

Bridges Magazine

2009 Issue 1

for living subtle energies

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*International Society for the Study of
Subtle Energies & Energy Medicine*

Bridges Magazine

Bridges, the ISSSEEM magazine, explores leading ideas in the field of subtle energies and energy healing.

Its interdisciplinary focus creates an open forum for the diverse membership of healers, teachers, researchers, and pioneers to exchange information and discuss new discoveries.

Published three times a year, *Bridges Magazine* presents articles, reports, reviews, and interviews with a personal, clinical or experiential perspective in order to further our understanding of the great range of human capacities and to support our inquiry into the subtle realms of existence.

Visit www.issseem.org/bridges.cfm to submit relevant (500 to 2500 words) written pieces to be considered for publication. Past issues can be purchased on our online store at www.issseem.org/storebridges.cfm

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ISSSEEM is committed to individual and planetary healing, using only sustainable and renewable material in our publication of Bridges.



About this issue

We hope you will enjoy the new and evolving face of BRIDGES. We have had fun creating a magazine designed to intrigue and inform you.

Many thanks to the authors who have contributed to this issue. Their articles reflect original thinking that may inspire you and stretch your sense of what is real. Peter Russell's profound and thought-provoking article explores the relationships among Light, God, and who we are. Raymond Moody's re-creation of the ancient Oracles of the Dead provides a technique that might serve as a powerful adjunct to grief therapy and may also provide a way to explore the nature of the afterlife. Mark Macy's article contains inspiring messages from the afterlife. His research in communication with spirits demonstrates that other dimensions exist around us. Jean Millay also provides insights into the nature of spirit communication and she tells of a gift given to everyone from Jerry Garcia of The Grateful Dead. Amelia Watson shares stories from The Monroe Institute and articulates how our perception can expand when we are no longer limited by the constraints of time, space, and matter.

Exploring the subtle realms can help us gain insight into the meaning and purpose of our lives. Over and over messengers from the worlds of spirit tell us that love is our essence. Religious teachings from around the world and historic spiritual masters have taught that lesson too, but when this message comes after death from someone we have known and loved, the message comes through with extra power.

We invite you to enjoy the insights, wisdom, research, and stories offered by these authors. It is our hope that this issue will enrich your life, expand your thinking and open your heart and mind to new possibilities.

Love Here, There, and Everywhere,
Celia and Lucia

CORRECTION

In our Summer 2008 issue of *Bridges*, we briefly listed William A. Tiller's books incorrectly. It should have appeared as follows:

1. *Psychoenergetic Science: A Second Copernican-Scale Revolution* (2007)
2. *Some Science Adventures with Real Magic* (2005)
3. *Conscious Acts of Creation: The Emergence of a new Physics*, (2001)
4. *Science and Human Transformation: Subtle Energies, Intentionality and Consciousness* (1997)

These four books plus 2 DVDs are available from the website, www.tiller.org.

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Message from the Editors



from Lucia

When I volunteered to be one of the two Editors-in-Chief for *Bridges*, I knew that I wanted to create an issue that centered on different views and experiences of the dimensions beyond our known physical reality. I have been interested in the afterlife and the spiritual realm for as long as I can remember. My interest became an intense search for answers after the death of my son David in 2000, a story you can read about beginning on page 4.

Loss and death are inevitable. And when they come unexpectedly, as they often do, our lives can become chaotic, traumatized, and filled with inconsolable grief. I don't believe that any understanding or knowledge of the afterlife can diminish these responses and shield us from the grief, suffering and pain that is inherent to being human. I do, however, believe that exploring the pandimensional nature of our existence helps us gain a greater understanding of who we really are and provides us with a more evolved perspective, greater meaning, and hope in our lives.

When we begin to understand that this time on earth is but a 'pit stop' in our ultimate journey; that each of us exist in many different forms, in many different dimensions – simultaneously; then we can begin to understand who we really are and see ourselves in a greater Light. Understanding that the Light that shines within us is shared by every human being and every life form helps us understand that "we are all one" and inextricably connected to each other.

On a very practical level, when we can embrace death as a transition into another life, our fears and the tenacious way we cling to earthly life at the end of our days can diminish. On average, we spend as much on healthcare in the last three months of life as we do for the entire span of life before that. Shifting from an attitude of fear to one of understanding and acceptance might help to reduce the heroic and expensive medical interventions that are commonly used. Although these interventions can prolong life, it is often without physical, emotional or spiritual benefit for the person who is dying.



from Celia

Working together as the Editors of *Bridges*, Lucia and I have a great deal in common. We share similar views on subtle energies, healing, and the vital importance of love and compassion. Our different professional backgrounds contribute experiences that enrich the dialogue that we have with each other and that we hope will be reflected in the range of interests and approaches in *Bridges Magazine*. Lucia has been an emergency room and intensive care nurse and involved in holistic nursing for the past twenty-five years. She has developed a spiritually-based interdisciplinary model of care for personal and organizational transformation, and currently serves as the

President of The American Holistic Nursing Association.

I was originally trained as a family therapist and clinical social worker, and I have worked as a psychotherapist for more than thirty years. In searching widely for more and better solutions for human problems I found ISSSEEM in 1989, and in 2005 was the program chair for its Conference, *Mysticism and the Mind*.

Lucia and I have spent years gaining knowledge about the joys and struggles of human bodies and human minds. We also know that although every human is here in a physical form with an individual story, we are all part of a vast, transcendent reality. This magazine is for the community created by all of us who are exploring the realms of subtle energies, the realms that help us "bridge" the physical and the spiritual worlds.

So, this is *Bridges Magazine* for living subtle energies.

Karen Malik, M.A.,
Director, Sausalito, CA

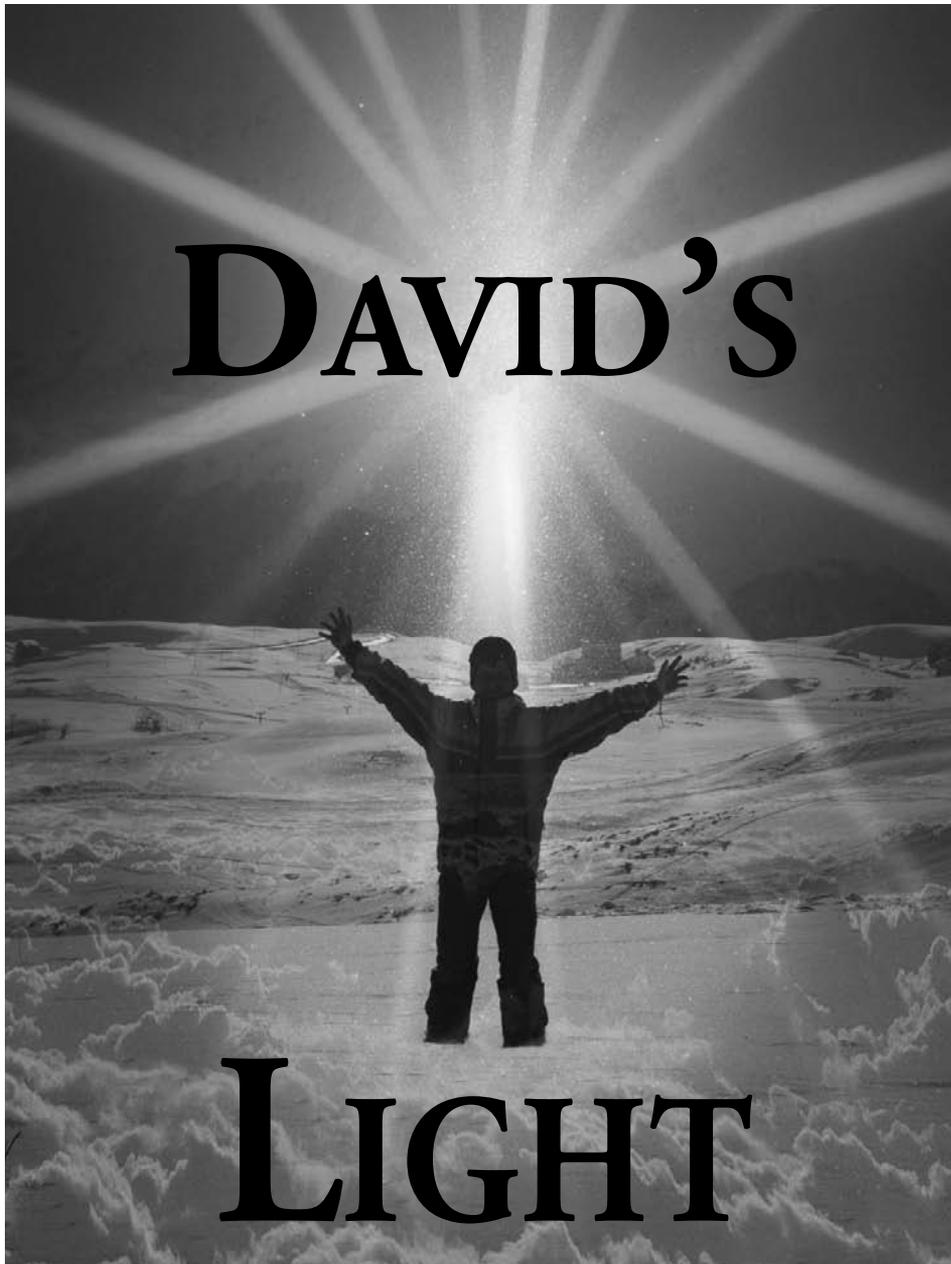
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Lucia Thornton

My son David was an amazing young man. He was everything I could ever have hoped for in a child. He was brilliant, well liked, well rounded, talented, funny, loving . . . I could go on forever, but you get the idea.

One day, quite unexpectedly, David died. That day, my life turned upside down. Words cannot begin to describe the pain and sorrow that I felt in every

part of my being. In the midst of my devastation, I found myself desperate to know more about the afterlife. I simply could not turn off my motherly instinct to worry about his wellbeing even though he was gone from this world.

I always had a belief that the essence of who we are continues beyond death. In addition, an earlier experience of what some term “cosmic consciousness” provided me with a first-hand experience

of existence beyond the physical realm. In spite of my long-held belief and dramatic experience, I found myself ill-equipped to answer several compelling questions. “Why did David die so young; what was his purpose in life; and where is he now?”

Lesson of Love

One month after his death, David appeared to me in a very lucid dream. He was sitting on a gurney in the emergency room. His skin had areas of gross deterioration indicating that his physical body had been dead for some time. We were having a lovely conversation but were interrupted on several occasions by a nurse who kept trying to get a blood sample. After several failed attempts I scolded her saying, “Stop trying to take his blood. Can’t you see he is dead?” The nurse looked at me in earnest and said, “We just need to know why he died.” I soon realized that the nurse was really me, needing desperately to know WHY my son had died.

After the nurse left, I looked at my son and asked, “David, I really need to know, what was your purpose in life?” He looked at me with such tenderness and replied, “Mom, my purpose was to love you.”

I had always envisioned that David would do great things in this world. I saw him as either a physician or a teacher. It turns out that he was and still is a very fine teacher. David taught me that it isn’t what you “do” or “accomplish” in this life that is important; it is learning to love one another that is our primary purpose.

Life is a Prison; Death is Freedom

I was especially distressed by the way David died. He died celebrating his 21st birthday with his fraternity brothers while engaging in the popular college ritual of consuming 21 shots of alcohol on your 21st birthday. After drinking 21 shots David passed out, vomited, aspirated, and died. The senseless way

that David died compounded my grief and angst.

I called Elmer Green to see if he could help shed some light on David's death. To me, Elmer is a wise and trusted friend and teacher whom I feel fortunate to be able to call upon when I need to make sense of worldly nonsense. To others, Elmer is known as a pioneer in biofeedback, one of the founders of ISSSEEM, author of numerous articles and books including *Beyond Biofeedback* and *The Ozawkie Book of the Dead*, and a person who is highly experienced in the spiritual realms.

Elmer's words offered me the greatest consolation. I told Elmer that in the few days prior to David's death my husband and I had been on vacation at Disneyworld with our two children, David and his sister Christy. At lunch, two days prior to David's death, I started to nag David about using sunscreen. David's eyes met mine in a way they had never met my eyes before. He said "Mom, I'm not afraid to die . . . who knows . . . maybe life is a prison and death is freedom."

When I relayed that story to Elmer he said, "Lucia, don't be distressed by the way that David died. It is said that when the Soul realizes that 'life is a prison and death is freedom,' then it is free to move on. It is hard for a 21-year-old person to lose his body."

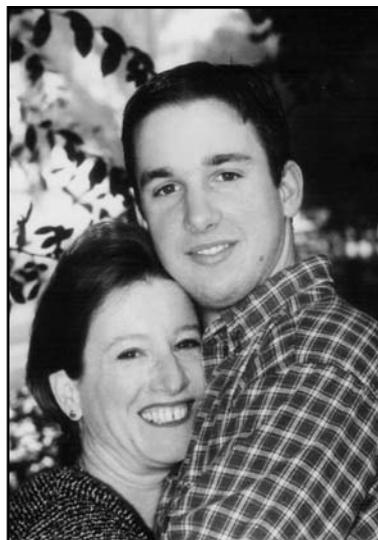
I've Been Here All the Time

After David died, I spent many days hiking in the Sierra Nevada Mountains. David loved the mountains. He loved to ski, fish, hike and backpack. My fondest memories are of our backpacking trips together. So, I felt that being in the mountains helped me connect to David. One day while hiking, I felt water dripping on my shoulder. I kept looking over my shoulder to see where the water was coming from. It was noon; there was no precipitation; and there was no dew on

the trees. I kept asking myself, "Where is this water coming from?" For nearly half an hour I kept looking over my shoulder trying to determine the source of this water.

Then, I began to hear in my mind, one of the songs that was played at David's funeral. It was the song, *You'll Be in My Heart* by Phil Collins. The chorus to the song goes, "Just look over your shoulder, and I'll be there . . . always".

When I realized the water was actually David trying to connect with me, the desperate mother in me said, "David, you need to do better than that . . . I need to SEE you, to FEEL you and to HOLD you." Very clearly, I heard him respond, "Mom, that is REALLY hard to do!" Again, the desperate mother in me emphatically



*Mom, I've been here all the time.
You just couldn't see me.*

responded, "David, you can do anything that you set your mind to do!"

Six weeks after that encounter I was awakened from my sleep by what seemed to be someone tapping my side. When I awoke I saw David by my bedside. He was not in his physical form, but instead he had a rather gray ethereal form. I got out of bed and gave him a very big hug. Being able to see him, feel him and put my arms around him soothed my heart and soul at the deepest level. The love between us was finally palpable.

Then I asked him a question that had

been continually haunting me. "David, where have you been?" He put his arm around me and said, "Mom, I've been here all the time. You just couldn't see me!"

Love is the Bridge

I spent my first two years after David's death in an intense state of grieving. More often than not, my days were filled with tears and pain. There were times, however, when my longing and love for David would transcend the sadness and pain. I could actually "feel" the force of

my love creating a bridge between David and me . . . a bridge between the finite and the infinite.

A technique taught by Paramahansa Yogananda for connecting with those who have died helped me immensely. (See Box pg. 6) Yogananda taught the importance of sending love to those who have passed on. Our love helps them progress on their soul's journey whereas our grief and sorrow tend to hold them back. Given this awareness and my desire to be helpful, when I found myself immersed in tears and grief I would always tell David, "Now David, as a mom I can't help myself and I must cry. But, you must ignore this, and feel only my love for you."

Oftentimes, in my darkest moments, I could actually hear David say, "Mom, snap out of it. We have work to do!" As part of my work I had been developing a model of care that defines who we are as "infinite and sacred beings." Out of these dark times I would often receive uplifting and inspiring ideas and concepts that felt as though they were coming from David. During his time on earth David always had a way of bringing forth joy and levity, something

he obviously carried with him into the next realm.

We ARE Pandimensional Beings!

In the past few years I have felt less and less of David's presence, something I attributed to his moving on. A good friend and colleague of mine who has the ability to communicate with spirits told me that David had indeed moved on, and was reincarnating as a little girl. This sent me into an incredible depression. I thought that if David had reincarnated, then I would never be able to "see" him again. Further, if he had reincarnated, I would never be able to "feel" his presence or "talk" with him. I felt so alone.

Then, in the spring of 2008, something quite marvelous happened. I attended a workshop that Mark Macy was offering. Mark brought his Luminator and was

Everyone, of course, wanted to have their picture taken.

After having my photo taken, I sat down

*Love is not only a bridge to the Infinite;
love IS the essence of who we are and the
essence of ALL that exists*

talking about the research that he had been engaged in with spirit communication. (See pg. 14) After his presentation Mark offered to take Polaroid pictures of anyone in the group that was interested.

with the Polaroid picture that was slowly developing in front of me. The woman sitting beside me had her picture taken earlier and her photograph had completely developed. Nothing out of the ordinary appeared in her photo. It was simply a very clear image of the woman.

TECHNIQUE OF SENDING THOUGHTS TO DEPARTED SOULS

To send your thoughts to loved ones who have passed on, sit quietly in your room and meditate upon God. When you feel His peace within you, concentrate deeply at the Christ center, the center of will at the point between the two eyebrows, and broadcast your love to those dear ones who are gone. Visualize at the Christ center the person you wish to contact. Send to that soul your vibrations of love, and of strength and courage. If you do this continuously, and if you don't lose the intensity of your interest in that loved one, that soul will definitely receive your vibrations. Such thoughts give your loved ones a sense of well-being, a sense of being loved. . .

When you want to feel a response from such souls, concentrate at the heart center. When you concentrate deeply enough, they may first appear in dreams. It is possible for them to do so. Sometimes you may have the same significant dream several times. If your mind is calm and attuned, you will know someone is trying to get in touch with you through that dream. As you develop spiritually, your loved ones may appear to you in visions in meditation. And when you are very highly developed, you can behold those souls right here in front of you. . .

Instead of weeping and feeling a sense of loss after the death of those who are dear to you, always send them your love. By doing so you can help the progress of their souls, and they can help you. Never drag them down by unreasonable feelings of selfish attachment and sorrow. Just say to them, "I love you."

*Reproduced in part with permission from **Where are our departed loved ones?** by Paramahansa Yogananda "How to Live" Series, 1995, Self-Realization Fellowship, Los Angeles, CA pp. 26-28.
For more information contact www.yogananda-srf.org/*

As I sat watching my photo develop, it appeared blurry, which I thought was strange since the photo of the woman sitting next to me was so clear. As it continued to develop I saw the face of my son emerge. David's face, although blurry, was superimposed over my own face! (Picture posted on ISSSEEM website: see www.issseem.org/bridges.cfm)

Seeing David's face brought me enormous consolation. I could hear him say once again, "Mom, I've been here all the time, you just can't see me."

This experience opened my mind to perceiving who we are in a much more expansive way. How is it that David could be reincarnated as a little girl and still be with me?

"Of course," I said to myself, "we ARE pandimensional fields of energy – just like Martha said!" I am referring to Martha Rogers, a nurse theorist who was also a wonderful mentor to me. She had been the Dean of Nursing at NYU for many years and first developed her theory of *Man as a Unitary Human Being* in the early 1970's .

I'll never forget the day I spent visiting Martha in her Phoenix home after she retired. I needed some clarification about some of her concepts. I was working on my master's thesis and was using Martha's theory for my theoretical framework. It was a magical day. The phone was ringing off the hook. Word had just gotten out that Martha had changed her description of "energy field" from "multidimensional" to "pandimensional." She looked at me and said, "You know I started out with 'three dimensional', then I changed to 'four dimensional', then I changed to 'multi-dimensional' and I knew that wasn't right . . . but 'pandimensional', yes, that's right . . . we are pandimensional energy fields!"

For the past ten years I have been teaching students that we are "pandimensional energy fields" yet I never really understood the concept until I saw the photo of David appear before my eyes.

The idea that we can exist in different dimensions simultaneously continues to boggle my ordinary mind.

David's Gifts

David has been and continues to be a very important teacher in my life. As my firstborn, he taught me how to love unconditionally. After his passing, he taught me that learning to "love" is our purpose; that our life is not measured by our possessions, status, titles, or accomplishments but by how much love we can carry in our hearts.

He has and continues to expand my perception and understanding of the infinite nature of our being. He has helped me understand the pandimensional nature of our essence.

He has taught me that love is not only a bridge to the Infinite; love IS the essence of who we are and the essence of ALL that exists. When we rest in our essence, in that "Field of Love", we are one with All that exists.

There is no separation; there is no death.



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Lucia Thornton, RN, MSN, AHN-BC

Lucia has been involved in nursing, holistic healing and healthcare for over 25 years. She helped develop one of the first inpatient hospice homes in the country and was instrumental in creating the process of Board Certification for Holistic Nursing in the United States. Her work in transforming hospitals into "healing environments" with The Model of Whole-Person Caring™ has received national, state and local recognition. She currently serves as President of the American Holistic Nurses Association. Lucia can be contacted at 12592 Valley Vista Lane, Fresno, CA. 93730 or email: luciat@csufresno.edu



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Sacred Synthesis: Science with Heart

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