

The Readings of the Paul Solomon Source

Paul Solomon wrote this article about the Readings in 1982 to answer the many questions he received concerning The Source.

The material in the readings came from a very special Source in a very special way. I would like my relationship with this Source and this material to be clear from the beginning because I find that it is easy to misunderstand. Inspired material is approached with awe by some people and is accepted non-critically as absolute truth. Others approach it with something beyond skepticism that is more akin to bigotry. I believe that neither of these approaches is appropriate. If one accepts that information can be received from “Higher Mind,” “psychic sources,” or from God, then the central message in the material (whatever the subject) is that there is such a Source of inspiration, knowledge and wisdom. If then, this Source exists and is the Source of the material, the reader should keep in mind that the Source also exists for you as well as for me. In reading the material, consider it a springboard or a link with that Source and use it as a catalyst. Ask for inspiration, information, understanding and guidance in application while reading. See if it is applicable and whether it is truth for you.

I am personally awed by this information and its Source simply because the wisdom, information and practicality is consistently superior to that produced in me by other thinking processes. My awe does not preclude questioning, research and attempt to verify. I am awed in a similar way by any brilliant and informed source of learning. I am awed, for example, by Carl Sagan and his brilliant presentations of the “Cosmos.” I certainly do not accept many of his conclusions concerning metaphysics and the meaning of it all, but that does not prevent my being inspired by both his knowledge and his wonderful talent for presenting extremely complex material in understandable form.

Nor does the questioning or attempt to verify imply doubt. It is rather an attempt to understand responsibly. When I receive exciting or useful information from any source, I tend to be full of questions, “Where can I learn more?” “How were the conclusions arrived at?” “Is this universally applicable or if not? What are the special circumstances?” When I ask these questions of a scientist, psychologist or teacher, it does not mean I doubt his information or conclusions. It means that if I am to understand responsibly, with ability to apply the information sensibly, the supporting information may be necessary. The validity of any information does not lie in how it was received or even from what source, but rather in its application.

There was a time when I realized that my life was not working. I had alienated those who loved me and I felt unloved. I was sabotaging relationships and my own chances for success. I had built a number of habits in communications and relationships that were not working in my own interests. I certainly did not love myself, and while I was often very loving to others, I now realize that my motivation was to gain appreciation. My efforts were seldom appreciated and usually led to self-pity and indignation along with feelings of rejection. I finally built for myself a great pit of despair, withdrawal and depression. Fortunately, I recognized my situation as symptomatic. I realized there must be something wrong with me or I would not be so withdrawn or so unhappy. I really didn't know where to turn for help. I rejected psychiatry, believing that it would take too long, be too expensive and, besides, would imply something wrong that I did not want to face. I rejected religion because I had already tried so hard to make that work and felt guilty and a failure there. I finally decided on hypnosis. I had a belief that I could be hypnotized quickly and told to feel better, and magically, it would be so.

I sought out a hypnosis clinic and was encouraged to believe that hypnosis could help me, but found it would be a long, involved and very expensive process. My depression deepened. Then I found a friend who was willing to try to hypnotize me. He was young, inexperienced and ill prepared for such a complex process as hypnotherapy, but we were naïve.

It was probably because of the depth of my anxiety and desperation that I was susceptible to hypnotic suggestion. I plunged deep into an unconscious state with the first effort. We later discovered that the depth of the trance I experienced is an extremely unusual response to hypnosis. I personally believe it happened because I desperately wanted to escape consciousness.

During that trance experience and subsequent sessions, I communicated a whole new and very different philosophy of life and relationships with self and God than any known to my conscious experience. We first believed that the communicator was an entity or spirit other than myself, but the Source of the information identified itself as "the rest of my mind." It described itself as "Source Mind" or the Source of my mind. The term " Super-Conscious Mind" was used to describe the concept that there is more to anyone's mind than the sensory, computer-like brain-mind that we identify as the conscious mind. There is, in every individual, an intelligence that knows how to regulate the heart beat, that knows how to produce life in a new cell and replace the dying cells, and that knows what we are here for. This Greater Mind, or Higher Mind could communicate when my conscious mind was out of the way.

We were told that the source of information in any thought process depends on what or whom you are paying attention to. If one is using sensory information and a logical, rational process, then the source of information is the rational, conscious mind. If, on the other hand, one asks for infor-

mation through a prayer and meditation process, from God, and then is able to listen without interference, inspiration can become the source of thought.

We tested this source of information in several ways. The brain-wave rhythm during communication was established to be at delta level brain waves (one to three cycles per second, comparable to total anesthesia). On many occasions, questions were asked that I could not consciously know the answer to and the answers were verified. We tested the use of the Source for medical diagnosis and, in more than 1,500 instances, never found an error. Even when the diagnosis of the Readings disagreed with conventional diagnosis, the Source was later proved to be correct.

I am not attempting to convince anyone that I have unusual powers. I am simply suggesting that there is a source of information that is superior to the conscious mind. I believe that it is available to any person who will overcome the egotistical assumption that his sensory, conscious process is his best source of information. In fact, if you research the greatest discoveries in history, you will find that they all have come through the use of the intuitive and inspirational process.

I am not gifted. I simply got desperate enough to recognize that my usual thinking process was inadequate for my needs, and in my desperation called upon something greater to supply answers. It did.

Certainly this Higher Mind comes from God, but so does my conscious mind. I see the Higher Mind as an instrument that can be attuned to God by removing all barriers. I believe that is our best and closest possible link with God, and I believe that inspirational information and guidance received through the Higher Mind comes from God.

I also recognize the subtle, complex and elusive nature of the Higher Mind, and indeed any altered state of consciousness. Learning to use the Higher Mind effectively is every bit as demanding as learning to use the conscious mind effectively or learning to develop a talent for art or music. The average person spends the greater part of a lifetime learning to use the rational, logical, conscious mind effectively with varying degrees of success, usually with somewhat questionable results, in fact. The mastery of music or art, even for the most gifted, requires devotion and discipline. The use of the Higher Mind is no less demanding, and mastery will not come to the undisciplined.

However, the fact that few will master the logical, rational, conscious mind should not be used as an excuse for not using it at all. The Higher Mind is no less a natural part of self to be used, and failure to use it is akin to cutting off a leg or an arm or taking an eye out. No one should attempt life without guidance, inspiration, intuition and/or a personal relationship with God, the Source of life, mind and inspiration.

It is with this in mind that I would like you to approach the material in the Readings. I hope that it will inspire you to seek your own answers and will help guide you to your Source.

Paul Solomon