

Levels of Energy Book 2: Spectral Consciousness by Fred Dodson

CHAPTER ONE

The Ultimate Source

As you become more God-like, you begin noticing more of God. No, you are not God. You are a miniature- version of God with similar capabilities on a smaller scale. God is aware of everything. As a miniature God, you are not aware of everything, you are only aware of aspects of all. Therefore, the more you increase your love and awareness, the more you become God-like.

Life then comes down to: Love yourself. Love others. Request what you would like, let go of attachment to whether those wants come true or not. In this manner you'd always be perfectly supplied and sustained.

You are responsible for finding out what your unique purpose in life is and then being the best you can be. You are responsible for your effort, not for the result.

By learning deeper thinking, contemplation, meditation, learning and looking at life from many different angles, you become more god-like.

If one holds pre-defined positions, they don't have to give deeper consideration to the various issues of society and life.

If you have too many fixed identities ("I am" followed by an adjective), you will usually filter all of life from that particular position.

Acknowledging peoples right-ness will save you a lot of time and concern because you are able to see things from their viewpoint. In the 500s you genuinely see the truth of every single statement made, even the ones you disapprove of.

At 500 you transcend the cause-and-effect paradigm. Instead of seeking love, you begin coming from love. Instead of trying to get it, you begin to give it. You notice that what you give transforms your state and personality more strongly than what you take.

Radiating Love

Recently "Radiating Love" has been my favorite exercise at live workshops.

The subject is to focus on a problem, a pain, an affliction or any other seemingly serious issue. They can express it verbally or simply feel it non-verbally, but their job is to try and remain negatively focused. Their job is to give full and proper attention to that which they have been resisting.

The job of each person in the group (called “Coach” here) is to radiate love and appreciation toward the person non-verbally. This is continued until the subject experiences relief, freedom from

The Coaches are to extrovert their attention to the subject and keep their attention with them for the remainder of the exercise, no matter how long it takes.

I have witnessed first-hand a number of emotional healings as well as “miraculous” healings of physical ailments, trauma and a host of other problems. Workshop participants view them as “miracles”, but they are actually to be expected in a field of unrestrained love. The amount of attention people get during this exercise likely exceeds the amount of attention they have received their whole lives before. Since all problems are merely a cry for attention, once that attention is delivered, problems recede.

Many modern therapy, energy-work and healer-sessions focus too much on content and too little on context, as if the talking or the technique were more important than the energy-field.

Another important aspect of this 500s-technique is not to focus too much on the story that the subject is telling. The coach instead focuses on the beautiful creator of the story.

You can also do this as remote-radiance, with people who are not physically present. Put your attention on someone you would like to help and simply keep it there for an extended period of time...15 minutes, 40 minutes or as long as necessary. Whatever the issue was with them, it will improve when you hold them in this field and space. Also keep in mind that you are also healing yourself. As the giver of energy, you begin “channeling” love through your own body and being.

You can also radiate love to yourself. In this case you view yourself from a fairly benign viewpoint. Let go of analyzing yourself, judging yourself, and simply give yourself the time, space and attention. Observe your thoughts or emotions with non-attached understanding and compassion. If you wish to dissolve something, just sit with it until it “runs out”.

All energies eventually “run out” if you exert no resistance and simply maintain loving awareness. This might take hours of attention, but what is that compared to many years of carrying it around? So sit as the neutral observer and reduce your resistance toward whatever is going on with you. Shower yourself with love. Be interested in what is happening. Love does and will dissolve anything.

One of the ways to overcome neurotic fear is by making peace with death or extinction. Behind most fears there is the fear of dying or becoming isolated.

If you lose your child-like sense of wonder, you learn nothing new. All you then see is the conclusions that your ego/mind has created. To ascend in consciousness I am asking you to look at life anew.

Prayer as Affirmation is to put intentions, affirmations and requests out into the Universe and receive an answer. In my experience it is entirely evident that this practice allows things to happen that would have otherwise not happened.

Prayer is an act of deliberate thinking, of pulsing out a different sort of energy. It is the process of sorting out ones thoughts, and going back to those thoughts which are most important. It is the act of submitting to higher guidance, of opening for intuition, of seeking answers from a more expansive context than one's own limited view. Prayer is active Meditation (as opposed to passive Meditation, which also has its benefits but would be one-sided).

Mystical prayer means to develop a lasting and direct experience of the very Most High and to view all else— money, fame, fortune, romance, health, life, death – as secondary. If you are connected to the most high, all these things easily fall into place anyway. If you are connected, you will always have what you really need when you really need it. That is the essential secret of source-connection. That's why Jesus said "Seek ye first the Kingdom of God and all else will be added onto you".

Using prayer to change the content and quality of your thinking and acting takes some time. This is why prayer should be made a habit. To begin this journey you don't need a formal method or setting. You simply close your eyes and acknowledge the existence of something higher than the Ego-Self.

The difference to pure Intentions/Affirmations is that you add a disclaimer such as "If it is your will". This adds a proper setting of humility and non-resistance. So you would, for example say: "Allow this situation to clear up for the benefit of all, if it is your will" or even something mundane as "Provide a beautiful house at the lake for me, if it is your will".

As you align your own will with that of the Most High, success in all areas and all ways flows into your life.

An exercise I sometimes use in my Live Courses is to have people walk around town for an hour or so, blessing all kinds of places, objects and people. Merely acknowledging their existence and purpose, heightens the overall field significantly. Simply put, the more love there is, the more power there is.

Divine Presence

As you become aware and mindful of your thinking as an observer rather than the one identified with the circus, you notice all of the junk you have been projecting throughout life. One of the main projections you become aware of is the seeking of external happiness. You notice that joy and happiness have nothing whatsoever to do with circumstances, but that these sensations come purely from "within". Rather than trying to "get" external stuff, one then starts experimenting with changing ones thoughts, attitudes and identities. Experimenting with different roles and identities becomes one of the fun aspects of life.

Life “just is” and it unfolds effortlessly and provides a perfect platform for the soul’s growth. In the 600s a new understanding of oneself arises. It is understood that one really doesn’t need anything to enjoy life. Other than a little something to eat and drink now and then, one is fully sustained by universal energy. One realizes that there is no “person” who is performing actions in a cause-effect manner.

CHAPTER TWO

My Travels Through the Realms

Actually, here’s an exercise: Hold an infant that is younger than 12 months of age in your hands. Look into the eyes of that infant. Move your forehead to the forehead of that baby. If you stay calm and receptive, you will sense some of the higher-realm vibration in that instant. In my opinion, Babies are protected by higher-realm energy and carry that aura around them for some time.

CHAPTER FIVE

The Levels of Energy in Hinduism

The state you have when you die, determines where you go in the afterlife. The afterlife realm is determined by three factors:

Your Actions

You cannot be genuinely good to others if you were not first good to yourself. Thus, if you have enough energy, you can start giving energy, by which in turn you will start receiving even more energy.

Your Thoughts

Surrounding Factors

When reality supersedes Imagination and delivers unexpected pleasantness you are predominantly in a Sattvic state.

The following is another exercise to practice your Skill of reading LOE’s: Print out or collect dozens of very negative and very positive images. The negative images may contain brutally slaughtered bodies, symbols of hate, humiliation, violence, fear, mental derangement. The positive pictures may contain ideas, symbols and acts of joy, love, happiness, trust, energy. Then turn all of the pictures around and mix them on a table. Without seeing the pictures it is now your task to sense whether the pictures are high energy or low energy. You are using the Sattvic part of yourself that does not judge by what it sees, but by what it feels. Put all the pictures that feel “mucky” or low to one side of the table and all the pictures that feel light and harmless to another side. Then turn the pictures around and see how you did. A Sattvic person that was in a state of calm, usually gets 90 to 100% of the pictures right. If you did not get 90% right, you can practice this until you rely more on what you sense than what you think.

CHAPTER SIX

The Heaven and Hell of Abrahamic Religions

if you release your resistance toward problems, things will become effortless.

The lesson to be learned here for you is that you can improve your health, finances, love-life and state by placing more reliance on that which has lasting value.

This description goes on for many pages of Dale Black's book. I highly recommend you read plenty of such descriptions from the various books. Just reading about them can get you back into synchrony with those beautiful levels.

The reference to forgiveness is rather important. It is one of the keys to higher Realms of Consciousness in all religions. A cold and hardened heart is the path to descent. Those unforgiving toward themselves or others cannot synchronize with lighter energy.

CHAPTER SEVEN

Levels of Energy across the Globe

CHAPTER EIGHT

Entities and Astrals

All of life is a game of energy – having it, getting it, choosing where to invest it, spending it.

The way genuine Devas and Angels communicate with you is different than the way Astrals converse. Their means of contact are intuition, dream vision, synchronicity and miracle.

As a parent of a child you can make your child lifetime-immune to entity influence by providing plenty of love and nurture from ages 1 to 5. Pamper and hug them generously. From ages 6-10 reduce the pampering and teach them some self-control. This way they won't go looking for external love, approval and energy all their lives but rather be self-confident, self-sufficient and loving people (rather than love- seeking people).

Essentially, all spiritual and psychological problems are built up around desire and resistance energies. What you resist and deny grows bigger, what you desire you lack. Entities are simply another variation of this but one more extreme and more outside of your control. Hence outside assistance is required.

In whatever you undertake in spiritual matters it is good practice to address and summon "the Most High". Even if I do simple exercises such as muscle testing I say, "In the name of the Most High, I have permission to ask this question". This gives your spiritual practice a protective

context. The utmost source never fails you even if its workings are sometimes mysterious and take longer than the earth-mind is accustomed to. Sometimes this Source will not deliver what you think you want, but what you actually need.

To take source-ness to an even higher level chose a reality you would like to create. Now think about that reality for at least 60 seconds. Close your eyes to do so. Next, if there is an external representation of that reality, put your attention there or look at it and examine it for awhile. After that, start talking about that reality in a positive manner for a few minutes. And finally, take action in the direction of that reality.

You have just deliberately conducted a process that occurs automatically in people who reach their goals. The three-step-process of thinking-speaking-acting is repeated over and over, until the reality you aim it at, comes true. And this is what it means to be source of your reality.