

Integrating Psi With Christian Faith: A Search For A Spirituality Of Psi Development

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Introduction

It has been four years since I had my last teaching load on parapsychology in the College of Arts and Sciences of San Beda College (SBC), Manila. It was offered as an elective subject with the title New Age Philosophy and Parapsychology under the Department of Philosophy and Human Resources. For three consecutive academic years, 2007-2009, I had a chance to share my knowledge and experiences on parapsychology to philosophy students. I generally describe my stint then as something very fulfilling, awakening and liberating on my part and I guessed also on my students.

Actually, it was Jaime Licauco, a renowned Filipino paranormal researcher, locally and abroad, who paved the way for me to teach parapsychology. He pioneered the teaching of the subject in SBC, Manila, from academic year 2004 to 2006. The following year, when he declined to continue teaching the said subject for some reasons, I was offered to teach it which I took with great humility and enthusiasm. Since then, I had been so busy preparing my lectures, even devoting extra time for researching further on the subject, so as not to disappoint my students and therefore live up to their expectations.

Even the abolition of the Department of Philosophy in SBC when it happened, did not curb my interest to pursue further research on the field of parapsychology, especially on psi phenomena. Invitations for lecture sessions, seminar-workshops on psi realities from other program departments, student organizations within SBC, and from other schools had rushed in that I was left with no choice but to continue doing research on the field. I could not deny the fact that I gained a lot from these experiences. New things learned and discovered. Theories and assumptions were formed. As a professor of theology and being a cosmic anthropologist, I am truly excited to share all these and more to other people for their information, guidance and continuous growth towards healing and wholeness.

Purposes

Printed reading materials dealing with psi phenomena thrived in shelves of bookstores under New Age, Paranormal, Parapsychology

or Occult headings. They are offering a plethora of insights about psi phenomena. And with the aid of tri-media, the seemingly intriguing and mysterious nature of psi attracted many people to plunge into formal inquiry on it. Some individuals, organizations and educational institutions took it seriously. Seminar-workshops on psi mushroomed, among them are the more popular seminar-workshops conducted by Licauco, and schools like De La Salle University and SBC offered it as a subject content of parapsychology, usually an elective subject offered in courses like psychology and philosophy as I mentioned earlier.

A lot may have already been written and said about psi phenomena, but still, a lot has to be known by people. It is in this context that this paper is written. I will establish a set of principles about psi phenomena proper for students' orientation. Also, I will present a lifestyle matrix that would help in gainful development of psi abilities. This would benefit those people whose emerging interest on psi seemed irresistible. Basically, I would like to answer the following questions: (1) what are the basic assumptions on psi phenomena? (2) What kind of spirituality should an individual manifest for responsible and rewarding psi development?

The data presented here are obtained through review of materials on psi phenomena from books, articles and e-sources, and also based on my lived experience of psi phenomena, including the lived experience on some psi functions of my students in New Age Philosophy and Parapsychology in SBC through their written narratives which I treated with basic phenomenological process of *epoche*, eidetic reduction (first reflection) and transcendental reduction (second reflection).

Defining Psi Phenomena

What is psi? "It is the term parapsychologists use to generically refer to all kinds of psychic phenomena, experiences, or events that seem to be related to the psyche, or mind, and which cannot be explained by established physical principles," says Dr. Mario Varvoglis (2011), a member of Parapsychological Association, Inc. (PA), an international professional organization of scientists and scholars engaged in the study of psi or psychic experiences.

Dr. Ravindra Kumar (2005), in his book *All You Wanted to Know about Psychic Development*, says "psi phenomena are phenomena that are found to be beyond the workings of the five physical senses of the conscious world – hearing, seeing, smelling, tasting and touching, they belong to the field of subconscious reality" (pp.16-17).

There is large numbers of phenomena which can be categorized as psi. Licauco (2008) came up with a tentative list of different manifestations of psi abilities in his book *Understanding the Psychic*

Powers of Man. He distinctively classified psi abilities into rare, common, and less common manifestation (pp. 43-132). These psi abilities may be loosely classified according to Licauco, but at least the readers are informed that there are such manifestations. And it is very informative. The list is as follows:

A. Common Manifestations of psi ability

1. **Clairsentience** - a mental ability to sense or feel the presence of invisible things like spirits, energies or even thought forms which are not normally sensed by ordinary people.
2. **Clairvoyance** - the faculty of seeing with the inner eye or spiritual sight, not with one's physical sense of sight.
3. **Dowsing** or **Radiesthesia** - the ability to find hidden minerals or objects underground by means of dowsing instrument which may be either a dowsing rod or a pendulum.
4. **Exorcism** - the ability or power to cast out evil spirits from a person or drive it out of a place such as a house, office or building, using power words (sometimes with incense and amulets), or simply by use of mind and moral suasion to command the spirit to leave a person or place.
5. **Mediumship** or **Channeling** - the ability to summon, communicate with or obtain information or messages from the spirit world.
6. **Psychic Diagnosis** - the ability to tell exactly what's wrong with the person's physical body without using any medical instrument.
7. **Psychic Dreams** or **Precognitive Dreams** - the ability to see things that will possibly happen to a person through dreams.
8. **Pranic Healing** or **Magnetic Healing** - the ability to effect healing on the etheric or energy field of the person. Healing happens when the hands pass through an affected part of the human body with the use of subtle energy called prana.
9. **Psychic Healing** or **Mental Healing** - the ability to use psychic or inner mental faculty to heal another person. It is visualization of the affected organ of the patient to be functioning normally.
10. **Psychic Reading** - the ability to tell anything or everything about a person - important event in the past, present and future, ailment, hidden things, etc., by mere looking or use of instruments like crystal ball, tarot cards and others.
11. **Remote Viewing** - the ability to project the sense of awareness to a distant place and to describe it accurately without having been there before.
12. **Telepathy** or **Thought Transference** - the ability to send or receive the thoughts of another from afar and without the use of any of the ordinary physical senses.

13. **Spiritual Healing** – a form of healing whose power is external to the healer. The power comes from the spirit that uses the healer's body as a channel or medium to heal another.

B. Less Common Manifestations of psi ability

1. **Astral Projection** or **Out-of-Body Experience (OBE)** - the ability to project or detach one's astral body out of one's physical body.
2. **Bilocation** – the ability to be at two places at the same time.
3. **Claïrofaction** – the ability to smell psychic information rather than see, feel or hear.
4. **Clairaudience** – the ability to hear voices or conversations from afar.
5. **Fire walking** – the ability to walk on fire without being hurt or burned.
6. **Speaking in Tongues** – the ability to speak in a foreign language that is completely unknown to the person.
7. **Interpretation of Tongues** – the ability to understand and translate the foreign words spoken by somebody who is speaking in tongues.
8. **Levitation** – the ability to reverse the polarity of one's magnetism in relation to earth and thus enable one to float on air.
9. **Materialization** – the ability to produce something out of nothing.
10. **Precognition** – the ability to tell what is going to happen before it happens.
11. **Psychic Surgery** – the ability to make incision or open the body of a patient using only one's bare hands (sometimes with the use of certain instrument in the case of Brazilian psychic surgeons), take out diseased tissues and then close the incision without any trace of the operation at all.
12. **Psychokinesis** or **Telekinesis** – the ability to move, lift or transfer an object from one place to another, by sheer mental power and without the use of any physical means whatsoever.
13. **Psychometry** – the ability to read or obtain information about a person by merely holding an object belonging to him or one he has touched or held previously.
14. **Retrocognition** – the ability to possess knowledge of past events without being present there.
15. **Sensing Aura** – ability to see aura.

C. Rare Manifestations of Psi ability

1. **Accelerating Biological Process** – ability to hasten or accelerate the natural biological processes.
2. **Dermoptics** or **Skin Vision** – ability to see or read with one's finger or skin.

3. **Pyrokinesis** – the ability to produce fire by psychic or mental power alone.
4. **Spirit Painting** – psychic ability where the spirit of a deceased painter or artist takes over a person's hand while he is in trance, which enables him to paint images on canvas rapidly and automatically.
5. **Teleportation** – the ability to transport one's self instantly to a distant place with no physical means whatsoever.
6. **Thoughtography** – the ability to transfer the image of what is in one's mind onto a photographic film.

There are otherpsi phenomena which I think still undocumented and have not been exposed, most especially in our countrywhere psi phenomena truly abound. I suppose they will suffer the same fate as those with the classified ones, that is, rejection by most people of theacademic, scientific and religious community.

Adverse Psi Environment

In the process of writing this paper, I have come to know that numerous scientific papers have already been written about the existence of psi phenomena, mostly in developed or first world (US, Russia, Germany, Canada, etc.)countries and by serious academic and scientific researchers, Dr. J. B. Rhine of Duke University in North Carolina (on telepathy, clairvoyance and telekinesis, 1930s), Dr. Russell Targ and Dr. Harold Puthoff of the Stanford Research Institute in Menlo Park, California (on remote viewing, 1970-1990), Dr. Robert Jahnand Brenda Dunne of Princeton University (on telekinesis),and Dr. Gertrude Schmeidler of the City College of New York (on ESP and personality traits, 1975) to name a few (Licauco 2008,pp. 169-170, 174).Yet, psi phenomena are adversely accepted. What brought about this negative, inhospitable treatment? Looking for the answer to this question led me to better understand the present global condition of psi.

One of the reasons is that psi phenomena debunked a long time heldmechanistic worldview of Newtonian physics by science that explains all physical processes through the law of cause and effect. Newtonian physics is described as deterministic and totally predictable. It sees the world as a huge clock whose mechanisms and laws would ultimately be fully examined and understood (Wostyn, 1997, p. 19). In the case of psi phenomena, one can float on air, produce something out of nothing, tell what is going to happen before it happens, make incision or open the body of a patient using only one's bare hands and take out diseased tissues and then closed the incision without any trace

of the operation at all, move, lift or transfer an object from one place to another without the use of any physical means whatsoever, etc. All of these psi functions defy the principle of cause and effect which science espoused. If science cannot prove its existence, it must be rejected. Psi phenomena demands from the educated and scientific-minded persons to rethink their worldview, or revise some fundamental tenets of science other than the principle of cause and effect. This is not a simple thing to do, changing one's consciousness.

Embracing psi phenomena is kind of a counterculture thing. Culture today is still very much influenced by the authoritarian rule of rationality. The totality of life is said to be submitted to human reason. People had believed in stories and ideologies that claimed to be the only universally valid explanation of reality. Also, people think they can fully fathom and explain the world (Wostyn, 1997, p. 27). Therefore, considering psi phenomena means going against this modernist Western-influenced culture because psi phenomena defy possessed modernist truths. Seemingly, they go beyond the capacity of human reason. They provide a new way of looking at reality, a change in mentality.

Faith beliefs also had contributed to the hostile environment of psi phenomena. Licauco had implied in his column "Inner Awareness," *Philippine Daily Inquirer*, published October 16, 2007, that the Catholic Church had a very conservative view on psi phenomena, and some people from their ranks have falsely been identified with the evil forces. It means studying them would be in conflict with the religious beliefs. I think other "Christians" (Born-again Christians and other Protestant sects) share the same views with the Catholics based on my personal encounter with them.

Ignorance of the true reality of psi created a collective anxiety resulting to fear on people. They had thoughts about psi phenomena that are unfounded, biased and sometimes ridiculous. Among them are the following: they are associated with magic and witchcraft; people might think the person is crazy if talking about and experiencing them; one might learn things one does not want to know about oneself or other people; they are medieval superstitious mentality that are dangerous and primitive thinking; they will lead to mental illness; and they would make a person vulnerable to pain and suffering in this world.

The present fate of psi phenomena is a sad consequence of its divergent development with the predominant science, culture and faith traditions. We could have found a key that would open one of the doors of still concealed aspects of our being, leading to better appreciation of ourselves and possibly better state of life, if only we give fair chance of knowing well psi phenomena.

Basic Assumptions on Psi Phenomena

I now present short discourses on certain theories propagated by people who are into study, research, experimentation, or had personal experience on the realm of psi. I suggest to the reader of this paper to perform self-emptying (of biases or prejudices) and wear a spirit of openness, in order to better understand and appreciate psi phenomena.

A. Inherent Psychic Ability

Rudolf Steiner, founder of anthroposophy, talks about the higher being within oneself, with higher faculties possessing supersensible knowledge. He said...

“For every human being bears within himself, besides what we may call the work-a-day man, a higher man. And each individual can only himself awaken this higher being within him. As long as the higher being is not awakened, the higher faculties slumbering in every human being, and leading to supersensible knowledge, will remain concealed” (Licauco 2008, p.33).

All human beings possess a certain amount of psychic ability, even though they may never be aware of it. Everybody has the inner faculty for it. Frederick Myers, a classical scholar, had believed that there is a primitive psychic capacity latent in all human beings. He termed it as “latent faculty.” According to him, in the course of human evolution, this “latent faculty” will gradually, fitfully, reveal itself in our consciousness and behavior (Grosso 1992, p. 40).

Psi functioning is a natural ability in human beings and not a special talent limited to a handful of gifted ones. Anybody who has a soul must necessarily have Extra Sensory Perception (ESP), because psi ability is an attribute of the psyche or soul (Licauco 2006, p. 24). Interestingly, a Catholic priest somewhat agreed partially to this idea that human beings do have and can perform psi abilities. Fr. Jose Francisco Syquia (2007), director, Archdiocese of Manila Office of Exorcism, in his book Exorcism, Encounters with the Paranormal and the Occult, had declared that...

“Adam and Eve, before their fall into original sin, were filled not only with the supernatural gift of grace but also with all preternatural gifts...Preternatural gifts on the other hand, are abilities that are not bound by matter or physical nature but are bound by laws of created nature. One of these preternatural gifts that our first parents had was the fully functioning sixth sense or psychic powers or abilities. These psychic powers gave both Adam and Eve the capacity to live, work and

survive in paradise with ease, security and comfort. They could easily foresee dangers (ESP) as well as have power over material objects (telekinesis). They also had the capacity to "see" and communicate with the angels by using the power of the mind. After both of them sinned, this preternatural gifts although not totally destroyed, was greatly diminished. We therefore find among us, persons whom we call "psychic"; they have some vestigial remnant of this preternatural gift" (p. 16).

Fr. Syquia openly admitted that psi abilities are also God's gift to human beings. That's good news. Furthermore, he remarked that psychic abilities can be revived once the body is again subjected to the spirit through a continual growth in grace (Holy Spirit). But the person's goal this time is to be holy and not to be psychic he added. This is a Catholic view that is not known by majority of Catholics.

B. Everything is Energy

The relativity theory of Albert Einstein and the quantum physics of Max Planck had established that everything is energy, particles vibrating in wave forms (Wostyn 1997: 19). If everything is composed of vibrations, of movement, of change, therefore, human being also vibrates. These vibrations in a human being are consciously felt during meditation. This notion is best described by the experience of Fritjof Capra, a physicist at University of California, while meditating on a beach:

"I saw cascades of energy coming down from outer space, in which particles were created and destroyed in rhythmic pulses. I saw the atoms of the elements and those of my body participating in this cosmic dance of energy" (Wostyn 1997, p. 19).

American psychic, Edgar Cayce, had similar things to say from his meditative experience, "As we go deeper in meditation, we become conscious of various vibrations in and through the body and mind" (Licauco 2008, p.8).

The same thing I experienced every time I go deeper in my meditation. I can feel my body cells vibrating, electric current like. I always consider this state as the best time for me to perform pranic or magnetic healing. Licauco(2008) affirmed this, he said:

"The ability to perform certain types of psychic phenomena is largely a matter of raising one's vibrations, or shifting one's focus of perception and slowing down the frequency of one's brainwaves while remaining awake" (p.9).

C. Five Levels of Consciousness

Every part of the human body vibrates to its own rhythm. That includes the human brain. For neuroscientists, the human brain has a unique set of brain waves. It has five distinct brain wave frequencies, namely gamma, beta, alpha, theta, and delta. Each brain wave frequency has its own set of characteristics representing a specific level of brain activity, hence a unique state of consciousness. According to Licauco, psi functioning is a natural normal activity of the human brain. It belongs to the inner faculties of man or his inner mind.

Tania Kotsos (2008), in her article entitled "*Brain Waves and the Deeper States of Consciousness*," posted in the internet, discussed the five levels of consciousness. They are as follow:

1. Gamma brain wave is the most recently discovered brain wave. Research shows gamma waves are associated with bursts of insight and high-level information processing.
2. Beta brain wave is associated with normal waking consciousness and a heightened state of alertness, logic and critical reasoning.
3. Alpha brain wave is present in deep relaxation with the eyes usually closed and while day-dreaming. The relaxed detached awareness achieved during light meditation is characteristic of alpha and is optimal for programming of mind for success. It heightens imagination, visualization, memory, learning and concentration. It lies at the base of conscious awareness and is the gateway to subconscious mind.
4. Theta brain wave is present during deep meditation and light sleep, including the dream state. This is the realm of subconscious mind. It is also known as the twilight state as it is normally only momentarily experienced as you drift off to sleep (alpha) and arise from deep sleep (delta). A sense of deep spiritual connection and oneness with the universe can be experienced at theta. Vivid visualizations, great inspiration, profound creativity, exceptional insight as well as mind's most deep-seated programs are all at theta.
5. Delta brain wave is present in deep, dreamless sleep and in very deep, transcendental meditation where awareness is completely detached. This is the realm of unconscious mind. It is the gateway to the universal mind and the collective unconscious whereby information received is otherwise unavailable at the conscious level. It is associated with deep healing and regeneration, underlining the importance of deep sleep to the healing process.

Licauco(2008) explained,“To perform psi function, all that needs to be done is for a person to slow down his brainwaves to the desired level and perform the task intended. Mind control at the deeper states of consciousness opens up to the world of subconscious where one can create reality at will and with exact precision” (p. 41).

D. Aspects of Human Being

I remember a moment while I was with a Christian spiritist group way back in the 1990's. I was given a lecture along with other members of the group regarding the seven aspects of human being. They told us, in becoming a *talaytayan* or medium, a person must successfully conquer oneself. There were six aspects a person must dominate in order that the person would become a pure spirit, a spark of the divine fire. Acertain Yogi Ramacharaka was also propagating the same teaching, only this time the goal is attaining perfection and not becoming a medium. Accordingly, the seven aspects of human being in their order of decreasing density are (Licauco 2008, pp. 11-15):

1. **Physical Body** - the lowest and crudest manifestation of human being and is the most visible. The temple of the living spirit. It must be respected and cared. Disciplining it is important. It should perform what the mind dictates and not the other way around. It has life and mind, and it is temporal.
2. **Astral Body** – the exact physical counterpart of human being's physical body. Also known as “fluidic body” or sometimes as “ghost.” It is composed of matter of finer quality than the physical. Under certain circumstances it is visible to people at will or caused by pain, seeking help, grave danger of death or death. The vehicle of prana.
3. **Prana** or **Vital force** – the universal energy that animates all matter. It is the force underlying different forms of psi healing. It is extracted from the air, can be used to relieve pain near or far under the direction of the will.
4. **Instinctive Mind** or **Concrete Mind** – the seat of the appetites, desires, passions, sensations and emotions. It binds people to the earth and earthly things.
5. **Intellect** or **Mental Body** – this differentiates human being from animal, able to reason, can exhibit remarkable principles of analysis and synthesis when overpowered by spiritual mind and the spirit.
6. **Spiritual Mind** or **Super-Conscious Mind** – the faculty that enables to see the truth of something beyond the understanding

of the intellect. A source of inspiration, vision, insight and of intuition. Used as a channel by the higher intelligence.

7. **Spirit or Divine Spark** – the divine essence in human being, that which makes human being god-like. Most precious inheritance from the Divine Power.

The seven aspects of man are integrally explained by Licauco (2008):

“Human being is essentially a spirit. This spirit is enclosed in several sheaths or layers of substance of increasing density, manifesting itself ultimately as physical body. As human being gains better control of his/her material nature, of his emotions and desires, he/she becomes more spiritually purified and this enables him to peel off, so to speak, more and more sheaths of matter, thereby allowing the spirit within to manifest itself more fully” (p. 9).

E. Human Aura and Chakras

Seven years ago, a certified reiki master, Jocelyn Balisano, who happens to be my doctoral classmate at Asian Social Institute, gave me a scholarship grant to study reiki under her mentorship. I was really grateful to her because I was able to finish level II of reiki program. I really learned a lot from the program. It was during this time that I had a formal lecture and experience of human aura. I have known, felt, and seen human aura through our lecture-workshops. What is a human aura? What is the value of human aura? Licauco (2008) perfectly reveals its reality. According to him,

“Human aura is caused by the life force burning within. It consists of electro-magnetic vibrations of finer matter which can be seen by sensitive people as flickering colored light depending on the emotional and physical state of the individual. Every living human being looks like a cluster of radiating lights in the form of an egg. These lights emanate from all parts of the body especially from the seven major chakras or psychic centers” (pp. 22-23).

From the same book of Licauco, Edgar Cayce, interestingly personally described a human aura...

“Ever since I can remember, I have seen colors in connection with people. I do not remember a time when the human beings I encountered did not register on my retina with blues and greens and reds gently pouring from their heads and shoulders. It was a long time before I realized that other people did not see these colors” (p. 24).

It is important to note that the value of aura lies on the fact that it contains a record of every significant thing that happens to a person on earth from birth to death. Any sensitive person (clairvoyant) can

actually sense (see) it. It is also very useful in medical diagnosis. My reiki master told me it is advisable to have and maintain an aura that extends from nine feet and more. This implies healthy condition of the person, physically, intellectually, emotionally and spiritually. As to the colors of the aura, people differ in the interpretation.

Regarding chakras, they are usually conceived as energy centers in human body that are responsible for channeling of energy. There are a lot of chakras present in human body. Seven of them are major chakras and the rest are minor (Chhugani 2004, pp. 12-13). In reiki healing, mastering the reality of these chakras is essential. It would help facilitate effective healing. Chetan Chhugani clearly described what chakras are:

“Chakras are conical in shape, connected together by the central channel. At the other end, they open in a circular shape about six inches in diameter. This opening is outside our physical bodies and into the aura. Out of the seven major chakras, five have counterparts at the back of our bodies (brow, throat, heart, solar plexus and sacral plexus). The two other chakras (crown and root) face upwards and downwards respectively” (2004, pp. 12).

Reiki practitioners do acknowledge that each chakra corresponds not only to physical body, endocrine glands but most especially with our daily life issues (see table 1 below). Accordingly, if we have problem related to any of the life issues, we will find that most of the day we are obsessed with this aspect of our life. This in turn will affect the amount of energy entering the heart chakra. As a result, over a period of time, the energy coming into the heart chakra will become inadequate. This will affect the physical body and cause problems either in the chest, lungs, heart or shoulders and will manifest in the human aura around the physical area that is diseased (Chhugani 2004, p. 33).

Life Issues	Chakras	Endocrine Glands	Physical Body
Spirituality (intuition, guidance, belief in divine energy)	Crown	Pineal	Top of the Head
Intellect (Ideas, imagination)	Brow/Third Eye	Pituitary	Head
Expression (of ideas and emotions)	Throat	Thyroid	Throat
Relationships (love)	Heart	Thymus	Chest, arms, hands, lungs, breasts, etc.

Will-power (self-confidence, self-love)	Solar Plexus	Pancreas	Stomach, pancreas
Stability	Sacral Plexus	Ovaries, testes	Reproductive organs
Survival	Base/ Root	Adrenals	Base spine, legs, feet

Table 1

Chakras and Life Issues

Bedans' Psi Experiences

Teaching parapsychology is a challenging and exciting experience. Honestly, it was dream come true for me. Believe it or not, I have thought of teaching parapsychology twenty years before I was given the chance to teach the said subject. When I had the opportunity, I just did my best to help my students learn something of great value regarding psi phenomena. Since it was offered as a philosophy subject, we dealt with underlying principles of psi phenomena that were worthy of philosophical recognition. More importantly, I gave workshops on certain psi phenomena for I believed a principle would be better understood if it was experienced.

The following are verbatim copies of the written narrative of some of my students (who chose to remain anonymous) who participated in the workshops on somepsi phenomena, as well as my personal observation on some of my students performing particular psi function:

A. On Meditation

"Our second exercise on meditation, I felt, was much deeper than the first one. The proper method on breathing was reiterated before the start of the exercise. Through the breathing I was able to calm my muscles and be relaxed. The exercises on visualizing the ladder/staircase were a deeper point for me. When I was at the front of the door I was eager to open it immediately. Upon opening the door the light I saw was white and it enveloped me from above. I feel calmness and awe. I felt a warm ray over my head and just stayed there. The light is becoming radiant and warmer. I can feel my forehead is about to sweat. Meanwhile, I looked at my front and saw streaks of color playing. It was colored dark green and dark red. I was able to move them a little. After the activity I feel calm and contented because of the encounter with that "light.""

B. On Energy (Aura) Sensitivity

"It was always hard for me to concentrate on one object or simply meditate with clear thoughts. I get easily distracted whenever I hear a rustling noise; the joyful sensation that I feel from my other classmates makes me laugh and lose my own concentration. When I've reached the climax of my meditation, and my partner was already sensing my aura, there came a weird sensation in my forehead whenever my partner tends to sense my aura in the same area. Somehow I felt my energy playing itself between my eyes especially at the front of my forehead. When we switched roles and I was then in my partner's position, I thought that my sensitivity to such auras would not emerge; after which Prof. Santander stimulated my energy on the left palm, I must admit that I wasn't able to feel much of my aura/energy. What I did was put my left hand in the forehead of my partner and concentrated by breathing in & out normally. While doing so, I noticed something hindering my palm to touch my partner's forehead. It was like some force was blocking my way; some sort of energy shield. And that was the first time I was able to sense an aura of a person."

C. On Hand Aura Seeing

"I had the chance to observe my partner's hand. It wasn't a bit difficult for me to find her aura. I saw it moving almost as soon as we started the breathing. Her hands seemed to be glowing like suddenly they became luminous in a couple more seconds her fingers started to move, like they were stretching in and out. I even saw at the back of her palm some light that seemed to be waving."

D. On Aura Seeing

"I saw it! Haha... I saw the "aura" we were supposed to look at. But at first I was doubtful about it. Because I think it is only because of the reflection of the light or just an illusion. But when I looked into other's "aura", well that answered my doubt. I saw what we were supposed to see... the aura. It's a thin white light which expands and sways as you focus more on it. And sometimes it's a little yellowish/orange/brownish color."

E. On Spoon Bending

"During the spoon bending workshops with my 4aph class, I was stunned by what I saw from one of my student, how she bent her spoon with ease. She just followed my simple steps in bending the spoon: relaxing oneself, continuous proper breathing, full attention /concentration on the spoon while caressing it and commanding the spoon to bend, then bending the spoon with little force exerted using two hands. I gave her three chances of bending the spoon. She just repeated bending the spoon with ease three times. The spoons bent were three different spoons. It was amazing."

F. On Remote Viewing

“While remote viewing the house of my classmate, the object I saw was a jar. That object never left my consciousness until the end of the exercise. So I asked my classmate about it. She told me that they have so many jars inside their house.”

G. On Psychometry

“We were asked to bring something very personal to us; I brought the rosary given to me by my grandma when I was 16 years old. She already passed on from this life to the next and that rosary served as my memory of her since she would constantly remind me to bring it with me. The objects we brought were passed around to random people. My rosary was handed to a male classmate whom I wasn't close to. Our professor asked us to just relax and write down what we would see in our mind while holding the object. Less than five minutes later, the rosary made its way back to me with the paper on which my classmate wrote a single word: grasshopper. He was surprised at the overjoyed reaction I had on my face. No one knew that as a kid, my grandma's nickname for me was grasshopper because of the awkward way I moved around due to my long legs. No one in the classroom knew about that, not even my closest friends. It was truly a remarkable experience and I think it had a lot more to it than plain coincidence.”

Epoche

Following Husserl's phenomenological method of getting into the *eidōs* or essence of the phenomena, to explicate what has been implicit, or to reveal what has been hidden, I now exercise the first step that is, epoche. Here, I set aside all my present knowledge, insights, biases and prejudices about psi phenomena, and the process of unleashing psi potentials. I will set aside my three academic years of experience in giving seminar-workshops on psi functions and how to develop them in SBC, including also special sessions I conducted in other schools and private companies. I suspend my interest with the facts presented through the narratives of the lived experiences of my previous students on psi phenomena, and become disinterested for a while, or simply taking a neutral position of impartiality. I will therefore cease to think about psi and the manner of developing them.

Eidetic Insights

After doing **epoche**, I will now reflect on the essence of the lived experiences of my students on psi by taking the second step in phenomenological method, eidetic reduction. Here, I am reducing the lived experience into its essential nature.

Most of my students still could not believe of what they had experienced, that they have performed psi feats. The disbelief implies ignorance of the truth that in each person is a bunch of psi potentials, and those psi functions truly exist. Their inner feelings of amazement and being overjoyed came from the fact it was their first successful experience of the psi functions which for them was something “extraordinary.” These feelings, their “extraordinary” notion of the experience, and their successful experience of psi, had led them to try it at home (especially bending the spoon). Accordingly, the results were more or less the same. And they were somehow convinced of the existence of psi phenomena. They got interested to develop their own psi abilities. Most of them had considered that by following the process I thought them in the seminar-workshops would really unleash their psi potentials. This process of unleashing psi potentials seems to be very mechanized process for them, that any moment a person will undergo with it will surely meet the expected results. They don’t have any idea that there could be other ways, more effective to unleash and be able to use psi potentials. This may be because they were really not fully aware on the reality of psi. It proves only that psi phenomena are one theme rarely discussed formally in the academe. What most people know about psi was due to their personal search, which most of the time leads to confusion. The lacked of knowledge on psi plus their interesting experience instigated them to know and experience more of them.

Transcendental Insights

Going deeper into the *eidos* of psi phenomena, I now apply transcendental reduction, the third step in phenomenological method. This time I consider myself as a validating factor on the essential nature of psi phenomena drawn out from the narratives of the lived experiences of my students on psi. I become the subject that gives meaning to the phenomenon which is the object.

Performing the transcendental reduction, by seriously considering the subjectivity and inter-subjectivity of *eidōs*, the transcendental insights are radically and meditatively attained. Transcendental insights are insights from outside the accepted knowledge or belief-construct about the phenomenon that is holding us captive from attaining the essential ideas of the phenomenon (Fink 1995, p. 41).

Here now is the summary of transcendental insights vis-à-vis the accepted knowledge or belief-construct about psi phenomena in tabular form.

Transcendental insights	Accepted knowledge
God's grace to humankind, good	Dubious in origin, evil, curse
Everyone has a potential, can be enhanced	Select few has it, either you have it or not
Purposeful potential	Just for entertainment, magic
Part of being human, innate	Acquired
Authentic, reality	Fake, illusion
For human healing, wholeness	For human destruction
Normal	Abnormal, paranormal, anomalous
Ordinary	Extra-ordinary
Self-evident	Mystery
Unitive	Divisive
Transform	Stagnate
Liberating	Enslaving
Creative	Unproductive
Closer relationship with the Divine	Separation from the Divine
Sensitivity	Indifference
Spirituality based development (Transformative or liberating lifestyle)	Mechanized development (Programmed)
Spirit, body and cosmic interaction	Pure mental process
Cosmic-mystical-spiritual expression	Mundane-temporal expression

Table 2

Transcendental Insights vis-à-vis Belief-Construct on Psi Phenomena

A Search for Spirituality

In my exposures to psi phenomena, I have been hearing people were saying that the “ancient masters” had hidden from people the so called “knowledge of the secrets of the universe,” which includes the knowledge about psi phenomena, for fear that some would not be able to handle it properly because of unstable emotional and psychological make-up, thus endangering the lives of the people. Is this true? My assumption is that there is no such a thing as “secrets of the universe.” Everything about the universe is out there, there are no secrets. They are there ready to be discovered by us anytime. It’s just that we need to be ready, become worthy of knowing and using them for our advancement. In the case of the “ancient masters” (whoever they are), they never hid the alleged “secrets of the universe.” Knowledge and use of psi phenomena are not at their disposal. They just help us to be like them, ascended, enlightened, highly evolved or spiritual beings. They usually observe, inspire, teach, heal and celebrate life with us even without our knowledge.

Psi abilities that are natural in us would definitely fully manifest in time when we are prepared and worthy of using them, or in times that we truly needed them, alongside with the purity of our intentions. This implies that the development and functioning of psi abilities depend largely on our condition. But in what best condition should we find ourselves in order to unleash and develop our psi potentials? Our condition in life is basically influenced by our way of life. So, we better get interested for a way of life that would place us in a condition disposed of unleashing, developing and using our psi abilities, a way of life that is generically called as spirituality. Spirituality is “the life principle that pervades a person’s entire being, including volitional, moral-ethical, intellectual and physical dimensions, and it generates a capacity for transcend values” (Hickman 2006, p. 53).

Psi Spirituality

Books on psi phenomena provided various ways of unleashing psi potentials. Some of them talked about the factors necessary in developing psi abilities which includes proper and regular meditation, rhythmic breathing, eating proper diet, complete self-confidence, and

constant purposeful practice or actual application. But the question is would these bring about real and full development of psi potentials within, the awakening of the “latent faculty?” Many have tried following all these tips. Some may have succeeded, some failed, others probably were disillusioned or incurred psychological and even physical problem. My task here this time is not to approve or disapprove any of these steps, for I even follow some of them in my own lecture-workshops, but to help find ways to gain understanding of the full significance of psi phenomena in our lives, part of which is searching for the possible formula for successful and purposeful development of psi abilities. And that I found in the idea of pursuing a particular kind of spirituality that is transformative or liberating lifestyle, which is basically founded on the Sacred Scriptures. They are called biblical or spiritual principles.

What therefore are the biblical or spiritual principles that if authentically lived, would probably contribute to freeing and purposeful utilization of psi potentials? Here are some of them:

A. Stay focused

“When you pray, go into your room, close the door and pray to your Father who is with you in secret” (Matthew 6:6).

Praying is a form of psi communication. For prayer to become effective one of the necessary conditions to meet is to stay focused. To attain this condition, one has to ignore temporarily all possible disturbances coming through our senses just to keep one in focus. All the fibers of the self must be focused towards what one is trying to achieve.

B. Full faith

“Truly, I say to you; if you have faith and did not doubt, not only could you do what I have done with the fig tree, but you could even say to that mountain; ‘Go and throw yourself into the sea!’ and it will be done. Whatever you ask for in prayer full of faith, you will receive” (Matthew 21:21-22).

In this biblical excerpt, Jesus possibly was speaking about the inner attitude that will liberate our psi potentials, an extraordinary confidence in the power of belief – full faith. Faith in the right way leads to no limit to what can be achieved. It is removing the burden from our conscious striving selves and thus liberating powers latent in the unconscious.

C. Intense sense of community

"They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers. Awe came upon everyone, and many wonders and signs were done through the apostles. All who believed were together and had all things in common; they would sell their property and possessions and divide them among all according to each one's need. Every day they devoted themselves to meeting together in the temple area and to breaking bread in their homes. They ate their meals with exultation and sincerity of heart, praising God and enjoying favor with all the people. And every day the Lord added to their number those who were being saved" (Acts 2:42-47).

Early Christians lived an intense communal lifestyle. Psychic interactions take place between people who are intimately and emotionally related. This happens normally within family members, people in work places, and even within stakeholders of any organizations.

D. Spontaneity in thought and behavior

"Therefore I tell you, do not worry about your life, what you will eat (or drink), or about your body, what you will wear. Is not life more than food and the body more than clothing? Look at the birds in the sky; they do not sow or reap, they gather nothing into barns, yet your heavenly Father feeds them. Are not you more important than they?" (Matthew 6:25-26).

St. Matthew, in his interpretation of the gospel, emphasizes the need for fluidity in thought and behavior. The more rigid we are in thought and behavior, the more we inhibit the manifestation of psi. While when we are spontaneous in thought and behavior, we are more likely to use our latent psi abilities to serve our needs.

E. Mutual support and mutual trust

"Again, (amen,) I say to you, if two of you agree on earth about anything for which they are to pray, it shall be granted to them by my heavenly Father" (Matthew 18:19).

Jesus promises that if two people enter a state of mind called agreement, they may invoke a supreme principle that will respond lovingly and unlimitedly to their needs.

F. Compassionate Heart

"When he disembarked and saw the vast crowd, his heart was moved with pity for them, and he cured their sick. When it was evening, the disciples approached him and said, "This is a deserted place and it is already late; dismiss the crowds so that they can go to the villages and buy food for themselves." (Jesus) said to them, "There is no need for them to go away; give them some food yourselves." But they said to him, "Five loaves and two fish are all we have here." Then he said, "Bring them here to me," and he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, and looking up to heaven, he said the blessing, broke the loaves, and gave them to the disciples, who in turn gave them to the crowds. They all ate and were satisfied, and they picked up the fragments left over - twelve wicker baskets full. Those who ate were about five thousand men, not counting women and children" (Matthew 14:14-21).

Jesus displayed a compassionate heart when he fed five thousand people. Possessing a compassionate heart may unleash a psi potential that can materialize things.

G. Unpretentious Generosity

"All who believed were together and had all things in common; they would sell their property and possessions and divide them among all according to each one's need" (Acts 2:44-45).

The primitive Christian habit of sharing goods is one way people cultivated a type of spontaneity. Unpretentious generosity masters the art of letting go that leads to spontaneity of life. Spontaneity of life gives way for creativity which resides in the unconscious realm.

H. Caring about the person

"There was a captain whose servant was very sick and near to death, a man very dear to him. So when he heard about Jesus, he sent some elders of the Jews to persuade him to come and save his servant's life. The elders came to Jesus and begged him earnestly, saying, he deserves this of you, for he loves our people, and even built a synagogue for us...The people sent by the captain went back to his house; there they found that the servant was well" (Luke 7:2-5,10).

Jesus and the captain had shown care for a sick person, because of this healing takes place. Caring for a person had materialized unity in a metaphysical sense so that a communication is established between Jesus and the captain, Jesus and the sick servant, and also

between the captain and the sick servant. Through a quantum dynamic persuasion, the servant body's self-repair mechanism was stirred to function closer to its potential that resulted to the healing of the sick servant.

I. Divine intervention

"Then he called his twelve disciples to him and gave them authority over the unclean spirits to drive them out and to heal every disease and sickness" (Matthew 10:1)

The gospel according to St. Matthew presented that the power of the disciples to heal diseases came from Jesus Christ. Cures made through divine healing are prompt, unlike other forms of healing. No one can claim for himself or herself the results.

J. Purposeful life embrace

"During the fourth watch of the night, he came toward them, walking on the sea. When the disciples saw him walking on the sea they were terrified. "It is a ghost," they said, and they cried out in fear. At once (Jesus) spoke to them, "Take courage, it is I; do not be afraid." Peter said to him in reply, "Lord, if it is you, command me to come to you on the water." He said, "Come." Peter got out of the boat and began to walk on the water toward Jesus. But when he saw how (strong) the wind was he became frightened; and, beginning to sink, he cried out, "Lord, save me!" Immediately Jesus stretched out his hand and caught him, and said to him, "O you of little faith, why did you doubt?" (Matthew 14:25-32).

Jesus had shown his disciples how life should be conducted by anyone so that wonderful things will happen in life. To be able to perform works of wonders, like a psi function, one has to be focused to life purpose, that is, to be like Christ. Embracing a life like Christ can do wonders just like what Christ did during his time.

K. Humbly work for God alone

"When you give something to the poor, do not have it trumpeted before you, as do those who want to be seen in the synagogues and in the streets in order to be praised by the people. I assure you, they have been already paid in full. If you give something to the poor, do not let your left hand know what your right hand is doing, so that your gift remains really secret. Your Father who sees what is kept secret, will reward you" (Matthew 6:2-4).

The use of psi abilities requires humility and must be directed towards God alone. The psi abilities are God's gifts. No one can make fun of the things of God. No amount of money or human recognition could ever equal God's recognition and blessings as rewards for the responsible use of psi abilities. Otherwise, the use of psi abilities will be just for a show and an act of shallowness. It can be a source of pride too.

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CONCLUSION

Based from the facts presented and the essences drawn out from the lived experience narratives on psi, I have arrived on the following conclusions:

Psi phenomena do exist. They are those occurrences in nature that goes beyond basic limiting principles governing the minds of an ordinary person, of the educated-scientific minded community, of a belief system, of an ethico-moral and ritual centered religion. They exist in this age of scientific materialism, a period groomed by the deterministic principle of cause and effect, an extended period of rationality, wherein the left brain dominates primarily brain functions, formed and nurtured through a Western logical and mechanistic type of education.

Psi functions, despite obvious denial of its existence, whether as an established fact or not by many people, was recognized by some as something inherent in all human beings, concealing itself as a latent faculty that in the course of human evolution gradually reveals in human consciousness and behavior.

Psi phenomena, in order that it reaches full significance in human lives, should not be sought primarily especially for selfish gain. To be able to unleash its potentialities in collaboration with the cosmic consciousness, it must be guided by a liberating-transformative lifestyle inspired by biblical or spiritual principles.

Dwelling on themechanized step by step way of awakening and developing psi potentials is not as sustainable as embracing a kind of spirituality, a liberating-transformative lifestyle founded on biblical or spiritual principles. It does not always guarantee a spontaneous and conscious psi functioning for it depends on the condition of the person, whereas, a liberating-transformative spirituality when live out would voluntarily unleash and gainfully use psi abilities, just like what Jesus and the early believers did.

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