

Psychic Vs Spiritual

By Nick Roach

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I say I am 'Self-Realised' or 'Enlightened', to use a couple of terms commonly used, but how does the psychic fit into this?

I have recently been in contact with people who are involved with the psychic and who look to connect with 'Spirit', and in talking with them there were two things that struck me:

- 1) They referred to the spirit as something separate from themselves, and
- 2) Some seemed surprised that I was not psychic.

Here I will have a look at the relationship between the Psychic and the Spirit.

To me the 'Spirit' is my own being. How could it be anything else, when all is said to be one?

I teach the feeling of the space within, or the connection with one's own sense of being or awareness, to become more 'at one' with the being or space which I say is the spirit. Eventually one realises this space is actually the essence of life before anything exists, before this being that I am creates anything, and thus I feel I am no longer separate, so feel complete.

However, the psychic is an area of the mind which is not pure space or being, but is still finer and closer to it than the thinking mind that we all use all day. It is in the psychic that one can access the communal knowledge which is there for all. But how is it there for all, if it is within you? The answer to this is of course, because there is only one here, and that is the space within you.

Can you see this? Can you see that the very fact that psychics can access this knowledge, that they can have apparent links with people who have passed within their own mind, should be proof, to the one doing it at least, that all is within them?

The psychic is an area between the physical and the spirit. There are still thoughts here, images, feelings, colours and perhaps anything imaginable, but any 'thing' is not the absolute truth. For the absolute truth we have to go to the point before anything is, but where everything comes from. This is the space within you now, where you are aware that you exist; where you feel 'I am'.

Do you notice, if you are feeling this, that there is nothing there? And after a short while of trying to hold onto it, you may begin to feel there is no point as there is nothing to feel. Well, that is the point. The 'absolute' means it is the point beyond time, where all exists and yet nothing is. There is nothing there to feel because you, the individual, are already there. It is your natural state. The stillness within is home.

To live in connection with this space, every day, is what is called Self-Realisation, God-Realisation, or even Spiritual Enlightenment but, as you can see, there are no images, or colours, or people who have passed. It's simply being aware 'I am'; and eventually 'I am This' (whatever 'This' is).

One realises that all they experience is truly within them, within their own mind or awareness that they had always assumed was one of many. There are many forms, but only one being, and that is the space within you now. Once here, one can dip into the psychic as you wish. After all, one is still here and living amongst the forms. Psychic forms are still forms. Just be careful not to get the forms confused with the truth which you are, where you are aware of where you are and of what you are feeling; where you are aware simply 'I am'. That's the truth. That's the spirit.

Similarly, pastimes such as tarot cards, rune stones, crystals, and all the other 'New Age' activities which we all enjoy, are still forms within the spirit. All have their place, as all forms do here; but if you really want to 'find yourself', to find the spirit or the source of all that is, the absolute that is unchanging and timeless, you know where it is now: You are it. The point where you feel 'I am' is the closest one can get to becoming one with everything and it is all already there, within you. Where else could it be? There is only One, and this is it.

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