



The Psychic Experimentalist

**by
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The Psychic Experimentalist

Contents

Introduction.....	3
The Basis of All This.....	4
Psychic Development Through Touch.....	5
Handwriting Analysis: A Psychic Thing?.....	8
The Magick Feather.....	10
The Power of the Woozy Now.....	12
The Basis of All This, Part 2.....	14
The Neurolinguistics of Enlightenment.....	15
Reiki Without the Ego.....	17
On Learning Now Reiki.....	20
Reality, Life, and Other Trivia.....	23
Psycho-Metaphysics.....	25
Musings.....	26
Ram Tzu? No Way... ..	28
Sturgeon’s Law and the Spiritual Marketplace.....	29
More Reality, Life, and Other Trivia.....	31
Real Problems and Government’s Solutions.....	34

The Psychic Experimentalist

More Real Problems and Government's Solutions.....	36
Even More Reality, Life, and Other Trivia.....	39
One and All: A Personal Rant.....	41
Recommended Reading.....	43
About the Author.....	44

Introduction

Have you ever read something that touched you in such a way that you were able to see new possibilities for your own potential, and maybe even find deeper meaning in a way that you naturally go deeper into this present moment and even into your connection with All That Is? Like when you dive into this awareness, you find it can enhance your experience of life, of who you really are on the deepest level...

Now, this awareness is the basis of everything that follows... musings on energy healing, psychic development, life, the universe, and everything. Most of these were originally published as blog posts from 2008 to 2010, though occasionally they've been updated a bit. As you look forward to reading these words, please remember that, like fingers pointing to the moon, the words are just pointers toward a reality beyond what you see here. Big claim, I know, but you may be surprised to find, when you look beyond the words, that stillness at the core of everything... who you really are.

Or, I could be completely wrong... you may not be surprised at all.

Please feel free to contact me with your responses to this, or to enquire about Lifeforce Tarot... now, enjoy what follows!

Peace always...

Dennis

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The Basis of All This

The Basis of It All:

**There is only One of us here,
and there is only Now.**

My friend William Welton once said words to this effect, and he was paraphrasing Alain Herriott. I don't know if my phrasing of it here is close to Alain's words or not, but the idea is ancient, what has been called by some the "perennial philosophy". It's not really a philosophy, though... more like an insight that becomes obvious once you've perceived it, and then it's beyond any words that can be found to describe it. To borrow a Zen metaphor, the words are just there to point... like fingers pointing at the moon, once you've seen the moon you don't need to look at whatever was pointing at it any more.

There is only One of us here, and there is only Now. Those words are the clearest pointers I know in English to indicate that supreme insight. Once that insight comes, nothing will ever look or feel the same way again, and the implications of comprehending it, *grokking* it, will answer most "ethical" or "spiritual" questions.

**One.
Now.**

That's all there is.

Psychic Development Through Touch

Psychometry indicates the ability to get information through touch, either through an object associated with a person or event, or from directly touching a person. There has been a lot of speculation on why it works, most ideas boiling down to a couple of basic hypotheses:

1. **The Vibration Hypothesis:** The idea here is that everyone emits a vibration. Objects then take on some of that vibration, and other people can sometimes sense that vibration when they touch the object later.
2. **The Contagion Link Hypothesis:** According to this idea, once someone has touched an object, a link is formed that can be accessed by those sensitive to such things. This link may grow stronger if the original contact lasted a long time, or had a lot of emotional content.

There are variations on these ideas, often including the common ideas of telepathy, clairvoyance (or clairsentience), precognition, and retrocognition.

These concepts could be speculated on endlessly, which can give the word-oriented parts of your brain lots of fun exercise, but ultimately you learn psychometry by practice... that is, by **doing it**.

The Basic Exercise

Sit down comfortably, in a place without distractions. Have next to you something that has a history apart from you, and is small enough to hold in your hand. If you meditate, or have a preferred way of getting into a relaxed, receptive state, do it now. (If not, we'll get to that in a few moments.)

Once you are relaxed and feel ready, take the object in your hand. Traditionally the left hand is the receptive hand, so you may want to hold it in your left hand. What you are after here is an impression... that is, a subjective perception in your mind. This may come in the form of something you see, hear, or feel... or maybe something you smell or taste. These are subjective impressions, so you will most likely be able to tell the difference between them and sensory data from the outside world.

The Psychic Experimentalist

The important thing right now is to allow the impressions to come without judging or evaluating them. Just notice them, observe them, and allow them to continue for as long as they will. The biggest mistake that some people make at this point is trying to evaluate or interpret the impressions. There will be plenty of time for understanding content later. Right now you're just letting it happen.

Once the impressions seem to have subsided, it may be useful to make a few notes, just to keep the memory of what you have experienced fresh. Once you have done that, now you can begin thinking about what you have experienced without that thinking getting in the way of the impressions.

This is just the beginning, the basis, of what you are going to learn. You can take this as far as you like. The best approach to psychic development I can recommend, beyond exercises like this, is to learn a system. There are plenty to choose from... Tarot, palmistry, Runes, **I Ching**, there are plenty more... a devoted study of one or more of these systems will help you to learn more about accessing deeper impressions, and how to understand and interpret them when their meaning isn't so obvious.

The most important part of this exercise is to *do it*. Just reading about it will accomplish pretty much nothing. Practicing the exercise, really doing it, playing with it, having fun with it, and with the exercises to follow, will yield treasures to be enjoyed only by those who **do it!**

A Simple Trance Strategy

Now, if you don't yet have a trance strategy, an easy way of accessing a receptive inner state, here's a suggestion. Once you've got yourself into a comfortable sitting position in a place free of distractions, close your eyes, and imagine a place where you feel comfortable, relaxed and peaceful. It can be a natural area, or a room you enjoy. It can be a place you remember being, or a place you've seen in a movie, video, or picture, or even someplace you've just made up. What's important is that you feel relaxed and peaceful there.

Once you have this place in your mind, imagine you are actually there. See what you would see if you were physically there, hear any sounds, and feel what it feels like to be there now. Also, if there are any pleasant smells

The Psychic Experimentalist

there, breathe them in.

Now, pick up the object you chose to read. If you need to open your eyes for a moment to find the object, that's okay. Once you are holding the object, gently blank out the scene you imagined. Your awareness is now a receptive vessel, an empty canvass, a blank screen... whatever metaphor works best for you. Just relax, and allow the impressions, as described in the **Basic Exercise**.

By the way, the more you practice this trance strategy, the easier and faster it gets to enter an altered, receptive state of mind.

Handwriting Analysis: A Psychic Thing?

Is handwriting analysis a psychic art? Yes and no. Many handwriting analysts want to distance themselves and what they do from anything that could be considered “psychic”. They correctly understand that handwriting analysis is based on a vast body of scientific research, much of which took place in Europe during the first part of the 20th century. They are also concerned that handwriting analysis not be confused with “fortune telling”.

The **Oxford English Dictionary**’s first listed definition of “*psychic*” reads as follows (OED, 1971 ed., p.1550):

“1. Of or pertaining to the human soul or mind; mental.”

By this definition handwriting analysis is definitely “psychic”. It could even be considered “mind reading”, since handwriting is truly a window into the mind of the writer. So I have no problem with considering handwriting analysis a type of psychic analysis, as it is a projective personality profile of the writer.

In modern popular usage, “psychic” is often used as a synonym for “intuitive”. Intuition is a natural function of the human mind, and experienced handwriting analysts will often find that they understand things about the writer of a particular handwriting sample without being able to point to one particular stroke to explain it. Much of this comes from finding that certain traits in combination indicate more than just the individual traits alone. Since this evaluation isn’t always a conscious process, it seems mysterious to some. (By the way, the deliberate study of evaluated traits is also useful, and can make this often subconscious process easier to understand.) And then there are those insights, those intuitive flashes, that just seem to come from... where?

People who work with people often find that they can “read” others easily after a while, especially those they encounter as clients, customers, or patients. This comes with experience, and applies to handwriting analysts as well, but it isn’t the basis of handwriting analysis, any more than it’s the

The Psychic Experimentalist

basis of medical diagnosis. Most modern handwriting analysts, who have gone through real training in the science and art of handwriting analysis, are taught an empirical discipline. That is how I learned it, and it's what I practice when I analyze handwriting.

The Magick Feather

Recently I was notified that some shyster was offering a zippy-do new style of Reiki attunement, and I immediately had to respond...

Feh. Pshaw! Fornicate that feces!! It really urinates me off that some ~~other~~ charlatan would offer that paltry, middling little attunement, when **GOD™** has entrusted *me* with the **DIVINE MASTER ATTUNEMENT™!!!** Yes, **GOD™** Him/Her/It/Themselves has entrusted *Me*, His/Her/Its/Their Humble Messenger, with an Attunement so powerful that other attunements seem feeble by comparison, as they truly are! Of course, in order to ensure that it gets proper Respect from an otherwise disrespectful public, **GOD™** told me to charge \$10,000 for it... but that's no more than Hawayo Takata charged for a master attunement when she first brought that lowly level 3 Reiki to the U.S.! And she only had 3 levels. Mine... I mean, **GOD™**'s... goes up to **11!** So it must be more powerful. Plus, the *new Secret Divine Symbols™* are so powerful they can only be entrusted to a select few... namely those that are willing to cough up my humble fee. Really, I'd give it away if I could, but **GOD™** told me not to. Gotta follow the *Divine Orders* on this. Yep, this stuff is *channeled!* Don't want to urinate off the **Big Man/Woman/Thing/Collective in the Sky!** This *11th Level Divine Master Attunement™* allows the recipient to receive **Instantaneous Enlightenment™!** Plus, the recipient gets a handsome certificate, suitable for framing.

Many Blessings from **GOD™!**

Divine Master™ Dennis

www.dennistheguyyouwanttosendmoneyto.com

Okay, wait a sec...

Don't bother trying to find that site. In case it wasn't obvious, this is *parody*. Yet there's lots of stuff like it out there... Sometimes I find it funny, but other times I feel sad when people I care about are taken in by pitches like this. One of the better teachers of hands-on-healing that I know

The Psychic Experimentalist

has compared the claptrap found in a lot of American Reiki systems to Dumbo's magic feather. Remember, Dumbo could always fly, he just didn't believe he could until his mousey friend Timothy gave him a feather to hold, and told him it was magic... that just by holding it he could fly. Sure enough, Dumbo flew... until one day he couldn't find his magic feather. Then Timothy told him the truth... Dumbo could always fly; the feather was just to sort of trick him into believing it enough to actually do it. Once Dumbo understood that, he didn't need a magic feather anymore. He never really did.

Focusing energy for healing is a natural ability that everyone potentially has, whether they know it or not. When Usui Sensei added the symbols to his system toward the end of his life, they were meant to work like Dumbo's magic feather, and could be discarded once their purpose was accomplished and the practitioner realized what s/he could do. Yet in the U.S. some people are selling new symbols, new attunements, bigger and better ("more powerful", they say) magic feathers to whoever is willing to pay for them.

By the way, magick feathers aren't necessarily bad. Sometimes they are keys that open doors to new worlds of healing, energy, and experience. Still, avoid paying too much for them. Any magick feather is something someone made up. You can make them up, too. Or adapt one or more that you like that you've heard of, seen or read about.

Just don't confuse the moon with the finger that's pointing at it.

The Power of the Woozy Now

June 7, 2010... Working with kids, I find myself exposed to pretty much every cold or flu bug that comes along. Last week one hit me in such a way that I wound up staying home on Friday, groggy, woozy, and only able to breathe through my nose with the aid of a generic version of Afrin. Although these conditions eased up as I rested through the weekend, I'm still not completely "well". Yet, in a way, I am.

It hasn't felt debilitating or frustrating, in fact the condition has made it very easy to meditate. A woozy meditation, yes, but easy to sit quietly in the present moment and let go of thought. I've also been able to read some books I've wanted to get to, including Eckhart Tolle's **Stillness Speaks**, which was ideal, being comprised of short passages for contemplation and reflection. Good, since I wasn't up to much more than that for a while.

Through the weekend I've found myself bouncing between awareness of what's been called the Supreme Identity, where all is ultimately One, and this dream, this story, of being "Dennis", who is now undertaking a surprise meditation retreat in his apartment for the weekend. Alternating contemplations of E.T.'s words with **Now Reiki** meditations, I find the bouncing back and forth between the polarities of awareness rather peaceful. There is no tension between these modes of awareness, as there has been in the past when I've tried to conceptualize them too much.

If I don't conceptualize these as ideas, I have no words to communicate them with. If I conceptualize too much, it's too easy to get lost in the ideas with all of their mind-made limitations. This weekend my mind and body are tired, presenting a wonderful opportunity to float between the apparent polarities.

Many years ago I spent a Saturday doing intuitive readings at a retreat center in the San Gabriel Mountains. The center had a Reiki workshop scheduled for that evening, and the woman who was to teach it called in sick. The director of the center asked me at the last minute if I would teach the class in the other teacher's place, which I did. The director was laughing when she made the request, finding it hilarious that a teacher of energy

The Psychic Experimentalist

healing had to call in sick! And yet...

Bodies get sick sometimes. They get injured sometimes. And in the end they die. **“Life is hard. Then you die.”** I saw this on a t-shirt over twenty years ago. **“Eat well, stay fit, and you die anyway,”** said a bumper sticker at about the same time. My first response to seeing each of these was to laugh, and then I thought about them for a long time. More than thought, I contemplated them, reflected on them, internalized them. Far from feeling depressed or discouraged by these self-evident observations, I found them strangely liberating.

For more than a decade before this I had been a passionately committed “born again” Christian. For the last few years of that period my belief in a literalist interpretation of the Bible gradually eroded as I learned and experienced more of life, until I found myself at a place where all belief... everything I thought was “true”... was gone. It felt like a spiritual free fall... nothing to hold on to, no certainty, just a free fall through an inner void. And it felt good... free, open, alive to what is rather than to some idea of what is. I felt much like St. Francis, Francesco, did in Zeffirelli’s movie **Brother Sun, Sister Moon**... when he walks naked from the town square, leaving behind his clothes with the residue of his old, false “life”, walking out into... what? He doesn’t know. But he’s free now, and at peace in the now. Ironically, it was that movie that had inspired me to become a born-again Christian while I was in high school, amazingly missing the point of that moment in the film. I didn’t get it until many years later.

This life can present us with some tough situations, and at the end we die. This much seemed obvious, but since I had no particular beliefs about it, I didn’t find it troubling...

Ah, in my wooziness I got sidetracked, and sidetracked again. It’s still okay. The “mind” can rest. This weekend has been for something else... it’s been healing, since I got to harmonize who I am with who **I Am** a bit more deeply.

The Basis of All This, Part 2

**There is only One of us,
and there is only Now.**

I know that can seem strange and mystical to someone who has only read it as an idea, a concept. If you've consciously experienced it, though, really become aware of it, it's just obvious, and that awareness changes everything.

The Neurolinguistics of Enlightenment

July 26,2010... In 1997 I went through NLP training with Richard Bandler and John LaValle and in the process became a “*Licensed Practitioner of Neuro-Linguistic Programming*“... for a couple of years, anyway. The certificate had an expiration date printed right there in the lower corner, and I never got it renewed.

After the training, one of my fellow trainees, a fellow who ran the Long Beach NLP Center, suggested that we Los Angeles area locals get together to practice what we learned. One of the guys who came to practice with us was a NLPer and hypnotherapist who was not part of Richard & John’s training, but wanted to practice with us anyway.

I don’t remember his name, but I remember that he told me about a *satori* kind of experience he had several years before, of seeing into the true nature of reality, of finding life seeming to smooth out as he lived in the moment or something along those lines, and of this insight and experience only really lasting a few days. What he wanted to do now was to find the inner process of that experience, what he called the “neurolinguistics of enlightenment”.

I wish I could tell you more about his experience, but that’s what I remember of his story, and I haven’t talked with him since. But I remembered it again a few months ago when I read Eckhart Tolle’s book **The Power of Now** for the first time. In spite of it’s immense popularity I only got around to reading it this year, and found it amazing... a direct pointer toward the inner nature of reality which can only truly be experienced directly.

It is subtitled **A Guide To Spiritual Enlightenment**... an audacious and all too common claim. It delivers, though, in that it guides the reader who is willing to actually apply it’s suggestions into an experience of inner stillness, awareness, or Consciousness... and even though no book, teaching, or method can automatically trip the One Now Awareness experience, this one clearly describes the inner process, or at least a direct approach to it... even though it’s not really a “process” so much as... well, awareness.

The Psychic Experimentalist

(“... *the One Now Awareness experience...*” Jeez, what an awkward collection of words! I hope you get what I’m pointing at, though... and please don’t take the words themselves too seriously.)

What Eckhart wrote in that book, I feel, answers the quest for the neurolinguistics of enlightenment, even though the book doesn’t use any technical NLP terms to do it. The words it does use are just pointers, and to get lost in the words themselves would truly be to miss the point. Like a finger pointing to the moon... if you get hung up on the finger...

“Ooh... nice finger!” “This finger over here is bigger!” “If you look at my finger, you’ll see the moon faster, and it will only cost a few thousand dollars for the special course!” “*Zippy Doo Finger Pointing*™ is the latest and coolest way to try to see the moon! Enroll in a *ZDFP*™ workshop now!” “Swami Barnum is the Moon Incarnate... his finger is anointed!” “Why, where’s it been?”

... like I said, if you get hung up on the finger... you’ll miss the moon completely, and likely empty your bank account at the same time.

The Power of Now is a finger, a pointer, one amongst many. A couple of other great books that point toward the same moon are **Lucid Living** by Tim Freke, and **The Book: On The Taboo Against Knowing Who You Are** by Alan Watts. Each book takes a very different approach to the pointing, and they harmonize well... but they’re still only pointers. Once you spot the moon the fingers lose importance, and you realize you never needed to “seek” the moon... it was always there. And once you’ve spotted it, no one can take it away.

Still, **The Power of Now**, as well as the other two books I mentioned, are more than worthwhile, and you may enjoy them even if you’ve been watching the moon for years. And if you’re still wondering where that metaphorical “moon” is (“Enlightenment? Awakening? WTF?!”), they may point you in the right direction to see **It**.

Reiki Without the Ego

Years ago Rita, my first Reiki teacher said, “**Living in California keeps you humble. There’s a Reiki Master on every street corner.**” True, it’s a bit difficult to feel puffed up when your title is common. Yet I read somewhere that part of the appeal of Reiki in its early years in the US was that title of “Reiki Master”. Master! Like a Zen Master, or... or... an Enlightened Master, or even... an Ascended Master!

I don’t know how much that was part of the appeal then, but by the time I got involved in Reiki, it didn’t really apply. Reiki Masters had become so common here that there wasn’t much room for that sort of ego tripping. Even less so in **Now Reiki**, even though it’s not so common yet...

There’s nothing wrong with a diploma for completing a course of study, but when the egoic mind identifies with a personal title, it puts the titled “self” one-up on those that don’t have such a title. The more exclusive the title, the more potential there is for elevation of the egoic mind.

Completion of a course of study & practice in **Now Reiki** entitles one to certification as a **Now Reiki Master**. Sounds impressive, huh? Actually, it is rather impressive... **Now Reiki** is a very effective, comprehensive, and versatile system of energy healing, and more... but it presents itself rather humbly. The manual isn’t padded with lots of filler text, it says what needs saying so the student can apply it immediately. The training is easily available in a home study course, and is very affordable. Of course there’s a lineage that goes back to Usui Sensei, just like all Reiki nowadays, but it doesn’t try to impress with the lineage... in fact it doesn’t even directly mention it, not regarding it as important. And, there’s that **Now Reiki Master** certificate... real, legitimate, yet it’s easy to obtain and isn’t registered anywhere!

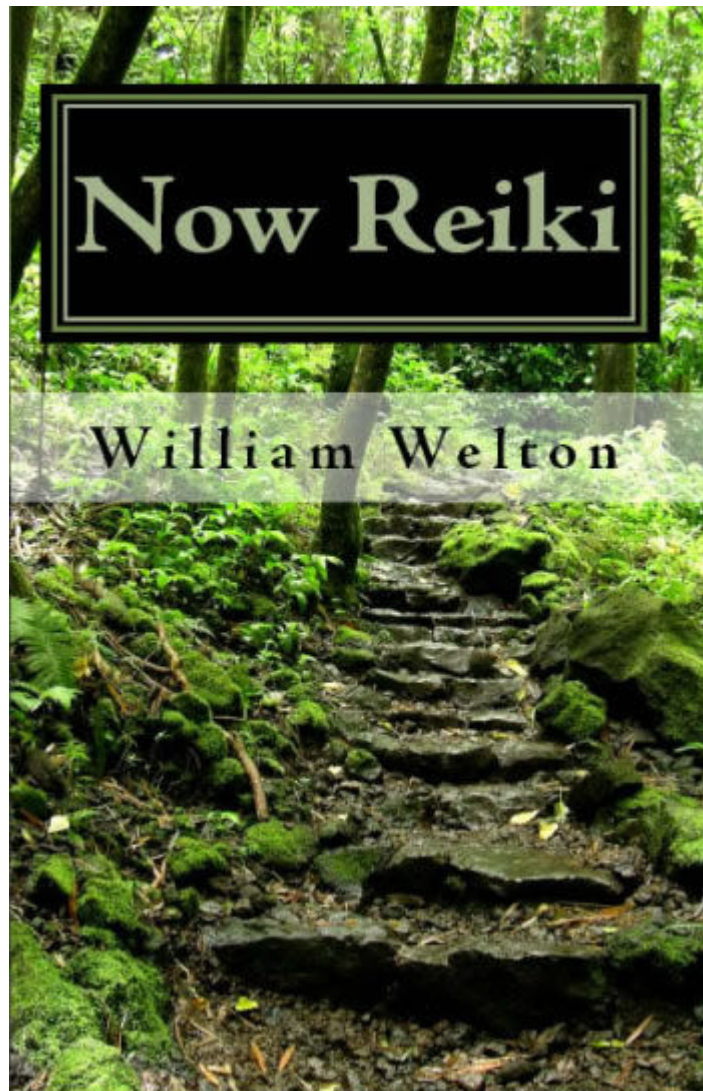
When it came time to download my **Now Reiki Master** certification, I printed it out on gray paper, scrawled my name across it with a Sharpie type marker, signed it myself right above William Welton’s signature, and scribbled out “NOW” for the date. Then I got a simple frame at the Dollar Tree... cost a whole buck... framed it & hung it. Love it. Looks kinda punk

The Psychic Experimentalist

(the way I did it, not the original certificate itself!)... maybe that comes from designing punk fliers in the 80s. But it doesn't look pretentious to me, it reminds me that **Now Reiki** isn't about stroking the ego, my own or anyone else's. It's about focusing universal energy in the stillness of Now, which is identical with Who You Are.

Energy healing really is fairly simple. Children can learn to do it effectively, and most of the learning comes from practicing it, doing it. Yet so many books, teachers, and organizations seem determined to complicate it, register it, and "advance" it... as in "advanced" courses or teachings, add in lots of B.S. and ego-stroking fantasy. Simple as **Now Reiki** is, once you've got the hang of **Now Reiki**, you've got it, and with a bit of practice you find you can apply it in many different ways. You're limited only by your imagination, and maybe not even that.

When I first read the **Now Reiki Manual**, I told Bill, "You've really come up with a way of teaching Reiki without the bullshit!" Recently I realized it's also Reiki without the ego... but then that's saying the same thing, isn't it?



On Learning Now Reiki



You've got the **Now Reiki Manual**, and the **Meditations** CD... Now, what's the best way of going about learning this healing modality?

It's whatever way you like to learn best. If you want to begin at the beginning and go straight through it, that's fine. If you want to skip around, that's okay, too. Not much in the way of rules here. What is important is to *do it*. In **Now Reiki** you truly learn by doing. Rita, my first Reiki teacher, once told me, "**The energy teaches you.**" This really does seem to be the case, as I still find new ways of focusing life force energy continuously.

If you just got the **Now Reiki Manual**, you may want to simply read it through once, like reading a novel, to get an overview. This way you'll have an idea of what to expect as you go... although nothing can really quite prepare you for the charge that comes with seeing real results. (Like when you focus energy on someone's pain and find the pain goes away, or doing the taste test from page 72 and noticing the results... that one can actually be quite startling.)

Once you've got the overview, you can settle down to doing the meditations and exercises however you like, whatever way works best for you. You get

The Psychic Experimentalist

to be in charge of your own learning. Either way, whether you do the meditations and practice the exercises in the order they come in the book, or you skip around, it is important to really *do the stuff*.

If you come across someone with some kind of pain while you're learning this, great! It gives you an opportunity to practice "in the field"... you can tell the person you are learning a form of energy healing, and ask if you can focus some energy on them. You can practice on your family members, your friends, co-workers, pets, whoever... just be sure to ask how they feel afterward, if you can. Well, you might not get a verbal answer from a pet, but ask the humans.

Robert Anton Wilson formulated a "law" for getting results that works for some people when practicing new skills, doing magick, or meditating. If you like it, applying it can work wonders. He called it **Wilson's 23rd Law**, and it goes like this: "**Do It Every Day.**" I would add a corollary... if you skip a day every so often, that's okay. As you practice **Now Reiki** you may find it seems to practically flow on it's own very quickly, so no days will truly be "skipped."

If you find that you couldn't do it as often as you wanted to, or you forgot about it for a time and want to get back to it, that's okay, too... like the **I Ching** says, "**No blame.**" Just begin again at whatever point you feel best doing so.

At what point are you ready to download that **Now Reiki Master** certificate? Whenever you truly feel you're ready. Here again, you are in charge... you know best when to do that. As in other situations, the energy itself may seem to prompt your inner knowing. Let it; get that certificate, and enjoy the satisfaction of what you've accomplished. In you, the Ultimate Ground of Being has done something pretty cool.

It would be hard to go on a serious ego trip about being a **Now Reiki Master**; I've already written about that a few pages ago. Downloading that certificate is an initiation. It's a simple ritual marking a transition. It's a transition from "just learning" to living it. It's both a graduation and a beginning... the original idea of initiation.

Of course, the energy and ways of using **Now Reiki** seem unlimited... at

The Psychic Experimentalist

least no one's reached a limit on it all yet. **Now Reiki** is definitely not boring or dreary, and learning it truly is fun... so have fun with it!

By the way, if you don't yet have the **Now Reiki** course, I have it available at the events listed at <http://dennisgeorgerudolph.com> . If you're not in the LA area, you can also order it through the **Now Reiki** website, <http://nowreiki.com/> .

Reality, Life, and Other Trivia

These are a few quotations I like for various reasons. I put them here rather than use them as quoteweets or “dharma tweets”. There is no particular order to this listing, and just because a quotation is listed here doesn’t necessarily mean I “agree” with it (but maybe I do!)... only that I like it or appreciate it for some reason...

“I have no time for lies or fantasy and neither should you. Enjoy or die.”

-John Lydon (Johnny Rotten)

“Ultimately, of course, there is no other, and you are always meeting yourself.”

-Eckhart Tolle

“Angels fall like rain...”

-The Psychedelic Furs

“The self is not a thing but a relationship between conscious experience and the immediate physical environment.”

-Amit Goswami

“On some level, it’s all true.”

-Sun Son

“Idolatry is not the use of images, but confusing them with what they represent, and in this respect mental images and lofty abstractions can be more insidious than bronze idols.”

-Alan Watts

“You are timeless awareness dreaming itself to be a person in time. Far out!”

-Timothy Freke

“The self of self-reference and the consciousness of the original consciousness, together, make what we call self-consciousness.”

-Amit Goswami

The Psychic Experimentalist

“All Cretans are liars.”

-Epimenides the Cretan

“Religion without sex is a rattling skeleton, and sex without religion is a mass of mush.”

-Alan Watts

“We don’t need more techniques or rules. Learning a new technique like a 33-second manifestation ritual or visualizing sympathetic orbs of energy really only benefit the teacher you pay for this ‘new improved’ information. Get over it. There is no key you are missing, no secret out there, no undiscovered element. You are it. Deal with it - Now.”

-William Welton

“Being the best in a field makes you disproportionately impressive to the outside world. This effect holds even if the field is not crowded, competitive, or well-known.”

-Calvin Newport

“Life is too important to be taken seriously.”

-Oscar Wilde

“War is stupid.”

-Theodore W. Rudolph

“I think anybody who wants to rule anybody else must be sick.”

-Doreen Valiente

“Write a wise saying and your name will live forever.”

-Anonymous

“Life is but a dream.”

-Traditional

“Reality is that which, when you stop believing in it, doesn’t go away.”

-Phillip K. Dick

Psycho-Metaphysics

The following is ~~ripped off~~ from the **Principia Discordia**, used by permission:

With our concept making apparatus called “mind” we look at reality through the ideas-about-reality which our cultures give us. The ideas-about-reality are mistakenly labeled “reality” and unenlightened people are forever perplexed by the fact that other people, especially other cultures, see “reality” differently. It is only the ideas-about-reality which differ. Real (capital-T True) reality is a level deeper than is the level of concept.

We look at the world through windows on which have been drawn grids (concepts). Different philosophies use different grids. A culture is a group of people with rather similar grids. Through a window we view chaos, and relate it to the points on our grid, and thereby understand it. The ORDER is in the GRID...

Western philosophy is traditionally concerned with contrasting one grid with another grid, and amending grids in hopes of finding a perfect one that will account for all reality and will, hence, (say unenlightened westerners) be True. This is illusory... Some grids can be more useful than others, some more beautiful than others, some more pleasant than others, etc., but none can be more True than any other...

The point is that (little-t) truth is a matter of definition relative to the grid one is using at the moment, and that (capital-T) Truth, metaphysical reality, is irrelevant to grids entirely. Pick a grid,, and through it some chaos appears ordered and some appears disordered. Pick another grid, and the same chaos will appear differently ordered and disordered.

Reality is the original Rorschach.

The Psychic Experimentalist

Musings

“Hallucinogenic”, or “entheogenic”, drugs/herbs/entheogens can add another layer to the story, the dream. This is okay, sometimes, and can even help reveal the layered depths of this dream story for what they are.

I am reincarnated in every baby born. So are you. You are currently living about six and a half billion parallel lives, and that’s only counting the human ones. One of them is me, and one of them is you, and yet there is ultimately only one consciousness living these lives.

Of course that’s just a metaphor, another finger pointing to something beyond the words, but that Something...

... Once you discover it for yourself at a real, experiential level, it’s obvious... like when you’ve noticed something that was there all along and it was only conditioning that kept you from seeing it before... now it’s obvious, and no one can take that awareness away from you.

Belief is a trap. Check everything out for yourself. If it’s something you can’t check out personally, but it makes sense at some level anyway, hold to it tenuously at most. This goes for anything I say as well. Be the first on your block to disagree with me. Even if I may be “right”.

Systems decay. All of them.

Cussing is bullshit.

The Psychic Experimentalist

“*[A particular color or shade]* is the new black.”

Black is so powerful that some try to challenge it's position with other colors or shades. Black is all colors combined and no color at all. So is white. But when you truly see no color, not even white or black, what do you see?

“Life is but a dream” is a very old insight.

Sturgeon's Law:

“90% of Everything is Crap.”

In the spiritual marketplace, though, it's more like 95%.

Except on the internet. There it's closer to 99%... or more.

And here, in this book... uh...

“S/he didn't really mean that.” Yeah, s/he probably did. People tend to say what they mean. Pay attention.

“Holy war” and “just war”... oxymorona that people have accepted as valid with disastrous consequences. Those consequences are very profitable, though, to the people behind the powers that use these terms.

Ram Tzu? No Way...

August 16, 2010... A bunch of years ago I read a book called **No Way: for the Spiritually “Advanced”** by Ram Tzu, a short work by a fairly astute wise guy who seemed to have been through the New Age ringer and come out the other side fairly aware. (“...seemed to...” His background is more interesting than that.) I only ever saw one copy of this book until two days ago... while visiting Santa Barbara, Mistress Magdalena and I stopped by a place called Yoga Soup. Not only did they have yoga classes and a remarkably cool selection of books for sale, among those books was **No Way...** the first time I’ve ever seen another copy of it... and they had several.

Once back home I pulled my copy off the shelf and began rereading it. It holds up, still great... written like a sutra of 97 caustically funny passages or verses, with smart-ass illustrations, this is yet another finger pointing toward the moon in an entertainingly unique way. So I looked up Ram Tzu on the ‘net... lo and behold, he lives in Hermosa Beach (where I spent my weekends with my grandmother as a kid), and has a website at <http://www.advaita.org/>.

When **No Way** was first published back in 1990, it was written under the name Ram Tzu because, he said at the time, “I don’t want a bunch of miserable seekers cluttering up my living room.” Since then he has outed himself; his conventional name is Wayne Liquorman and he now has people cluttering up his living room several times a week.

The website is a cool resource, well worth checking out. Among the treasures there are a couple of free ebooks (.pdf) by Nisargadatta Maharaj (available from the *Nisargadatta Maharaj* page), and a two minute animated video called **Consciousness** graphically illustrating “movement in Consciousness from the Unmanifest to the Manifest to Enlightenment”, on the *Seeker’s Corner* page. Wayne also has some books and DVDs for sale. The only one I’ve read is **No Way**, and I recommend it highly. Prepare to have some conceptual bubbles burst.

Sturgeon's Law and the Spiritual Marketplace

“There's a seeker born every minute.”

-Swami Barnum

In the 1950s author Theodore Sturgeon commented that, in the science fiction field, “Ninety percent of everything is crud.” This has since been referred to as Sturgeon's Law, usually stated thus:

“90% of Everything is Crap.”

Isaac Bonewits, in the 1989 revision of his book **Real Magic**, commented that this “law” applies in the spiritual/occult fields as well, what some now call metaphysical or New Age... except that the percentage had best be upped to about 95%. Actually, Isaac said this applies when you go to “New Age” or “Whole Life” types of fairs or expos, but it seems to apply to most books in the “metaphysical” sections at bookstores as well. And in the “health” section, too, including “alternative health”. And in “religion”... “self-help”... the list could go on... It seems you need hip-waders just to get through the (metaphorical) manure that pervades!

Yet, buried under all that metaphysical crud, that useless waste that passes for helpful information or even timeless and eternal wisdom, sometimes can be found bits, chunks, or occasionally even entire tomes of worthwhile information, ideas, and even the rare pointer toward reality...or even, occasionally, (capital-R) Reality. Sometimes a particular author, book, teaching, or system will say something that truly helps. Sometimes a spiritual technique, or system, pretty much works as advertised. Sometimes.

But what keeps the crap game going is a ready marketplace of sincere seekers who are searching for something real to grasp. All too often an ego-stroking fantasy is provided instead, to make the seekers feel special while emptying their wallets. Self proclaimed “skeptics”, who are often absolute believers in their own disbelief, use examples of this to bolster their fundamentalist type of materialist faith.

The Psychic Experimentalist

Why do seekers so rarely become finders? Part of the reason is that seeking implies that you might find the answer you seek in the future... and it's never there. It's always here and now. Another part of the reason is the traps that hucksters lay for the unwary. There are legitimate teachings out there, genuine pointers toward Reality, and they usually present themselves more humbly than the scams do.

Here we focus on what I've found to be worthwhile, real, pointers toward deeper reality and even (capital-R) Reality... and this sharing is intended to help you find your deeper Self, who You truly are, not as a belief, but as an experience, now. I don't want people accepting even what I say just because I said it... my intent is to point to a place behind your eyes, deep inside you, where the Ultimate Ground of Being, who You really are, can be found. Searching the world of things, which includes ideas and teachings, only leads to finding more "things". The search only ends when you turn the searchlight... your awareness... on itself.

More Reality, Life, and Other Trivia

A few more quotations I like... naturally I don't ultimately believe any of it. Sun Son would, of course, as he said... **"On some level, it's all true."** From my perspective none of it is true... it's all just words which, at best, can point toward something beyond the words. In practice, Sun Son is pointing to the same Reality in his apparent "belief" that I do in my lack of belief. So enjoy the words here, contradictory as they sometimes are, and if they inspire a twinge of something beyond just the words, in you...

Enjoy it.

"When the map you're following is of some imaginary land instead of where you really are, of course you'll be mystified by what you see around you."

-Waves Forest

"Whenever two people think exactly alike, one of them isn't thinking."

-Walter Martin

"Extraordinary claims require extraordinary evidence."

-Anonymous

"A fool sees not the same tree that a wise man sees."

-William Blake

"Suffering is necessary until you realize it is unnecessary."

-Eckhart Tolle

"We live; we entertain pompous illusions about ourselves; we die. Too bad."

-Blanche Barton

The Psychic Experimentalist

“Most Vampires are quite aware of their mortality, for while it’s great fun to assume a Vampire persona and play at being immortal with friends on a Sunday night, the realities of having to go back to your job at K-Mart in the morning are all too present.”

-Voltaire

“There is nothing to seek and nothing to find. You are already enlightened, and all the words in the world will not give you what you already have.”

-Dick Sutphen

“Enlightenment is the realization of the Oneness of all and everything, of the eternity and timelessness of all creation. It is the knowing that you always were and always will be, that there is nothing to become because you already are, and that you are present everywhere.”

-William Welton

“The human race will begin solving it’s problems on the day it ceases taking itself so seriously.”

-Principia Discordia

“I have given up anarchy. Too many rules– hating the government and all that stuff.”

-G.H. Hill

“Among Zen Buddhists it is said, ‘When you meet another bodhisattva on the road, greet him with neither words nor silence.’ That leaves you with a vast selection of barnyard noises from which to choose.”

-Kerry Thornley

“You do not create your own reality. You create your own appearances. Big difference!”

-Messiah’s Handbook

“To meditate successfully, the idea that you’re doing a ‘meditation’ can be quite an obstacle.”

-Eckhart Tolle

The Psychic Experimentalist

“Consciousness is a singular for which there is no plural.”

-Erwin Schrödinger

“We’re all posers.”

-Allan Aguirre

“All sadness is a tantrum.”

-Byron Katie

“Nothing is unexplainable. Everything is a mystery.”

-Ram Tzu

“All there is is Consciousness.”

-Wayne Liquorman

**“Ever drifting down the stream—
Lingering in the golden gleam—
Life, what is it but a dream?”**

-Lewis Carroll

“It’s true, it’s true

We made it all up and it’s true!”

-Unofficial motto of the New Reformed Orthodox Order of the Golden Dawn

“Ultimately, it’s not what happens ‘out there’ that upsets you, it’s what happens in your mind.”

-Eckhart Tolle

“Dance like only a few people are watching and they have paid good money to see it and also you really need the money.”

-Dave Hill

“Come on, people, WTF?!”

-Donna Diasio

Real Problems and Government's Solutions

There are real problems out there. Good thing the politicians in charge are on top of things. Here are just a few examples...

Real problem: Kids aren't learning much in schools, as shown by poor test scores.

Government's solution: Test them some more. Longer tests. Then take away funding from the schools that serve kids that have a hard time with those tests. That'll teach 'em.

Real problem: Lots of people can't afford health insurance, because it's too expensive, and people need that money for food and shelter.

Government's solution: Force them to pay that money to the insurance companies anyway.

Real problem: The people responsible for the 9/11 attacks may be out there planning something similar for an encore.

Government's solution: Find some little country with a weak army, and oil, and bomb them to kingdom come. Then take over and tell the survivors they've been "liberated." Give them little flags to wave when the cameramen come. Keep funding the inevitable chaos that follows. Deposit the checks from the war contractors.

Real problem: The economy's in the toilet, because the financial institutions made a bunch of bad decisions while rewarding their top executives handsomely.

The Psychic Experimentalist

Government's solution: Give those same institutions a bunch of taxpayer's money. Surely they'll do what's right with it, won't they? Then give them some more. Then some more... continue until the problem's solved.

Real problem: So much government paperwork that mammoth bureaucracies are required just to keep it filed.

Government's solution: The "Paperwork Reduction Act." Requires an extra page to be filed with each bunch of papers, explaining why more papers are needed.

Real problem: Taxes are burdensome to ordinary people, and so complicated it often takes a professional to figure them out.

Government's solution: Tax cuts for the rich. Then tell the ordinary people to be happy with it because, hey, it's tax cuts for someone, right?

Real problem: Violent crimes.

Government's solution: Have the police officers hide and point radar guns at oncoming traffic. That way they can penalize people for speed infractions so tiny, it takes an expensive electronic device to detect them at all. That's the best use of police funds and manpower.

Yep, good thing those politicians are on the job. That's why people keep voting for them.

More Real Problems and Government's Solutions

It's simple: notice a current big problem. Then notice what politicians are doing to solve it. You might want to remember such things when they try to play on hopes and fears in speeches and ads asking you to vote for them.

Real problem: There are still enough nuclear warheads, armed, aimed and ready, to destroy every living thing on Earth, with enough missiles left over to keep the rubble bouncing until it's powder. The deployment plans for these missiles are still in place, as are the missiles in the silos, making this a major threat to life on this planet.

Government's solution: Uh-huh... maybe we ought to look into that someday.

Real problem: Major traffic jams on urban freeways.

Government's solution: Close off one lane during rush hour. Give it a fancy name... like, maybe, "Diamond Lane".

Real problem: Jails and prisons are overcrowded with non-violent drug "offenders". This makes it difficult to figure out what to do with violent criminals.

Government's solution: Some of those drugs make people feel good. Can't have people going around feeling good. Keep locking them up. Release some of the violent ones early.

Real problem: Drug addictions can destroy lives and homes. These addictions are serious medical problems.

The Psychic Experimentalist

Government's solution: Make it a criminal problem. What do doctors know, anyway?

Real problem: Military personnel are coming back from war zones with severely crippling injuries, physical and emotional.

Government's solution: Cut veterans' "benefits". They knew what they were getting into. Start another war. Our sponsors have weapons to sell.

Real problem: High unemployment, while jobs are going overseas to countries where the corporations pay workers just a few pennies per day.

Government's solution: Tell everyone to take whatever money they have left to go shop for some of that stuff made over there. That'll help our economy, okay? Trust us.

Real problem: Housing crisis. People can't afford homes.

Government's solution: Give a few billion more dollars to the financial institutions that facilitated this mess. Surely they can be trusted with taxpayer money. They contributed heavily to our campaigns, that shows they have good judgment. This will fix the housing problem. Someday. Be patient.

Real problem: Legislation and policy are often determined by the corporations that pay the most money to the politicians in charge. Only clever legal sophistry keeps this from being considered bribery.

Government's solution: Make sure the corporate checks clear. Problem? What problem?

The Psychic Experimentalist

This is too easy... so easy, it's a wonder this nonsense isn't obvious to the people in charge, the ones getting all that corporate money... oh. Never mind.

Even More Reality, Life, and Other Trivia

Just a few more. Don't believe any of it.

"There is no clear dividing line between 'reality' and 'illusion', 'fact' and 'fiction', the 'natural' and the 'supernatural'. There is only *surreality*."

-Tony 'Doc' Shiels

"If we believe enough, there will be whatamores. Do we really want any?"

-Camden Benares

"To try to grasp reality with the intellect is like trying to eat soup with a knife and fork, or like trying to pick up a jelly with the claw of a mechanical digger. The intellect simply isn't made for the job-- we have to use the intuition."

-Colin Wilson

"The human brain is not an organ of thinking but an organ of survival, like claw and fangs. It is made in such a way as to make us accept as truth that which is only advantage."

-Albert Szent-Györgi

"Common sense is what tells you that the world is flat."

-Principia Discordia

"Monotheism is imperialism in religion."

-James Breasted

"There are trivial truths and there are great truths. The opposite of a trivial truth is plainly false. The opposite of a great truth is also true."

-Neils Bohr

The Psychic Experimentalist

“All statements are true in some sense, false in some sense, meaningless in some sense, true and false in some sense, true and meaningless in some sense, false and meaningless in some sense, and true and false and meaningless in some sense.”

-Sri Syadasti

"Belief is the enemy of knowledge."

-Anonymous

Don't believe it.

One and All: A Personal Rant

Why did I/You/All That Is become human, incarnate? Why this story?

Feel it. It's Now, yes, but it's the story also. All That Is includes the story, with all it's fears, pains, loves, happiness, loss, sorrow, pleasure— intense!— all of it. As the Psychedelic Furs said, “**Angels fall like rain.**” We're here at the crossroads of Time and Eternity. That moment is now. Now! It's all you have, but it creates the story, too. So we're here, One and the same, you and I, but living different stories.

There is only One of us here, and there is only Now. That's not doctrine, not something to believe, not at all... yet, here we are, some of us lost so totally in the story that none of this makes sense unless we pull some belief into it. Even then it doesn't truly make sense, with all of the pain and the conflict. The richness of life includes loss, pain, fear, sometimes even goddamn depression. Yet it also includes sex, love, joy, thrills, relief, fun, pleasure, contentment, connection, depth, intensity, intoxication, and so much more.

If you were to consider the polarities of life as we experience it, you find Now, Inner Stillness, Being, and then you find the story, the dream, what we experience as this lifetime. In the Tarot these are found in the two branches of the Celtic Cross, horizontal and vertical, time and Now. Life isn't just this story, this adventure from birth to death... but it isn't just Divine Selfishness, the Eternal Now, either. It's the story, and it's the All. It's time, and it's the ever present Now. It's You, it's Me, we're One and the same on a level that's deeper than any of the religious diatribes we've ever heard can conceive. It's beyond all concept, while at the same time it's all the stuff you and I felt while trying so hard to figure it out.

Story and time... One and Now. Horizontal and vertical, the polarities we live... it's not one or the other, it's *both and*. It's All That Is, on all levels, the fullness of life. You are God, All, Is, Nothingness, Divine. You are who you are... You are Me. I am You. And, my God, this life is so amazing, and I'm grateful to all of you I have shared it with, and continue to. Everyone reading this, I feel tremendous gratitude, appreciation to. In you I see myself, but not as another egoic “me”. I see my Divine Self, incarnate as

The Psychic Experimentalist

you, as me. I feel myself, my True Self, in you... not your egoic mind, the thoughts that pretend to be who you ultimately are, but the True Self you are, I am, we are.

This is not theology or a traditional philosophical discourse, to be parsed and analyzed; it's more of a rant... expressing a feeling. When I wrote the first draft of this, tears were pouring because I **feel it**, deeply. And, this is also meant to be one more pointer to That which is at the end of all honest quests, that which really never needed to be sought, since It was always right here and now... and just in case you're still "searching", shh... It's in you, now. **Happy finding.**

Recommended Reading

The Trilogy

Three fingers pointing clearly and directly toward the moon:

The Book: On the Taboo Against Knowing Who You Are by Alan Watts

Lucid Living by Tim Freke

The Power of Now by Eckhart Tolle

To believe what they say is missing the point. But to ignore them may be missing a chance to **wake up** to more than you can think.

And...

A couple more book suggestions:

Now Reiki: Universal Energy and the Stillness of Now by William Welton

...The best in energy work, practical and direct.

The Gospel of the Second Coming by Timothy Freke and Peter Gandy

... answers the question, where does Jesus fit into all this?

About the Author



Dennis George Rudolph was born and raised near Los Angeles, California. During an unusual childhood he became involved in psychic research, co-developing a parapsychology lab while in the sixth grade.

Dennis began studying Tarot in 1973, and began reading professionally in 1993. He began teaching classes on practical Tarot reading about the same time. From his varied studies and experimentation he has developed a way of reading Tarot with lifeforce energy focused through the stillness of Now. More information on this can be found at the Lifeforce Tarot blog: <http://lifeforcetarot.blogspot.com/>.

Dennis began practicing hands-on healing over 30 years ago. He is an independent Reiki Master in the Usui lineage and a **Now Reiki Master**. He has taught Reiki classes in the US and Asia, and has done Reiki sessions at psychic fairs for over a decade. He has also done private Reiki sessions and taught individuals privately since 1999.

Dennis has also been certified as a Quantum-Touch Practitioner and demonstrates energy healing in the **What is Quantum-Touch?** DVD set.

Dennis began doing intuitive consulting (fancy name for psychic readings) professionally in 1993. In addition to doing personal consultations, he has done readings as entertainment for numerous companies at social functions, as well as at private parties.

Dennis is an ordained minister, and holds additional credentials in

The Psychic Experimentalist

handwriting analysis and S.A.R. (Subconscious Analysis and Reprogramming).

Dennis has authored and coauthored numerous books, including a series of handwriting analysis textbooks published in Taiwan. As you can see, he can also write about myself himself in the third person sometimes. His mother thinks he's a little crazy.

Visit me online at
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