

***ROD C. DAVIS'S***

***INTERDIMENSIONAL  
COMMUNICATION***

**YES YOU CAN**

***FIND YOUR FREEDOM  
KNOWLEDGE &  
HAPPINESS FROM WITHIN***

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## Foreword

This book is for you and not about me. I will relay some events that I experienced, and what brought them about, but they are only to illustrate the value of believing in yourself and your own intuition.

An awareness of truth began to unfold within me in my 50's, and it slowly developed into a *knowing*. It has changed my life, and because of my *knowing* I have an inner peace that brings joy into my life every single day. I have felt an urge for many years to help people, which I have done, but I have never felt the fulfillment that I had hoped to achieve. I know that a force has been guiding me to this point, arming me with the knowledge that I need to help people develop *their knowing*, and I feel a great deal of satisfaction building within me as I write this book. This writing will help you develop *YOUR knowing* and inner peace, if you let it, and it is likely that the most difficult obstacles you will have to overcome are your trust and belief in yourself.

Why is that a likelihood? Throughout the ages we have been conditioned by governmental and religious organizations to faithfully believe that which is taught or told to us is fact; even if there isn't a way for us to prove, or disprove it; we are expected to place our faith in *their* written word. Based upon interviews and general conversations over the years with countless people from many cultures and walks of life, it is safe for me to say that the majority of them unquestioningly believe that information.

Being completely objective, history has also taught us that these same governments and religious organizations debunk anything that happens to be outside of the box that they deem to be fact. It does not matter if the phenomenon or discovery reported is by individuals of credibility, or groups of individuals who witness an unusual event, or find something that disproves an age old teaching. The debunking tactics always employ whatever measures are necessary to place a shred of doubt on anything that threatens the validity of their teachings; and it works. Why? They are the authority, and the general populous respects that authority.

I am pleased to say that many of those in the minority whom I've interviewed, who find that the information does not resonate within them, follow their inner voice to try to find out why. I am one of those people who found that certain facts or supposed truths did not resonate, and it began at a very young age. However, I must say that it took a long time for me to get off of dead center to do something about it.

I've had several life and/or limb threatening events happen to me over the years wherein something kept me out of harm's way, and for a very long time I accepted it as being just plain luck. I'm sure if you take time to think about it, I'll bet that you've had some of those experiences yourself ... perhaps they were not life or limb threatening events, but at the time you thought that you were very lucky things came out the way they did.

The first dramatic and memorable experience I can recall that saved my life happened to me at the age of 15, and it did not dawn on me for many years that according to the laws of physics, the stroke of luck that saved my life that day could not happen. And there's something else that is important to mention at this point ... have you ever wondered why, when being taught certain lessons, whether in school or church, the lesson did not immediately resonate within you? Perhaps it did after a bit because you were expected to accept it as fact, and as time wore on you probably forgot about the negative feeling that you had at the time, but I'd be very surprised if you gave a long, hard and honest search within you ... that you did not have at least one of those experiences.

Now that I've given you that food for thought, as I mentioned, I've had several other life and/or limb threatening experiences that I skated through unscathed, and at the time I attributed each one of them to blind luck ... but in 2003 something happened that made me realize that it *hadn't been luck* at all. Unbidden by me, my subconscious mind brought all those events to my conscious mind, and something clicked at that time, sort of like the proverbial light bulb lighting. And the fact that I had several enlightening experiences before that bulb lit, helped me to steadily develop a *knowing* within me, that something other than blind luck saved my life, or kept me from disabling bodily harm.

That *knowing* had another affect: again unbidden by me I began to recall the times when certain lessons being taught to me did not resonate; it made me wonder about those negative gut feelings I had at the time; and why they occurred. But you know something? While conducting research for more in-depth information regarding those certain lessons that did not resonate within me ... I found authoritative text that contradicted those lessons ... so what should I believe? The content of the lessons sanctioned by the entities responsible for providing me with knowledge, which could be biased, depending upon their intent, or the authoritative contradicting text that I found? Coming to grips with it could certainly be a dilemma to say the least, especially for those whom do not have a *knowing* within them.

We've all been taught that our soul is eternal, and it is. Your soul, which is your higher self is with you, and provides you with guidance all the time, even if you're not consciously aware of it. I encourage you to reach out to your higher self: it's your internal voice; the part of you that gives you those gut feelings that you sometimes get; the voice that warns you with queasy or negative feelings when you are about to do something that could have an adverse impact on you. If you haven't been listening to you, I urge you to cultivate your inner voice and develop *YOUR* inner *knowing*. As you open to your inner voice you will hear it more and more often; you will have many more of those intuitive feelings that are so very important to your mission in this life.

I ask you to please keep this in mind as you read this book: think of yourself as an individual, be true to yourself, and don't be a part of the herd, blindly following others' beliefs without consideration or inquiry. Be an independent freethinker who asks questions and searches the nooks and crannies for the ultimate and highest truth, even if it seemingly conflicts with the majority, even if it challenges the consensus of opinion and status quo. Take charge of you; follow your inner voice; reach for your inner guidance; test it and learn to distinguish between your inner guidance, and those wishful or fearful thoughts that we all get.

## CHAPTER ONE

### *BE AN INDEPENDENT FREETHINKER*

To be an Independent Freethinker ... you **MUST** learn to *trust and believe in yourself*. You need to pay attention to, and believe in your intuitions, those gut feelings you get from time to time, and once you do you will begin to develop your *knowing* that is so important to you and your overall wellbeing.

What is “*knowing*” and what does it mean to you? We are all born with the innate ability to feel within us what is right and wrong, a *knowing*, but over time most of us lose our ability to recognize it for what it is, and you are probably wondering why. For the most part it is the lessons and beliefs passed down by parents to their children; beliefs that were ingrained in them through the teachings of man made rules sanctioned by governments and religious organizations.

Some food for thought: since these organizations naturally desire to cement their subjects’ loyalty to them, is it unreasonable to think that the teachings they promote could be biased to accomplish that purpose? We all know that throughout history, certain teachings that were deemed to be absolute fact, in fact were not fact. A simplistic example: at one time the populous believed the world to be flat; and something not so simplistic: in the 1800’s the medical associations deemed that washing hands before a surgical procedure was a waste of time; and something of recent times ... governments and religious organizations debunked the existence of aliens and UFOs. In recent years certain governments are now admitting their existence, and in 1999 a Vatican official, Monsignor Corrado Balducci declared on national television that extraterrestrial contact is real. Monsignor Balducci also emphasized that extraterrestrial encounters “are NOT demonic, and they are NOT due to psychological impairment, they are not a case of entity attachment, but these encounters deserve to be studied carefully.”

Also, you may recall hearing about the UFO crash that happened northwest of Roswell, NM, during the summer of 1947. Our government and military debunked that report for years, and I have not yet read anything withdrawing those denials. I had an interesting experience in 1999 – 2000 when I spent the better part of a year assisting in a metallurgical laboratory in Las Vegas, NV. I worked with the owner, a former National Security Agency Operative. One day during a break, Keith made a comment out of the clear blue, “I was part of the Roswell cover-up during the Eisenhower Administration.” That’s it! That’s all he said, and when I looked at him he had a faraway look in his eyes. Assuming what he told me is fact, and I have no reason to doubt it, why has the military and our government been covering it up? And to what end?

I am not saying that everything promoted by governments and religious organizations has a clandestine purpose behind it, and I am certainly not trying to demean them ... their rules and regulations have truth in them and they are needed to give order and guidance to the populous. But power and money can certainly influence those who hold the reins on society and/or large groups of people, and it is not unreasonable to suspect that power and money could perhaps cause them to bend the truth to keep the will of the people with them.

Being an Independent Freethinker is a key ingredient to developing a “*knowing*” within you, but what does “*knowing*” mean to you? Simply this: when over time you have learned to listen to your higher self, you will instinctively *know* what is true, and what you should question. You will have learned to recognize once again those feelings that give you guidance, and those feelings are from your subconscious, the means by which your higher self communicates with you.

I've mentioned your higher self twice now, and in case you are not familiar with the terminology ... it is your soul. Your soul is the forever spiritual part of you, and the life force in your body comes from your soul. The connection between the two is known as the "Silver Cord," which is referenced in the Bible: "Before the silver cord is snapped, or the golden bowl is broken, or the pitcher is broken at the fountain, or the wheel broken at the cistern, and the dust returns to the earth as it was, and the spirit returns to God who gave it." Ecclesiastes 12:6-7 ... the bowl, pitcher and wheel mentioned in the verses symbolize the human body.

Now that you understand "higher self," if you're one of the many who've temporarily lost the ability to recognize communications from your higher self, one who has been sloughing off those gut or intuitive feelings, you can rebuild those bridges to your confident independent freethinking. Just like before you learned to walk you had to learn how to crawl, you need to build your confidence in your communications with your higher self by beginning with some simple tests, tests that will help you to determine if your intuition is from your higher self, or from wishful or fearful thinking. For example, let's assume that you travel the same way to work every day, day in and day out; there are other routes you can take to work, but they involve lower speed limits and/or a greater distance to travel. Suppose one day, out of a clear blue sky, suddenly you have the urge to take a different route that would mean a longer travel time? What would you do? Disregard the thought, or pay attention to that intuitive feeling?

Think about this for a moment: If you've been taking this route to work every day without change, for several weeks or months or years, and never thought about changing your route before ... would you take the time to wonder why that thought just popped into your mind right out of thin air? Would you wonder where it came from? Let's face facts, if you didn't put that thought there, something else must have ... right? Before going on I must caution you: If you ever have a thought like this, please pay attention to it. This may be a warning from your higher self, or it could be from your spirit guides, and if you take your normal route, there could be dire consequences.

There's a quote made by two famous people that I want to share with you:

*"It is in quiet that our best ideas occur to us. Don't make the mistake of believing that by a frantic kind of dashing around you are being your most effective and efficient self. Don't assume that you are wasting time when you take time out for thought."*

*Napoleon Hill & W. Clement Stone*

I understand this statement does not directly apply to the travel scenario above, but it certainly runs parallel to it. That intuitive thought to take a different route had to come from a brief moment of quiet while on the way to your car, a brief moment when you made contact with your higher self. What do you think will happen when you intentionally take quiet time out for thought? Your mind is working, yes, but you are also communing with your higher self, and that communication is the birth place for many of your ideas, both sleeping and while awake. Have you ever awakened from a sound sleep with an answer to a situation you were dealing with? If you haven't, I have, and many people that I know have, and that answer certainly didn't come from our conscious minds ... we were sleeping.

Just as the governments and religions cannot prove certain of what they report or teach as being fact, I cannot prove what I'm about to share with you. Since 2002 I've had several paranormal / spiritual experiences that have influenced significant changes in my life, and I'm so very thankful for them. There is not any way for me to prove any of them, but as I mentioned earlier, I'm going to share with you one of my most meaningful experiences and the profound affect it had on me. I must say that if I did not accept as lessons some of the occurrences leading

up to this particular event ... it may have never happened, and you may ask why. The answer is simple: it may have frightened me, and fright will end it. Perhaps all those other experiences that I accepted were the lessons I had to learn before I could experience this wondrous event.

Spirits of the higher light will occasionally make themselves known to you, and if the event scares you, they won't do it again until they feel you're ready. I had my first spirit contact that I remember about 15 months before the most meaningful event occurred ... the one that I'm about to share with you. I can tell you that my first conscious spirit contact certainly surprised me, but it didn't frighten me in the slightest, and I actually had physical contact at the time. I couldn't see the entity, but there's no way that I could deny the contact; it had been that forceful. I can't tell you why it didn't scare me ... it just didn't. Perhaps my subconscious had prepared me for the event. I've had many contacts after, and a lot of them have been physical (which my wife can attest to), and these physical contacts continue almost on a daily basis as of this writing.

On June 18th, 2004 a spirit of the higher light came to me, and I will never forget that experience for as long as I live; it brought about the most significant and lasting change in my life to date. Around 10:30 PM a noise in the bedroom woke me, and I thought my wife must be coming to bed. I rolled from my right side to my back to make sure, and it surprised me when I didn't see her. I began to wonder what woke me when a sweet nutty type odor seemed to fill the room, something like the fragrance of Amaretto. That fragrance had wafted past my nose several times during the past couple of weeks in different places throughout our home, and whenever I tried to determine the source, I'd always lose the scent after taking no more than two or three steps away from the immediate area.

I continued to lie on my back as I mulled the nutty fragrance over in my mind, and within a minute or two, without warning I felt a pressure sensation on the center of my lower lip. As I focused my attention on it, I could not mistake the gentle but insistent pushing down sensation. A thought came to mind: "God is answering my prayers<sup>1</sup> ... He's sent a spirit to me!" Without any hesitation whatsoever I decided to go with the flow to see what would happen. I had barely finished that thought when the pressure ever so gently, but insistently increased, and at that point I could discern the feel of fingertips on my lower lip. Simultaneous to that realization I felt my mouth slowly but surely, begin to open ... yet I felt no fear. When I say my morning and nightly prayers I ask God, His Son, and the Holy Spirit for Their protection. I ask Them to allow only those spirits of the highest light, and those who have my highest and best good in their intent, to communicate with me. I know in my heart that They *do* give me that protection, and that internal *knowing* had to be responsible for my calm and wonderment.

I cleared my mind and started to take slow, deep breaths to relax my body as much as possible, and at the conclusion of each breath it felt as though my body lifted a tiny bit off the bed. Each time I felt that lifting sensation I felt my head tilt back a little further, and my mouth opened just a little more. Once my head couldn't go back any further and my mouth was fully open (my position at that point duplicated that of a person receiving mouth-to-mouth resuscitation), I felt a sensation permeate every inch of my body, sort of like something were sinking into me, and that is when I began to develop a feeling of euphoric ecstasy. Almost simultaneous to that an extremely sensual kind of feeling began to blend in.

I don't know how long these sensations stayed with me, but they ended when I couldn't overcome an urge to swallow. The moment I couldn't resist any longer, the euphoria began to slowly dissipate, and as it did I felt as though my body were melting into the mattress. I can't remember ever feeling so calm and totally at peace. I have no idea how much time passed when I

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<sup>1</sup> At the time I had been praying on a regular basis for Divine help to unconditionally love all life.

felt the same initial sensation on my lower lip again, and all I can remember at that point is hoping like heck that I'd be fortunate enough to savor the same incredible sensations one more time. And I did!

What I felt came very close, only this time the euphoric feeling didn't feel as intense, but the ensuing calm and feeling of peace that settled into me turned out to be just as memorable as the first. I've never felt such complete inner peace and permeating love in my entire life, and those feelings did not end when the presence slowly lifted out of my body. I have no idea how long the spirit stayed with me because I had no sense of time, and I did not think to look at the clock when I felt the presence leave me. Once it left I did not want to move, and that most likely happened because I did not want it to end.

Those two experiences left me in a blissful state that continues to this day. I am totally at peace with myself, and whenever I look at a fellow human being, I automatically do it from a totally different and very positive perspective: it doesn't matter the gender, race, color or creed ... I feel a love within me like I'm looking at my brother or sister. I no longer have the prejudicial or judgmental thinking that I sometimes automatically experienced in the past, reactions that I consciously shunned, but could not stop from popping to the forefront of my mind in certain instances, a behavior that I had prayed for Divine help to rid myself of – and it is totally gone!

It's important for you to understand why I shared this event and background information with you. First and foremost, I want to emphasize that I am no one special, and what I experienced I firmly believe can be experienced by anyone who truly wants to, and *truly* is the key word. Think about this: had I not allowed myself to accept as a reality the paranormal / spiritual events that I experienced, which were the precursor events that led up to the most wondrous happening thus far in my life, I would not have the depth of *knowing* that I have today. Just think about how much I would have missed if instead I rationalized those paranormal / spiritual occurrences away, and that certainly could be a natural and automated impulse ... why? That automatic behavior is ingrained in us through the ongoing teachings of our parents, governmental and religious organizations; and that conditioning is passed down from generation to generation to generation.

#### Exercise:

There are activities we do every day that require simple choices, yet the choice we make could make our day a little more difficult than if we had made an alternate choice. Let's take the example of driving to work that I gave to you earlier. Assuming that you drive to work, before turning the ignition key to on, pause for a moment and mentally ask yourself, "Should I take my usual route to work?" Then empty your mind of all other thoughts and just think about that question. Intuitively you will get an answer in one form or another: You may feel nothing and elect to take your normal route; on the other hand you could get a gut feeling that you should take a different way to work.

All day long, for at least a month, as you make decisions throughout the day, pause and mentally ask yourself which choice you should make? I'm not talking about the mundane<sup>2</sup> decisions that we make day in and day out, I'm

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<sup>2</sup> If you suddenly have an impulse to do something out of the ordinary when making a mundane decision, make sure that you pay attention to it.

talking about decisions that will have an impact on how well your day will go. Please keep this in mind when mentally asking yourself the question: as in a multiple choice test, the first impulse is likely the right answer. But there could be exceptions to that rule when communing with your higher self – why? Because the answer you'd prefer to be the right answer may overpower the answer from your higher self.

Do you recall that earlier in this chapter I mentioned confidence building exercises to test and validate your communication ability with your higher self ... exercises that will help you to develop your ability to know the difference between answers from your higher self, and your internal wishful or fearful thinking? When implementing these exercises over the next month, be sure to write down the scenario for each, and the result(s). When I mention scenario: take the time to record all of your thoughts and what happened to be going on at the time. A suggestion: Use a handheld recorder to record this information each time, and transcribe it later. That information will allow you to analyze each situation and determine the logical source of your decision: higher self, or wishful / fearful thinking.



## CHAPTER TWO

### *TRUST & BELIEF IN YOURSELF*

This chapter has been structured to fulfill a dual purpose: i) to act as a guide to those who already know about and accept interdimensional communication as being a reality; and ii) to act as a guide to those who have heard about interdimensional communication, but are extremely skeptical about its reality because of their upbringing, education and/or religious affiliation. I ask those of you who are already believers, to please bear with me when you come to the parts that do not apply directly to you.

Trust and belief in yourself are paramount to success when reactivating your ability to communicate with your higher self, your spirit guides and spirits of the highest light. Since it is likely that trust and belief in yourself will be the single most difficult obstacle for you to overcome as you awaken your ability to communicate with forth dimensional entities, I should address again, why; but before I do, it is important that you keep in mind that I am not criticizing the entities that are responsible for the way we react and think. They are very meaningful when it comes to providing order in our lives, but one must be willing to look beyond certain teachings before they can fully evolve to being the individual that they are meant to be in this lifetime.

Children in their younger years, before they have been indoctrinated into the ways deemed proper by their parents and society in general, are usually open and receptive to fourth dimensional events; and some are more so than others. It is a natural desire for them to want to tell their parents about those happenings, and in most cases the parent's will attempt to convince the child that whatever they saw and/or experienced had to be their imagination. Then, if the behavior continues, the parent's likely next step will be a trip to the family doctor, and if after all the medical tests the doctor cannot find a scientific reason for their child's unusual behavior, it is likely psychiatric analysis will be recommended.

Throughout our lives we have been taught that everything that we see, feel, touch, smell or hear, must, after careful analysis fit into a certain box, and if it doesn't, it can't be real. If that is the case, what are people to do with the information they gained from an experience that falls outside of the realm of what they have been taught, such as a sudden, but very timely thought that comes to mind from out of nowhere? An overwhelming urge to do something that is out of one's normal character and behavior? Having a vision of an occurrence that comes to reality at a later point in time? Feeling a touch on your body when no one's around? Hearing a voice call out your name, but you're completely alone at the time? I could go on and on, but I'm sure you have the idea by now.

I mentioned above that after careful analysis, all things and/or events, whatever they may be, must fit into a certain box. Please think about this: what is the basis upon which people can analyze anything they experience through their five senses? They can only apply the knowledge that they possess, knowledge that they gained during their lifetime from their parents, family members and friends, the inner circle if you will, and through the private, public and religious entities that they've been exposed to. It is human nature for the inner circle to have similar beliefs, it's what keeps them together, and with that being said, it is likely that the private, public and religious entities a person is exposed to, will conform with the inner circle's beliefs.

Based upon that given set of circumstances, what is the likely answer that an individual will come up with if they should experience something that doesn't fit into one of the socially and scientifically acceptable boxes? According to the answers that I have received from so very many people whom I've interviewed, the likely conclusion will be: the 'whatever' didn't happen. That is why I'm dotting the I's and crossing the T's on the issue of "trusting and believing in yourself." The odds are that your first conscious thought after you receive communication from a fourth dimensional source will tend to be on the negative side, one of disbelief: "Nah, I didn't get that answer from my higher self ... I simply imagined it."

However, there's another aspect that should be taken into consideration ... suppose all of an individual's instincts tells them that the event they experienced DID happen; they could not rationalize it away in spite of the fact that it did not fit within the socially and scientifically acceptable standards that have been ingrained in them over the course of time. What do they do with that information? Since they have accepted it as a reality, the natural desire would be to share it, but with whom? The first choice is likely to be with close family members and friends, and I can tell you from my own experiences, that for the most part they will listen, but in my case their body language and facial expressions conveyed disbelief.

Once the close family members and friends barrier has been broached without major negative mental ramifications, the next group that one would likely want to share their experience with, would be colleagues, and maybe acquaintances; and this will be their biggest personal challenge of all ... why? Most people tend to socialize with people who have similar backgrounds, levels of education, likes and dislikes. If that is the case, will the people with whom they share this event, accept it as not being a figment of the experiencer's imagination? The likely answer is no. Number one they did not have the experience; therefore they have nothing upon which to earnestly judge it. They can only rely upon what they have been taught over the years. If the experiencer had difficulty coming to grips with the fact that the event did not fit into a socially and scientifically acceptable box, how could they expect anyone in their peer group to do anything different?

You must maintain fortitude to prevail over your natural instinct to preserve status quo by caving into unspoken peer pressure, and that is why I am re-emphasizing the fact that *being an independent free thinker* is so very important. You must mentally accept that the most important person in the world to you, should first and foremost *be you*. You came into this world alone, and you will go out alone ... so why wouldn't you be the most important person to you? You have to walk in your shoes, live with your thoughts and feelings; no one else can do that for you.

I believe you would agree that it's a natural desire for a person to want to be accepted by their peers, so sharing an unusual experience that fell outside of the group's socially acceptable parameters could certainly damage that standing. When you finally decide to be true to yourself, to believe in yourself, and to put aside certain lessons you've learned over the years because you lived and accepted an experience that exposed a different truth to you, don't be surprised when your circle of friends, colleagues and acquaintances begins to change. It is not something that will happen over night, but it will likely happen ... why? It's because people like to be with people who are like them.

My wife's and my circle of close friends and colleagues have changed dramatically over the years. Don't get me wrong, we still love the people we developed friendships and business relationships with, but the close camaraderie that we thought had been there ... doesn't exist any longer, and maybe it didn't exist to begin with. Sometimes current emotions can overshadow reality, and perhaps the close feelings we had at the time, simply came about because these people were in the social group that we thought we'd like to belong to.

It is natural for a person to be concerned about what family, friends, colleagues and acquaintances might say and/or think about them, and if you decide that it's important for you to share with them, then perhaps you may want to adopt this attitude I heard from a friend: It's really none of your business what someone thinks about you behind your back!

However! If family and peer pressures are of a *major* concern, then first and foremost be true to you. Don't share an experience that is outside of their socially acceptable boxes, and don't tell them about your desire to learn to communicate with your higher self, your spirit guides, and spirits of the highest light. Wait until you have gained, and have a good handle on *your knowing*; once you have it, you'll be able to share what you have experienced with conviction, and perhaps even be instrumental in helping them to start down the road to developing *their knowing*.

As you work to develop your trust and belief in you, open your heart to your higher self and put aside all of your ingrained and automated analytical tendencies. Fully expect to receive

the communication you are looking for. Take charge of you; reach out to your higher self; follow your inner voice that is your guidance from your higher self.

Believe in you, and believe that you will receive the information you are seeking. Trusting that you believe will not be enough. You need to demonstrate to your higher self, and to you, that you are as convinced that you will receive the communication you seek, as you are convinced that a new day will dawn. How do you do that? You do it by acting upon your inner guidance. Do not think about what you are doing; let it happen, and focus on the experience. The answers you receive may not come in the manner that you expect, but you will receive them, and they will be structured in a way that is for your highest and best good.

In the following chapters I will address how to communicate with your higher self, spirit guides and spirits of the highest light, and you will learn how to recognize communication when you receive it. You'll also learn more on how to ferret out the differences between spiritual communication, and the fearful and wishful thinking that we all harbor. One of the steps to establishing spiritual communication is the process of opening your mind to the universe; and to do that you simply remove all thought from your conscious mind. However, before doing that, it is very important to take precautions. Spirits of the lower astral plane, also known as spirits of the lower light, could be in the vicinity, and those spirits will not have your highest and best good in their intent. You need to ensure that when you set aside time to make spiritual contact, that the contact is with only spirits of the highest light, and you do that by praying for Divine protection.

Exercise:

I don't pray long, wordy prayers ... they're just not in me, but wordy or not, when you pray for that protection you *will* receive it. With that being said, below is the prayer I prayed, and I still do, before emptying my mind to communicate with spirits of the fourth dimension.

Heavenly Father, I humbly ask that you please allow only spirits of the highest light, who have my highest and best good in their intent to communicate with me. Heavenly Father, I humbly ask this through Jesus Christ our Lord, the Holy Spirit and my God's consciousness. Amen

I no longer pray each time before I communicate, and that is because my open and conscious communication happens at random throughout the day, and it doesn't seem to matter where I happen to be at the time. However, I do pray my prayer for Their protection first thing each morning, and just before going to sleep at night, and I know within me that I am protected throughout the day and night.

I should also mention that when I am preparing to meditate, to obtain spiritual guidance to help me solve a problem I am dealing with that is giving me a great deal of difficulty, I do ask for Divine protective before emptying my mind to communicate.

You may want to say the prayer for Divine protection differently, and that is fine ... there is no magic to the words I prayed. But there is something very important that you should keep in mind while developing the prayer that is you ... I highly recommend that you do not ask for Divine protection by asking that spirits of the lesser light be kept away from you. Even if you do not say your prayer aloud, thoughts are energy, and that energy goes out to the universe. If spirits of the lower astral plane happen to be around at the time, just thinking that

thought could attract them to you. In case that should happen, you will learn in a later chapter how to recognize their presence, and how to deal with it.

Doing something often enough will likely make it become a habit, and that is what you should strive to do while re-developing your ability to communicate with your higher self, spirit guides, and spirits of the highest light. Say as often as you think of it each day, a prayer asking for Divine protection in allowing only spirits of the highest light to communicate with you.