

Discarnate entities seek contact with those on earth. Persecution mania and depression.

It is not always necessary to be aware of spirit phenomena in order to be bothered by extraneous energies. There can be other reasons why an outside entity seeks contact with those on earth. There are so many reasons for this that it does not make sense to try and list them all.

I sought contact to Grete and was not asked by her to do so. I waited patiently until she was ready to lend me her hand so I could write. I would never have badgered her if she had refused to work with me, as she did initially. Grete would never have felt or been aware of anything. I would never have tried to force her because I respected her free will. Today I would like to say that I am grateful that she was prepared to work with me and give me the opportunity to commit my teachings to paper in order to help so many people who needed advice.

Unfortunately, not all spirit entities are prepared to observe the boundaries set for them. They think it is the duty of those on earth to welcome them, and that the latter have no option other than to comply with the spirit's wishes.

An incarnate person usually does not have the power, or better said, imagines that he cannot defend himself. Also, something in his make-up often prompts him to think the worst of those around him. He feels himself persecuted, in danger, tormented and unjustly treated: he believes the whole world despises him and has a low opinion of him. This is known as a persecution mania, and can embrace the whole gamut of emotions, from feeling of inferiority to agonising, self-inflicted ideas.

People tend to laugh about such phenomena but for the person concerned they are painful reality. He looks for a cause and an explanation and finds them in the people around him. In this way he ends up conflicting with himself and his fellow men.

The reaction to such disturbances is very varied. One person will flee from what he thinks are his own ideas. He withdraws, locks himself away and breaks off every contact with those around him. Misunderstood, rejected and insulted, he avoids every contact, without being aware of the fact that there are energies at work that are not his.

This is a vast subject. Its significance for humanity is so considerable that it appears to be necessary to examine with a magnifying glass every emotion, every form of behaviour, that indicates ill will and hostility.

The whole world has reached a state where it is quite obvious that energies are at work fostering discord and causing people to consider every other person an enemy. They are quite ignorant of the fact that they themselves are being pursued by extraneous energies and try to find the cause in their surroundings. This can be observed in the broadest sense all over the world.

I have already told you that wars and hostility on earth will not end as long as immature people continue to be the tools of extraneous powers. I would add that this will be so as long as humanity does not learn to battle against the enemy and the disturber of the peace within itself.

The power of outside enemies who work from the discarnate world is immense. Just consider how many have their lives cut short through war and destruction. More people have been murdered than are living at present.

None-or most of them-do not realise that they are no longer in the material world and cannot yet find their way into the higher levels of the spirit realm. From this in-between sphere only a few remain attached in love to their incarnate family members and humanity in general, a humanity which has accumulated so much guilt.

In this way enmity and vindictiveness is sown throughout the world, leading to one death and destruction.

Some of you have perhaps grasped the deeper meaning of my remarks and concluded that other ways have to be sought and found to bring peace to the world and make earthly life worthwhile.

Teach your children to resist outside enemies through positive, self-assured thought and active love towards others. There is a long way to go to achieve lasting results. Those who have made mistakes will still have to learn their lesson until victory is attained over the dark forces. It is never too late to begin. You will profit from your efforts in your next reincarnation.

We have spoken about religious and persecution mania and established that the cause is mainly within the person concerned.

Doubts about the existence of divine Omnipotence lead to a search for the truth and the desire to be better informed. This in turn results in exaggeration and a renunciation of reality..

But in this way the erring person allows obsessing energies free entry. They may be in the spirit world, but have no idea about the eternal laws and the links with the infinite. The affected person is quite prepared to accept as the truth what they-from their restricted viewpoint and according to their own ideas-tell him.

To err is not only a human prerogative. It does not spring exclusively from a mortal mind, but is also a failing of a discarnate spirit entity if, because of a craving for recognition and conceit, he promotes wrong ideas as the truth.

Sooner or later the duped person realises what has happened and finds his way back to normality, but his disappointment is extreme. It is very difficult for him to find an explanation for his contradictory behaviour. Seeking and not being able to find engenders ill will. The person concerned may doubt his own intelligence, leading to feelings of inferiority and depression.

This brings us to a subject which is extremely important. The term *Adepression*≡ is well-known, used to describe a whole range of emotional and mental conditions.

Depression means *Apressure*≡, which tells us there must be something exerting pressure. The cause of such pressure lies in all kinds of personal, emotional problems. It can be traced to occurrences with which a person often cannot cope. But on the other hand, and this is just as difficult to understand, it can also stem from extraneous spirit entities.

All negative human aspects, like unfulfilled ambitions, disappointment in love and friendship, lack of self-confidence or appreciation, and so on, prepare the way for a depression and burden the soul.

I have already told you that through negative thoughts, which are the result of pressure on the emotions, similar negative energies are attracted from the spirit realm, intensifying the person=s own thoughts immeasurably.

Irritation and uneasiness resulting from experiences that disturb the daily rhythm are on the whole an obvious reaction, but with an appropriate change of thought or understanding for the situation in question the problem can be solved.

The help of positive spirit energies is always available for whoever can find the right attitude and takes the trouble to resist whatever is negative.

It is a different matter with people who believe they can run away from oppression and difficulties and who, in order not to fight or believing that they do not have the power to win, flee into depression. They give their problems free reign, opening the door for similar negative energies. Often it is not easy to distinguish between mourning, self-imposed problems, fear of failure and abnormal phobias and inexplicable depression. Invariably, the cause is sought within the person. Often this is correct, even when outside spirit energies also have a hand in the matter.

One example is mourning for a loved one who has passed. Every separation causes sorrow, but there are many ways of dealing with it. Either one resigns oneself to the inevitable or recognises that it is the fulfilment of the eternal laws and in this way finds peace, or one decides to cultivate one=s sorrow and not lose contact with whoever has passed in the belief that he can be held on to. Often such wishes are reciprocal if the one who has passed still clings to matter. When this occurs, it is difficult to establish where the driving force originates.

From the incarnate point of view, a solution can only come about by renouncing this unjustified

way of thinking and accepting the separation.

But a depression can also be caused entirely through an extraneous spirit influence. Like a flash of lightning from a clear blue sky it fells the affected person, who cannot understand the sudden change or from where the severe oppression to his soul has come.

No doctor or helper, however well trained, can explain the cause. The best suggestions for altering the affected person's way of life have no effect. Only an intensive and carefully directed battle against the outside influence will help.

The conviction that the cause is outside the body will enable the person to find the necessary resistance and become aware of his own powers, which he will not allow anyone to steal from him or suppress.

This condition, which is wholly caused by extraneous energies, deserves to be called a depression in the true sense of the word. The effect of a outside influence is evident in every type of mental disturbance through a more or less obvious suppression of the incarnate spirit entity. Therefore, the most urgent priority is for doctors and helpers to investigate the basic characteristics of each individual person and help him to find and strengthen his belief in his own power and free will.

Animism causes incorrect diagnosis in psychiatry.

Locating the disturbing spirit entity.

ANIMISM ascribes every emotion and form of behaviour to people themselves and credits them with as yet unknown powers; they are supposed to generate their entire attitude to life from their own inner being.

Today, medical science is in a position to make extensive tests of the brain and establish abnormalities in its structure. Functional disturbances can be identified, but when they are spiritual it has no explanation to offer. This is why psychiatry has created terms which has enabled it to categorise such cases into the general scheme, but always on the basis that the human organism is solely responsible for behaviour.

This collective term is schizophrenia. Should a milder diagnosis be indicated, then it could be neurosis, psychosis, depression or an anxiety state and so on.

Whereas neurosis, psychosis or depression are all considered to be more or less curable, schizophrenia is not. It is thought to be abnormal behaviour originating in the patient's mind and emotions.

Judgement is passed that he is useless, one who disturbs the peace, quiet and freedom of his environment, lacking the wherewithal to conform to the norms of everyday life.

On the principle that in everybody there is good and evil, it is simply declared that in cases like this evil has achieved the upperhand. Written off, ostracised by the community, laughed about and humiliated, such poor people are locked away. It is high time that practices like this were stopped. It is certainly correct to state that there are good and bad individuals, even if these are only classified as such according to the average. It cannot be denied that some bad behaviour certainly stems from a person's free will.

But we know that outside energies influence an individual, and that such energies can also be attracted and used through the intellectual and emotional activity of the spirit and soul.

You cannot establish the borderline between personal and outside energies, but I advise you, as I have already mentioned, to regard negative energies as extraneous rather than condemn a fellow man. The help you offer him will, to a great extent, be determined by this attitude.

There are cases where neuroses, psychoses and depression are caused by a person himself. These can often be cured by psychotherapy. In my opinion negative spirit energies also have a hand here. All the elements are interrelated, but not to the extent that as a person makes his bed so he must

lie in it.

I will constantly remind you about the links between both worlds so that you begin to take them for granted in all the work you undertake in the battle against mental disturbances.

People affected in this manner want first and foremost to know who is bothering them and are often disappointed to hear that you cannot tell them. It is actually not so important. If the basis cause is not obvious-and this is seldom the case-it is not right to try and find out. It is immaterial and only causes confusion.

If two people have not seen eye to eye on earth, after death understanding and forgiveness can replace hatred, envy and malice. But the one who remains behind has no way of knowing this and only expects negative emotions to continue.

If the helper feels qualified to identify the intruder according to what the patient has told him, he often succeeds in causing more confusing than anything else.

Of course, there are obvious examples, such as mourning for the passing of a loved partner, relative or friend. The one remaining believes he cannot be parted from him or her. He still feels so attached that sometimes he is prepared to end his own life.

It is really not your duty as a helper to identify an intruder at all costs and try to impress the patient in this manner. It is absolutely no help to make a particular spirit entity responsible.

It is only important to help the patient to have the right attitude towards the intruder. Of course, this depends mainly on the degree and type of disturbance and requires great empathy and objective judgement about what the patient says.

We will discuss the various types of disturbances when we describe certain case histories, but at present I only want to mention that the helper must not feel obliged to identify the spirit entity, no matter how much the patient pesters him to do so.

Naturally, from time to time one is prepared to consider that a particular influence could be at work but at most this must always be an assumption, never an established fact. You will perhaps want to know why? Simply because in the world beyond every spirit can pretend to be whoever he wants to be.

If an incarnate person thinks of a discarnate partner and has the wish to make or put right an earlier misunderstanding, he attracts energies which may have nothing to do with his desire. They simply want to put themselves in the picture. They can read the thoughts of the grieving person and take hold of his soul, which exposes itself to them.

Obviously, this does not happen all the time, but is sufficient to know that it is possible. An assumption should never be made a fact. Furthermore, such declarations smack of fortune telling. My helpers must not digress into this branch of spirit communication, even if they have had positive results in this direction. Freeing people from mental disturbances requires other abilities. Making predictions is not part of our programme. I mention this because I know how much people-particularly those who are mentally disturbed-always want to penetrate more deeply into the spirit world. It is so enticing, a special gift, an unusual ability, which leads them away from the daily grind of life and raises them above their mundane surroundings.

If the person concerned loses sight of reality and strays into boundless space, he will be at odds with and lose total contact with his fellow men.

The helper therefore has to be completely dispassionate and down to earth. A drive for personal prestige and self-conceit should be one of his qualifications nor should he feel obliged to produce sensational results.

The best outcome will be achieved by those who work with sincere dedication, patience and modesty. They are aware of our help and can always expect it. They will, however, only be able to prove it by freeing the patient.

My establishment stands or falls by my helpers so bear with me if I am so critical.

I would be happy to think that my wishes and warnings would find acceptance outside my

establishment too because everybody who has experienced spirit influences or has helped care for a mentally disturbed person can assume-if he adjusts his attitude to my suggestions- that we will also extend our help to him.

It is not necessary to have had scientific training if you want to help your fellow men. Self-education to all-embracing love, understanding and forgiveness is all that is required in dealing with them. If he has the necessary goodwill and confidence in good spirit energies to take on the work, everybody will find the courage to adjust his way of thinking.