that extends beyond our five senses. You say this is all to change as we move into and acknowledge more of our divinity and what we are capable of by our mind power?

Yes, it is the way. The little fledglings are gaining their wings and will soar far beyond the constraints that bind you fast to here, this dimension. You will gain more of an understanding of your magnificence and soar as the beings you are. Unfettered and, as always, free.

We feel we have given you the information you sought and will leave you to be. Peace and blessings go to one and all. You cannot fail.

Thank you.

Formless Energies.

*We are addicted to our thoughts.
We cannot change anything
if we cannot change our thinking.*

Santosh Kalwar.

o0o

In reading your information now understand that what I've previously termed 'lesser evolved energies' who have mentally and emotionally attacked me with what I thought were psychic attacks are probably these shape shifting or formless energies. Is that so?

Yes, it is the way. You have rendered yourself vulnerable in some way and these energies have delighted in causing you mayhem. Your equilibrium was disharmonized by the event but it went away as you gained your balance once more and understood you were not physically harmed but emotionally were.

And they had to be attracted to me by something I'd done or said or for some other reason?

Always it is the way. You rendered yourself vulnerable and these beings were able to attach themselves to your energy flow and cause a disturbance, mayhem.

In thinking back to some experiences, there is no knowledge of doing anything that might have caused any problems. I am careful not to attract any unwanted influences to me especially at bedtime when it may make me vulnerable.

It is not the way that you are vulnerable when you go to sleep. You are protected by your earth energy being. It is when you think of something (negative?) and then forget about it that a chink has been formed in your auric armor. It may stay for a while and these beings are able to 'wait', as you say, and render you ill, disharmonizes your equilibrium. You may then think about your experience with them and it encourages them more.

It is this way we offer our advice. Be vigilant of your thoughts is the way to be. We suggest you do accept that sometimes, with the 'best of your intentions' as you say, all will not go to plan and there will be times and others who will bring you undone. At these times we ask you, suggest, that you wait a short while and see where your thoughts are heading. If they do not suit your intentions then do not go that way. Bring them back to what is more desirable to your equilibrium. You attract and attach others not of your kind unknowingly when you do not halt your wayward thoughts.

That is salient advice to heed. I am interested in knowing more of these other beings you are mentioning. Are they beings and if so in what way?

They are indeed beings and their way is as was chosen, ordained to be their way. They serve in many ways as a wake-up call to those they plunder of energy exchange.

Excuse me for interrupting but I don't follow what you are saying. Plunder is okay. They deplete our energy but the energy exchange as you term it is unfamiliar. In what way is it an energy exchange?

They go the way of extending your thoughts that have you feeling less than your being. They have the power to extend how you feel; 'in the pits' is a way to say what we require. They also can 'frighten you silly' as you say and bring about fear and anxiety. This increases your lack of equilibrium and makes you out of balance with your desires. They, in turn, are energized by your pandemonium.

You have said these energies have been around for a long time. Maybe even what we term is forever. It seems that most people tend to think negatively more so than positively so there must be a lot of these energies influencing many of the world's populations.

Yes, it is so but it also serves as a wake-up call when you have certain overriders to your ways of thinking and being.

Agreed, but only if we know about these energies, what creates them and that they don't harmlessly disappear into the atmosphere but are there waiting for likely energy mealtimes.

Yes, it is understandable, what you say but it is time for you to recognize that all you act upon, think and be is not gone from your way.

You have said all is one and we are all. How does this relate to what you are saying/

It still goes of accord. That you have not understood at the time that it is not what you require and does not go the way. You still need to take responsibility for your thoughts and your ways. These energies that you formulate and create are still there and they are quite able to attach themselves to others who also resonate their way. They then are quite capable to create mayhem to others of your kind who have not covered themselves with restraints.

And these are what I've experienced and thought of as psychic attacks? These shape-shifting energies that I have somehow instigated, brought about in some way?

Yes, it does not need to be just prior to an event. It can be, happen sometime before but you are still mulling it over or it is in the back of your mind. Whichever way it is done it has a holdover you and is an 'open door' to you energy field. It comes 'with friends', so to say. Those who are also attached to the recipient by way of the magnetization the thoughts have brought about.

Am I being fanciful by thinking that these 'friends' who also take advantage of our energy field could be originally from thoughts and deeds of others that go back, in our perception of time as thousands of years?

It is the way. It is the attraction, not the deed. What you have magnetized does not 'die' as you say. It takes on a way of its own and can render its service to whoever is in the way of its desires.

You speak of it as a service and have mentioned it is there to help us control our thoughts. It seems to be a hard way to learn. Isn't there something more in alignment with what we need to learn?

It is the way you have chosen to learn upon this planet divine. You hold the key to your resources, what is required to go another way. We are instilling in you that nothing vanishes as you desire and choose to think. Whatever you created by your thoughts has taken on a life of its own and will exist, as an energy, for all time.

We leave you now to your thoughts. Peace and blessings go to one and all. We are done for today.

Thank you

Non-Physical Phenomena.

*Any religion or philosophy
which is not based on a respect for life
is not a true religion or philosophy.*

Albert Schweitzer.

o0o

Once more I failed to realize that what we have been discussing about energy is referred to here as the law of conservation that states energy can neither be created nor destroyed - only converted from one form of energy to another. This means that a system always has the same amount of energy.

However, whenever we are on this domain we do have attachments and our discussion today could start with a refresher on the earth energy elemental who, with us, creates the image we see reflecting back at us from mirrors, the one we refer to as 'me'. Then I would like us to go on to other energies not normally seen but who can also have an influence on us.

That can be the way our discussions flow today.

It may seem as if we are going over old discussions and possibly we are but it is included here now as I try to sort out other unseen energies that are all around and some of who are a part of us in some way. There seems to be the butterfly effect with the negative as well as the more harmonious. It might then be prudent to understand who and what they are; apart from all are beings of some way.

As we have discussed previously, for us to be anchored here on this dimension we need the help of the earth elementals who are in a symbiotic relationship with us. This symbiotic relationship was created prior to our inception here and working with our blueprint, organized what was required to create our physical form and keep it working to our specifications. Our specifications may have changed over time as the influence of this dominion took hold.

Part of our challenge whilst here is to learn to work with and manage these earth energies and there is an exchange of energies between us; ours being of a finer vibration uplifts the elementals and their denser vibrations teaches us how to manipulate and work with energies of another, heavier vibration.

It is so.

Despite what we may think we always have a perfect body and it cannot be any other way because whatever we see or feel about our physical body is what our thoughts and actions have brought forward and the earth energy complies and creates the body we have instigated.

The overseer earth energy being looks after our physical body whenever we are on this dimension and is what you have referred to as 'the devil on our shoulder'. It is a hard taskmaster as we learn to control our thoughts and body excesses. We may or may not be aware of the existence of the earth elementals or that this earth elemental being is a part of us, of all, and it is prudent of us to realize our physical body serves as a vehicle while we are here but is not us. In fact, it is a separate entity in its own right. How is that so far?

Well said, we say. Please continue.

While here there are other energies we also need to learn to control and these are unseen ones that have at least an equal effect, perhaps more so than the earth elemental on our equilibrium. All of these energies are capable of shape shifting and taking on images to trick us.

Yes, that is so.

These shape shifting energies, if they choose to temporarily take form, are often seen when we are in that twilight time between sleep and wakefulness. At least, that has been my experience. I am not sure if it is the same for others.

It is the way. You are 'at rest', as you say and it can render you emotionally vulnerable to these entities if you have left yourself susceptible to their advances in some way. You have attracted them in by your lack of recourse.

And they can play havoc with our thoughts?

It is the way it is. You have not learned to advance yourself, your needs to bring in whatever it is you desire by your thoughts so these other entities are able to 'fill the gap' as you say.

Yet, you have mentioned that we are not vulnerable when we are asleep.

No, you are not vulnerable at these times. Your earth elemental energy 'stands guard' is a way of staying mayhem to the physical you.

Well, the physical body we are wearing is the earth being's domain and it can be affected by us being frightened. Heart palpitations, that sort of thing would not be good for a person with high blood pressure or heart problems.

It is as you describe but the earth elemental has his way and it will not cause you undue stress that 'will do you in' as you say.

Does the earth elemental know of these other energies? Can 'he' see what is causing the problems in and around us?

He is not of the same vibratory way as these we are discussion but he is not unaware. Nor is he able to render assistance to you should you ask, desire it from him. He is of the earth dominion and is involved in whatever has the effect on that dominion, in this case, your physical body. Your mind thoughts and ways do not have the same effect on him, 'his charges' so to say as it does, has to you.

But this earth energy has the same potential to get us depressed, fearful, emotional and angry, so what is the difference between these different energies?

You are not being attacked is the way. Your earth elemental is there as a wake-up call to help you gain control over your emotions and mind, body, by watching your thoughts. He does not take your energy away. He is focussed on helping get his charges moving in the right and proper way he sees fits your desires. These others we are discussing do not go that way.

We could refer to them as emotional predators?

It could be seen to be that way but again, we reiterate, they serve a purpose divine. While they are attacking you and robbing you of your energy and equilibrium they are serving as a wake-up call for you to not allow another entity to plunder your life-force energy.

We suggest that when you feel 'out of sorts' as you say, look to the reason why. It is a simple matter to stop, ponder for a moment as you watch what is transpiring. Where did your way of thinking come from? Source it back to its inception. You may be quite surprised to see and understand that it did not originate from you but was instilled in some way into your mind and became your way of seeing and thinking.

It seems that this domain is one of watching our thoughts. It is part of the lesson from the earth elementals and also from these unseen entities. Are there any more we need to be aware of?

It will depend on which way you choose to reach your divinity. There is much on this level to attract you and much that needs to be understood. We are encouraging you to learn not accept at face value any emotional deeds and needs for they may not be your instigation.

We seek to have you understand that any thought, at any time from your sojourn here have not gone away. They, like those who have been on this planet before you, are there, in the atmosphere ready to attach to any one susceptible to their desires.

We leave you now to ponder our words. Peace and blessings go to one and all. We are done, gone for the day.

Thank you.

Life Games. Who is Programming Yours?

Everything is energy and that is all there is to it.

*Match the frequency of the reality you want
and you cannot help but get that reality.*

It can be no other way.

This is not philosophy. This is physics.

Albert Einstein

oOo

There is an old saying, when the student is ready the teacher appears and perhaps as synchronicity, I gained further information on something you have mentioned in another discussion and of which has been puzzling me. At the time I never thought to ask for more rationale and we moved onto other topics and the questions to be asked were forgotten to be asked. I have thought more on the subject and now have the questions to ask. I would like to go that way today?

Always you choose the task at hand. We can 'fill you in', as you say, supply you with your requirements.

Thank you. One of the species of unseen energies that you mentioned I have since learned are known as Wetiko. The Indigenous American Indians are said to have named them and they refer to the Wetiko as a mind virus that not only influences a person but can affect whole populations with mass hysteria, negativity and all sorts of mind persuasions.

Yes, that is the way.

It seems these unseen energies have existed as long as humanity has been in existence on this plane. We all have our version of this counterfeiting energy and each of us has created them. Is that what happens?

No, it is not the way it 'happens' as you say. You do have your 'version', so to say, but you have not created their form. They are a separate existence to your form but can sway, manipulate you to being less than you are. They control your thoughts because you have ceased to control your thoughts and, like filling a vacuum, they manipulate and take over whenever you have subjugated yourself and your needs to their desires.

They feed of your energies and deplete you and have you behaving in a way, manner that does not suit your desires. They are counterfeit in the way they mimic you and you do not recognize that it is they, another energy form that has you acting or thinking a certain way.

If we took control of our thinking and our thoughts would we be influenced at all by Wetiko energies?

No, they would have nothing to attach to bring you undone. You would at these times be master of your ship and no 'invaders' so to say could gain a foothold to your life form energy.

We have many times discussed our difficulty in being aware of where our recalcitrant thoughts go. It seems that most times when we are on our flights of fancy it is very seldom on pleasant things being thought about unless we focus on them. At these times the focussing, by being aware, keeps our thoughts on the right way. Is that what we are required to do all the time, if possible? I don't know that it is possible for us. We have so many attractions that pull at our thoughts.

No, that is not the way. We want you to be able to take control. Not all of the time but be aware when your thoughts go awry. When you see yourself doing or thinking in ways that are not you, not normally what you would choose then step back, metaphorically speaking, and evaluate why you are thinking and behaving in such a way.

By doing this monitoring of your thoughts you are gaining on many fronts. You will find that you are taking control of your energy and the wastefulness of your life-force will diminish because no other energy is about to gain a foothold in your aura and start leaching your power away.

So, by our lack of thinking of what we are thinking or doing we are opening our self up and opportunistic other energies are able to magnetize and attach to us and drain us.

Yes, that is the way it transpires. You need to be aware. So many opportunities are lost to you when you let others emotionally suck you dry of your powers. They do not only take your energy and deplete your life force. They also manipulate you to acting and doing what would not be considered by you if you had a clear inkling of what is transpiring and what is being done to you and to others of your kind.

I would like more information please.

You are instrumental in so many other avenues whilst upon this dimension. You are instrumental in bringing other life forms to see (seek?) their way. You are instrumental in bringing forth other ways, more productive ways for much of the reality that exists upon your plane. You are instrumental in so many different ways to uplifting others of your kind as well as influencing, enhancing those already existing upon this plane.

There is much that goes on behind 'the veil' so to say that you are presently in ignorance of but of which you have a huge part to play. Each and every one of you have a role to play and each and every one of you, insignificant you may seem to be, are a necessary part in the wheel of progress of your kind. Whenever, whenever you act out of accord you bring disharmony to the rest.

Is this again like the butterfly effect?

Yes, one cannot act alone. All are one therefore what affects one affects all in some way.

Then what about the Wetiko energies that influence us? You mentioned it is our wayward thinking that allows them to magnetize and affect us. It sounds like part of what they do is as energy vampires.

Yes, it is the way. Understand that not all the ways you see them to be are instrumental in your undoing. They serve a purpose divine. They are here as a wake-up call for you all. They serve the purpose of having you understand and learn restraint and how to work with other energies not of your kind but, in a way, are of your kind. They mobilize you to the right way of seeing and of being.

You are here, on this dimension, as on other dimensions to learn to control and work with, not subjugate, other energies already domiciled here. This is part of the way that you function whilst here. You are being uplifted by your ways, your thoughts and by this, in this way you are also bringing on, enhancing those already upon this dimension.

They serve as your wake-up call as we said. It serves you well to be aware of what is transpiring for the shoe always remains upon your feet and you take responsibility for your thoughts and deeds.

I would like to continue this discussion when next we meet. Unfortunately I am constrained by time while upon this dimension and need to go for today.

Always you set the course and we comply. Peace and blessings go to one and all. We are finished for today.

Thank you

Wetiko.

*The day science begins to study non-physical phenomena,
it will make more progress in one decade
than in all the previous centuries of its existence.*

Nikola Tesla

oOo

From the knowledge gained yesterday I understand that what we see as negative, dark energies that are there to do us in are not seen that way by you. Am I right is saying that a better way of understanding energy is it is like money and has no power as such and it is a tool to be used by us? This tool, energy or money can be destructive or helpful depending on the way we choose to use it.

Yes, it is so. It is without substance and is used, enhanced by what you use it for. There is no right or wrong, negative or positive or any of the other connotations you place upon your world stage. All serve a purpose divine. They act as a wake-up call for you all to attract or repel your desires. How you are going, doing, will show, manifest in the desired way you have chosen by your activities and thoughts.

How does this relate to what is happening on the world stage? We are going through tumultuous times as we transition from the old energies into the new. There is so much upheaval on our planet. From Mother Earth's transition as our nature world goes through its metamorphosis to humanity's. We have conflicting viewpoints on what is happening at this time. In many ways it seems as if those whose loud protestations are being adhered to are taking us back in time to becoming tribal and along the lines of reinventing the wheel. Why is this happening? Why are normal, intelligent beings being influenced and going this way?

It is all a part of the changing times that are about you all. After a while it will settle down and peace will reign once more.

Has peace ever reigned? Not in my lifetime.

It will be the way that intelligence will prevail and what is seen to be a backward step in societies' forward march will unfold and change to a better equilibrium for all. Much of what is here now must, by needs be abolished, go to the past as you see it to be. You will change your viewpoint and 'come to your senses' as you say when you understand that what you seek, refurbishment of all you see will not come to be by past experiences.

Are you saying we look back with nostalgia and yearn for those times; times that seem uncomplicated and as a better way?

We do not say that is the way with all thinking for many are progressive in their way and their forward thrust is not to be or go the way you have prophesized. Not all is 'bad, doom and gloom' as you say for those who have the mindsets you speak of are of a mind to change, alter what they see as unsustainable to the needs of all. They are, mostly, working with a kindness of heart that cannot see what is being achieved by their actions.

Thank you. I don't see it as you do but your words give me hope. I would like now to continue our discussion about the energies known as Wetiko. I feel they are especially active at this time of our development and are having negative effects on the world stage. If I am wrong we can choose another topic for today.

No, we can continue with a discussion, discourse on what you refer to as Wetiko. All energies that are here, influencing you are not here to 'do you in', as you say. We need you to understand they serve a worthwhile purpose and bring you along to realizing another way.

But they are capable of influencing us?

Yes, in many ways they can have a bearing on your thoughts and ways.

And Wetiko can be considered a mind virus that feeds of our fears and accentuates them while depleting our energy for its own needs?

Yes, it is so.

How then are they serving a worthwhile purpose that brings us along to realizing another way?

They instigate within you a realization that all is not well and you seek to find out why. Those of you who are intent on finding out what you feel or as you presently are on the right track to your own resources. You start to look and seek a remedy to your ailments, dispositions and lack of recourse. This is bringing you further 'into the light' so to say where you can start to gain, bring into your energy field the requirements you need to get you along the right way.

In other words you start to magnetize more positive thoughts and energies which brings about a change to all you see and do in your part of your world. You are structuring, out of the atmosphere, your desires instead of being 'cast about' so to say without any rudder to your ship of life.

We ask you to always take stock of your thoughts and your life to see how you are going, what you are attracting, bringing into your reality. No one else does it for you because it is your learning lesson.

You are here to work with the energies at hand. To not dominate or subjugate them as we have previously explained. More to work in harmony because all you see and can understand within your energy sphere is what you have created. Your thought forms are there at your instigation. Your 'Wetiko' energy that you may be influenced by is all a part of your fabrication.

Are they then not real? They do exist as many other energies that are around you exist yet you see them not because you have not attracted them to you so they do not exist in your mind and are not involved in your reality.

Before we finish for today I would like to discuss something that happened to me recently.

Then we go that way.

I had gone to bed for the night but woke up feeling thirsty so I got out of bed and went into the kitchen to get a drink of water. There is enough outside light shining into my apartment so it is unnecessary for me to switch on a light as I move about. Coming from the kitchen and stepping into the lounge area I was confronted by a black foggy sort of cloud in front of me. It was formless, some sort of negative energy and interacting with it I felt very chilly as goose bumps popped out on my arms.

My question is, what energy was it? I was still half asleep and had not had any negative thoughts or dreams. Had I left myself open and this was an opportunist who took advantage of it?

Yes, we can go that way with the information you seek. You did leave yourself available to others who took advantage of your energy. You were not harmed and, although startled, knew what to do to 'close you down'

so to say. It served as a caution to always remember whatever is given the opportunity to plague your equilibrium are there at your instigation, an instigation that may not be 'recent' as you say.

Well, I have no idea what it could be because my mind was not dwelling on anything. I don't think it was before bed either.

It does not have to be recent. As we say, it can be anytime in your past that are there waiting for an opportunity to bring you undone by disharmonising your equilibrium in some way. Past thought can resurface that have no bearing on what is happening to you or in your (present?) life. It will bring you then back to the first experience of the thoughts and what brought them there in the first place. This can then set of what you refer to as a chain reaction of thinking and depending on the event at the time and what it instigates, brings forth now you will be affected if you follow, go that way.

Well, how do we change past energies that we have instigated or thought and that no longer suit us? We probably didn't know at the time they would hang around and come back to haunt us at a later date. Hopefully now we know better we have progressed to being aware of what our thoughts can and do and take measures to control them.

It may be the way. We are answering your question. You were not harmed only 'startled' as you say. You knew what was required and acted upon those desires. We can consider this was a progression for you for once upon a time as you say you would have been 'scared witless' by the event.

We feel we have answered your questions for today so will finish now. Peace and blessings go to one and all. We are done, gone for the day.

Thank you.

A Bali Experience.

*The big lesson in life, baby,
is never be scared of anyone
or anything.*
Frank Sinatra.

oOo

I have had an experience like you mentioned in our last discussion. I would like to speak about it now because I believe it is something that happens to all of us on this dimension and is an example of us not thinking and some other energy filling the vacuum.

We can go that way.

About twenty years ago I was on vacation in Bali with my husband and one of our daughters. One day we hired a taxi bemo, a small Bali wagon and its driver to go sightseeing up into the mountains for the day. Everything was as it should be, the weather was very hot, the vegetation lush and tropical as we passed by and friendly locals at the street stalls we stopped at the mountain villages along the way.

Coming home our driver took a different route which was down a winding, back road. At one area were a small group of Balinese males cutting down banana trees and other vegetation. It looked like it was hard work in the tropical heat and being friendly; we smiled encouragement and waved as we went past.

After our previous experiences with the friendly locals we were surprised to see hostile looks from the males but thought no more about their reaction and continued on to our accommodation at the sea shore. As I said, our holiday in Bali happened a long time ago and remained as a long forgotten memory.

This morning that image came unbidden into my mind but the reality of our experience and what happened changed. All was as it occurred at the time and we passed the workers and continued a little way on down the winding back road. Then this image changed and became unrelated to what originally did happen.

Placed over the road in front of us now was a blockage of vegetation forcing our bemo to stop. From out of the shrubbery hostile Balinese males came rushing out, dragged us out of the bemo and started attacking us.

I tried desperately to end the terrifying image but it kept going of its own violation. Realizing that another, powerful, unseen energy had control of my thoughts and desperate for the image to stop I kept saying Wetiko, Wetiko, Wetiko, focussing on the word and not the scene until I regained my thinking and whatever had been controlling my thoughts stopped.

The discerning part in the image and the reason for discussing it is this is probably what has happened throughout my life when thoughts have just popped into my head unrelated to what I am doing at the time. They have then taken me on a different path and way of thinking, usually of a negative one or into a victim mode. I am of the opinion that this is what happens unbeknown to each of us at these times; unseen energies are manipulating our thinking to gain an energy meal from us.

Yes, that is the way it happens. You need to be aware and take control of your thoughts.

When we think this way are there now two realities?

Yes, it is the way.

Then, did I come into an existence as a participant in a reality created by my husband or daughter? If one of my family did create this reality, why am I aware and actively participating in it?

It is the way that all participated in the original event and all have their 'slant' as you say on what transpired at the time. That you have now activated this previous reality is not related to your family members for it is your reality being experienced.

But why? What would have activated an event that occurred a long time ago, one that has not been thought about for ages, if at all once the vacation was over? I realize there has to be some chink in my energy field that brought about this reinvention of what happened.

It is as you say; a chink, awareness was provided, left open and you were susceptible to this type of 'attack' as you say. It served you well for you are now aware that no timeline events as you see them to be are gone and away. They are always there, 'in time', as you say and can be reactivated as yours was at this juncture.

Thought-forms were created in this new reality and they would still continue on in a life of their own?

Yes, it is the way. All exist this way.

The most disturbing part in this activation was some other energy was initiating my thoughts and I was being controlled and manipulated by an unseen energy.

Yes, 'no argument here' as you say.

Without my knowledge I was being possessed by another entity?

Yes, it is so.

And this happens to each of us at times when we can't get something out of our mind, something that is not in our best interest to continue thinking about.

Yes, you are learning that not all that comes into your mind has been put there by yourself. You would be wise, at these times, to take stock of why your thoughts run rampant and without regard for your sensibilities. It is always that some other energy has your grasp of insights and is manipulating your life, your needs to suit their advantage. In doing so, and you being this way your vital life force energy is being depleted.

This has happened to each of us throughout or life?

Yes, it is the way. All times negative thinking comes to the fore it is wise to think why it is there. Is there something in my life that causes my thoughts to be, go that way or is it something that was premeditated by others who are using my energy as their food source.

Is there any age this happens or does it also happen to small children too?

It is that small children are protected until puberty we would say. Then they are 'on their own', as you say and must by needs take responsibility for their thoughts and deeds.

Thank you. Once again you have given me much to think about.

Then we go our way. Peace and blessings go to one and all. We are done, gone for the day.

Egregores.

*Admiration for a quality or art can be so strong
it deters us from striving to possess it.*

Friedrich Nietzsche.

o0o

There are many unseen thought form energies that are even present and we magnetize them to us by our thoughts and emotions?

Yes, it is the way.

We have mentioned those we attract when we are in crowd situations and they are known as Egregores. The Egregores come when groups are attending a common interest such as a rock concert, car races or a sports match. At such times strong emotions are activated and affect all in the group who are largely uncontrolled and perhaps uncontrollable once affected. It is said that at these times Egregores come in and feast on these heightened, uncontrolled emotions and can incite us even more.

Yes, it is the way it is.

I have been in crowd situations and become swept up in the fever of the event. It is very difficult not to be affected.

It may be the way. We are answering your question asked about the fever pitch attractions and the unseen, to you, energies attracted at these times. It is again a salient lesson to, when you acknowledge that you are being caught up in the crowd's emotions, to 'step back', so to say and watch what is happening at these times and events.

You will find those who are swept up in the emotions of the event are, temporarily, 'out of their mind' so to say. Normal, intelligent beings are being manipulated to behave less than they be and at such times are creating a feast for others to gorge upon.

Yet, at these times it seems that a person's energy is heightened and they feel elated and not tired or drained.

It may be the way. It is a temporary disposition they will find. Once the emotion, the drama has subsided and all has gone they will now feel deflated and the misuse of energy can then be felt.

You have mentioned that once the event has finished the people participating are still on a 'high' and this enables the unseen energies to stay attached to them.

Yes, it is the way. If the attachment, the heightened feeling is still about the attachment still exists and the energy will not go away, detach itself whenever there is 'food' to gorge upon. Discussions with friends or in any other way will keep the attachment.

Are the Egregores the only ones that are here at these times?

No, you open yourself up to attract any energy that is prone to being there and feasting, gorging, is the way.

We have given names to some of these unseen energies but are they named by you?

We do not have any such connotations to be aware of naming. You will attract whatever is in the atmosphere waiting for the right avenue, time to attach to a susceptible energy body. We do not go by names. All encompass different ways at times but all are there as a wake-up call for you to get your mind, attention in order and not be or go this way.

Yet, knowing about these energies has been enormously helpful in understanding what is happening on the world stage and closer to home. I am now more aware when observing events that seem as if the whole world has gone mad and behaving, as you say, less than they are or be.

That raises another question; we are participating vicariously as we watch what is happening overseas or closer to home. Many times these images and portrayals bring our emotion to the surface. We are observers watching from the comfort of our home but are we still being affected enough to have unseen energy attachments?

Yes, it is the way. You have opened yourself up by your thoughts is the way and you are now open to these attachments. At these times be aware. You are participating from 'a distance' so to say but still feeling emotions that oft times run deep. You expose yourself to being a 'meal ticket' so to say.

Having the name Wetiko is enormously helpful when I become aware of being motivated to act less than I am. When my thoughts go awry and I am being negative or not thinking in a way that is better suited to my needs I mentally say Wetiko as a wakeup call to myself. It may not be the Wetiko energy but whatever is the persistent energy that stays and keeps influencing me I keep saying Wetiko like a mantra until it goes away.

Some of the negative thoughts at these times are very persistent and hard to banish but my persistence of mentally focussing on the word Wetiko does the trick of removing the attachment causing them. Saying the name also lets me understand I am being influenced by another energy.

Yes, you have unattached the energy from your energy body and it has floated away to attach to a more receptive being. By this simple act of being you have taken control of your ship of life. It is a good way to keep control when you find that an attachment can be particularly persistent and you have temporarily lost control of your thoughts and actions. Always be aware of your thoughts for they bring you undone many times.

We feel we have answered your questions for today and will take our leave.

Peace and blessings go to one and all. We are done, gone for today.

Thank you.

Incubus and Succubus.

*Everything you can imagine
is real.*

Pablo Picasso.
oOo

We have discussed how we, as creators, are learning to control all the energies that are on this third dimension. All the energies are in the atmosphere and are around us all the time; whether know, see or feel them, they are there.

Yes, it is the way.

As mentioned, these energies we have magnetized to us are ever ready to incite susceptible people to behave or think less than they are. They are neither what we term 'good' or 'bad' but serve a worthwhile lesson to us and serve as a wake-up call to be aware of what we are thinking because we are nourishing these energies as they incite and feed of our uncontrolled emotions.

That is the way it is.

A reader has asked a question and I would like that topic to be addressed to day.

Then we go that way.

The reader states; *'my home in Scotland was built in 1898 and my bedroom furniture, from that era (purchased with the house), included a four-poster bed. On many occasions I would feel someone in bed with me and breathing down the back of my neck. I was always too terrified to turn around so have no idea what or who it was. Since childhood, I have always hated anyone breathing on the back of my neck, and still do so whatever/whomever it was knew of my weakness.*

Fast forward to a more recent occurrence that happened in another country years later. One night something woke me in time to see a dark shadow climb on top of me and try to have intercourse. He/it was very heavy, but I fought back physically and verbally and succeeded in pushing him away. The shadow retreated into a corner and after a time disappeared'.

The reader does not say if this recent occurrence has happened again but it reminded me of similar experience told to me by a woman I had met some time ago at a meeting. I had been sitting in the audience next to an attractive young woman who was perhaps aged in her late twenties and we were listening to a well-known speaker giving a talk on psychic phenomena. At the intermission we wandered together over to the refreshment area. As most people do as strangers we chatted a bit about ourselves and long story short the woman mentioned a disturbing psychic incident she experienced that was still emotionally disturbing her.

From my recollection of what I was told at the time the young woman managed a business that sold crystals, angel cards and other things like that. One night she had gone to bed and had just turned off the light when she saw standing at the bottom of her bed a beautiful male angel she took to be her guardian angel. She was euphoric at his appearance - until he raped her. When she told me of the incident she was still feeling betrayed at this psychic attack on her body and sensibilities.

The Scots woman stated she lived in an old, furnished home and the past psychic energy and emotions of previous occupiers could still have been present and the woman was, for some reason, susceptible. The young woman from the crystal shop seemed naive and may well have wanted to see her guardian angel which, I believe would have made her vulnerable. It seems that the experiences undergone by the two women were perpetrated by opportunists and the women had in some way unwittingly made themselves vulnerable to such an event.

It can be seen to be that way.

I know from personal experience these psychic attacks feel like they are being perpetrated on our physical body but are happening to or in our finer, energy body.

Yes, you have left yourself open to these 'attacks' as you say and they can infiltrate your energy form. Whenever what attracted them to you in the first place exists, is there, they can create mayhem to your energy grid and have you experiencing or being less than you normally are.

And passions and emotions are normal feelings and are a part of the human experience we are learning to control?

Yes, that is the way.

Then as part of our growth any experiences or emotions will attract and attach like-minded energies who will feed on our thoughts and emotions engendered at the time. Any euphoric feelings of lust, any sexual desires, all powerful emotions, will bring these energies crowding in as will thoughts and strong desire for a loved one.

It is so. It is the attachment, attraction that goes of accord.

Wouldn't feelings of love be uplifting or bring in a better type of energy?

It may be the way. What you have attracted and attached will stay around you whenever the emotion is there. Your emotion will dictate your attraction to them. It all goes of accord.

I have no idea what the two women mentioned were thinking at the time to attract these energies but we can understand the attraction to the elementals is temporary as the person's thoughts wax and wanes.

However there is another energy form known as Incubus and Succubus that are different again but because they, like the other unseen energies, also have the potential to be attracted and attached to people susceptible to them I would like to briefly discuss them today.

We can follow your lead.

They can take on any desired form and it is by constant, intense desire of focusing on the one image or thought that attracts these energies and they shape shift to the person's preferred image. They use the psychic energy of their initiator and can take on a more permanent form in their creator's life where they can appear even if the person no longer desires them. These thought forms, Incubus and Succubus, have now become autonomous entities and the person has become possessed by them.

That may be the way. They do exist in 'the atmosphere' as you say and intense feelings will bring them, attach them to a soul. We do not go that way with our teachings and feel it is better to concentrate on a more productive avenue of thinking.

Thank you. It seemed to be a good time to mention there are many unseen energies in the atmosphere and we can unwittingly attract them to us but we have to have first rendered our self vulnerable to attract them. It is again a case of ignorance is no excuse.

We feel you have been succinct in your aim and will finish now. Peace and blessings go to one and all. We are done, gone for the day.

Thank you.

Moving Between Realities.

Keep calm and carry on.
Winston Churchill.

o0o

As these unseen energies that can attach to us are not third dimensional, are they in the astral?

Yes, it is so. They are there to balance you out. Your energies here are third dimensional but you, as a soul, also have other experiences being undergone at the same time as this earth existence divine. You are always, in some form or ways, in 'the astral' as you say.

Part of your learning development is to create in both avenues whilst here. This is to bring about a balance of sorts to the energies that are around you and you go this way creating from 'two fronts' so to say. You do create on other fronts we want you to understand but these two levels, dimensions, are so intertwined that it is all taking place 'at the one-time' as you say.

And because of the proximity of the two levels we can be attacked?

Yes, it is so, the way.

Do these other energies know they are moving between realities?

It may be the way. We are enlightening you to the knowledge, fact that as they come and go all the time depending on their needs and desires it is also the way for you. Most of your thoughts and fancies are done on the astral level while you, the physical part of you resides here.

There is more 'plasticity' where energy is more malleable to be manipulated at other levels and you go that way with your dreams and desires. They are not created here, upon this plane divine but they are acted out upon this plane most times.

On this physical plane?

Yes, it is the way it is instigated. You learn all you can manipulate and reach out to by your imagination and it comes from the astral level. If you can identify, see it as all being there for your understanding and learning you would see a vast array of interesting knowledge to be selected, chosen for you to enlarge and enhance.

I would appreciate more information please.

You choose each way you will learn from any avenue. You only need the input of imagination to magnetize it to you.

What about our dream states? You have mentioned they are real and are being lived. Usually though it is as a spectator to what is happening but some can have lucid dreaming where they know they are in and can manipulate the action taking place. It seems it is a little like our experiences on this dimension where we are or think we are in control of what is happening to us but often are not.

It can flow that way. All the time you are creating from the energies you see as 'out of the atmosphere'. They affect you by your abilities on any level.

But you have explained that we are working two levels at a time whilst upon this earth plane.

Yes, there are many more you function in whilst upon this plane but the answer to your question today was about the astral plane and the unseen energies that plague or enhance your life here.

How would they enhance our life here? Well, you have mentioned what attracts them to us. I have had enough experiences to know about the plaguing.

There is more than one sort of what you term as 'negative' energy. There are also the balancing energies, what you perhaps refer to as the 'good' energies. They are also here and around you in 'the atmosphere' as you say. They can be attracted and attached to you as the others are. All serve their purpose divine. It is up to you which ones you attract to your energy field.

I would like to work with what we term 'positive' energies and would also like to know how we go about attracting them.

We can go that way, show you how.

The negative energies are attracted to us by our thoughts and I assume it will be the same with the more positive ones.

Yes, it is so.

The negative ones feast off our life-force energy and deplete us while also increasing our thoughts to a more negative way.

It could be so but you are the instigator of your thoughts. You are in control at all times. What you see or feel is brought about by you and you need to realize, understand this. Whatever attacks and depletes you is a reminder to you of this fact. They are only using what is available from what you have created around yourself.

Point taken. Then with the more positive, do they also feed of our energy?

They go another way. They are attracted to your life-force energy but do not 'gorge', as you say. They can deplete your energy if you become euphoric and out of balance with your life-force.

Please explain what other way they go when they are around us.

They are there to incite you to better thinking, ways that are more profitable to your needs. They come at times when you are perhaps ruminating, more in control of your actions and thoughts. They incite you at these times to enlarge, to continue along the way that brings you peace. They are also attracted to your energy field but work a different way to the others who deplete your form.

So, if we realize we are attracting the wrong sort to us, we can change our thinking to something more pleasant, perhaps happy memories and this changes our energy field. This then attracts the more positive energies that motivate us to keep along that vein of thinking.

That is the way. Change whatever you see that no longer suits your needs and desires and it will go away. Bring in the optimism and it will encourage those who are also 'in the atmosphere' as you say. It is up to you

which and whatever you attract. No-one else does it for you. It is all you, you, you. Always was, always will be.

Thank you. Perhaps it is because when things go awry in our life we see it as never our fault. It is more convenient to blame others for our conditions and not take responsibility that we attract the wrong sort of energy.

That is the way. We feel we have answered your questions for today and leave you to your thoughts.

Peace and blessings go to one and all. We are done, gone for the day

Thank you.

Energy Field Doorways.

*Every moment of your life is infinitely creative
and the universe is endlessly bountiful.
Just put forth a clear enough request,
and everything your heart desires
must come to you.
Mahatma Ghandi.*

o0o

Your salient advice has made me more aware and now when negative thoughts or 'suspicious' thoughts come into my mind I have stopped thinking about them and instead observed them, taken them back to 'their source' so to say. Some of them go back a long way and it surprises me that they are still there. I'd forgotten about them ages ago, or so I thought.

We seek to have you understand that not all thoughts you have instigated are that way but many are. They are doorways to your energy field for those who are able to mutate, influence you in this way. It is prudent to be aware and watch, as you state you have done recently.

Thoughts and controlling them seems to be a big challenge we have whilst on this dimension. We have our thought forces, other selves, we have created that are still attached, unseen and unknown but are living a life independent to ours. There can be a 'bleed' of energy from one to the other of us which can influence in different ways. Until you informed us about these there was no knowledge they existed and are also a part of our 'all'. Do you agree with what has just been said?

Yes, you are on the right way with what you have stated.

Then we have the earth energy that worked in a symbiotic relationship with us to formulate and create this earth body covering we need to anchor us and enable us to function here. He is the 'devil on our shoulder' as you say and is capable of encouraging us to things like gluttony, all the seven deadly sins. Part of our task we set is to learn to control this earth being. We are here to help the earth elementals to develop or advance to a finer vibration and they are teaching us to work with a coarser vibration so that we can, at some stage, have total mastery over whatever domain we choose to frequent and help.

At some stage we will consciously be like all the teachers who have dominion over this reality, possibly others. These mentioned can also manipulate the elemental energies here to suit their needs. I am thinking of Jesus with the loaves and fishes, water into wine, stilling the turbulent water of the sea and other seemingly miraculous deeds he was able to achieve. They were not miracle activations like we have believed. They came from an understanding and mastery of the elements of this dimension.

Yes, it is the way.

Jesus put great emphasis on belief, saying that if we really believed in something it came to pass. Moving mountains, feeding the multitude and other wondrous perceived miracles performed were achieved because he understood and had mastery over the elements here.

Yes, it is so. He came to show you another way. What I do you can do also and more was his way of teaching the masses.

There is not something religious, holy or special about the person, soul doing it and what was being shown and meant to be understood what this mastery of elements is achievable to all and part of what we are working on achieving.

Yes, you are all working toward mastery of various 'elements' as you say but again, we reiterate, you already have the knowledge and understanding. You have chosen to be and go this way with blinkers over your sight to achieve even more understanding of what is required that takes you into the 'newer energies' as you say.

We also state that those newer energies are not unfamiliar to you for you have known about them for 'all times' as you say. It is only now that you are able to work with these energies for the present, timing is right for you to be and go this way.

Thank you and I will be asking about those energies a little later in our discussion but for now I seek to gain a better understanding of our creations and thought forms. We, by our thoughts have created another form, lots of them by our thoughts, wayward or not throughout our life and they also lead a life somewhere probably also creating other lives. These thought form creations, unseen by us still have an influence on us.

Yes, it is the way.

Then we have the earth elementals and learning to control our thoughts with our physical body and this present life we have here?

It can follow that way but there is more here you are not mentioning.

I don't know of anything else to mention.

Then we go that way. Whenever you are domiciled here you also influence other energies that are not of the ones you mentioned. They are the elements of 'Mother Earth' as you say. Whenever you, as energy is here you influence others of these kinds. They are also brought into the light by your energy accord.

I never thought about our influence on the nature world. And of course we would also have an influence on the animal kingdom too.

Yes, it is the way. You influence all here by your presence. You attract and uplift them all by your energy ways (waves?).

And our planet, Earth, also gains from us being here?

Yes, it is so.

Is this what our scientists are meaning about us being observers and bringing things into existence by being here?

It may go that way but we are informing you of your grandness along another path; a path that does indeed involve all energies, all 'living beings' as you say. We also reiterate that all you can see, everything you can possibly acknowledge as being 'here' is a living entity in some form of grace.

The knowledge that whatever we see on this dimension, in whatever form is a living entity requires more information but for the moment I will continue with the thought-forms conversations and the topic of where

they go. However, I will finish now and read back our discussion. As always, thank you for your enlightenment from those of us who still have the blinkers well and truly over our physical sight.

Then peace and blessings go to one and all. You cannot fail.

Thank you.

Unseen Energies Attracted to Places.

*To believe only possibilities is not faith
but mere philosophy.
Author unknown.*

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I would like our discussion today to speak of the unseen energies in areas we refer to as 'holy places'; places such as Lourdes in France where healing miracles happen. It is said that some people are healed there and some are not. At these times is it the faith of the person and their belief that initiates the unseen energies to work with them and so they get better?

It may be the way. It will depend, as you say on the faith of the person, their true belief that their worship, what is to transpire will eventuate. They magnetize the needed energies that are able to assist their needs.

It is part of their progress to achieve their aim, to heal their body of the ailments, afflictions that has been a part of their life. They do it by their willpower and working with the unseen energies who are ever present and when called bring in the needed assistance. At these times neither do it alone. It is a combined effort that brings it about.

Does timing have anything to do with a person being healed?

Yes, what you say is correct. Timing is there. All is instigated of accord. What has transpired was set to be, go that way at the time that it was achieved. It was a collusion, a work in progress that brought it about. It was not, never will be 'an accident' as you say. All works to clockwork to bring about the needed compliance of the deed.

Yet people, many devout people go to these sacred places expecting a miracle and it doesn't happen. Why is that?

Because of their faith and belief. We have spoken in another discussion of your faith and belief, why what you desired to eventuate in your life never came to be. You lacked the credentials to bring about your desires at these times and so it is with those who seek remission from their ailments.

The desperate come to these places expecting a miracle for others have been this way and it served them well. It should be the same with them is most times the thought but it can never be whenever the true belief is not there. The unseen workers, energies, who have made it their mission to assist humanity, cannot perform their task, way, because of the lack of faith, of true belief that it can be achieved.

So there are also helpful unseen energies in the atmosphere that are also attracted and magnetized to us and when the timing is right they can bring in the right conditions for us?

No, not quite what you say. It is so that there are these 'helpful' energies that have chosen their way to be of assistance to humankind. They are there at your instigation and are there because of energies that have been generated over time and brought about by the faithful, those whose belief is ever there. You magnetize them to you as you do with the lesser evolved energies that are also brought about by your thinking. You create these from out of the atmosphere and they are then able to assist, help those in need. They, as the others, are attracted by the thoughts and deeds of the recipients.

What about others who do not seek out special places? What about the many people who are born with afflictions? It may be they choose to work with their limited mobility or in whichever way their affliction serves them. We do know from previous discussions that any illness or limiting problem is not there because of some punishment or karma. The soul, being, chooses their limitation to learn various things while upon this dimension. Is that so?

Yes, it is the way. No punishment, no decree brings it about. It is what the soul, being, chooses to attain from whatever the malaise is they have chosen.

And once they have learned whatever it was they chose it can disappear and be like a spontaneous remission or something along that way?

Yes, it is so. The lesson, once achieved and what held it to the soul no longer exists and so the impediment is no longer necessary and the soul migrates to other needs and desires.

Then if a soul finishes its lifetime with the same impediments is it to be considered a failure to learn whatever was desired?

No, how can it be the way. You instigate your desires and they come to be. Whilever you hold to you what you seek to learn it will come about and remain. You may see a person deformed or impeded in some way and you look to the physical little realizing that what is there, closed in the covering of flesh is beyond your understanding.

The choices made to stay within a malformed or diseased body for the length of the time the soul exists clothed in the physical frame bear little realization to what is existing, happening. The covering may cover a great soul, one who is here for the needs of humanity and they work that way.

They may be here with 'lesser aggrandizements' so to say. Where they are working on instigating, learning the machinations of the third dimension and controlling what is needed to gain master ship over the elements here. They then go on to other pursuits, impediments gone as they exist now in their glory, unsullied by any of the earthly constraints, complaints.

We are not discussing angels when we speak of these helpful energies?

No, it is not the way. They (angels) are more of a support group; those who, when able, give you emotional sustenance. They shore you up. They give their support that way.

You did mention that many of us will decide not to go to greener pastures when we have finished our life here. Instead we will stay behind, without a physical body, and help those incoming energies who have never experienced this third dimension before.

Yes, it is so.

Will we be like those unseen energies that are attracted and magnetized to us by our thoughts?

No, it cannot be that way. Those mentioned are without form as you will be but your vibrational sway will inhibit them from your way.

I will finish now and read back our notes.

Then peace be upon you, now and forevermore. We go now. 'Fly the coop' as you say. Thank you.

I choose...
to live by choice and not by chance;
to make changes, not excuses;
to be motivated, not manipulated; to be useful, not used;
To excel, not compete.
I choose self-esteem, not self-pity.
I choose to listen to my inner voice;
not the random opinion of others.
Author Unknown.