

## Psychic Development

Paul Solomon Reading 0741

Q. What would be the best method for me to open myself spiritually and psychically?

A. Opening as a descriptive term in this moment, not particularly desirable. Building first, much more desirable, much more to be concerned with.

Now the meaning is this: Opening to the present surrounding thought forms would provide difficulty, fear, imbalances. That is, the opening of the spiritual or psychic centers for the moment. Building of relationships with others, of confidence in self, is essential first for this one in psychic and spiritual opening. There is, however, talent for doing so. There is a talent for tapping the consciousness of others, for empathizing and feeling the thought and conditions, especially physical conditions, of others. Quite a talent in this manner, both for reading, as it were, understanding others, and for healing through these. But there must be developed self confidence, overcoming of guilt feelings, concerns, inadequacies about the self, else will have difficulties, imbalances in the opening.

Now the manner for doing so is studying the highest that is within self, not looking ever, at all, to external matters, or external sources of information, psychically or otherwise.

Would do well to work with a well balanced teacher or one who has experienced such in this time, but not one who would point toward mediumistic communication or opening.

Better set aside a period of time each day, or two or three periods of the day for self-examination. Now be aware that we are not here referring to morbid self-examination that would search for guilt or lack in the self at all. What we do seek is a searching for the highest that is within the self. In the self-examination look for that which is within the self, that is, a spark of God. Look for the Divine spark within. During this period of self searching, of looking for the Divine spark, hold consciousness on that that is the very highest within the self; identifying with it, not identifying it as an external, that is, planted within, but as the original identity of self. Focusing on that then, becoming familiar with that point, that identity of the Christ within; daily, two, three times each day for a period of meditation, for a period set aside for this point of identification.

As it becomes more real, as it becomes more recognizable as part of the self, it will become a usable part of the self, a part of direction, a part of guidance, a part of moving toward a goal. It will become then, the eye through which 'I will look toward others'. Looking through that eye 'I will see the difficulties, the talents, the light of others; can communicate with others, can heal and such. In this manner psychic opening will automatically come. 'That it is not that that I seek. That I seek is the development of that flame, that point of light, that Presence of the Christ within'. That manner of development.

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