

# Guide to Psychological Divination

## Accessing the Inner Mind/Higher Soul

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There is only one way to receive communications from realms beyond the limited boundaries perceived by the senses and the conscious mind, and that is for one to tap into the various ways and means available to access one's own unconscious. Only a small portion of the human mind is conscious and thus focused on this material world. The greater portion of the mind exists autonomously outside of consciousness and independent from it. The greater portion of our own minds exist in the higher realms, it is aware of those higher realms, and interacts with the denizens of those realms as regularly as the conscious side of the mind exists and interacts within this dimension and world.

Known this one great fact, the mind is the soul and the soul is the mind. This is why we never really die. Although the physical body dies, the non-physical mind/soul does not die, for in reality, the mind/soul was never really born. The mind/soul pre-exists the body and is only coupled with the body for the time that the one isolated part of it needs to focus on and interact with this dimensional plane. What decides this need is something from outside this realm and can therefore never be fully cognized and recognized in this realm through the portion of the mind that sojourns here.

The greater part of the mind, which is the higher part of the soul is never cut off from or even distant from the lower portion of mind bound here in this realm and blinded by the sensory world around us. Although the lower mind does not see the higher mind, the higher mind always sees, and is in constant contact with the lower mind. The pathway of communication is therefore always open. The problem is that the lower mind is overwhelmed by the senses and the external world around us. We have embraced the external world as the only true reality and thereby deny and reject any input of other realities that our higher minds try to share with us.

We must unlearn what we have learned in order to see and hear again the “soft silent voice” that our own higher mind tries regularly to communicate with us. When we accept that there is higher reality, that we have access to this higher reality, and that the access is within us, natural to us, and awaiting us, only then will we regain that which we have lost and become aware of that which we presently do not see.

Thus, we must learn how to tap into our own inner, natural reservoirs of consciousness. This is not as hard as one might think. There are many different tools and techniques. Rather than to discuss one or another, let me chose instead to discuss how they all work and how we can cultivate our own mind expanding exercises that will enable us to rediscover our long lost extra sensory perceptions.

The higher mind is pushed out on consciousness because its perceptions of alternate realities are incongruent with the normal sensory perceptions of this dimensional realm.

The further we accept the false notion of the universality of this realm, the further our conscious minds split from the higher unconscious and all the content it contains. So, step one in expanding consciousness is to do just that, we have to cultivate different ways of acquiring knowledge and information other than from external sources, based on sensory perceptions. In other words, we must practice ways of closing off the influence of the flood of the senses and cultivate greater sensitivities about what is going on inside our own minds.

This is not as hard as some might think. Meditative practices have been used for millennium in every culture around the world in order to open the mind to its own inner, deeper realities. Part of the meditative experience is learning how to dialog with one's own inner mind, as if one were actually dialoging with another external sentient being. This type of dialoging exposes the conscious mind to extra sensory perceptions (ESP). This psychological conversation between one's conscious mind and one's own unconscious is often referred to as divination.

In order to initiate conversation between the conscious mind and one's own higher unconscious self, one must start by learning to listen. After all, we are endeavoring to hear the “still soft voice” within. As such, as with all conversations, one will not hear what the other has to say, unless one shuts up, remains quiet, and listens attentively.

Listening to one's inner higher self follows these same rules. To begin with, one must shut up, by this I mean that the conscious mind must be silenced and enabled to hear a different type of “voice.” There are numerous techniques used to silence the conscious mind, the first of these being a removal of all sensory stimulation, because these distract the conscious mind, and metaphorically speaking, create a tremendous amount of mental noise. It takes a lot for the brain to process all the stimuli from sensory perceptions, so the more we remove, the less work the brain has to perform dealing with the external world. This releases a lot of brain power and mind power (remember, these two are not the same), which can then be directed through specific techniques that induce communion with one's inner higher mind/soul/self.

As we know from our dreams, and our emotions, the language of our unconscious, higher selves, is the language of pictures, images and impressions. This is not peculiar, other than to the conscious mind which does not fathom the means of this type of communication. Pictures and images make impressions on us that most times words cannot describe. Emotions also emanate from this deeper level within the unconscious. Essentially, the inner, higher self, although unconscious to us, is itself very conscious of its multi-dimensional environment and impressed by it and equally makes impressions into it. Yet, this dialog is through imagery and impressions. This is why extra-sensory perceptions, clairvoyance, prophecy and other psychic powers are all imagery or impression based. This is the higher language of the higher mind.

Once we silence the conscious mind from all the external noise that distracts it, we allow our conscious minds to become open to receiving images, pictures and impressions. Sometimes these can come from external sources, as long as the external source is, like imagery in a dream, not taken literally, but rather stripped of its literalness and instead

imbued with personal, internal, interpretive meanings. It is these meanings that will arise from within one's own unconscious.

Essentially, the unconscious mind is using the external image as a device and tool to express its content, with the attempt of making unconscious content to become conscious. The majority of “divination” tool fall into this category, including Tarot cards and the I-Ching. These two should never be mistaken for occultic tools or idolatrous practices. These two specifically are nothing more than tools to access the individual unconscious and need to be understood as psychological devices, and nothing more.

The famous psychologist Carl Jung wrote extensively about how archetypes of the human collective unconscious are the foundations of such tools like the Tarot and I-Ching. He wrote prolifically how these and other systems, such as Alchemy, were all used for the psychological transformational power. Therefore, study of these materials, in the proper light, are very useful tools that enable any individual to discover basic human, psychological truths that can lead one to great extra-sensory awareness and revelations.

Many such divination devices are nothing more than psychological windows into the inner, higher self. No other external force is involved here, no angel, no demon, no God and no devil. When we speak to our higher selves, it is a private conversation that opens us up to experiencing reality at that level, where we once were, and will be again. Just because we cannot sense it right now doesn't make it gone. If the individual is able to overcome the personal prejudices and fears that the conscious mind has instilled within itself, one will be able to experience that realm which more than any other, we call home.

Divination tools can be a great help in teaching us about how we think and how we feel. They reveal to us from no other source other than that which is buried deep within ourselves, that which our higher unconscious mind wants very much for our detached and lost lower conscious self to realize and to see. Yet, in order for us to hear the “still soft voice,” we must use the tools we place in front of us and allow them to speak to us through impressions and intuitive insights.

We must release our conscious mind from its limited boundaries of trying to make sense of everything and simply allow things not to make sense. Yet, regardless of what makes sense or not, deep within you, there is knowledge and there is wisdom. These are undeniable even if they make no sense and cannot be explained or rationalized to another. The tools allow such inner impressions to rise to the surface of consciousness. Many fear them, but those who overcome their fears stand to establish and strengthen a relationship with one's own higher mind/soul/self, and through it, reach out and touch Heaven.

As for which tools one should use to assist one in these efforts, that all depends upon the person involved. Each individual will be naturally attracted to that which is unique to themselves. Do not underestimate the power of this attraction, for it arises from within ourselves.

The power of attraction that attracts us towards something is our own inner higher mind/soul/self directing us to what we need. Remember even though we cannot see its



world, it can very much see ours and thus guides us through it, if only we pay attention and listen. The same inner impressions and attractions also repel us from those tools which are not proper and conducive for our individual use. But, be careful, inner impressions are never fear motivated. If you sense fear, then the fear itself is a distraction that must be overcome in order for truth to be perceived.

Fear usually manifests itself in the form of all kinds of intellectual rationalizations. It is also very common for one to hide under the guise of false religious piety, claiming that divination in general is evil and should thus be avoided. Granted, many forms of divination have been associated with dark and evil forces. Nevertheless, these associations are merely false packaging and deceptive advertisements.

If divination was advertised as a means to touch one's inner self as a tool for enlightenment, most wouldn't care for it. Yet, if packages as something exciting, as something that will fill you will awe and wonder, then it becomes attractive. Be aware of such false advertising. Divination is a tool for the holy task of drawing close to truth, and truth draws us closer to God. So, do not allow fear and false information to misguide you and hinder your spiritual/psychological growth. Do not hide behind lies. If anything is the work of the devil and evil, that is!

Go out and find your tools. Learn the proper forms of psychological divination and reach inwards and touch your soul. This little essay has been written because a "still soft voice" within me is telling me that it hears a number of "still soft voices" within many of you, who have asked for this direction and validation. All that there is left now to say is to encourage you to go and do it!