

Pathways to Spirit Institute

Centre for Spiritual Development & Growth



Namaste – Newsletter

JUNE 2019

*“In these changing times
the only investment worth
making - is in yourself.”
“The purpose of our lives
is to be happy”*

Dalai Lama



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**“When you truly
realize your worth,
you cannot help
but shine”**

Everything is Energy & We Control it with the Power of our Thoughts

The Nobel Prize awardees in physics, beyond doubt, proved that the physical world is one big ocean of energy that materializes and dematerializes in a split second, over and over again. Nothing is solid. This is the world of quantum physics.

They proved that thoughts are responsible for holding this ever changing energy field together in the form and shape of the objects we know.

So why do we see a person, instead of flashing clusters of energy?

Think of a film roll. A film is a collection of about 24 frames per second. Each frame is separated from the other by a small space. Compared to the speed these frames change with, our eyes are tricked and see them as a continual film.

Think about television. The cathode tube is a simple tube with a bunch of electrons hitting the screen in a certain way, making an illusion of shape and movement.

Anyway, this is how all objects are made.

We have five physical senses (sight, hearing, touch, smell and taste). Each of these senses has a specific range (for an example, a dog hears a different range of sound than people do; snakes see a different spectrum of light than us, and so on). In other words, our senses perceive energy from a certain fixed point of view and that's how they create images and form our perception.

But that's neither exact nor complete. That's just an INTERPRETATION.

All our interpretations are based exclusively on our “inner map” of reality, but not the real truth. Our “map” is the result of the collective experience of our personal lives.

Our thoughts are associated with this invisible energy and they determine what form it will take. They can literally change the universe “particle after particle”, creating our 3D life.

Look around you.

Everything you see in our physical world began as an idea which kept growing until it materialized into a physical object through a series of steps.

You literally turn into your most frequent thoughts.

Your life has become what you imagined and believed in.

The world is literally your mirror, allows you to experience everything you believe to be the truth in this 3D plane ... until you change it.

Quantum physics tells us that the world is not a constant as it may appear to be. Instead, it is a place of a constant motion which our individual and collective thoughts keep building, tearing down, and rebuilding. It's a perpetuum mobile.

What we believe to be true is actually an illusion, almost magic.

Fortunately, we started to expose the illusion and, most importantly, we are learning how to change it.

Here's a simple explanation.

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Everything is Energy & We Control it

What are the components of our body?

The human body is comprised of nine systems, including the circulatory, digestive, endocrine, muscular, nervous, reproductive, respiratory, skeletal and urinary system.

1. What makes these systems? - **Tissues and organs.**
2. What are tissues and organs made of? - **Cells.**
3. What makes the cells? - **Molecules.**
4. What makes a molecule? - **Atoms.**
5. What makes an atom? - **Sub-atomic particles.**

What makes a subatomic particle? - **Energy!**

We are just an energy light in its most beautiful and intelligent configuration. An energy which is constantly changing under the surface and all of that it's controlled by our powerful mind.

You are one big and powerful human being.

If you could see under a strong electronic microscope and do other experiments on it, you would see that you are made up of clusters of forever changing energy in the shape of electrons, neutrons, photons and other sub-atomic particles.

So is everything else around you. Quantum physics tells us that the act of observing the object is the one that causes the object to be there.

The object does not exist independently of its observer! So, as you can see, during observation, your attention is focused on something and your intention literally creates that thing.

That is scientifically proven.

Your world is consisted of soul, mind and body.

Each of these three has a function that is unique. What you can see with your own eyes and experience with your own body is the physical world, which we call the BODY. The body is an effect created by a cause.

That cause is called **THOUGHT.**

The body cannot produce. It can only experience and be experienced ... it's a unique ability. On the other hand, the thought cannot experience ... it can make, create and interpret. It needs a world of relativity (the physical world, Body) to be experienced.

The soul is everything, the one that gives life thought and body.

The body has no power to create, although it gives the illusion that it does. This illusion is the reason behind so many frustrations. The body is a pure effect and has no power to cause or create.

The key is to use this information to see the Universe in a different way than we see it now so that we can manifest what we really want.



Namasté

(nah-mas-tay)

*My soul honors
your soul.
I honor the place in you
where the entire
universe resides.
I honor the light, love,
truth, beauty and peace
within you, because it
is also within me.
In sharing these things
we are united,
we are the same,
we are one.*



Finding Yourself

By Emily McDowell

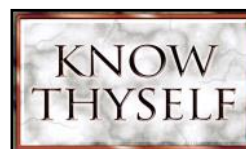
"Finding Yourself" is not really how it works.

You aren't a ten dollar bill in last winter's coat pocket.

You are also not lost.

Your True Self is right there, buried under cultural conditioning, Other people's opinions, and inaccurate conclusions you drew as a kid that became your beliefs about who you are.

"Finding Yourself is actually returning to yourself - An unlearning, an excavation, a remembering who you were before the world got its hands on you.



*The Key to Abundance
Join us in our monthly
Intenders Circle
Check our calendar
page at our website for
dates:
pathwaystospirit.net*

A Word from Lee Ching

In order for you to see things from a higher ground, you must learn to detach from suffering and drama. The faster you can learn to do what ever it takes to lift yourself up and out of dramatic situations, the better it will be for you and for all those around you. I

If you need to go out the door and shut it behind you and say, "I am not going back there for a day or two," then do that. If you are in a situation at work where you are feeling really drained and you need to regenerate, go out into Nature. Nature is there for you. It is filled with vital life and energy.

Avail yourself of it. It is your birthright, as a human being, to be with the trees, the wind, the sun and the rain. These things add unto you. They regenerate you. They recreate you.



*"There is no you, no me.
We are one.
That is the truth.
Love brings people together.
So respect love.
Do not degrade it with anger,
violence or lust.
Love is worship."*

*~ Sri Amritananda Natha
Saraswati ("called Guruji"),
he was Devi Parvati's Teacher.*

Power Tools

By Tony Burroughs

Most people nowadays are beginning to notice that it's not business as usual. The world we share and the lives we live are changing at an exponential pace, taking leaps many of us never saw coming. The question for those of us who are actively working on ourselves is "How do we remain physically, emotionally, mentally and spiritually afloat in the midst of the ongoing changes?" Can we stay happy and productive regardless of whatever is going on around us?

The answers lie in paying closer attention to our everyday thoughts and words. For, if we do not begin to think and talk about our world and our lives in the highest, most supportive light imaginable, we will remain at the mercy of people and forces outside ourselves who have agendas that do not serve us, agendas that will not provide us with the results we truly desire for ourselves. We need to remember that whatever we place our attention and intention on is what we're creating. It's what we're becoming. We can either create a happy, positive, fulfilling, loving, comfortable world or we can go in the other direction. It's simply a matter of thinking, talking about - and intending - something beyond the current consensus main-stream reality, something new, something that works for each and all of us. That something is the best life and the best world we can envision.

Our thoughts and our words are our points of power. We can use them to create beautiful futures for ourselves, futures that serve the highest good of all and everyone. Indeed, we are called, in this most chaotic of times in recent history, to be much more vigilant with what we're thinking and what we're talking to others about because these are our power tools. And, like all power tools, we must pay close attention when using them. We can use them to reinforce the current chaos, or we can use them to bring forth a life and a world where love abounds and dreams come true.

***It furthers you to take notice of your subject matter
and to understand
that when you are talking about something negative -
something you wouldn't want to manifest in a million years -
it moves closer to manifesting simply by the act of discussing it.
Whatever you talk about -
whether it's positive or negative,
something you want or something you don't -
is on its way to you.***

Warding

By Jane Dance

Since moving to Vancouver Island in 2016, I've noticed a dramatic increase and intensity in my Mediumship abilities. I've become more "in tune" with people and spirits. My visions have become more intense, more accurate and even more crystal clear. I can "see" things as if I am right there. It's uncanny and awesome!

We all have a light inside of us. Some people burn brightly, whereas others have mere embers glowing within. The more open I become, the brighter I shine like a beacon of light. If you imagine a lighthouse, it shines its powerful light into the darkness of the night, to serve as a navigational aid, but it also warns ships away from dangerous areas. Although a lighthouse cautions seafarers from danger, my light acts as a beacon to all energies (light and dark), and the more open I become, the stronger my light becomes. This is the consequence of this work, or anyone who does healing energy. Some mediums shut down completely, whereas I, along with others, continue to embrace the light. This is my work. This is what I came here to do, and nothing is going to scare me away.

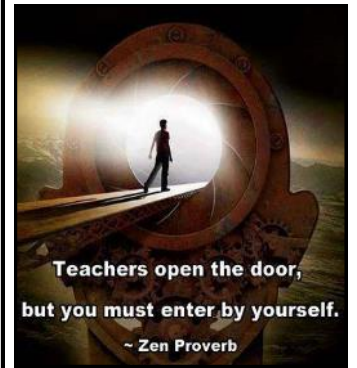
For some Mediums, we not only connect to beings of the light, we also connect to beings of the dark. It's not that I choose too, it just is. When you're open to light, darkness just happens to be there. With day, we have night, with white, there is black. Yin and yang. It's a part of balance and duality.

Dark energies *crave* fear. They hang out in emergency rooms, dentist offices, doctor offices, movie theatres, Halloween attractions, etc. as they feed on the fear of those who express and the fear that they leave behind. These places actually *create* elemental entities of their own because of the fear that is created there. It's quite extraordinary!

Dark entities have always been around, even though I protect myself. The more open I become, the stronger they make their presence known to me. As mentioned in my blog "Dreams and Nightmares", these dark entities invade my dreams and cause dark and disturbing nightmares. My nightmares are beyond horror movies (which I don't watch). Steven Spielberg would be jealous! Upon awakening, they stay with me for days, weeks even. I have always psychically protected myself and my home with crystals, sage, thunder sage, house blessings, etc., so I just thought that these intense nightmares were "normal" for mediums, such as myself. I've been told by a psychic friend of mine that "demons watch me sleep because they think I'm beautiful". Jokes on you Demons... I look the worst when I sleep...or so I would imagine. Perhaps demons come to me when I'm asleep because I'm more susceptible and vulnerable. I actually have no idea.

Before Christmas last year, I had attended an event at a local gem store, and one of the owners said that I looked tired. I told her about my dark nightmares that were growing with intensity every two weeks. To my surprise this lady just happened to be knowledgeable in Paganism! Now I have never been drawn to Paganism, or anything to do with witches. It's just not my "thing". I realize with witches, there is also duality.

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A place where Knowing & Consciousness thrive

Pathways to Spirit Classes & Workshops:

*Metaphysical Intensives
Spiritual Empowerment
Finding your Soul Mission
Spiritual Intuition
Development Series
The Hierarchy of Light
Angels & Archangels
Ascended - Masters
Meditations
Sacred Geometry Series
Crystal Magick
The Chakras
Astral Travel
Dragon Magick
Path of Progression
Pendulums 101
Protection & Boundaries*

Intenders Circle

Ancient Wisdom Study Group

Vibrance & Relationship Coaching

Goddess Ritual and Celebrations

Healing Services:
*Life Activations
Jikiden Reiki Healing
Energy Balancing
Chakra Balancing
Crystal Healing
Telepathic Healing*

Special Services:
*Emotional Cord Cutting
House Clearings*

*As you start to walk out on the way, the way appears.
Rumi*

Warding

She had mentioned to me a practice called Warding...something I had never heard of before. As I said earlier I always psychically protected myself and thought that was enough. (Now that my light is becoming stronger, clearly I need more protection!) Warding is like fixing a protective shield or an energy barrier or bubble, to a physical location, to keep energies out. Say for example, you walk around with a body of Armour. Nothing is going to pierce that Armour to get to you. You can place them around your home, in certain rooms or on an object. Warding can block out everything or you can use it to block out negative energies, wayward spirits, mischievous entities or demons.

I had told me that I could ward my bed, bedroom or house with specific instructions how to do so. First I cleansed my home, using sage. I didn't want to trap anything into my protective shield, that would cause further nightmares or activity into my home. She suggested that I use rose quartz, in the four corners of my bed, to bring in the love vibration when I sleep, and black tourmaline around the four corners of my home and bedroom. I decided to ward my bed, bedroom AND home, just as a precaution. I've lived with activity all my life, but when it's calm and peaceful inside, life is wonderful. It's like choosing to go outside into a hurricane versus a calm, sun shining day.

Once I energetically cleansed my home, I placed the four rose quartz crystals in each corner of my bed, between the box spring and the mattress. Then I mentally connected each quartz, clockwise, to the next crystal. After that, I visualized each crystal meeting at a point on the ceiling above my bed, to create a force field. Or imagine an energetic tent, if you will.

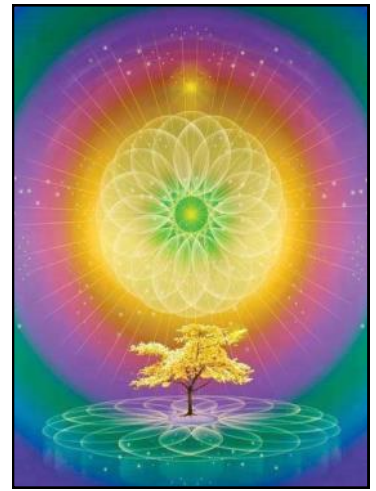
Next I warded my bedroom using small black tourmaline crystals, using the same method and finally moved onto warding my entire home, with larger tourmaline crystals. On occasion, I mentally reconnect each crystal to the next one and then visualize them meeting at a point on the ceiling to reconnect them together. This reinforces my energetic force field, to keep the protective shield strong and vibrant. Whether this is recommended or not, I just do it, as I feel drawn to do so.

I have to say that since doing these methods, I haven't had any horrific nightmares, nor have I had **ANY** nightmares! None. Nula. Null. Zero. There is something to this! My home is calm and peaceful; there hasn't been any activity to date, since I warded my home either. My nightmares have ceased! They were increasing in intensity every two weeks, and now I don't get them at all! How amazing is that?! I'd say it's pretty spectacular!! I can't remember a time since being born, that I haven't had any spirit activity in my home. It just doesn't happen, but thanks to this wonderful lady who taught me something new, I can live less haunted...at home, anyways.

Like the white tiger, in the picture above, is overlooking and protecting the woman, these crystals are warding and protecting me. Simply amazing!



Devi and Dietmar Dombkowski are healers, metaphysical teachers & spiritual guides in the ancient Mystery School tradition. They have received special training and empowerments and teach classes and workshops sharing the ancient wisdom of the Mystery Schools which dates back to the earliest spiritual knowledge of this planet and beyond.



Check our website at www.Pathwaystospirit.net

Feel free to pass on this newsletter.

Check our Calendar page for Classes & Programs at www.pathwaystospirit.net

FREE HALF HOUR CONSULTATION

Contact us for a free half hour consultation regarding your path of personal and spiritual transformation and how we can be of service.

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