

Rev. Gregory LeFever
New Era Christian Spiritualist Church
Delivered March 13, 2016

Hearing Spirit

A State of Calm and Love Enables Communication

One thing that could attract a person to Christian Spiritualism is our belief in the ability to talk with Spirit. Most Christian denominations acknowledge some form of communication with elevated spiritual entities such as Jesus or The Creator. But the ability to have these communications often and intentionally is treated as more of a by-product of their doctrine.

Spiritualism is different.

When it comes to talking to Spirit and hearing back from Spirit, we believe the veil to be thin, indeed. We believe a person's advanced spiritual development can open access to information not normally accessible to folks on the earth plane.

A trained and dedicated Spiritualist can use prayer and meditation to commune with guides, angels, perhaps the Christ Consciousness and unnamed entities on the other side.

Let me say right now that I'm not expert in Spirit communication. Far from it. There are other people here in the chapel this morning with much more skill and experience in Spirit communication than I have. However, I've been fortunate enough to experience Spirit communication in my own meditation sessions, when I've been giving people readings, and even a few time rights out of the blue.

And I will say this: When it does happen to you—when you get a message you know is coming from Spirit and not from inside your own head—you’ll know it and you’ll never forget it.

One reason I want to talk about Spirit communication this morning is that, in our guided meditations during Sunday services, we’ve been encouraging all of you to use your own meditation periods as an excellent time to ask questions of Spirit.

And I’d like to give you some information on how to receive the answers to those questions.

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So let’s jump right in and talk about perhaps the most controversial aspect of Spirit communication.

According to the celebrity mediums many of us have seen on TV—John Edward, James Van Praagh, the late Sylvia Browne and others—the form of information people most frequently seek concerns the fate of loved ones who have crossed over to the other side.

Loved ones on this side seek, sometimes desperately, some word from “beyond the grave” that their loved ones on the other side are safe and happy.

Recently I watched Theresa Caputo—the celebrity clairvoyant known as the “Long Island Medium”—tell an interviewer that the reason she does readings at all is because it gives the surviving loved ones such joy and relief when she’s able to relay a message from a deceased loved one that all is well with him or her in spirit.

James Van Praagh recently spoke to this very point.

“When I connect with the spirit people, one of the most comforting messages they share is that they are still with us, and death is just an illusion,” he said. “It may feel as if our loved ones are gone. But, in fact, they are continuing their soul journey and are still available to comfort, assist, and guide us.

“Often when I appear in public, people come up to me and share beautiful stories of how the dearly departed make their presence known,” he continued. “They

want reassurance that those signs are really their loved ones reaching out to them. My answer is always, ‘Yes, yes, yes!’”

For many, communicating with Spirit is one of the most notable aspects of Christian Spiritualism. But it’s also our Achilles’ Heel, provoking some fundamentalist interpreters of the Book of Deuteronomy to accuse us being “abominations of the Lord.”

This particular Old Testament verse defines such abominations as “anyone who practices divination or tells fortunes or interprets omens, or is a sorcerer or a charmer or a medium or a necromancer or one who inquires of the dead.”

I’m not going to rehash our detailed rebuttal right now. But of course we take issue with that interpretation of verse, which is taken far out of its ancient context.

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Within Spiritualism for nearly 200 years and within numerous parapsychological research studies going back a hundred years, we’ve learned a great deal about how spirit communication is accomplished. Keep in mind that I’m talking generally about communication with guides and teachers, not necessarily direct communication with spirits of the deceased.

Our Spirit teachers have told us that our personal meditation sessions provide probably the best opportunity to seek information from the other side. If we are diligent regarding our meditation sessions, we’ll achieve a relaxed and peaceful state of mind. This is when we can ask for information.

Neuroscientists talk about brain-wave frequencies, and we know we must be in the slower frequencies to achieve any psychic communication. These are the Alpha or Theta states with their fewer cycles per second.

To attempt psychic communication at our normal brain frequency—the Beta waves of between 14 and 21 cycles per second—is like being at the wrong place on the radio dial. Your mind simply is too busy to receive the finer frequencies of spirit communication.

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This business of brain-wave frequencies is consistent with what we commonly refer to as “the vibration.” This is the subtle movement that exists throughout the entire universe, where nothing is at rest, ever.

We know from what Spirit has taught us and from our own experiences that the higher the spiritual realm, the faster its vibration.

I just want to mention—as probably everyone here knows—that for many years here at New Era, Rev. Anita Rutter channeled hundreds of lectures from a band of advanced Spirit teachers. Much of the information came through her main teacher, who went by the name of Doctor Martin. Anita Rutter taught classes for students working on their spiritual and psychic development. This is the type of channeled information I’m presenting here this morning.

Back to vibration. In several of his lectures, Doctor Martin touched upon the condition of vibration. In one lecture, Doctor Martin said:

“Let not the answers from the spirit teachers under God slip by you, for listening is a great art. Listening is not always achieved by those who have good hearing. It is those who listen with their whole beings who touch with truth. For truth is in the vibratory rate.”

In another lecture, Doctor Martin lyrically likened the vibration to encountering clouds on a clear day.

“And we would say, push back the clouds that cover your understanding,” he said. “Push back the clouds that are only clouds and nothing more. Allow the confusion to dissipate—the confusion that arises from not being able to penetrate the invisible world, from not being able to lift your consciousness above the unhappiness of the earth to receive your answer.

“Look through those clouds and into the invisible side, and do not let the negativity from the earth disturb you. For as you know, you only see as through a glass darkly. You are told this in your beautiful Bible. As you work with your higher self and ask your creator, the Universal Mind, to guide you, to give you the wisdom, the clouds gradually move on.”

Taking these teachings from Spirit to heart, let's say we've been able to achieve a conducive and beautiful vibratory rate receptive to receiving messages from Spirit. At this point, Doctor Martin gives us some important advice. As you hear his words, keep in mind that your higher self is the part of your soul that's capable of communicating with the higher spirit entities.

"Listen when you awake in the morning, for it is a fine time to listen," Doctor Martin advises. "Listen at moments when you have released the problems of the world.

"You do not have to be pretentious, or make yourself into some lofty expression of spirit to listen. You do not have to be something you cultivate. Just be yourself. If you try to be pretentious to impress another regarding the great source you've touched with, you can stop the flow of truth to you.

Just be yourself, full of love," he says. "In moments of simplicity and honesty, you can receive a message from your higher self, or you can send a message to your higher self."

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As with so many aspects of spiritual development, Doctor Martin also reminds us of the importance of practice. Through practice—whether in meditation, or in giving readings, or in any form of contact with our higher selves or Spirit—we become familiar with the varying vibrations and their sensations. We learn to recognize when we're in the realm where communication with Spirit can happen.

Doctor Martin says: "There must be a perfect moment of receptivity. And the more moments you have thusly, the more you begin to recognize those rare moments, and you build toward these moments. You do not have irrational thoughts. You do not have negative thoughts.

"There is a peace within you and wonderment within you, and the answer floats into your soul easily, almost too quickly for you to remember. That is why you must cultivate listening for your answer."

This is key to the whole matter of receiving messages from Spirit. We can learn to recognize the perfect moments of receptivity, and that is when the messages will come to us with ease, or as Doctor Martin puts it, “almost too quickly to remember.”

That’s why we must be able to sense when we’re ready for a message from Spirit and be prepared to receive it.

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Hearing voices is something the Christian Spiritualist—or any true clairvoyant, for that matter—will admit to only with a fair amount of caution.

For us, being able to discern a voice from Spirit is a mark of success. But the less spiritually inclined among us might regard hearing voices as a one-way ticket to the nearest psychiatric ward.

Fortunately for us, a growing number of researchers, scientists, and medical people are more receptive to psychic communication these days, due to impressive studies performed at major universities and research facilities.

Science has yet to truly nail down the details of paranormal activities such as clairaudience—the ability to psychically hear things—but such communication is now considered at least provable.

For a moment, let’s go back to the highly sensitive topic of “after-death communication,” or ADC.

Researchers Bill and Judy Guggenheim in 1988 began an extensive study they called the ADC Project. Long associated with the International Association for Near-Death Studies, they are also authors of the best-selling book *Hello from Heaven*.

“During our seven years of research, we interviewed 2,000 people, who were living in all 50 American states and the 10 Canadian provinces,” Bill Guggenheim writes. “We collected more than 3,300 firsthand accounts from people who believe they have been contacted by a deceased relative or friend. The subjects range in age from children to the elderly and represent diverse social, educational, economic, occupational, and religious backgrounds.

“We conservatively estimate at least 60 million Americans—or 20 percent of the population of the United States—have had one or more ADC experiences,” he continues. “And some polls indicate the actual numbers are double these figures—that more than 125 million Americans, or 43 percent of the population, have had an ADC. As a result, after-death communications appear to be the most common form of spiritual experiences that people have.”

The couple researched about a dozen different ways people receive messages from their deceased loved ones. Hearing the message was among the most common.

The Guggenheims explained the sensation this way:

“Some people state they hear an external, audible voice with their ears, the same as when a living person is speaking to them. The majority of communications are by telepathy, however—you hear the voice of your relative or friend in your mind.

“When you have two-way communication, it’s usually by telepathy, which is also called mind-to-mind contact, or thought transference. A large percentage of the messages received are brief and to the point, like telegrams of 25 words or less. On the other hand, a few experiencers are able to have entire conversations by telepathy.

“Our research indicates that after-death communication experiences are so prevalent they should be regarded as a natural and normal part of life,” he goes on. “ADCs deserve the same public attention and awareness that near-death experiences (NDEs) have been receiving since 1975.”

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Anyone who’s had a clairaudient experience and has tried to explain it to someone else—even to an experienced medium or fellow clairvoyant—knows the difficulty in describing it.

People ask: “Was the voice inside your head, or outside?” And the answer might be A. Inside my head; or B, Outside of my head; or C, sort of both.

I can speak from personal experience that the nature of the communication varies greatly according to the particular circumstance.

I’ve experienced anywhere from a clear voice seemingly outside of my head, to other times when the message is primarily through the emotions and then internally translated into words.

Translated by whom? It seems to be a combination of Spirit helpers along with my higher self, working with particular vibrations.

“Some individuals do not hear a voice when the answer comes, but they hear nevertheless clearly,” Doctor Martin explained in a lecture. “If the message does not come through a voice as you recognize a voice, the message can still be very clear. The message comes in as thoughts and ideas that become part of your own thinking because you are using your higher self.”

“You may see symbols clairvoyantly, or what you call a vision, and you feel through impression the right interpretation of what you are seeing and feeling,” according to this Spirit teacher. “And because it is so real, you never, ever forget the experience.”

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Another time, Doctor Martin warned about the racket of the earth plane’s frequencies.

“When you are not hearing clearly, it is often because you are in the vibrations, in the flux and jarring noises of the world—in the vibration from your radios, from your television sets, and from many raucous noises, and you have interruptions. But you can avoid this. With practice and keeping within the vibratory rate of your higher consciousness, you can have these rare moments where you know what you were told.”

The Spirit teacher also urged care when determining questions you want to ask of Spirit.

“Questions you send out that are not conducive to educating your higher self—or to bringing more light of understanding into the world—these can block out the vibratory rates of higher understanding coming to you,” he said. “Concentrating on the superfluous and petty can cause you to *not* remember the answers to the more important questions that come to you.”

So, remember that asking a silly question could interfere with the caliber of the overall Spirit communication.

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Before I close, I'd like to summarize some important points about hearing messages from Spirit:

1. Relax your mind so you can slow down into the Beta or Theta brainwave frequencies. You can recognize them by the sensation of calm and peace that fills you.
2. Regard the negativity and the interferences of the earth plane as clouds. Ask your higher self to allow them to dissipate so you can lift your consciousness and feel clarity in the vibration.
3. When seeking a message or an answer to a question, avoid any pretense or egotism. Just be yourself and focus on Love.
4. Learn to sense and recognize your moments of receptivity, when messages can come to you with ease. When you recognize that you're in that state, it is easier to receive and remember Spirit messages.
5. A Spirit message may come to you as a voice, or it may come to you as a feeling or impression that you sense in the vibration. If you are working with your higher self, you will recognize the message regardless of its form.
6. Do not ask Spirit questions that are silly, frivolous, or petty. They interfere with the vibration necessary for effective spirit communication from higher entities.

In conclusion, here are some final words from Doctor Martin regarding Spirit communication. They're self-explanatory.

“So we say, listen, listen. Listen with your inner ear, which is the ear of your own Spirit. Listen with your soul. For in the listening with your soul, you recognize truth, for the soul will accept nothing else.

“If you listen with a heart full of love—with no doubts, but with absolute faith—you will always receive the Truth.”

Amen.