

Taking Control of the Non-Self Thoughts in Your Mind. (Full Paper)

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Part 1: How Spirituality Explains Psychosis.

How do we discern between the voices in our heads? A question that for centuries has led to people being called, "Psychotic" or "Schizophrenic." How does the development of telepathy tie in to modern psychological diagnoses? Over the past year and a half, I have been led to study the voices in my own head in order to achieve a higher understanding of my experiences as my spiritual abilities awakened. Telepathy is a real phenomenon associated with the development of the chakras. Many people are mistakenly labeled "crazy," due to a lack of spiritual education. I hope this article sheds light on the multi-dimensional human-being and how we can maintain stability in an ever-changing spiritual landscape.

Disputing Modern Psychology

I choose this excerpt from "Understanding Mania," in order to shed light on the abundant presence of miss-information on the World Wide Web. While the focus of this article is on being the guardian of one's own mind, I will first give an example of how modern-day psychology must be studied from a holistic and spiritual perspective in order to properly understand the advancing soul. Many symptoms of what is labeled as, "mania," can be better understood when one is able to study his or her own thoughts in depth.

“More severe symptoms include hallucinations (hearing, seeing, or otherwise sensing the presence of stimuli that are not there) and delusions (false personal beliefs that are not subject to reason or contradictory evidence and are not explained by a person's cultural concepts). Feelings of paranoia, during which the patient believes he or she is being persecuted or monitored by the government or a hostile force, may be present. Intense and unusual religious beliefs may also be present, such as a patient's strong insistence that they have a God-given role to play in the world, a great and historic mission to accomplish, or even that they possess supernatural powers.”¹

False assumption number one: “hallucinations (hearing, seeing, or otherwise sensing the presence of stimuli that are not there)”

There are many of us on this planet who are spiritually evolved and possess many "psychic" abilities. These abilities include seeing at a distance, hearing at a distance, smelling at a distance, feeling at a distance and knowing at a distance. The ability to hear at a distance is known as “clairaudience.” Here is where the term schizophrenia and words like “hallucination” become an inaccurate and unjust attack on spiritually in-tune individuals. The focus of this paper is on hearing at a distance.

The ability of the sixth sense of hearing, or telepathy, is awakened through the fifth chakra. Chakras are an integral part of the human bio-field, or energy body. Richard Jelusich, Ph.D. writes in his book, *Eye of the Lotus*, "The chakras are inter-dimensional energy vortexes that regulate the flow of life-force energy between and among dimensions in a two-way movement."² While the word dimensions may cause you to raise your

eyebrows, the premise that our three dimensional perspective is only a basic reality has been theorized multiple times in the field of quantum physics. As is explained by Dr. Richard Jelusich, chakras are comparable to transformers that convert PSI energy into Qi or life force energy. When our human self meets our spiritual or higher self, the chakras awaken, resulting in “psychic” abilities. Dr Jelusich emphasizes that an individual adept in their fifth chakra has, “the ability to telepathically engage with other people, plants and animals and can engage in prophecy.”³

Spiritual evidence based on the human experience tells us that the sixth senses, like the other five senses, create real, valid experiences. Therefore, there is no such thing as hearing, seeing or otherwise sensing something that isn’t there. Every human experience is real, whether it is taking place in the three-dimensional earth plane or another plane of existence such as fourth or fifth dimensional reality. Author Colleen Mauro states in her book, *Spiritual Telepathy: Ancient Techniques to Access the Wisdom of Your Soul*, “In experiments dating back to the nineteenth century, scientist have validated two types of telepathy: instinctual, or feeling-based, telepathy and mental, or mind-to-mind, telepathy. According to Wisdom teachings, there is also another, higher type of telepathy called soul-to-soul, or spiritual, telepathy.”⁴ Mauro goes on to discuss scientific studies and experiments that have been conducted across different cultures in the world to validate the existence of telepathic communication. Undoubtedly, we can hear outside of our physical ears; the question becomes, where do the voices, thoughts or energy forms come from?

False assumption number two: "delusions (false personal beliefs that are not subject to reason or contradictory evidence and are not explained by a person's cultural concepts)."

A delusional thought process may be brought about by a miss-interpretation of an incoming energy transmission, along with a deep-seated personal belief that the interpretation chosen is correct. Delusion may result from receiving a message and assigning a very literal and personal meaning to it. For example, when I first started to receive the message "Jesus," I had just begun my spiritual awakening and immediately wondered whether I was Jesus of Nazareth. I then learned that I was not the only human being who came to question whether he/she was Jesus. Ultimately, I realized that I was being asked to learn about and communicate with Jesus of Nazareth, as we would be working together closely.

By learning to watch one's thoughts, as will be explained later in this paper, one can begin to see how merely allowing a thought to be the guiding force, rather than taking the adequate time to reflect upon it, can lead to experiences of delusion. The individual must learn to not interpret his or her thoughts from an extreme point of view, leaving room to feel whether a thought is based in practicality. When one is caught in extremist thinking it is helpful for the individual to take a more objective outsider role. For example, a "baseball player," sitting up on the bleachers for a short time is able to watch more carefully the balls or *thoughts* that are flying around the "ball-field," before going back into the game of thinking. Instead of allowing unknown thought forms to take the reins of the mind, separating oneself into the player and the observer can help one decide on the best possible action, or non-action for the thought. Nonetheless, if one believes that he/she is in fact as important as Jesus of Nazareth, taking a more balanced approach to realizing and expressing one's true gifts would be the preferred route to manifestation; not assuming a purely ego-elevated sense of capability.

False assumption number three: “Feelings of paranoia, during which the patient believes he or she is being persecuted or monitored by the government or a hostile force, may be present.”

Paranoia is a symptom that piggy-backs on fear. It can be due to obsessive focus on an undesirable scenario where the individual feels his or her life is being threatened. There may or may not be interference from external thought forms involved in initiating these feelings, as external events and fearful thinking can also be valid triggers. As you awaken to truth, it becomes more obvious that we are definitely being monitored by the government; from wiretapping to internet data collection, it's no secret that control and paranoia are at play in the government's actions. This is after-all, the dawn of a new era, and the powers that be exhibit much fear over not being able to control, "we the people," as we evolve both spiritually and technologically.

In dealing with the experience of paranoia, the goal is to know when your thoughts and emotions are creating a false threat. Through focused study of one's thoughts and beliefs, as well as a consistent practice of prayer and communion with God, one can achieve a higher realization which can lessen the paranoia and neutralize any perceived threats. It is also important to understand the origin of self-created thoughts that lead to paranoia. For example, are they a reaction to an external source such as the news? I recommend that people who are extra sensitive and susceptible to paranoia refrain from watching most news programs. If there were in fact an outside entity interfering with one's mind, the subject would then begin meditation and thought watching to see what is causing the paranoia, as I will discuss in detail in part two.

False assumption number four: “Intense and unusual religious beliefs may also be present, such as a patient's strong insistence that they have a God-given role to play in the world, a great and historic mission to accomplish, or even that they possess supernatural powers.”

Might I be bold enough to state that we all have a God-given role to play in this world? Yes, in fact we do! No soul comes to Earth without something important to accomplish. We are all here to evolve mentally, emotionally, physically and spiritually. We are always here to make history and pave the path toward creating a healthier, more accepting and loving world. Supernatural powers are an inherent part of our God-given spiritual nature, development and evolution. Therefore, it is my firm belief that practitioners in the field of psychology be well educated in telepathy and resulting phenomena which are wrongly labeled as “psychosis.” There is a great difference between “psychic,” and “psychotic,” and it is prime time that we understand how to properly respond to and support spiritually gifted individuals.

Notes Part 1

1. Understanding Mania. Retrieved from http://www.psychologistanywhereanytime.com/mobile/disorders_psychologist_and_psychologists/psychologist_mania.htm
2. Richard Jelusich, Ph.D. *Eye of the Lotus: Psychology of the Chakras*. (Twin Lakes, WI: Lotus Press, 2004), 1.
3. Jelusich, Ph.D. *Eye of the Lotus: Psychology of the Chakras*, 162.
4. Colleen Mauro. *Spiritual Telepathy: Ancient Techniques to Access the Wisdom of Your Soul*. (Wheaton, IL: Quest Books, 2015), 65.

Part 2: Discernment and Taking Charge.

Being a beginner at telepathy is no easy path. One starts to discover just how complex God's mind is. This part of the article focuses on clearing the mind in order to receive messages, discerning between thoughts from self and non-self and furthermore, taking control of pesky or negative thoughts. Being the boss of your own mind involves knowing when to hang up the line, similar to using an old-fashioned telephone.

Tuning In

A radio receiver "tunes in," to different frequencies thus enabling and converting these frequencies to audible and intelligible messages. The soul and spirit combined with the human brain, work together to create an analog receiver. "Analog transmission uses frequency as a carrier of information."¹ The thoughts we receive all have the quality of frequency. With persistent discipline and practice, we can begin to choose which thought frequencies we tune into. "Called the rajah...the mind is said to be our true sixth sense. When the physical senses are stilled through meditation, the mind turns inward and upward. When the mind is focused upward, it functions as a conduit, transferring information from the soul to the brain."² Information in the form of vibration or frequency, is said to funnel down from the universal mind of God into our brains, our personal analog radios.

So we have a personal receiver, but how do we learn to listen only to the positive message radio stations? How do we figure out where a message is coming from? The most

important part of understanding the voices in your head is a very strict practice of meditation and quieting the mind. Not only must you become in charge of your mind, you must guard it as well. You must begin to take note of the thoughts that you are hearing. As you do this you will discover the details of the players behind the messages you receive. These details include imagery, personality and tone of voice, as well as associated scents and feelings that you experience when receiving the messages.

As we are discussing this complex topic of "hearing voices" you may wonder, what if we are just "talking to ourselves"? What if one of the radio stations you listen to all the time is a consequence of your own creation? I call this scenario the self-critic. This situation does not involve telepathy and takes a more in depth study of the sub-conscious mind and elements including fear and shame. The more you get to know all the aspects of your own mind, you will become familiar with the qualities of your own thoughts.

Before I jump into the next part of the article I must mention a realistic challenge in beginner telepathy, that of discerning between real telepathic conversations and imagination or fantasy. In a true imagination situation, the individual is playing a dual role as both the sender and receiver. This is common when you see a child playing with dolls or figurines, or in daydreaming. However, there is a loophole where it is possible for an outside entity to be involved and thus we must be very careful in our assessments. The first possibility is that the child is the voice of him or herself as well as the imaginary character. The second possibility is that the "imaginary" friend is an actual being that is communicating with the individual from another dimension. The only way to tell the difference between telepathy and imagination is to develop a strong intuitive sense of the personality of the second character in the conversation. When I was younger, my cousin

Derek passed away. One time we were at his family's house for a reunion. His cousins, who were very young at the time, had told their parents that Derek was speaking to them, and that they could see and hear him. As time went on my aunt also said she could see him around the yard. This is an example of an episode that could be miss-interpreted as imagination or "hallucination", due to disbelief of those not spiritually awakened and subsequently not tuned in to the receiver's station.

Where Are the Voices Coming From?

1. The Earth Plane
2. Within and Across Star Systems
3. The Astral Plane
4. The Ascended Masters/Angel Kingdom

The most challenging part of being telepathic is learning to create your own "Caller ID" system, in order to ensure that you know who is talking to you. This involves establishing strong boundaries in your mind and rules for those contacting you. Sometimes you may not know the source of the message right away, but you will be able to discern whether it is intended to help you or hurt you. Telepathy can occur between multiple types of beings; the first form of communication being on the earth plane between two human beings. The simplest example of this is when you are thinking about someone and the next moment they happen to call you on the telephone, or these days, text you. The more complex phenomenon arises as a full-on conversation without a telephone. How does this happen? Just as the Internet is a virtual space where we can all connect to one another, so

too our individual minds are connected through what I term the outer-net, also known as the collective consciousness.

Telepathic individuals can also communicate with extraterrestrial beings. These beings do not have to be here on Earth for this communication to be possible. Those who focus intently on meditation and are open to hearing from more advanced beings are more likely to connect with E.T.'s. Talking to loved ones, or ancestors who have passed on to the Astral Plane, is another common mode of telepathy. Many have been wrongly taught by religious establishments that talking to loved ones in heaven is not allowed. This is completely fear-based and an insult to our friends and ancestors who seek to speak with us.

Telepathy can also occur between a human being and an angel, whether a Guardian Angel or an Archangel. We all have guardian angels that are always here to give us advice as we navigate our lives. Another source of messages is that of the Ascended Masters who are in a higher plane of existence. Some people may claim that they are speaking to God directly, but it is important to realize that Guardian Angels, Archangels and Ascended Masters can very well fit under the category of God.

Recently, I started to hear the thoughts of other human beings. Hearing others thoughts falls under the category of transmission between two human beings. The sender may be sending you their thoughts knowingly, or unknowingly. When I began to experience this form of telepathy I assumed I was being attacked by a being that was not incarnate. I also mistook these thoughts as originating from my own subconscious mind. Just as empathic souls feel the emotions of others and can take them on, so too can we take on others thoughts without realizing they are not our own. What I mean by taking on others

thoughts is that we think they are ours, and we then internalize them and experience the consequential emotions associated with them like anger or sadness, in the worst-case scenario. This is a lesson in discerning between self and other. Taking on others thoughts and emotions is very dangerous and can literally make us ill and very confused. As your telepathic abilities evolve, pay close attention to repetitive messages, which are discussed in the next section.

Discernment

The first thing you must do if you are “hearing voices” and it is disrupting your daily living is to get out a pen and paper or use a program like Microsoft Excel to chart out the incoming messages. Write down the day, time, what you were doing when you received the message and what the message was. Also include how the message made you feel, for example, “loved, fearful, confused, upset.” You also want to look at the personality of the sender. For example, some guardian angels use humor to convey a message while others use song. When I first became telepathic, I made a spiritual rule that any messages needed to be introduced with the senders name and photo ID. This is a very helpful tactic. It is my experience that it can take a while to pinpoint the source of certain transmissions. By charting thoughts in detail you will begin to notice patterns. It will become clear whether a negative entity is trying to harm you or if in fact you are receiving messages from your angels or loved-ones.

The second step to being a conscious receiver is meditation. Meditation is an exercise that helps you achieve a greater awareness of your thoughts, feelings and experiences. If you are seeking advice from your angels or wish to speak with a loved one

you may do this exercise to clear your mind to prepare for receiving. As well, this exercise helps when you are feeling overwhelmed with thoughts and desperately need to clean up.

Sit in a quiet place with dim lighting. I find deep breathing helpful throughout the exercise.

Begin by taking a deep breath in, hold for the count of three, release, and hold for the count of three. Repeat this cycle until you are feeling relaxed on a physiological level. Next, imagine your mind as a room in the temple of your body. This is a sacred room. It must be kept extremely clean. Begin visualizing cleaning this room. You may use a vacuum, mops or any tool of your choice. I also spray the walls to clear the soot from all of the thoughts. Whenever a thought comes in just continue the deep breathing and focus on cleaning up the thoughts. As you are cleaning you can dump any negative or pesky thoughts into an "imaginary" trash bag and dispose of them as if you are tossing the bag down a garbage shoot. For thoughts that are important, organize them in different drawers or a filing cabinet. Every time a thought comes into your mind throw it away, file it or write it down. Once you have cleaned up the room of your mind, you may put some positive messages on the walls as pictures or writings.

The more you do this exercise you will begin to see the thought patterns you have most frequently. Repeat this exercise several times daily until you are able to achieve a quiet space where minimal thoughts exist. Remember, meditation is key to being the guardian of your own mind. Once your mind is clear, you may begin to ask your angels, loved ones, or ascended masters for guidance, taking note of what messages come in.

The third step to taking control of your mind is learning how to hang up the phone when you get a "telemarketer." First you must be able to discern when a telemarketer is sending the thoughts into your field. What do telemarketers do? They try to sell you an idea,

they want you to be on their side. The true telemarketer is very nasty. It is almost always bugging you, like a fly that you need to swat away constantly, but eventually leaves you alone. If you have ever experienced a thought that just wouldn't go away, and it made you feel guilty, scared or upset, then you have experienced the telemarketer. It is very common to receive repetitive messages, or messages that you hear very frequently. It takes practice to learn the difference between a "fly" energy and an urgent message. If you are hearing the same message daily, it is most likely a transmission that needs to be understood and categorized as being either a helpful message or an attack from a "telemarketer." Take keen note of the tone of voice of the message; is it warm and loving or cold? When you are receiving repetitive and bothersome messages it is helpful to mark them as repetitive and chart how these thoughts make you feel. The messages may continue for a long time, but you can begin to take charge of them using your will power.

Negative or bully-like messages can also come from you; your subconscious mind can surface thoughts that have before been hidden. These thoughts may make you feel nervous, confused, afraid or guilty. Examples of thoughts from self include, "You'll never amount to anything" or, "I'm not good enough." In the same way, your lower self can often be caught complaining or being mean, for example, "He thinks he's better than me just because he has more money." It is important to learn to study thoughts from the lower self so one can begin to heal this subconscious rattle and eventually let go of judgment of self and others. If there are very troubling thoughts that cannot be kept under control, such as suicidal ideation, it would be wise to seek spiritual counseling and or the care of another specialist.

Taking Charge

Once you have discerned between loving or helpful thoughts and telemarketer thoughts, you can begin to take charge of your mind. The most effective thing to do to combat pesky thoughts is to use strong verbal language. Depending on your belief system you can say out loud, "Go now in the name of the Most High God/Jesus/Buddah/Krishna/Allah." Any line will work as long as you stand in your power and invoke the all-loving divine spirit.

Another way to take control is by imagining your local mind as a baseball field; you are the batter and the balls that are thrown at you are thoughts. When a thought comes into your baseball field you swing really hard. Don't just swing without caring where the thought goes, but intentionally send it out of your mind. Take charge as you do this and be confident.

Neutralizing negative thoughts is a fantastic technique to take care of unwanted messages. When you hear a negative or bothersome thought hold it in a frame of reference as if you are shooting a picture. Next, mentally draw a negative sign with a positive sign over it; this stands for neutral. Shoot this symbol of neutrality at the negative thought. You can also do this exercise when you have said or thought something negative to someone and later want to take it back; simply state in your mind, "I neutralize this thought and take it back."

If you are feeling overwhelmed, I understand. Once you learn the tools to take control of your mind you will be much more confident over non-self thought transmissions. Take it one step at a time, one day at a time. Make a point to go into a dimly lit quiet room

and do the exercises discussed above whenever you begin to feel your thoughts taking over. Be patient with yourself; it took over a year of spiritual development for me to achieve the insight to write this article. We must now begin to talk openly and honestly about telepathy and other spiritual gifts, as the term "schizophrenic" does nothing to help those spiritually evolved individuals take the controls of the mind. Don't let anyone label you, speak up and be the light of truth in the new age. Know that God and your guardian angels are with you every step of the way as you achieve mastery and enlightenment.

Notes Part 2

1. Galloway, F. Analog Vs. Digital Radios. Retrieved from <https://www.techwalla.com/articles/analog-vs-digital-radios>
2. Colleen Mauro. *Spiritual Telepathy: Ancient Techniques to Access the Wisdom of Your Soul*. (Wheaton, IL: Quest Books, 2015), 51.