

## BECOMING SPIRITUALLY STREET-SMART

*Dr. Susan G. Shumsky*

**N**ow more than ever, since turning the corner on year 2000, we have a sacred responsibility to practice spiritual discernment. Many in the new-consciousness community—even highly skilled, seasoned, professional spiritual practitioners—find the new-age morass a tangled maze of incongruities, a chaotic jumble.

How to untie the skein and unravel the knots of confusion? Can we knit the fabric that clothes our bodies in the divine light of protection as we move into the new millennial renaissance of spiritual healing?

Now we can distinguish genuine spiritual experiences from deceptions of our minds. We can receive true divine revelations and forego mental chatter. We can uncover our true desires in purposeful destiny and let go of wishful thinking and absurd fantasies. Now we must embrace our power and become brilliant beings of divine light, basking in the radiant presence of god.

Most of us, if asked the question, "Who are you?", would answer by identifying ourselves with things of the material world: "I am so-and-so years old. I am such-and-such tall. I live in this house, drive this car, have this job, this wife, these children, this education. I follow this religion, belong to this political party, am spiritual—or not—and busy myself with these hobbies. That's who I am."

But is that who we really are? Are we identified by our history and by material things? Or are we something much deeper?

We have read, we have learned and perhaps we have even taught others many spiritual truths: "You are a divine being. You are mighty, powerful and spiritual. God is within you and around you. You can manifest anything. You have the power to heal anything, to overcome all obstacles. You are divine." You are light. You are love. You are god.

Yet have we fully realized these truths? Are we living examples of god

in action, right here, right now? Or are we mouthing these truths without experiencing them in daily life? Do we really know who we are? How can we become the true lightbeings we aspire to be?

### IS GOD ATTAINABLE?

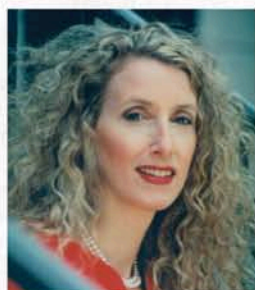
If I were to show you a strawberry and say, "Look how beautiful this strawberry is. See the rich red color with these yellowish spots on it. See the silky green stem. How luscious, how delicious. So sweet, so scrumptious." If you had never tasted a strawberry, then you would not know what I was talking about—that is, until you took a bite out of the strawberry and ate it. Then you would know for sure what a strawberry is.

Similarly, many spiritual leaders and teachers tell their students how wonderful the divine presence is. But they never really help their students to have direct experience of this blissful, resplendent, loving presence. Many teachers have never tasted the strawberry themselves, so how can they possibly help others taste it?

It's not enough to intellectualize the reality of god's presence. It is insufficient to describe god-consciousness. We must experience it and live it as a reality in everyday life, twenty-four hours a day. Then we will really know who we are and who god is.

I am in the divine-revelation business. That means I help people to open up to listening to the still, small voice within and then to have direct contact

and sublime experiences of god. This is an unusual profession—



Susan G. Shumsky  
(212) 946-5132  
[www.divinerevelation.org](http://www.divinerevelation.org)

about the most unusual profession anyone could have. That is because it is in complete conflict with society's ideas about the nature of humanity and the nature of god. As a matter of fact, it is in direct opposition to most new-age beliefs as well, which you will realize as you read further.

How many of were raised to believe that everyone can have direct two-way conversations with god? How many parents and religions trained us to listen to the voice of god within our hearts? Did we learn how to talk to god just like we can talk on the telephone to a friend?

If you were raised with a "normal" upbringing, then you were taught that if you pray, a capricious god might or might not hear your prayers and then you may or may not get what you asked for. He might reward or punish you, depending on his mood. All conversations with god are one-way conversations. You pray and that's it. Finished. No way could god ever talk back to you.

When you die, maybe, just maybe, you would get a chance to meet god. Perhaps if you were really lucky, you could have a near-death or an out-of-body experience. Then you would experience god directly. Other than that, the only people who are allowed to experience god are the great saints, sages, seers, avatars, prophets, holy men (and I emphasize the word *men*) and other lofty beings, all of whom lived at least 1400 years ago in some faraway place on some mystical mountain or desert. The original scriptures written by these holy men were, of course, the only direct revelations from god and the only word of god. No one can receive divine revelations now. There are no contemporary prophets.

Of course, we lowly worms crawling around on the Earth plane—we cannot have the direct experience of god. We are simply too sinful, unworthy and unde-



serving. Anyway, isn't god too busy to talk to us? This is what most of us have been brainwashed to believe since birth.

### EXPERIENCE GOD DIRECTLY?

My beliefs fly in the face of the societal norm. It is my conviction that every one of us can see, hear, feel and experience the presence of god directly—right here, right now. We do not need to die in order to do this. There is no one on Earth who cannot do this.

God is not a capricious being who is limited by time or space. God is present everywhere and can be in many places and times at once. God places no conditions, rules or regulations on whom he/she/it favors. God has no bias toward one group, race or religion.

The scriptures of every major religion tell us that god is everywhere present and also right here, within us and around us, right now:

#### Christian

- "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?" (1 Corinthians 3:16)
- "The kingdom of God cometh not with observation: Neither shall they say, Lo here! or, lo there! for behold, the kingdom of God is within you." (Luke 17:20-21)
- "[The Lord] be not far from every one of us: For in him we live and move and have our being." (Acts 17:27-28)

#### Judeo-Christian

- "Whither shall I go from thy spirit? or whither shall I flee from thy presence? If I ascend up into heaven, thou art there: if I make my bed in hell, behold, thou art there. If I take the wings of the morning and dwell in the uttermost parts of the sea, even there shall thy hand lead me, and thy right hand shall hold me." (Psalms 139:7-10)

#### Islam

- "I am in your own souls! Why see ye not? In every breath of yours am I." (Qur'an)
- "God's Consciousness envelopeth all things. He doth pervade and include all things and beings.

Wherever you may be, He is with you." (Qur'an)

#### Sufi

- "He who is absent far away from God—his heart can only say: 'God is' somewhere; he who has found the Loved One in himself—for him God is not He, nor Thou, but I." (Sufi writings)

#### Buddhist

- "This very mind is the Buddha." (Mumukshu Bhawan)
- "Every being has the Buddha nature. This is the self." (Mahaparinirvana Sutra 214)

#### Zen Buddhist

- "Why not seek in one's own mind the sudden realization of the original nature of True Thusness? . . . If we understand our minds and see our nature, we shall achieve Buddhahood ourselves." (The Platform Scripture 30)

#### Taoist

- "Find the Tao in yourself and you know everything else." (Kwan-Yin-Tse)

#### Sikh

- "Why do you go to the forest in search of God? He lives in all and is yet ever distinct; He abides with you, too. As fragrance dwells in a flower and reflection in a mirror, so does God dwell inside everything; seek Him, therefore, in your heart." (Adi Granth, Dhanasari, M.9)

#### Jain

- "May He abide always within my heart, the Supreme Self, the One God of all gods; transcending all this-world's ephemera by deepest meditation reachable!" (Amita Gati, Samayika-patha)

#### Hindu

- "I, O Gudakesha, am the Self, seated in the heart of all beings; I am the beginning, the middle, and the end of all beings." (Bhagavad Gita 10:20)
- "I am the True, the Real, Brahma. That thou art also. The heart of man is the abode of God." (Upanishads)

Even though the religious scriptures affirm that god is immanent, in fact, the source of our very being, many of us are still not convinced that god is attainable. Why? Because religions today do

not seem to follow what is in their original scriptures. Instead of helping us to realize god directly, as is described in the scriptures, religious institutions place themselves as our intermediaries. We have been conditioned to believe that our pastors and our churches have the only direct line to god.

It is not really in the best interest of religious institutions to help us experience god directly. If they were successful in this endeavor, they would soon be out of business. If a retailer gave his customers a way to buy his products at his cost, then where would he be? If customers can buy wholesale instead of retail, then you cut out the middleman. This is bad for retail business.

The following divine-revelation methods are a direct affront to religious institutions everywhere. My message: Anyone can have direct spiritual experiences and two-way conversations with god without going through any church, scripture, pastor or religion. What a revolution!

### THE SECRET

In keeping with my revolutionary insurrection, I'm going to reveal a supreme secret right now to everyone—how anyone can contact and experience god directly, right now.

Why guard this secret? Do we really have to continue struggling for lifetimes, seeking a glimpse of god, living in caves, practicing renunciation and austerities, giving up wealth, power and all material possessions, fasting, praying, straining to attain pretzel body positions, chasing after cult leaders and gurus? Or are we ready to just have the direct experience of god right now?

Perhaps I should guard the secret. Maybe manufacture an aura of great mystique around myself. Dole out my precious wisdom crumb by crumb, charging enormous fees for each further initiation into the "arcane mysteries." I could advertise myself as a mysterious personality who dwelt in an ashram for 33 years (which I actually did, by the way). Perhaps I could wear purple silk robes lined with gold embroidery, calling myself by a special name that was given to me by some high being. Maybe call myself an alien walk-in of the sixteenth-dimensional hierarchy

coming from the highest vibration the violet spiritual ray, with all my chakras spinning on the 32nd octave of the 88th highest frequency. Or say that I am a supreme ambassador from the Zibudon galaxy and have attained the most exalted level of enlightenment, an egoless state on the pinnacle of the Pleiadian hierarchy.

Would you be impressed if I said this? Or would you be stunned if I spoke in a weird voice and revealed bizarre, incomprehensible messages while remaining completely unconscious? Would you then be dazzled by my "high"-ness? Would it impress you even more if the messages were impossible to understand? After all, if we can't comprehend it, then it must be a "high" message, right?

Or would you be more in awe if I enumerated my lofty spiritual experiences and told you that I was the only accredited messenger of Saint Germain and the only official emissary of the White Brotherhood on planet Earth or some other such drivel? I could weave such a spell around you. I could seduce you with my charm and compel you to follow me. This is what all cult leaders do to manipulate and control the masses.

But I know you . . . you're much too clever for that. I cannot fool you. You cannot be seduced, cajoled or manipulated by subtle techniques of intrigue and psychic deception. Instead, I'll just have to reveal the supreme secret right now, which is what I wanted to do all along.

So here goes. Here is the secret—how to experience god right now: *Just sit down. Close your eyes. Get comfortable and quiet. Take a few deep breaths. Get still. Get centered and balanced. Get into a state of inner peace and relaxation.*

*Now just ask. Ask for guidance. Ask for healing, for love, for inspiration. Ask a question.*

*Then simply wait. Within your heart you will receive an answer. It will come from deep within you, from the part of yourself that is connected to god. You will hear the still, small voice speaking to you, just like any other thought that comes into your mind. You will see it, hear it or feel it. That's it.*

Now I've done it! The sacred seal

has been ripped asunder. The secret veil has been lifted. How to experience god in one easy step: "Ask, and it shall be given unto thee." (Matthew 7:7)

### **BECOMING SPIRITUALLY STREET-SMART**

The only trouble with the exercise I just revealed is this: Often when we try to open up to inner divine intuition, we get confused. How do we know that the message we are getting is the real thing? How can we identify *who* or *what* we are contacting when we receive inner guidance or intuitive messages?

Would you open your door to a stranger and invite him to take over your home? That is exactly what many people are doing by opening to inner voices, channeling spirit guides or contacting angels.

Right now, psychic development and intuition are very popular. But listening to inner voices indiscriminately is as dangerous as inviting a stranger into your home. You would never open your door to a stranger, so why open your awareness without identifying the inner voices you are contacting?

We are street-smart when it comes to our home and our property. We know how to conduct ourselves while walking on the street in a big city or on the subway. Now it's time to get spiritually street-smart and practice "safe spirituality" when we visit the inner realms.

Many people say, "I get intuitive messages and hear inner voices daily. I don't know who is talking to me, but I follow what those voices tell me to do." Is this intelligent? It doesn't take a rocket scientist to determine that following the advice of unidentified voices in our mind would be confusing and could be dangerous.

For example, two young girls used automatic writing to receive inner messages. One of their "spirit guides" said he was a friend of one of the girls' dead father and that he was her guardian angel. He told her life didn't hold much for her and she should come join him on the other side. This little girl threw herself in front of a bus! Luckily, she survived.

And what about Marshall Apple-

white of the Heaven's Gate cult? His inner voices told him and his followers to commit suicide. Tragically, he didn't know how to distinguish the inner voices. He thought that god was speaking to him, but he was deluded.

We have within ourselves all we need. If we would trust divine spirit and allow god to be our guide, we would not seek guidance from counterfeits. There is a big difference between the true voice of spirit and other voices. We can learn how to distinguish between the divine voice and whatever else is in our mind.

Divine revelation is a way to listen to the still, small voice within, the divine intuitive voice, and to use that profound spiritual connection to solve everyday problems and receive divine healing, wisdom and inspiration. It helps us to distinguish the inner voices, identify the source of our intuitive messages and understand our spiritual experiences. It provides a way to test whether our intuition is genuine and comes from a divine source. With the nine tests to prevent psychic deception that I will share with you, we can verify the authenticity of inner voices.

When we allow the divine voice to speak to us directly, we can receive answers to our questions and make decisions with peaceful confidence. We can also set a clear direction in life when we discover our true purpose and destiny. God will give us that knowledge when we seek our answers within.

### **TAPPING INTO FOUR BASIC REALMS**

There are four basic planes of existence we can tap into when we receive inner messages. One is the *true realm of spirit*. On that level, god speaks to us directly. We can contact various aspects of our higher self. Also, we can hear the voices of angels, archangels, prophets, saints, deities and other divine beings. Our beloved dearly departed relatives who have entered the divine light and moved into the spiritual realm might communicate with us from that divine level.

The second realm is the *mental world*, where all of our past experiences are stored, just like a computer hard drive. There we would tap into our own sub-

conscious mind or the mind of the collective unconscious. We might uncover past memories, beliefs, habits and conditioning. These are what we have been brainwashed to believe by our parents, church, schools, peers, society, the media and so forth. I call this our B.S.—our belief systems. We could visit this internal chat room, thinking that it is really a divine voice speaking to us. We might reread the book we read ten years ago and subsequently forgot about. We could delude ourselves into thinking we are hearing a divine voice or receiving a divine revelation when we are simply talking to ourselves!

The third realm is the *astral plane*, where we might contact Earth-bound spirits, astral entities, mischievous beings, malevolent beings, ghosts and other spirits. These might be humans who died but, for one reason or another, did not go through the tunnel and enter the brilliant divine light described by those who have reported near-death experiences (NDEs). Why might a deceased soul not enter the light after death? A few of the reasons are: unfinished business on Earth, attachment to loved ones on Earth, living loved ones holding them back, addictions to substances, fear of hell, guilt or feelings of undeservingness, disbelief in the afterlife or god, stubbornness or arrogance, confusion, belief that they're still alive and ignorance of their death. Discarnate entities are not on the spiritual plane and have no bodies to inhabit, since theirs are dead. Therefore they hang around the Earth plane, trying to enter a human body or talk to human beings. They might pretend to be a high being and give us a "high"-sounding name. When we open up to receiving messages, these astral entities might attempt to communicate with us. Once again, we might delude ourselves into believing that a divine being speaks to us when we inadvertently contact an astral being.

The fourth realm is the *environment*. We might tap into the thoughts of people around us, read people's minds or pick up the general static floating around in the environmental thought banks. We might read the history of our planet or the human race, which is

contained within a dense mental cloud that covers the Earth. Then we might falsely believe that god is speaking to us when we are simply reading atmospheric thought-form flotsam and jetsam.

### WHY WE DON'T RECOGNIZE THE DIVINE VOICE

The main reason we might have trouble identifying who or what we are communicating with when receiving inner messages is that we probably have never been trained to experience and recognize the true divine voice.

Most religious institutions do not have any incentive to help their followers attain this direct experience of divine contact and to recognize when it is real. Why? Because many religious organizations wish to control and manipulate the masses, usually through fear and intimidation. The threat of eternal damnation in hell has been a fairly effective method, used for centuries to terrorize people and keep them in line.

Also, we might not believe we are worthy to have god speak to us directly. Most of us have been brainwashed to believe that god is out there somewhere, far away in heaven, and that he (a male, of course) only speaks to holy people, saints and prophets, not to us everyday folks.

Another problem is that many of us believe that the only time we will see or hear god is after we are dead. That is why we readily accept near-death experiences, in which the living saw god when they were temporarily dead. But if you say that you never died and yet you saw god or god spoke to you, you would be a candidate for a straight-jacket! That is how far away we have drifted from true divine contact in this scientific age.

It is high time to return to the voice of faith and wisdom and to allow god to speak to us on a daily basis, whenever we want, at will! That is what I propose anyone can do. It is my belief that every one of us can have clear experiences of the true spiritual presence. We do not have to be a saint, seer or prophet. God has not signed an exclusive contract with these so-called lofty beings. We do not have to read the Bible or any other scripture. We can receive direct divine revelations the

same way as those who wrote the scriptures—directly from god. We don't have to go to church. We can listen to god's voice right in our own homes.

All we need to do is close our eyes, get quiet, get still, take a few deep breaths, go within and ask for the experience. Then let go and let god speak to us.

### NINE TESTS TO PREVENT PSYCHIC DECEPTION

I propose nine basic ways we can use to distinguish between the true voice of spirit and other voices in our mind. These nine tests help us receive divine messages clearly and precisely. We can use them to test the inner messages we are receiving, books we are reading, teachers and counselors we are visiting and speakers we are hearing. Armed with these tests, we cannot go wrong.

#### Test 1: The Experience Test

When we are in contact with the true voice of spirit, we will feel joyous, happy, protected, secure, satisfied, content and loved. We will not feel conflicted or in doubt. We will experience a state of oneness, wholeness, unity and perfection. That is what god feels like. The experience of oneness and wholeness is the most important of the nine tests, because it cannot be faked by an astral entity.

#### Test 2: The Inner Knowingness

We will *know* that we know, beyond a shadow of doubt. When god speaks to us, we will experience an inner conviction that is indisputable. We will know without knowing how we know. Haven't you ever had this experience? "Oh, I just knew I should have done that. Why didn't I listen to my intuition?" You regretted not listening to your inner voice. The state of inner knowingness is not the same as wishful thinking. It is complete certitude.

#### Test 3: The Challenge

If a stranger knocks at your door, first find out who sent him and what his business is. Similarly, if we want to receive a message, first ask the messenger, "Do you come in the name of god?" or "Do you come in the name of the christ?" If we do not get a positive response, then there is an astral entity present who needs healing. Send that entity back to god's light by saying a



healing prayer. Say, "Dear one, you are unified with the truth of our being. You are filled with god's love and light. Go to god. Go in peace."

#### **Test 4: The Name**

When a stranger comes to your door, get his calling card before letting him into your home. Any divine being will have a name, and we can ask for it. Even god has a name. God's name is "God." Every aspect of our higher self and every deity, ascended or angelic being has a name. Don't be deceived, however, by faker spirits who try to mislead us by giving us a "high"-sounding name.

#### **Test 5: The Signal**

A signal is a sign that we are in contact with a particular aspect of god. Each inner name will have a signal associated with it. The signal comes as a vision, sound, taste, feeling, fragrance or a movement in our body. For instance, Mother Mary might come to us as a vision of a pink light in our heart. To another person, Mary might give a feeling of heat in the hands. Someone else might experience Mary as a sound of celestial harps. Whenever we are in contact with Mary, we will experience her signal. Similarly, every divine being we contact will give us a sign. Whenever we are receiving a clear, divine revelation, the signal will be present. When the signal is over, it indicates that the message is also over.

#### **Test 6: The Awareness:**

We will be conscious, awake, aware

and alert when we are in contact with a true divine being. We will not leave our body and allow something to take it over. We will not have lapses in memory. The only time we might be unconscious while receiving a divine message is when we are asleep at night having a divine revelation during a dream. Leaving our body and relinquishing control in an unconscious psychic mediumship is a dangerous practice. It breaks the mind-body coordination, causes illness and hastens early death.

#### **Test 7: The Quality of the Voice:**

If we speak our message aloud, it will sound normal and natural. We will not speak with a weird accent or use weird gestures or theatrics while speaking. God speaks in our own language with our own voice. A linguist from the University of Pittsburgh studied eleven channelers and discovered that none of them was speaking in an accent consistent with the time and place in which the entity supposedly lived. They were all fake. Channelers who speak in strange accents are either being deceived by faker spirits from the lower astral plane, putting on a theatrical performance or unconsciously manufacturing an accent due to their own self-doubt and disbelief in their ability to receive true divine revelations.

#### **Test 8: The Quality of the Message:**

The message that comes from god will be helpful, uplifting, healing, relevant, practical, simple, loving, inspiring and nonjudgmental. It will not be inva-

sive, coercive, domineering, manipulative, harmful, ego-flattering, vanity-feeding, full of doom and gloom, intimidating, conditional, guilt- or fear-inducing, depressing or complicated. It will empower us to make our own decisions and be responsible for our own lives. It will not try to impress us with "high"-sounding, complicated messages or enslave us through flattery.

#### **Test 9: The Result**

After we have received a true message from a divine voice, we will feel full, happy, wonderful, energized and motivated. We will not feel let down, empty, hollow, drained, exhausted or tired. If you are a psychic, a counselor or a hands-on healer, you should feel more energized as your day unfolds. You should never feel drained. If you feel drained, it is a sure sign that you are using your ego energy instead of god's energy to heal others. Let go and let god do the work through you.

### **HOW TO USE THE NINE TESTS**

Be sure that your inner messenger passes all nine tests. One test is not enough. I recommend that all nine must be there for you to be sure you are in contact with a divine voice and not one of those other voices. It only takes about four seconds to use the nine tests. The only thing that takes time is asking, "Do you come in the name of god?" "What is your name?" and "What is your signal?" All the other tests are immediate and automatic. ●