

The Effects of Unseen Spiritual Forces

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Can we know something we can't directly see?

The purpose of this study was to explore the effects of unseen spiritual forces that conceivably communicate, influence, or guide us. Information obtained for this study was from the direct experiences people had with unseen spiritual forces.

We all seek meaning in our lives, a reason to live. For each of us, meaning varies and plays out uniquely. Accordingly, most humans at different times in their lives pursue the spiritual world in search of meaning and purpose, to understand why they were placed on this planet, and to ultimately find guidance and support from this mystical world.

What Science Says

Research for the past 50 years has unsuccessfully establish unseen spiritual forces as a scientific fact. Scientists, in the main, however, believe the truth about the spiritual world is out there somewhere, we just have to find it.

Quantum and theoretical physics scientifically documented that space is filled with invisible non-material influences which are the basic substances of the invisible universe. Space is occupied by electromagnetic forces, one dimensional strings, gravity, and quantum elements. We cannot see these fields but we do observe their effects.

Moreover, numerous behavioral scientists, noetic scientists, and various religious leaders, maintain that part of this invisible universe is formidable unknown transcendent spiritual forces that serve as a guide to our lives if we align with them. Since the brain emits a field of electromagnetic energy, the brain (mind/soul) is likely to be an integral part of this invisible spiritual universe. Furthermore, there is general support among these scientists

and religious groups that human thoughts can direct brain waves to effect one's body, other human beings, and virtually all manner of living things.

Procedures

I obtained information from over two hundred randomly selected comments by participants on six internet spiritual/religious public forums regarding their perceptions of spiritual forces in their lives. I am relying on their inner wisdom, direct knowing, and subjective understanding of their spiritual experiences.

I further surveyed research from experimentally designed spiritual studies reported in the American Psychological Association's Psychnet database. Finally, reviewed what I believe to be several topically relevant books written by scientists.

I completed a summary of my findings, made suggestions to navigate more constructively through the unseen spiritual world along with ideas for future research.

Indications of Unseen Spiritual Forces in the Scientific Literature

Books based on science provided numerous descriptive examples of people's experiences with unseen spiritual forces. I found quite a few descriptive examples in the literature. The statements below about unseen are my interpretations from depictions as I observed from these books. I edited them for clarification.

- Feeling the presence of something unseen; something bigger than myself; something transcendent; something mystical or supernatural; a felt holiness or divine presence.
- Experiencing an emotionally transforming event that leads to a new purpose in life.

- A sudden spontaneous unexpected thought or insight coming to conscious awareness not supported by logic or facts that something has all at once changed.
- A meaningful coincidence or a sign that provides information about the future; perceiving things or events in the future or beyond normal sensory contact; knowledge not necessarily known.
- Feeling guided by an unseen higher power in the midst of daily activities.
- A feeling of unity with everything; in harmony with other people or the world.
- A sudden positive outcome for no known reason.
- A sudden spontaneous unexpected thought or insight coming to conscious awareness not supported by logic or facts that something has all at once changed. (Examples: a sudden spontaneous insight, inspiration, or vision of the future; an unexpected thought of being given a new purpose or mission in life.)
- A present subjectively experienced event that seems to have occurred before; déjà vu occurrence that infers a supernatural intervention.
- A perceived message from a deceased person: feeling a touch, smelling a fragrance, visual—partial or full appearance, dreams, person to person, unusual physical occurrence lights being turned on and off, pictures being moved, a phone call, etc.
- A dream of revelation or prediction.
- Feeling that thoughts are being communicated to others or that others are communicating their thoughts back.

Example Comments of Individual Experiences with Spiritual Forces

Individuals participating in the internet spiritual forums also described some of their experiences with the spiritual world. These are a few of their comments.

"I'm not sure whether I have spirit guides or other types of guides, other than they guide me, and they're beautiful and very kind. I visualize them in my mind, but I've also seen them in lucid dreams, regular dreams, exquisitely clearly and consistently, as well as in certain meditative states."

"They guide me, and they're beautiful, angelic and very kind."

"I visualize them in my mind, but I've also seen them in lucid dreams, regular dreams, exquisitely and clearly and consistently as well as in certain meditative states."

"I have several relatives who have had experiences with shadow people, and usually they appear before something major (usually bad or trying) happened. This my case as well. I went through the roughest patch of my life shortly after this experience."

"My relationship ended, let's say "bad timing". It wasn't long after that while working in the garage that I had this feeling come over me. And, at that instant, I could interpret what was being said through this feeling. I had a warmth in my chest and a peaceful feeling that I couldn't shake. It's like I went from problem to solution in an instant." I am going to be with this person. I knew immediately that it came from somewhere higher than myself."

"I received this message in my mind" "I am everywhere and everything is an expression of myself and yourself. "Don't be afraid of life, everything that happens, happens because it was your choice to happen."

"Our dog died recently in quite traumatic circumstances. I begged the angels for a sign that he was ok. The following day I found a tiny white feather tucked into the inside of our dog's harness, on the bit that would have been centered on his chest, which should not have been possible as the harness had been feather free." (edited)

"I am 100% sure that angels are walking among mankind. I believe there are angels on earth. I think earth angels are hidden in the crowds. They look like normal people but it's something about them, something out of this world and you notice them, they, disappear as if it never happened to meet them."

"I do believe that angels are in disguise among us in the same way demons among us. But, there's a big difference. Angels can take human form while demons need to control humans. How do I know this? From my own experience. Be aware of all people you meet in this life, among them, there are angels. I give you a clue. When they come, they will come in an unexpected way (you will feel a need not to listen to them. It can be a

homeless man, it can be a child, I can be a man that everybody believes is crazy. Just be aware and don't send them away."

"I received this message in my mind" "I am everywhere and everything is an expression of myself and yourself. "Don't be afraid of life, everything that happens, happens because it was your choice to happen." This voice came from a voice not human but very familiar to me. I received this message before an out of body experience: "Keep it in mind."

One night I became incredibly frustrated with life. I believed it to be meaningless. In a drunken fit of despair I begged and pleaded to God/my Spirit Guides/the Universe/or whatever could hear me to give me a sign. The next day at work, a van with an LED sign on top pulled up outside my office window. The LED sign was displaying an advertisement for a church with text saying, "Love each other and every being" as well as "All will be alright." Now I don't know if this was a message from some higher being, a case of synchronicity, or just a coincidence; but it amazes me that I asked for a sign, and I got it."

Story of Cornel Alexander Zhukovl a colonel in the Russian air force who was captured during the dead the Chechnen war in the 90's. He was tortured, shot and left for dead until the Russian forces found him and took him to a base hospital. During an operation he suffered a cardiac arrest which lead to a near-death experience. Here is what he described during this experience.

He found himself in a tunnel, lit by a sort of blueish light, through which other souls, who, curiously, he called "shells", were moving toward a huge hall, where a thunderous voice was saying "to heaven!" or "To Hell!" He understood that it was God's judgement and got scared: "Where is it that I'm going? The Voice said "to reserve!" There were three tunnels out of this all, one to haven, another to hell, and another to reserve. While he was going through this tunnel, various mutilated, ugly entities were trying to grab him. After that, he came to in the hospital bed. Since then he has miraculously rejoined his united and continued performing over 1,500 parachute jumps in rescuing people. For his heroism he was named "Hero of Russia."

"An ex-boyfriend from 25 years ago died 5 months ago. Last saw him 13 years ago. Four days after his wake, I got a call saying "hi" and his name. I panicked and hung up the phone. A few minutes later a card flew off the counter. I saved the number and just recently realized the phone number had our old area code, his year of graduation, and the years we were together. Then almost every night after, I would have dreams of him. He doesn't say anything, just smiles, and has bright light behind him. I feel strange inside, sometimes it's an overwhelming feeling. I do believe it is him. I feel like we have some connection, but why has he come around."

"I started a spiritual awakening last year when my partner underwent one. I first felt like my whole life was a lie. I came to love all. This was just the start of it. I am now in the "dark night" of awakening. I feel the strange urge to change. I am having dreams, signs that somebody is trying to communicate with me, but it all seems to have just stopped, but I still have this huge urge to communicate with something, but I don't know how. It

truly does feel as if it's my purpose, and whenever I speak about it, I always get signs from the spirit world."

Summary of Present Knowledge of the Spiritual World

Let me say that from the onset of this study I was skeptical about the existence of unseen spiritual forces. After conducting a wide-ranging investigation of the scientific as well as the "non-scientific" evidence for these forces, I did not change my questioning attitude, but I did gain noteworthy insights. The following is a summary of my insights.

1. Behavioral scientists, noetic scientists, and cosmologists maintain that to find the truth about the origins of the universe and the role of higher intelligence, we must produce scientific evidence of the existence of unseen spiritual forces. However, research for the past 50 years has not categorically establish unseen spiritual forces as a scientific fact. While a few studies give affirmative indications, flaws in research design have diminished their credibility. In the main, scientists believe that we are in a world made by rules created and shaped by a universal intelligence or universal creator force, and not by chance. The search for truth continues.
2. I am cautiously persuaded that unseen spiritual forces exist. Forum participants and empirical research indicated people had extensive communication with unseen forces as well as a widespread affirmative "beliefs in" and "pursuit of" of them, even in the absence of supporting facts. Individuals frequently describe feeling the presence of something unseen; something bigger than themselves; something transcendent; something mystical or supernatural; and a felt holiness or divine presence. Whether correct or incorrect in their perceptions, vast numbers of people attempt to communicate and understand how spiritual forces guide them, providing, in my opinion, credible face validity for their existence.
3. Forum participants and experimental research revealed that people commonly believe unseen spiritual guides exist for each individual, and these spiritual guides often influence us even though we do not completely understand them. People think,

for the most part, that spiritual guides protect and provide positive support, and in a time of potential disaster, they deliver warnings of something major about to happen, usually bad.

Spiritual guides predominantly appeared in the mind through thoughts and feelings but also during lucid dreams and while in meditative states. Angels also emerged recurrently as spiritual guides and protectors. In some instances, spiritual guides and angels left “signs” as meaningful messages. A strong belief remains that supernatural angels live among us and served to guide, protect, and enlighten us.

Spiritually transformative experiences involving a discrete spontaneous experience of an altered state of consciousness were frequently reported in the research. These transformative experiences involved a profound sudden transformation that altered disposition of character, attitudes, beliefs and/or behaviors or spirituality identity. Further study of the cause-effect of transformative experiences should be made.

4. Experimental evidence about the so-called psi phenomena is at least plausible. Meta-analysis of psi protocols generally supports the premise that telepathy (direct mind-to-mind communication) and clairvoyance (anomalous knowledge of distant events) and precognition (knowledge of the future) are detectible in research studies. The scientific evidence although sketchy warrants further study.
5. Experimental evidence, while sparse, showed that information can be mentally transferred through thoughts from one person to another being or deity at a distance to improve health. Distant healing such as prayer and other forms of healing thoughts show a positive treatment effect in a limited number of research studies. The experimental evidence so far warrants further study.
6. Experimental evidence revealed that intuition, the feelings and impressions that arrive from our nonconscious mind to our conscious awareness without us knowing how they got there, when sorted, periodically provided evidence of supernatural

communication. Spiritual intuitions were interspersed among multiple other intuitions. Spiritual practices involving raising awareness was more effective in increasing differentiation of spiritual from nonspiritual intuition messages.

7. There is a robust general acceptance that deceased persons communicate with living individuals after death. In after-death communication, living individuals experience direct contact with a deceased entity, usually someone with whom the living person had a personal relationship. After-death communications were usually considered as positive by recipients of these communications.
8. Near death experiences where people feel that briefly their spirit-soul leaves their body was frequently reported in research. Experimental evidence convincingly indicated that having a near-death experience distinctly changes people. People who underwent a near-death experience frequently reported one or more of the following changes.
 - Loss of fear of death.
 - A strengthened belief in life after death.
 - A new sense of purpose and mission in life.
 - Heighten self-esteemed.
 - Increased passion and love for others
 - Lessened concern for material gain, recognition or status.
 - Greater desire to serve others.
 - Greater appreciation for life.
 - Heightened spirituality.
- 9 Researchers identified numerous people who reported they did not have a direct experience with a god or the spirit world. Most of these people believed our universe was governed exclusively by the laws of physics. They often suggested the possibility that an alternative universe existed to explain a higher form of intelligence. This line of thinking relating the laws of physics to the spiritual definitely justifies further study.

Suggestions for Improving Ability to Traverse the Spiritual World

People who are most successfully interconnect with the spiritual world tend to utilize strategies that seek to keep one's awareness alert to the present reality: awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally. As awareness expands, openness to and connection with the spiritual world has a propensity to materialize.

I selected three mindfulness meditations strategies to employ because, in my opinion, these types of strategies have shown more scientifically valid evidence for improving interconnections with the spiritual world. Each strategy is simple and easy to practice, but it does take some time and commitment. My suggestion is to pick one strategy to practice. Keep it simple. Consistently practice.

Suggestion 1: Intuitive Communications Strategy

Intuitions are the feelings and impressions that arrive from our nonconscious mind to our conscious awareness without us knowing how they got there; that when sorted, periodically provided evidence of spiritual communication interspersed among multiple other intuitions.

For intuitive information to be useful, its meanings has to be unraveled when it comes to our consciousness by applying analytical thinking. Recognizing then sorting spiritual from nonspiritual intuitions can produce spiritual messages that can be use guide us in living a more meaningful life.

To connect with intuitive messages, deliberately pay attention to situations or events that produce the some of the following....

Hunches, gut feelings, and impressions.

Feelings that something is wrong or something is lacking in a situation—things just do not feel right.

A sudden insight or solution. Unexpectedly seeing the whole picture and how the parts fit together.

When these messages arrive in your conscious mind, step back and analytically look at what you believe they mean. Logically explore the information speculating with yourself as to what it means. If you take this approach in responding to intuitive information, you will gradually become more skilled at recognizing, validating, and responding to spiritual messages.

I highly recommend that you write down what you believe to be spiritual messages. It may surprise you at the patterns of messages and how multiple messages when view in totality can be a powerful positive influence in your life.

Suggestion 2: Directed Thoughts Strategy

There is power in directed thoughts? Daily sit silently in a quiet place, close your eyes and relax for a few minutes. Clear your mind from everything going on around you, allow your mind to open, visualizing your mind opening to new experiences and relax deeply. Next, direct a thought toward another person, a situation, goal, or purpose. Ask a question. Make an appeal. Visualize a goal being accomplished. Direct a change. Ask to connect with your spiritual world? Tell your spiritual world what you want or ask the spiritual world for advice or support. Ask for help and support in resolving a problem. Talk with your higher power. Carry on hypothetical conversations with others? Ask yourself what it means to live a meaningful life, to be happy and content.

Directed thoughts while in a meditative state may set in motion changes in your life. Or, you may have a sudden new insight in the present or even days later as a result of your directed thought meditation.

Suggestion 3: Open Mindedness Strategy

Open mindedness is a way to secure new spiritual insights.

20 minutes each day sit silently, close your eyes, relax, and clear the mind. Think of nothing, do not judge anything that comes to your mind, do not ask for anything. Simply relax and do nothing—just let your mind wonder. You may never know directly the results, but happenstance or fortuitous events may occur that will change and direct my life as a result of meditation. Or, you will gain new insights now or in the future.

Ideas for Future Research

I could propose countless number of research studies regarding human interactions with the spiritual world. Nevertheless, for the sake of simplicity, I chose to present only three suggestions.

Identifying and Understanding Signs and Meaningful Coincidences

Does a higher form of intelligence communicate through signs or coincidences that when noticed, can change the direction of our lives? Are there some people more effective in identifying signs and coincidences? Can we improve our effectiveness in recognizing signs and coincidences? Are the happiest and the most successful people more alert guidance from signs and coincidences from a spiritual forces?

Experiencing a Transformative Experience

Significant emotional events can lead to a fundamental change that transforms one's life. Gaining an understanding of the kinds of these events as well as the long-term effects should provide insights into spiritually transforming events. What kinds of events create emotional transforming events? What are the immediate and long term effects of emotional transforming events?

Loss of Fear of Death

Many people explicitly and implicitly indicated a loss of the fear of death as a result of experiencing a spiritual force. How does this loss of fear of death effect them? Does it allow them to live a more meaningful life? A good research study would be to study the effects of losing this fear. Does the degree of fear of death correlate with happiness?

Sources

I did not document specific references in my study. I wanted to draw my opinions from what I read without feeling the need to justify them. Nevertheless, the studies I listed below are the reading sources that kindled my thinking.

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My Final Question

Should we be more spiritual, less spiritual, or just forget it?