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On Spiritual Discernment And Hypnosis

- Projects & Learning - Corners - Questions and Answers on the Path to Ascension Corner! -

I AM University

On Spiritual Discernment And Hypnosis

Greetings my friend!

Thank you for your e-mail and your very kind words, they are very much appreciated. I lovingly disagree with this teacher's opinion. It is not that there are not some danger areas in working with hypnosis, for there are. He has thrown the baby out with the bath water, however, in my opinion, due to lack of understanding. This reminds me of people in some Eastern religions who teach that you must get rid of all desire. This is inaccurate as well. The goal is not to get rid of all desire, but rather to get rid of all lower-self desire. A desire to achieve ascension and God-Realization and become a good person is a healthy desire. This whole lesson comes down to the difference between Christ thinking and negative ego thinking. With no judgment intended, I don't think he understands this fully.

Hypnosis can be used by the negative ego or used by the Christ Consciousness. Now the truth is, most people misuse it because most hypnotists live out of the personality, and not the soul. This is why this teacher is so fearful of it. I actually recommend self-hypnosis more than hypnosis. Hypnosis, however, is nothing more than the science of giving suggestions. In my opinion, he is inaccurate in his statement. The difference between hypnosis and meditation is just a question of whether you are focusing on the subconscious mind or superconscious mind. May I remind you that Edgar Cayce, who is probably the greatest channel of spiritual information that has ever lived, began channeling the Universal Mind through an initial hypnosis experience. We would not have any of his knowledge if it weren't for hypnosis. A great many forms of meditations are really hypnosis. There is a growing field called Spiritual or Transpersonal Hypnosis, which uses hypnosis in the proper way. Torkom and Blavatsky had this opinion because most hypnotists use the art for stage shows, power trips, and personality level work alone. In this regard, they were right.

Hypnosis in the hands of someone run by the negative ego and caught in their personality is dangerous. Used by a Christed Master, however, with full understanding, it can be an enormous tool for healing on a physical, emotional, mental and spiritual level. Eventually hypnosis will be used more in hospitals by skilled nurses, doctors, and spiritual practitioners. Do you really think we should get rid of self-hypnosis? This is nothing more than using meditation to program your subconscious mind.

My friend, this teacher, with no judgment intended, has confused the negative ego and personality-based consciousness of other people with hypnosis. Hypnosis is good if used by a Christed Master, and can be very dangerous if used by people who are run by the negative ego and personality. I would not recommend going to a hypnotist unless they are an integrated Ascended Being. Self-hypnosis is nothing to be feared of as long as you pray for protection first from your own Mighty I Am Presence and the inner plane Ascended Masters.

Yes, the Soul and Higher Self can be contacted in some cases through hypnosis, which was proven by the experience of Edgar Cayce. There are no negative effects on the Soul or Higher Self if used properly. Hypnosis and Self-hypnosis can be used to enhance the Soul and Higher Self by programming in Christed thinking rather than negative ego thinking. Yes, the Soul mantra, the Ascension Meditation, words of power, spiritual affirmations, and prayers can be used in a self-hypnotic, altered state, or meditative state, which, in truth, are all really the same thing. The only difference being the point of focus doing these spiritual practices. These spiritual practices will be even more powerful in an altered state. Praying for protection before doing any type of hypnosis work is the key. You must also really trust the person you are working with and fully know they are working from the Christ Consciousness with a full understanding of what they are doing. These types of people are hard to find, and that is why self-hypnosis with the help of one's own Higher Self, Mighty I Am Presence and the inner plane Ascended Masters is better. Why pay a hypnotist if you can do it yourself.

All spiritual practices done in self-hypnosis, an altered state or meditation will indeed program the subconscious mind in a positive manner, and help one to gain control over it and help it to align properly with the conscious and

On Spiritual Discernment And Hypnosis

subconscious minds. All three minds are part of the mental body; with the superconscious mind being a part of the Higher mental body.

Yes, suggestions do contain psychic energy. All past lives are stored in the deeper recesses of the subconscious mind. Past life hypnotic regression work allows one to review these memories. For people who have certain phobias and fears, the reviewing of the past life causes can sometimes be helpful in releasing this programming. It can also be helpful spiritually to experience the greater expansiveness of spiritual existence. There are, however, many glammers and traps in this work as well. Many lightworkers are too caught up in past lives, and sometimes there is confusion between the past lives of one's self and one's soul extensions from one's oversoul and one's Monad. Lightworkers also sometimes get on ego trips over past lives, when, in truth, what you did in a past life is quite meaningless, for all that really matters is what you are doing now. What does it matter if you were a famous saint in a past life, yet are run by the negative ego in this one. You have actually gone backwards, yet are obsessing over how great you were in a past life to feed the negative ego.

All karmic blocks from past lives are manifested as negative thinking, negative emotions, and physical/etheric health lessons in this life. By clearing all negative ego thinking, emotions, etheric damage, and physical health lessons in this life, you are clearing your karma from past lives. This is why focusing on past lives is not that important.

Karma can also be cleared from past lives and this lifetime by just asking your Mighty I Am Presence and the inner plane Ascended Masters to help you do this. So simple, however few choose to ask for this. This is because no one has ever taught them the importance of doing so. I am doing so now my friend.

By releasing and clearing negative karma in these two ways, as well as by doing Christed selfless service work as your main purpose on Earth, karma is cleared also from the permanent atoms, and this takes away the need for karma to manifest in a karmic fashion in the physical vehicle, through the detrimental release of karma through the blood system that affects the glandular system and organs. Some physical health lessons, however, of a chronic nature are not always karmic. Some are the result of the Christed mutation process and the process of becoming a full-fledged integrated Ascended Master. Sometimes health lessons are also past karma that has been worked out and cleared, but the weakness still remains in that physical vehicle even though there is no spiritual, mental or emotional karma. Some health lessons are also for the Glory of GOD and have no specific karma that any longer needs to be cleared.

The use of self-hypnosis, hypnosis and all the tools of reprogramming the subconscious mind that I wrote about in my book *Soul Psychology*, are the keys to releasing your karma. Please remember it is your thoughts that create your reality. These are the main tools for changing your thinking on a conscious and subconscious level. Many people think they are clear when they are not. Their conscious minds are doing one thing and their subconscious minds another.

The study of hypnosis is one of the best ways to understand how the subconscious mind works and the tremendous abilities it has at your disposal if you learn how to master it and utilize these abilities.

I remind you again that in our society hypnosis has a negative stigma because of stage hypnotists who use hypnosis as a game and power trip. It has many beneficial ways that it can be used. Edgar Cayce was unable to speak for an entire year and no medical doctor could help him and it took a hypnotist to give a simple suggestion to his subconscious mind to cure him. Ponder on this my friend.

I also remind you, as I stated quite clearly in my book *Soul Psychology*, that most of my work is not hypnotizing people, it is **de-hypnotizing** people. Most of the world lives in a chronic state of hypnosis or being run by the

On Spiritual Discernment And Hypnosis

subconscious mind. The power of suggestion is used by advertisers and people all the time, whether you believe in it or not. In every conversation we have with another person, the laws of hypnotic suggestion are taking place. The lesson is not to stick our heads into the sand and say this does not exist, but rather to clinically understand what hypnosis is, and to understand completely the laws that govern this most fascinating process and use these laws and this process for a beneficial purpose.

For example, in a dentist's office to relieve pain if you don't want to take pain-killing drugs into your system. Using hypnosis or self-hypnosis to program in Christed thinking. The use of this process to relieve health problems. Can you imagine a Christed nurse or doctor giving spiritual suggestions to all patients going through major surgery and recovery? Using hypnosis with children while they are sleeping for Christed programming. This last one is an essential tool because children do not have a developed conscious mind to do this work effectively when problems begin to arise. Training people in the subtle forms of hypnosis in their daily conversations, both in an active and receptive understanding of the power of suggestions.

Through understanding the laws of hypnosis, we are more able to become Masters and causes of our reality. We are also able to use the power of our thoughts and words much more carefully to always have a beneficial Christed affect on self and others.

Through understanding hypnosis, we also become more vigilant and spiritually discerning to the misuse of hypnosis and the power of suggestion. I am amazed in the world and in the Spiritual Movement how easily swayed, impressionable, and gullible people are by the media, politicians and their partisan spinning, and even to certain Spiritual Teachers who are run by the negative ego, and/or teach fragmented forms of spirituality and psychology, yet convince people with their powers of persuasion to follow a corrupted path.

The most extreme example of this in earth's history is Adolf Hitler, and how he used the power of suggestion to convince an entire nation to the illusion that they were the superior race. Pretending that hypnosis doesn't exist, just because you don't go to a hypnotist, is illusion. We go into states of hypnosis every time we go to sleep. Most people go in and out of hypnosis all day long. Most people are hypnotized constantly and are hypnotizing people constantly whether they understand, believe, or have even heard of it.

This whole subject and your questions to me in this letter is a lesson for you, my friend, in being spiritually discerning yourself and not believing everything you read no matter who wrote it. Every channel and every spiritual teacher has their blocks. Alice Bailey was a little unclear on the issue of homosexuality in her writings because of her own programming and the times she lived in. This is not a judgment, just an insight into how channeling is affected by people's belief systems, for Alice Bailey was a fantastic channel. At the time Madame Blavatsky lived in the late 1800s, hypnosis was in its infancy. This teacher has taken on the Eastern, unintegrated view. Eastern religion tends to be more spiritually developed than psychologically developed. Another example of this in Eastern religion is how the yoga teachings teach that sexuality is something that needs to be completely avoided. This is wrong. Just as stating that all desire should be avoided is wrong. With no judgment, this teacher comes out of this schooling, so of course, hypnosis becomes a taboo as well. You must be more discerning about fragmented teachings that are not fully integrated.

Every religion has these misunderstandings as do spiritual paths and spiritual teachers. This is not a judgment, just a wake-up call for spiritual discernment. Buddhism teaches that GOD doesn't exist. Hinduism has the caste system. Christianity has the fundamentalist Christian beliefs. The Islamic religion treats women like second-class citizens. Eastern religion is heavy on the spiritual and weak on the psychological end.

Be more discerning about the things you read, no matter who they are from, even if someone channels the Ascended Masters. I remind you, no one on this planet truly channels the Ascended Masters. People channel the Ascended

On Spiritual Discernment And Hypnosis

Masters through their belief systems, programming, subconscious mind, ray structure, and astrological configuration, to name just a few of the hundreds of filters that affect channeling. For more information on this, read my book *Integrated Ascension: Revelation for the Next Millennium*. Spiritual discernment in this world is ever the guidance!

My friend, I don't usually write such long letters, however, I decided to "heal two birds with one Stone" and write you a letter and a chapter for a book simultaneously. I hope this fully answers your questions. Your questions inspired me to write this. It is a confusion of many people and I am glad to have the opportunity to set the record straight on this most important subject. I send you my warmest regards and love!

Love and Light,

Dr Joshua David Stone