Nancy's Tuesday class #4 (8-31-1993)

Key topics: near-death and out-of-body experiences, psychics and mediums and how that process works, Indigos, Nancy's own process, fear and fear of snakes, Violet Age, coming Indigo Age, tapping into the past, many life color identifications of political leaders of the past

Nancy: Tonight is a blue moon. Whenever there are two full moons in any month, the second one is called a blue moon. It is supposed to happen rarely. We have had it at least 4 times this year, which is another indication of chaotic energies and how energy and Time are moving faster. The unusual is becoming usual and the usual is becoming unusual. We should enjoy it while it lasts. What do you want to discuss today?

Other: Near death experiences

Nancy: I think they definitely happen. A lot of people have them. Whenever you hear someone tell of a near-death experience, there is never any pain associated with it. Whenever you have a flashback of a previous life, you may see yourself dead, but there is a detached feeling and no pain with it. When people go under hypnosis and get terrified, what I look for in those instances is what trauma they had in this life that they attached to that. Because it is still a living experience. If someone recounts something to me that has pain or trauma attached, then I know they are dealing with a psychological factor from this lifetime. When it is truly a glimpse of another life, there is a detachment and no pain or trauma. When one goes back through past life experiences, you remember the pain but you do not feel it in your body. Most near-death experiences are very, very peaceful. How many of you saw *Flatliners*. That movie is very plausible. I like that it depicted that when we start pushing back through our memories, we open the door to our truth. The wonderful metaphysical truth is that we are our own judge. What that movie showed is that there are ways of opening your unconscious and pulling the memories out and cleansing yourself.

{Nancy recounts a lengthy incident involving acquaintances who experimented with out-of-body experiences. One day Nancy received a call stating that the woman had disappeared. The people calling asked Nancy's opinion about what had happened and where she was. She gave her opinion. The woman's body was never found.}

Nancy: I think this type of situation happens from time to time. If you step out of your body, you have to be aware that you can't step over the time barrier because it is always turning. If you go out here (gesturing with hands or pointing to the board,) then you come back here, and that could be hundreds of miles away. The Earth evolves, and as it turns, if you go out here, you'll come back at a different place because the earth is turning. That is one of the difficulties that people who "play" with this type of experience may encounter. I personally think this happens frequently. And because nobody understands it, those cases remain an unsolved mystery. That dead body is an unsolved mystery. You hear this sometimes when people have surgery and they are under anesthetics. It is not uncommon for them to report that while they were having the procedure, they were standing on the ceiling and watching the operation. There is no pain in those experiences. The reason is that pain is mental. The body just throws out sensations, and the mind defines them as pain. Pain is a mental process, not physical as most people believe. Pain is always mental. We have to know what pain is in order to feel it. Whenever you have an out-of-body experience, there can be no pain attached to it. The tricky thing is, though, if you don't experience pain, obviously you don't experience joy either. The joy of the experience is freedom of nonattachment. The elation is in the memory, not in the experience. When you are there, everything is ok. Nothing matters. There are no feelings. Nothing matters.

When you leave your body under anesthetic, it is always safe. Why? Because as the anesthetic wears off, you have to come back. You have no choice. It's not a near-death experience; it is an out-of-body experience. When you are out of your body, you don't see the same as you do in physical form. You see in vibrations. People talk about the "bright light." What they see is an enormous energy that they call "light." They see matter there, but it is two dimensional. It's a holographic image of what they see. Then they interpret that as what their mind remembers seeing. But what they really are seeing is frequencies. We call them vibrations. Then they form a holographic image. Under anesthetic, an out-of-body experience is not uncommon. It is induced by the anesthetic. It is safe because you will always come back to the right place, and there is no pain or trauma attached to it. It is very detached. It may be a survival mode consciously. Some people report having such an experience when they are in a car wreck or other traumatic experience. I believe it happens as a survival mode. They might not have been able to handle the trauma of the cellular shock if they had stayed in their body. If they are out of body, they can pass time safely until they can handle it. The truth about out-of-body experiences is that they are always distinct, always pleasant. They are never painful. When I hear somebody talking about out-of-body experienced in horror, I know it's a mental or emotional drama that they have attached to the out-ofbody experience after they came back.

Children can often recount an experience they had before which is traumatic. That is different from an out-of-body experience. Often it is the way they died in the last lifetime. They can often describe it in vivid detail, but there is no pain attached. The first three years of your life that you don't remember is very busy in consciousness. It is busy sorting out from the cellular memory of a past life what needs to be brought forward into this life to "do over" or redo or re-experience in another form. When you are born, your soul has a syllabus based on previous experience, so the first three years of your life that you don't remember is your consciousness sorting all past data that is needed to complete what the syllabus needs this time. In the first three years you are pulling all the stuff out of your previous lives to move forward for what you need to learn according to the syllabus you signed up for this time. In that process there are some traumatic experiences and some beautiful experiences. Sometime during that first three year time slot, you set up the psychic wound for yourself, what Gurdjieff called your "shock point." Every time you get too far off base, you get a shock point to put you back on course. Jung called it a psychic wound. They are talking about the same thing. Jung defined it as a "teacher" that sets your boundaries for you. Every time you get too off base, the shock point or psychic wound pulls you back in. While you are off base, you think you are falling apart at the seams, and you are. But you have to get back on base. That is brought about due to your examination of past lifetimes. The psychic wound has a lot of past life experiences in it. The more you work with it, the deeper you get into those experiences and have to work with them. It is a subtle place of having to separate them from "there" to "here" and updating it to the current without having to get caught in the drama of the pain and the past. It's not easy to do.

Other: Does that have anything to do with a person's body not being disturbed for 3 days after it has died?

Nancy: A lot of belief systems believe that, but I disagree with it. It is true that you have your body. Around the body is a cocoon that I call the life force. Then you have the aura. Then you have your spiritual aura. This process has all your history in it, and it's tunneled. This is all vibrations; it is not material. The spiritual aura gets fainter the further back it goes and denser the closer it comes to the body. It is connected to the shoulder chakras, by the way, and connects into the spine. After the person takes a last breath, it takes 72 hours for the life force to pass away. It's like burning embers that take a while to fade away. When the life force finally fades away, then the rest is detached. The mental and the spiritual body is not matter. It is ethereal. We call it the ethereal bodies. This goes into the astral plane. As it is going through the astral plane, the mental is dropped, and the spiritual goes on. Sometimes the

mental body can stay in the astral plane for years, depending on how long it lives on this memory and how many people here are keeping that memory alive. This is why we teach in metaphysics, "wish them well, turn them loose, and get on with living." Jesus said, "let the dead bury the dead. Get on with living." You can slow down their progress by grieving for them, holding on to them, keeping them. You should be just like you'd be if they were taking a trip. That's what you need to do to people when they die.

After the mental has used up its time, the data goes into an objective file, and anyone who needs the information can pull on it. That's what happens when you go to a séance with a medium who can actually tap into the astral plane. Entities on that level don't have a whole lot of valuable information to say. All they remember is that they love you and be good. BECAUSE THIS ASTRAL PLACE CAN COLLECT NO MORE DATA. It can have views and opinions, but those opinions are in the same place as when they died. You may have moved far beyond that.

Other: Then the people who are channeling are drawing from that aspect?

Nancy: Yes. The medium can pick up psychic information and then, honestly or dishonestly, brings it in through that aspect. They may innocently think it's coming from this entity. I myself could not do that and be honest about it. I couldn't say that the entity was giving the information, because I know the source of the information is from my own psychic or color or clairvoyance.

Other: So there is a difference between being clairvoyant and being a medium.

Nancy: Yes, but a lot of mediums are totally innocent in their mediumship. They know they are getting information; they just don't realize how. They honestly think it's coming from the entity. In reality, it is coming from their psychic. In the past we have lumped everything under the term "psychic." Now we are becoming more sophisticated and we need to separate those thing. Now we are more aware and educated and clear about the specific areas in our process. We have to make distinctions between the medium, and the clairvoyant, and the psychic, and the sensitive because we are becoming more refined. Therefore, people think all psychics can talk to dead people, and they can't. People think all mediums can converse with anybody and they can't. People think all clairvoyants can see everything, and they can't. A lot of that is the mistake of the first person who labeled it clairvoyant – clear seeing. Because it is not more clear than physical seeing is. Seeing has to be taken through your neurological system, your belief structures, etc. You only see no more than what you believe, no more and no less. All of us do that – physically and psychically. We only see what we believe. No more, no less. That is very, very subjective. It is not CLEAR. Those of us who go into clairvoyance must remember that. If they have a belief structure that is rigid and defined, then their clairvoyance will stay within that belief structure.

Nancy gives an example of someone she used to know who was very narrowly defined in her work because of her belief structure.

Nancy: Every now and then, you will meet someone like me, who is very unusual in their process. This is going to sound very pompous, but I am very serious about it. Every now and then you will meet someone like me who applied the other world with academia. I have seen a lot of academics who applied dreams to their work. I have seen a lot of psychics apply dreams to their work. For that reason, I think I am most unusual. I worked 30 years to establish that for myself. I feel I have a right to say that after 30 years, I am successful at what I intended to do. I don't mean that in a pompous, arrogant way. It's just that I did it in an intentional way. As a child I had physical sight, I had psychic sight, and I had clairvoyance. So I know the difference between the three. As a child I had to be trained in these differences, and I was fortunate enough, as very few people are, to have a grandmother who knew how

to do that. Very few people are lucky enough to have that. I am very pleased that I was fortunate enough to have that. In that I saw the difference. There is a difference on all three levels. You cannot teach that to someone. You either have it or you do not have it. It is not teachable. You can teach someone to become aware clairvoyantly. You can teach them to become aware psychically. But each person has to decide that for themselves.

Other: It is something you learned, isn't it?

Nancy: I don't know that that's true at all. I would assume that it is true by my philosophy. All I know is that I have it. Then you add my synesthesia, which is a whole other layer. There is now a wonderful book for the layman called *The Man Who Tastes Shapes* by Cytowic. This same man wrote a scientific book called *Synesthesia*. The first book is for laymen. I am finally going to meet with him when I go back to Washington. I have been trying to get together with him for three years. I am going to meet with him because I think I can give him an added dimension to his work.

So I have four different things that I had to bring into harmony in order to live an ordinary life. I do not think I am smarter or better than anyone else. I just happen to have the background that I had to work out in order to live a common, normal life instead of going into a mental institution. I firmly believe that if my grandmother had not raised me, I would be in a mental institution today. I would not have known what to do; I would not have been educated. I would not have felt myself normal because I would not have been able to learn the difference between those three dimensions. I believe there are some people in mental institutions who have the same or similar conglomerate functions that I have. No one was there to show them how to function with them. My own mother couldn't handle it (meaning me). That is how I got to my grandmother's. My mother didn't know what to do with it. She couldn't handle me, and she got rid of me quickly. Which was good for me.

All of you have clairvoyance. There isn't anyone here who doesn't at times get precognitive images. That is a normal, neurological process that takes place. There are neurons are flying around in the air and they are connecting to your neurons. Those out here in the air are past, present, and future. If one of them hooks to your neuron, you get a precognitive message. Or you get a past message. Your trouble is that you don't know which one it is. The best time to get one is when you are sleeping. So some of you have precognitive dreams.

Nancy relates an incident about a client she works with on dreams.

We can get very valid information in our dreams if we can learn to separate the past from the present from the future. We have dreams that involve past history that tell us how we got to NOW. We have dreams that tell us about now — what is going on in our everyday life, and we have precognitive dreams that tell us what is going to happen in the future. All in symbolic form. If one learns to interpret their dreams, then one can learn to operate their psychic because both use the same glossary of symbols. If I were going to teach someone to be psychic, I would prefer that they have a year's study on dream interpretation first. The same symbol that is used in their dreams is used in their psychic. Both are important. You have your own dictionary, and it is all you have to define things on this earth. You are always adding new things to it and taking out things that no longer work. It is more important that you learn to work with your own glossary first before trying to add the psychic to it so that you will know how you are going to translate your information. If you seldom dream, then you seldom get psychic pick-ups. If you aren't aware of your dreams, you won't be aware of your psychic. That's a good way to know if you are fantasizing your psychic or really getting it. Isn't that interesting? Consequently, when

you start really to work with your psychic a lot, you won't dream that often. There is a double-edged sword there.

Other: discussion of a personal dream

Nancy: Always look at how you feel at the end of a dream. That is a quick, easy way to tell what will happen as a result of the event. If there is panic at the end, watch it because there can be unfinished business attached to it.

Other: question about fear and snakes

Nancy: The truth is that different humans are afraid of different animals. The animals we are afraid of are those of our primal nature. It's personal for each person. There is not a bona fide list for humanity. Some people are afraid of rabbits. Some are not afraid of anything but a bear. Some people fear sharks. Some people don't like rats. I have a strong distaste for them myself. Primal people used to call this your totem. Those are very real symbols that we still live with today. We all have a specific "beast" that we have a fear of. (Nancy canvasses the group to see what their fears are in bird, animal, or fish.)

Snakes are the number one fear of man because of our cultural belief structure. We have a cultural belief structure that the serpent represents the Devil. All bad things. That's cultural. That is trained. Especially with the rattlesnake. It goes with Judeo-Christian processes — clear back to Moses and his staff turning into serpents in front of the Pharoah or Adam and Eve in the Garden. It is an archetypal symbol. Snakes really represent wisdom and knowledge. If you are afraid of snakes, are you afraid of wisdom and knowledge. Most people who are afraid of snakes have a certain amount of respect for wisdom and knowledge; that respect has a certain amount of fear in it. Respect always does. In my psychic wound group I see that people who are afraid of snakes are afraid of sneaky people. That is one of the archetypal symbols of what snakes mean. It is common due to our Anglo-Saxon background. Some of us haven't given it enough thought to know what our animal is or what it means. They are our "call of the wild," so to speak. When we have gone to the edge of our common sense, then the fear comes up to prevent us from going "into the wild or the wilderness." Most likely for those of you who have snakes as your fear, when you get to the boundary of your wisdom and your knowledge, most likely a snake will appear in your path or you will see it in your head or you'll see it on TV. That defines your boundaries of wisdom or knowledge, and sets you back on your path.

Part of the task of the Violet Age is to bring back the wonderment of life, that youthful innocence (which Violets never lost, by the way.) They just hid it because nobody said it was right. Those who did throw it away are angry with the world for not letting them keep it alive. The Violet Age demands that we bring that back. The Indigos are here to prove it to us because they come in excited about living, ready to go new places, ready to have new things and also to have with that the wisdom of their teachings. They have the wonderment of the child and the wisdom of logic, which rules them in. The circumstances they are in rules the day: whether they use the child or the logic.

We have never had an Indigo Age before. THERE HAS NEVER BEEN AN INDIGO AGE BEFORE. From 1980 until now, we have had a gray period. Nothing. We left the Blue Age in 1980, and the Violet Age was supposed to start in 1985, but it just started this year. So from 1980 to 1990 we had what I call a gray time. Now we are starting the Violet Age and after this, for the first time in history, we will have an Indigo Age. We weren't sure we were going to have one. But because we have so many Indigos, we will have an Indigo Age. The last time there was a Violet Age, we had a lot of Crystals. Not Indigos. We had a crystal age. That was back in the 1600. It was pre-Renaissance. After the Indigo Age, when we start the color spectrum all over, we will not have magenta. There will be no Magenta Age because slavery will be

gone. It will have been interspersed into all the other processes. After the Indigo Age, there will be no more "second-class citizens." Equality will abound. So then we will start the red again. The red will be more refined than it was before. And then we will have the pink, the orange, and so on through the spectrum. Then there will be new colors added to it for the Indigos. We have only seen violet for about 50 years. Before that we called it gray. We thought purple was violet, and what was violet we called gray. We have just gotten into our violet stuff. Now we will birth the Indigo philosophy in the next 50 or 60 years. Then our spectrum will be complete. That particular color spectrum has gone with the 3rd dimension. Now as we move into the 4th dimension, it will have its own color spectrum, not this one. That can take an eon of time. The Violet Age has to review everything to see what we learned so we can see what we are ready for. The Indigo is on pins and needles because they don't know if we will leave enough of the world there for them to work with or not. They can only work with what we learned. In order for them to know how much work they have to do, they have to see what we have learned. Whatever we haven't done, they have to make up for. The older Indigos can have a lot of frustration depending on their place in this world about what we have or have not done. The Humanists get upset with people who are way behind. The Conceptualists get upset when technology not being further along. The Artist gets upset that art isn't further along, and the Catalysts want more aliens down here. (Laughter.) The younger ones have it made because they will know what they have to do. Whatever they see isn't done, they will push to get it done. The Indigo does not respect the old person just because they have white hair. They have to earn it. If the old person has kind of skidded through and has not learned a lot, the Indigo will not respect them. I don't care if they are his grandparent. The gray haired bum on the street - the Indigo will have no sympathy for him. You may say that is cruel, but the Indigo says, "let him die; he's useless." Sounds cruel. Indigos are the clean-up people. They will throw away that which was not useful and keep that which is useful. That will happen for an eon of time. The triple Violets of today will be the reds of tomorrow. But remember that red is losing primal force. Madonna will be passé. (Laughter)

Other: What color is Madonna?

Nancy: Red

Other: Did you say that the Indigos all have the same eternal pattern?

Nancy: No, no, no. They have different ones, just like we do. They will, however, change the eternal patterns and make them more real and will set it in place for the next level. They are the ideal of the eternal patterns.

Other: Class discussion and laughter

Nancy: We looked at the eternal patterns through logic. The Indigos will look at their eternal pattern more actively.

Other: What were the colors of the Founding Fathers of the United States?

Nancy: Believe it or not, most of them were Violet. George Washington was a Violet, Jefferson was a Violet. Madison was a Violet. Adams was a Tan. Lincoln was a Yellow. Roosevelt, Kennedy, and Bush (elder) were Yellow. Benjamin Franklin was a Violet. Mark Twain was a Yellow. Martin Luther King was a Violet / Tan. Malcolm X was a Violet. Ghandi was Violet. Hitler, Violet. Churchill was a Yellow. Mussolini was a Tan. Hirohito was a Violet. DeGaulle was Violet, Stalin was a Tan. Lenin and Marx were both Violet.

Other: class discussion about Rastafarians

Other: Can you talk more about tapping into the past in order to clear things up? What is the proper way to do it?

Nancy: There is no proper way to do it. There are as many unique ways to do it as there are people. Some people do it through drugs. Some people do it naturally. Some do it through medicine. Some learn it through hypnosis. I always opt for natural because I think that is more natural. If you do it synthetically, then once the synthetics wear off, you lose it. Or it aids you in getting addicted to synthetics because you want to have the wisdom all the time. The natural way can be an addiction also. And you can have total withdrawal from the natural, just like you can with the synthetic. You have to keep a touch to reality and logic. The reality that I should teach you is that it is impossible to go to your unconscious. You can go to the door and open it and let the unconscious in, but you can't travel into the unconscious — by virtue of its definition. It is unavailable to you. It can only seep in like water. When people talk about tapping into the unconscious, they are really tapping into the subconscious which is the corridor/ the translator between the conscious and the unconscious. We can go into the corridor and be ready to take out what comes from the unconscious, or we can wait until it floats into our conscious. True awareness teaches you to let it be. It teaches you "all things in good time." When you see people who are truly aware, they are not struggling to get anything. They take life and knowledge in its own timing.