

Lesson 70: Absorbing Psychic Energy

The matter of experiencing undesirable effects, as the result of negative external influences, has been intentionally examined in many of the past lessons for the sake of helping you to better understand the nature of your personal reality. These discussions were not only intended to help you identify the source of negative external influences in your life, they were also designed to help you understand how these influences have been adversely affecting your reality, thereby, enabling you to change the undesirable conditions that were created as the result. It was also suggested that the desired changes could be achieved by making a conscious choice to eliminate any erroneous beliefs held, that in turn, have an altering effect on your thoughts, feelings and emotions, and most especially- your perceptions. The intent of this lesson is to once again pursue the matter of undesirable external influences but this time the discussion will be focused on the absorption of psychic energy that will adversely affect your reality if left unidentified. The absorption of psychic energy typically applies to an empath - those who are hyper-sensitive to the energies transmitted by the people in their surroundings, felt or perceived as forces of inflowing negative impulses that are soaked up like a sponge. Although the concerns of an empath is a very important subject, perhaps for a future discussion, this lesson is intended to address those of you who have absorbed psychic energy without your awareness of its presence or its negative effects in your reality.

The nature of energy, whether physical or psychic, is neither positive nor negative but rather it is a pulsing force that can be felt, observed or perceived. It is said to be endothermic or exothermic as it pertains to the absorption of heat. Energy can also be described as endothermic even when it is psychically absorbed because of the internal chemical reaction that occurs within the physical body. Because energy is dual, that is, it possesses a positive and a negative polarity; it is measured or gauged by varying degrees, expressed as either being positively or negatively charged and is, therefore, no different than how your emotions also range in varying degrees, expressed as positive or negative feelings.

Intended thoughts are an invisible force of pulsing psychic energy possessing the potential to positively or negatively affect your personal reality. Because intended thoughts can be directed at you and absorbed into your psyche without your conscious awareness, it is essential to know how to detect the presence of them in your reality, especially when they are negatively influencing your reality. But before we begin to examine the absorption of psychic energy, a word of caution is necessary for the sake of understanding that this lesson is not intended to distract your attention from the importance and healing power of reflection and self-examination. Without having made an effort to reveal the underlying causes of your undesirable experiences, a discussion describing the effects of absorbed psychic energy runs the risk of avoiding responsibility

and accountability for the realities you knowingly or unknowingly created that are not the result of this form of external influence. Therefore, a discussion of this nature is not intended to provide you with a psychological crutch or to open the door wide for you to point a finger of blame outward because you perceive others as being responsible for your misfortunes. If you have not yet resolved your personal issues, this discussion will indeed be putting the cart before the horse, in which case it is highly recommended that you take the time to read through the past lessons as well as any recommended resources and work out whatever issues need to be resolved before you attempt to identify the presence of any undesirable psychic energies as there will not be any benefits derived from such a futile attempt.

Everyone is in some way affected by external influences. These influences can result in a positive or a negative personal experience, depending on how the experiences are viewed or perceived. External influences can always be traced back to the initial source especially when the results have been a positive experience or have been perceived as a positive experience. But even if external influences are negatively intended or are perceived as being negatively intended, they can still be traced back to their initial source by recollecting personal past history. However, the same cannot always be said about negative external influences that are psychically absorbed. This form of psychic influence can be difficult to trace back to its source because you are not as likely to be aware of any intended negative thoughts being directed at you on the psychic plane. The situation becomes even more problematic because you are mentally, emotionally and even physically feeling its negative effects even though its source remains invisible. These effects may be experienced in the form of fear, stress, frustration, anxiety, mild to moderate depression and even physical fatigue. The presence of this unseen force of energy can also be sensed as an unexplained pressure or the feeling that something is going to happen, and impending or looming event. As you react to a condition that you cannot easily identify or have misidentified, there is a tendency to want to blame someone, something or someplace, including yourself but in doing so the condition itself is not at all alleviated, instead it becomes that much more entangled as the negative effects continue to unpleasantly manifest in your reality. Unfortunately, you have absorbed psychic energy that is negatively directed at you without your conscious awareness of its source and it has pervasively intruded into your reality.

Because these psychic influences are not easily detected, let alone identified, it can be difficult to reverse the resulting undesirable affects, especially when you do not know what signs to look for. This is precisely why a caution was issued at the onset of this discussion. If you have not yet resolved lingering personal issues that have been adversely affecting your reality it will be far more difficult to identify the source of psychic energy which is also adversely affecting your reality simultaneously. When your own unresolved issues are co-mingled with undetected psychic energy, attempting to separate one condition from the other becomes a mental and emotional exercise in

futility. The causes of your personal issues are generally much easier to identify after a time of honest reflection during periods of self-examination, but if there is any mental and emotional debris lying in your psychic field, attempting to detect and identify the negative effects from having absorbed psychic energy will be that much harder to achieve. A clear distinction between your own personal issues and any external influences requires an uncluttered mental and emotional state of mind and is, therefore, essential to detecting and identifying negative thought energy psychically directed at you.

When you are afraid to face your fears and are not willing to confront your own personal issues, they do not magically vanish into thin air but rather they remain fully intact and are safely housed in the confines of your subconscious mind. Even if these issues do not appear to be bothersome on the surface of your conscious awareness, they will fester internally. In response, your subconscious mind will send up metaphoric smoke signals from time to time in an attempt to get your undivided attention so that you will acknowledge these issues and resolve them once and for all. But even this method of getting your attention, i.e. by means of metaphors, archetypes and symbols, or to outright wreak havoc in your life, does not always guarantee a willing conscious acknowledgement of your unresolved issues. The end result is that these issues remain suppressed in the subconscious, thereby, making it very difficult to detect the inflow of any psychic energy directed at you.

The matter of absorbing psychic energy goes a little deeper because it does not only involve you but it also involves anyone else who is struggling with issues that in some manner of speaking relate to you, whether directly or indirectly, therefore, negative thoughts are psychically directed at you regardless of your proximity to the source. Because psychic energy knows no boundaries, negative thought signals are transmitted on electromagnetic frequencies. Your psyche, acting as the antenna, receives the signal and absorbs the inflow of the psychic energy without your conscious awareness of its presence and because this activity is occurring on the psychic plane, it is likely to remain outside of your awareness indefinitely. But if you have resolved your own personal issues, the indications of the presence of psychic energy and its negative effects in your reality will be quite noticeable. You will be aware of unusual feelings or strong emotions that might be experienced as a sense of something being present and that is adversely affecting your reality even though you cannot immediately put your finger on it.

Now, this of course, works both ways as you too can be transmitting negative psychic energy that others may also be receiving and absorbing without knowing it. However, you cannot be responsible for how others choose to deal with the psychic activity that is occurring in their reality; you can only take responsibility for your own actions. Thus, if you are consciously transmitting negative thoughts to others psychically, it is best that

you immediately stop doing so for the sake of your own well-being because either way, it will have a negative impact on you and your reality.

Once you have identified, processed and integrated the feelings and emotions that are attached to the impulses of psychic energy, you will feel a release from its negative influence. Although the energy that was psychically absorbed appears to have a stronghold on you and your reality, its negative influence can no longer weigh you down once it has been accurately identified. The weight of having been under the thumb of this form of negative external influence may have caused you to feel oppressed or maybe even depressed without knowing why. But once the psychic cord has been severed, you are no longer attached to the impulse of that psychic energy, its negative influence or its source unless you consciously allow it to continue to negatively influence your reality. However, this is a conscious decision that only you can choose to make on your own behalf. Consequently, your mental and emotional reactions are crucial to the release of psychic energy. The longer you dwell on the negative aspects of this invisible force of energy, the more undesirable experiences will continue to manifest in your reality. Once you have identified the inflow of psychic energy, you are empowered to stop its negative effects. Therefore, there really is no need for you to remain in a state of oppression or depression unless, of course, you like feeling oppressed or depressed.

The absorption of psychic energy is no laughing matter and should be taken quite seriously, if for no other reason than the fact that it possesses the power to negatively impact your reality without your awareness. Just the mere fact that psychic energy directed at you by the impulse of negative thoughts has the power to influence your past and present reality, also possess the power to negatively influence your future reality. When combined, these undesirable conditions should be sufficient reasons for you to be sure that your personal issues are resolved so that you are in a mental and emotional position to ward off any incoming pulses of psychic energy that is intended to negatively affect the quality of your life. The order of priority is, of course, to thoroughly understand how your own thoughts, feelings and emotions, beliefs and perceptions are affecting the nature of your own personal reality. Once you have acquired this level of understanding, the energy of your own reality is likewise changed from a position of being negatively reactive to your circumstances to being much more positive, especially when it involves your emotions.

The benefits of coming to terms with the mechanics of how you habitually respond to the conditions of your life, reaps its rewards when it comes time to ward off or even to accept the inflow of psychic energy, whether positive or negative. Not being adequately positioned to accurately identify the harmful impulses of negative external influences, flowing into your psyche, can literally wreak havoc in your life and worse yet, is that you will not have the mental and emotional capacity to properly identify the affects of the influence much less to accurately identify its source. Instead you will find yourself

attempting to identify unusual behaviors, feelings or emotions as being the result of something that is not at all relative to the real culprit. So not only do you put your own well-being at risk, you inevitably will need to blame someone or something, even yourself, for the undesirable experiences that will just keep manifesting in your reality day in and day out. Worse yet is that these manifestations will, over time, become so entangled with one another to the degree that the circumstances in your life will literally appear to be completely out of your control. Regardless of how much conscientious effort you put into trying to straighten out the order of your life, it too will be an exercise in futility until you finally come to terms with your own unresolved issues before you can expect to identify any psychic external influences unless they are blatantly crystal clear and are not subject to error which would only complicate matters that much more.

Because you will always be surrounded by the negative impulses of psychic energy, unless of course, you decide to completely isolate yourself and become a hermit, there is little chance of not being negatively affected by these very undesirable psychic influences. To guard yourself from their harmful effects, you must be alert and on your toes mentally and emotionally speaking. This means that you will greatly benefit from having cleared out your emotional issues, which includes the release of your own negative feelings as well as to have your emotions in check and balance so that your mental state of mind is conducive to a higher vibrational frequency where there is less opportunity for you to be negatively affected when someone attempts to psychically wreak havoc in your reality, generally by way of your emotions, which again, is another very valid reason for making sure that your emotions are well balanced.

In closing, it is hoped that this particular discussion has given you cause to seriously consider the present state of your own personal mental and emotional issues, for the sake of your own well-being, especially in light of how easily your reality can be negatively affected by psychic external influences that can impose on your reality without your conscious awareness. If you have questions or concerns regarding the discussions in this lesson or wish to share your personal experience, you are encouraged to please do so.

Many Blessings,
Linda, Z and the Collective We