

Nightmares Good Dreams Heaven and Hell

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For most of us, there are people that don't like you or have negative thoughts toward you or negative feelings toward you. On the other side, there are people that admire you and think fondly of you.

In spiritual circles, we know of people we call "sensitives" and conversely, we know of people who are "projectors" (of strong emotion or ideas). Like it or not, I'm "cursed" with being a sensitive.

As such, I'm fairly confident we're ALL projectors of one sort or another: when we're in good moods, we project "positive vibes", emotions, and thoughts; when we're in "rotten" moods, we project negative vibes.

Over my life, I've correlated nightmares and night-terrors with those individuals who simply do not like me. My recently passed away eldest brother resented me from birth because I was the only sibling in the family natural born while he was adopted. There was no resentment for most of my life from my middle brother, also adopted, because he had a special friendship with our father. Honestly, I never made the connection between eldest and night-terrors of childhood simply because I didn't believe in putting blame on "innocent others"; I could not believe that my *own brother* would ever wish me harm, psychic or otherwise.

But now that the eldest brother has passed away, there are no more night terrors nor nightmares that could even remotely be associated with him. Extremely infrequently, when things are not "cool" with my middle brother, I will have nightmares associated with him (if I piss him off for any random reason or bother him mentally or emotionally). This actually spurred me to start writing this essay. The other recent event which caught my attention is about my wife, Grace. I'm convinced she's an extremely powerful projector **because**: while I was on her "shit list" (long complicated story), I sincerely/honestly was in **living hell**

emotionally. Depressed and suicidal were euphemisms for what I was going through. So *whether we're sensitive or not, we're receivers* of mental/emotional energy. So here is a brief summary of my take on our psychic side:

1. we're *all* projectors and receivers
2. our nightmares are from our 'enemies'
3. our good dreams are from our friends

If you thought/felt above is speculative, wait for below! [wink] Along the same lines of thinking, what we experience as "hell" *must be* projected negativity of our enemies. And if there is anything even remotely like a "heaven" in our reality, most certainly that would be a *psychic haven of projected positiveness*. Heaven = (+) haven, but realize this "thing" will *not* exist for you personally *unless* you *have friends* who *care* about you! What's that old expression about friends? "A man is *not* measured by *what* he leaves behind but by *those* who called him friend."

So instead of accumulating wealth or material possessions, why don't we focus on true friendships? This seems more practical from a spiritual viewpoint .. I used to have horrific panic attacks which reminded me of how transient human life truly is; thank GOD they don't plague me anymore, but I'm still reminded occasionally of the realizations they'd bring: the finality of death .. There *may* be an "afterlife" (of sorts described above). But do we really want to risk permanent "hell" simply for a little selfishness in this life? I'd rather live a sparing (for myself) life in *this* life – in exchange for a little *peace* in the *next*.

(The other day, I had a horrific vision of being a ghost and not being able to tell my loved ones – how much I do. *That* was a vision of hell, truly. Watching them forget me and remember less every day – simply of my existence. "Bad husband" and "bad father" I heard in their thoughts when they *did* think of me. I realized this vision was a warning of *things to come* IF I spent my life *selfishly* .. It's a warning for ALL of us ...)