

## So you see / hear “things”? How to live and cope in a world of spirit

### For some, ghosts and other “things” are a daily phenomenon

So.... how many people out there see, feel or hear “things” on a daily basis? and... How many have done so since birth? Many it seems. Indeed, what has (in the past) been labelled as a sickness or behavioural problem is increasingly revealing itself as a very real skill in conversing/interacting with another world - the world of energy - something a lot of “normal”, “everyday” people seem to do.

Sure, some people have never experienced such things and would find such claims difficult to support. Others struggle with the ‘paranormal’ from childhood. At best, they receive guidance about how to manage “the problem”; at worst, they are institutionalised, labelled as sick or mentally ill, given prescription medications that can actually render them more vulnerable to the world of energy, not less. In reality though, it’s not “the patient” who has the problem - it’s the rest of us who either cannot or will not acknowledge that there’s a world beyond the visible or tangible. The world of energy is actually quite structured and sane once you know what you need to know. Yes, there is a way out of it and it’s as easy (and as difficult!) as getting back to you - i.e. your higher self, intuition and Source.

### Astral comes in many forms

#### The feel of astral

The realm of astral energies is very real. Within it exist many energy forms - from mind power and black magic to ghosts, cartoon characters and more. Some people see “things” (voyants), some hear (audients), some feel (sentients). Many experience a mix of all three, knowingly or not. Either way, dealing with astral can seem like a never-ending ‘black hole’ for those who don’t know how to manage it: a world of manipulation, weakness - victim and “poor me”. The good news is that all “things” - physical or in spirit - have an energy associated with them and, like fingerprints, no two people/“things” have the same energy. Each radiates an energy that is unique, so the challenge is learning how to work out where the energy/vibration is coming from. Once you know if it’s you or someone else, you can deal with it more objectively.

Generically speaking, all astral energies are experienced similarly in that they are energetic pressures that come towards or on to you rather than emanating out of or from you as your own thoughts & feelings do. Unlike universal or soul-based energy, astral energies communicate via thought waves, energetic (i.e. physical or bodily) pressures and telepathy. Often they’re experienced as one’s own thoughts, especially when a person is still learning and not yet aware of how different energies feel. Astral manages to influence simply because we doubt ourselves at a given time. A person who forever questions him/herself or their intuition is - quite literally - a person who’s quite possibly constantly dialoguing with astral. Often this person is indecisive and/or introverted, frequently changing their mind for no reason at all. On one hand, able to see all perspectives; on the other, never quite able to sit still, commit and close. The minute we question self in doubting, we disconnect from the vertical universal energies (i.e. higher self, intuition, Source) that keep us connected and start to refer to other, horizontal/astral sources to explain what’s going on.

There's always a reason for astral energies communicating with you and it is always self-focused. Energy forms that are not Source usually have conditions/needs that they want met, knowingly or not. These needs can be felt as pressures on or around one's being -either a pulling at you to be/do a particular thing or a pushing on to you like a bullying or forcing pressure. Some are quite heavy; others quite subtle; it all depends on the energy involved, their needs and feelings, and the platform from which you yourself are operating.

### The feel of Self / Source

The energy of higher self is very different to astral. Best described as the energy of white light or Source, Self has no needs, conditions or requirements and, quite literally, feels like nothing at all. This lightness is unique to Self, pure guidance and Source. Self and Source have no opinion about what you do because everything you do, when aligned to Self and Source, is perfect. It's only when we think or worry too much and reference horizontally that things start to go "wrong".

### **The Frame of Reference: Horizontal or Vertical - Why We End Up In Astral at all**

In energy terms, the world can be experienced in two ways - (1) vertically or skywards (i.e. referring to higher Self, intuition, pure guidance, Source) and (2) horizontally or astrally (looking to other people, "things", models, etc for guidance, often unknowingly). The way we extend our focus/frame of reference largely determines the degree to which the energetically sensitive experience astral energies.

From birth of course, we learn to extend our frame of reference horizontally towards other human beings -mother, father, etc - for obvious reasons: food, shelter, love, etc. This is natural. Whilst we remain connected to higher Self for the first seven years or so, after this our intuition tends to take a back seat to logic and mind for a while. As we get older, we learn to "fend for ourselves". Whilst we may easily deduce that it's time to leave home, pay our way and feed/clothe ourselves however, we don't always take responsibility for our true/higher self. Obviously, this depends on the person. Put another way: do we continue to extend our frame of reference horizontally to other humans and physical cues (e.g. media 'norms', social rules, peer group pressure, etc) or do we start to extend our Selves vertically, turning to Self and intuition for direction as needed?

Few of us are totally unaffected by the physical/material world. Many of us extend horizontally to at least some degree for at least part of the time and it's this that can leave us open to the world of astral if we're sensitive and out of our body to any degree. If we were only connected to our true/higher Self in energy terms, we'd always 'know', never doubt, never get into our heads, fear or question Self and, therefore, never experience astral "negatively". When we did, it would be easily accommodated as another 'fact of life' - a "goings on" around us - rather than an experience of negativity at all. But then, we wouldn't be human! This is not to say that all people who have never experienced astral energies are always 100% aligned to their higher self - far from it! Some are just so mind-/logic-oriented that no other experience can get in, not at an obvious level anyway. Essentially, the degree to which we reference energetically towards the horizontal tends to tie in with the degree to which we experience astral in any or all of its forms.

### **It's not about Denying Astral**

Working free from astral energies is not about denial, 'winning' over some other energy or having a battle of wills. In fact, the more one struggles to 'beat' or 'win', the louder the noise can get - simply because, in that frame of mind, one appoints oneself as the controller/driver in the process. In fact,

its universal will that frees us every time. So, don't battle - instead, relax, let go, take a deep breath and allow God/the universe to drive. The key in 'getting free' from outside energies is to acknowledge what you are experiencing then re-focus. Like trying to do homework with the television on - we can't always make the noise stop but we can choose to focus elsewhere. Focus instead on getting back to your real self, clear of all other energies and noise around you - back to integrity, peace and pure thoughts.

### **Forgiveness - Dark attracts dark, so forgive and let go**

Another consideration is the degree to which one is harbouring negative thoughts. By being less than 100% forgiveness at any time, one acts as a negativity magnet, attracting astral energies as a perfect reflection of what one is putting out oneself. Often, this is not conscious or avoidable; it's just that we've forgotten to release previous events fully and forgive it all. Sometimes astral helps us discover this, so as to get free from our human self (i.e. "me", mind and ego) and back to soul. If you find yourself surrounded by negativity, try affirming forgiveness: "I forgive and let go, let go and forgive" and allow white light to come in and clear you off, over and through. This is a very effective technique for whenever you're feeling off-balance and don't be surprised if your affirmations turn to requests for forgiveness for yourself. Let the words evolve as they need to: there's always a reason for it. As long as you work with pure intention and white light, all (ultimately) will be well.

### **Are you actually operating from your power centre? If not, get back & stay there!**

Sometimes, experiences with outside energies happen because we're out of our body to some degree. By doubting the flow of life and questioning oneself, a person's energetic being can move away from the power centre (1st chakra for men; 2nd chakra for women), out of alignment with the physical body. It's like a baseballer stepping away from the base s/he is meant to be on. The move out of their body then affects the degree to which they are "owning" themselves and/or their true position in the world. As a result, the boundary between them and astral decreases and delineation between self, one's own thoughts and those of astral becomes less automatic - i.e. the possibility for outside influence increases. To this end, it's worth checking whether you're operating from your power centre, owning all of you and your perspectives, and moving back down there if not.

### **Open up from above**

In doing any type of psychic or energy work, it helps to start by opening up with white light. White light is the vibration of divine or universal energy, integrity and wisdom. See white light coming down from above; open your crown chakra first so as to hook into universal energies to get you clean and clear. This can clear you of astral much faster than opening up from the base/first chakra and is quite important for those who are very sensitive (opening up from the base chakra without some form of initial 'cleaning' routine can exacerbate astral experiences for some). I am not saying "never open up from base"; rather, do what you do with awareness when you want to, managing any astral experience that results using white light and a focus on divine integrity to clear you as you need.

### **Compassion, helping self and mutual respect**

In getting clear of astral, the goal/end point is not only energetic clarity but also understanding and compassion, where all parties are honoured and respected as they are; where all players win and all support. Getting clear is not about winning, pushing out or pushing over. To control on the astral plane can get you into all sorts of trouble, as stated before. Take the position that you'll help if you

can but only if you are asked to and fully supported in doing so. Know what you want (i.e. to get clear and back to self) and work in white light to help things unfold. Don't have a set position on what "should" happen, as this can also put you in a forcing/controlling mode. Allow white light to work with and guide you. From there, you will be shown.

### **Getting Clear - Exercises Worth Trying**

The exercises below can be quite effective whenever one feels weighed down by the outside world, irrespective of how one labels it, and are well worth trying.

#### White Light and Wind Tunnel

In getting clear, an effective visualisation is that of standing in a wind tunnel. Tune into white light and get yourself clear of all surface energies. Like standing in a wind tunnel, allow the white light to be a pressure that's beyond your physical and mental control, taking with it all that you no longer require. Allow it to clean you so as to see what energies are about you and why. Stay in your own column of white light and just watch what is happening about you - don't become involved (let it be as if you were watching TV, slightly removed). Let the picture evolve to show you why things have been happening and what you need to do to get clear. As soon as you understand it, you'll have all you need to release it. As such, the attitude to adopt is "what do you want?", "how can I help?" and "I'm not helping unless you respect my needs, too". Astral always wants/needs something: irrespective of any feeling of vulnerability, you're always the one who's in the position of control.

Sometimes, one can experience angry or negative energies. Even then, just listen. They're angry for a reason and the key is to get beyond the surface emotions to the underlying cause. The likelihood is that they're not angry with you; they just need to vent and you're the one they've chosen to help them. Again, don't take it on: listen, let them vent, let them clear and allow the universe/Source take control.

#### Forgiveness

The affirmation of forgiveness, towards anything and everything that's not yet been released from you, can also be really useful. In this exercise, know your objective - i.e. to get clear - and allow yourself to let go of the pressure/weight around you. Breathe and affirm forgiveness: "I forgive and let go, let go and forgive, and let the universe take control". Allow yourself to be taken to whatever times, experiences or belief systems you've been holding on to. If they are irrelevant now, relax your grip and let them go from every cell of your being, physical and energetic, forever more. Allow the breeze of universal clearing help you lose all you can of whatever it is that you can let go of.

#### Get back into your power centre and stay there!

Sit quietly and breathe - in through your nose for four or five; out through your mouth for four or five. Take your focus down to your power centre - 1st chakra for men; 2nd chakra for women - and begin to breathe from there, sitting down more firmly into your power centre with each breath. Don't move your focus: regardless of the temptation, stay there and open up/do your clearing exercises from this position. Every time you feel yourself gravitating towards the head, get back down into your power centre. You'll be amazed at the degree to which the universe will drive and assist you when you operate from your power centre. Energy increases, stamina can improve and blockages in your skeletal system and lower torso can suddenly disappear. Note that this exercise can result in tensions

releasing through your physical body as you get back in to it properly - especially in the lower torso - so go gently and take care of yourself as you go.

### Pull your cords in

Another useful visualisation is to see yourself freeing all the cords that emanate from you horizontally. See yourself detaching your cords (i.e. your needs, expectations, attachments and conditions) from all around you (front, back, left and right, top to bottom). Some may have particular attachments (i.e. towards certain times or people); others may be generic. Wherever they are, pull them out from their external end point and free them at your end, throwing them away completely. As you encounter each one, you'll have an intrinsic feeling/knowledge about what to do. Having freed your cords up, start to extend all of your reference vertically towards higher self and Source. Continue until you feel it's completed and close off once you've finished.

### **And Staying Clear....?**

As stated above, astral experiences tend to reflect the degree to which we reference horizontally towards the opinions or customs of others, away from higher self and our intuition. They also highlight the degree to which we get caught up in our head and fears, failing to forgive, trust and let go. Staying clear of astral is "as easy" as retaining a 100% vertical focus, staying in and operating from our power centre, being forgiving and letting go on the energy level at all times. Some days, this is almost second nature; others, it's like climbing Mount Everest with no arms. So, go gently. Know what it is you want to attune to and affirm this - not out of fear but as a fact of life. Don't ask or beg for it; don't doubt or hope for it; know it, then let it eventuate.

Note, too, that the ability to see/hear/feel "things" is a skill and that you have it for a reason. It's not a case of never experiencing astral again but one of learning how to manage it as needed (as with any other learned behaviour). Dealing with astral is a skill, not an illness. Just because some people don't experience it, doesn't mean it isn't real. So, find someone who can help you learn how to manage it in a way that empowers you and keeps you clear.

For more information, contact Fran Davidson via <https://www.psychicandenergywork.com.au>

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