

## A Brief Discussion about the Safety of Communicating with the Other Side

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Attitude is everything. Attitude is an expression of our worldview, and it is our worldview that we use as a mold to build our personal reality.

We have had a number of people ask us about the dangers in seeking to communicate with our friends on the other side. Some have expressed great concern that they might leave themselves open for attack from angry entities or that they might inadvertently invite a disruptive force into their home. The words, “demon” and “low levels” have come up more than once. We think a better term might simply be “less spiritually evolved entities,” as this is what they are. However, “low level” seems to be the term that is most used and understood.

Harold Sherman, in an article written for *Psychic Observer & Chimes*, recounted a friend’s distressing experience in trying to reach his wife and running into what he called “low grade discarnates.” When the man lost his temper and told them to go away, it only seemed to increase their interference. Sherman listened to some of the recordings and called it pure drivel.

Sherman came to the conclusion that the mental attitude of the experimenter played an important part in what was recorded. He wrote, “It is as though low-grade intelligences come in on the emotionally disturbed ‘wave length’ of the operator. Unless the mind is prepared through prayer or a spiritually motivated meditative period, one is apt to invite the wrong kind of communicants.”

Some researchers, who have occasion to address the public about these phenomena, will include a strong warning that there are potential dangers and that the prospective EVP and ITC experimenter should use caution. Others seem to wonder what all of the fuss is about because they have never had a problem.

In the Summer 1988 AA-EVP NewsJournal, Sarah Estep ran a brief review of the CETL newsletter written by Jules and Maggie Harsch-Fischbach in Luxembourg. The couple believed that experimenters could attract positive as well as negative contacts. They quoted a comment made by pioneer researcher Dr. Konstantin Raudive. Raudive said, “Transcommunication is not a hobby for people who can’t cope with the realities of life.”

We believe that working with EVP and ITC is fundamentally safe. It is difficult to find a single example in which an individual has been harmed because of their communication across the veil. Yes, people have occasionally been “bothered.” It is known that the time we spend carefully listening too hard to hear EVP examples seems to enhance our clairvoyant and clairaudient senses. To many people, this is exciting and something they want. To others, it can be disturbing. This enhanced sensing has been reported to fade if one takes a break from EVP or other development work.

In the heyday of Spiritualism, people sat in groups trying to communicate with the other side. One of the important

benefits of these groups was that they provided a safe place for mediums to develop. When people were working on, say for instance trance development, they could feel open and safe, in that they had an experienced medium to assist them if they should run into some sort of trouble. By the way, many Spiritualist churches still have development groups and classes and we would recommend these or any other good development groups or classes to EVP/ITC experimenters.

Many EVP experimenters work alone and do not have the benefit of a group of more experienced EVP researchers. We wish that everyone who experimented with EVP had a strong metaphysical or spiritual background, because it is important to have some basic knowledge about the other side and its workings. Since the experimenter is part of the bridge between those on the other side and the EVP or ITC equipment, it is important for the experimenter to have a strong sense of self, accompanied by a positive attitude and spiritual outlook on life.

In the [Fall 1989 newsletter](#), Sarah Estep wrote, “Obviously, no one starts taping, automatic writing or playing with the Ouija board, thinking they will become possessed or obsessed. But it can happen. As I wrote on Page 196 of *Voices of Eternity*, “The difficulty is in ascertaining who is susceptible... I am not trying to frighten people who are thinking about beginning to tape... Working in the field can bring some of the most rewarding, enriching experiences of your life. It would be amiss of me, however, not to caution you about the darker side of psi. Experienced tapers will tell you not to believe everything that comes through. You have your liars on the other side, as you have here. The more they realize they are getting you upset, the more they will continue. Human nature being what it is, we may imagine certain messages are there, when in fact there is nothing. The important thing though is, if a person believes a message is on tape, that person will respond to it for better or worse.

“If you, at anytime, think you are in contact with low level entities, leave your tape recorder. Remain in control at all times. Anyone can sit down to tape. It takes much more inner strength to pull the plug and walk away.”

Negative thoughts, such as fear or hate, are powerful forms of energy, and this energy can accumulate and do harm. It is as if this negative energy is an anti-particle that neutralizes positive energy and dissipates it from our use. We also believe that negative energy is not as sustainable as is positive energy because it is not consistent with the fundamentally positive nature of reality. Thus, as entities gain in spiritual maturity, they become less able to sustain fear or hate.

We advise people who are fearful of the unknown or who might have trouble keeping the voices in perspective, to pass on EVP. Our concern is that a person’s fear might tend to be amplified by

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a close encounter with an entity. The entity could be perfectly friendly, but because of fear and because the encounter is so fleeting, a fearful person might see the encounter as a reason to be more fearful.

Experimenters are responsible for creating a positive contact field for the other side. This includes expectations. You are responsible for your own life, and who and what you let into your environment and consciousness. Protect your personal environment and maintain a field of positive energy around your home and all that you do.

We want to make sure that people do not feel that something is wrong with them if they do encounter one of these less spiritually educated entities. Many researchers have had this happen. If you are one of them, you are not alone. Discarnate entities are attracted to people in the flesh who seem to be supportive of them in some way; someone who might be sympathetic about their plight. So, if you have attracted an angry entity, you are not necessarily an angry person. For example, if the angry entity is afraid to go on because of some dastardly deed committed in a past lifetime, and you are knowledgeable about why the entity should not be afraid, then it may very well be attracted to you as a potential source of guidance.

It has been made clear, via just about all of the forms of transcommunication, that entities in spirit are always with us. They may be in our home at any time, whether we sense them or not. A group we have communicated with, the Emperor Group, has told us that they do not watch us, and that they only come to us when we call on them or when we need help. We are certain that this group is not earthbound. It may be that earthbound entities do watch us. With that said, we believe that EVP researchers can request privacy and can tell earthbound entities to go away if they are being bothersome. An entity certainly does not have to be in your home to initiate EVP.

It is common for an EVP experimenter to ask for help from the other side to improve communications. To our friends on the other side, this is probably equivalent to asking them into our house for a visit. If you are seeking phenomena—and you are if you work with EVP—then we would think that you would greet these visitations as a new form of communication. What a wonderful proof!

These entities are people. In time, they could be you. How would you like to be treated? They deserve to be treated with respect. If you are not living in a haunted house and if you find that you have entities in your home, odds are this is because you have called them in some way, or they have a need to communicate with you. After all, many of us have come to EVP out of a need to communicate with one of them. Can you imagine how frustrating it might be if entities in your house believe you can help them communicate with a loved one (perhaps with you) and all you do is request that they leave? You have the right to tell them to go, but you have the opportunity to greet them and find a way to communicate.

Tom and Lisa Butler

## Managing Intrusive Communicators

Christopher Hayes recently began a topic in the Idea Exchange titled "[Foul Responses](#)": "I have ... consistently gotten responses that are quite lewd and filled with bad language.... Does anyone on the board have an **intervention strategy** that helps get more positive EVP?"

Moderator Margaret Downey suggested the article about safety that is at [aaevp.com](#) and republished in this issue on page 8. Since this is one of the more abstract issues EVP experimenters must deal with, I (Tom) made a few observations about what we have learned over the years: If they have made you angry, then they have the energy they need from you. This is one of those, "Don't think of a pink elephant" situations. When we say that you need to ignore them, what we really mean is that you (or an interested observer) are the conduit through which these messages are passed into the physical. That takes energy of the kind more properly thought of as biofield or auric energy.

It also takes a physical "body" to hold the information. If I try to tell you about a new form of vehicle that you have no familiarity with, I must begin with "it is like" so that you can put form to the idea I am trying to convey. Trans-etheric messages are no different. There has to be a word or image to "hold" the information and give it existence in the physical. If you attach undesirable meaning to those words, then it is too easy to see the use of those words as undesirable.

So here, "ignore" means to really not think of that pink elephant. Try changing your perspective from "This is irritating" or "That is a lewd message" to "That is a funny thing to say." Words are just words until we assign significance to them. You see it all the time when kids play. They will often insult each other in ways that, if the same words were used in polite company, they would be ostracized for being antisocial.

Christopher wrote back, "Your perspective makes sense to me. As an aside, I am a professor of clinical psychology and only recently got into EVP after my father died. Initially, I got several heartwarming messages from him (using a digital recorder and background static). Then, all of a sudden I started receiving an overwhelming number of lewd messages. I did exactly what you are talking about, I not only assigned the messages power and meaning over me, but got quite angry. Since receiving the feedback from the board, the messages have vanished! They had been going on for over two weeks unabated. I believe that my fear played a role in all this, and I began wondering why the other side was attacking me. This experience has taught me an invaluable lesson: EVP work requires one to be prepared to do self-assessments, and not to take it all so seriously (I loved your idea about responding "isn't that a silly statement"). I also re-read the article you wrote on this topic. Finally, the Idea Exchange has proven to be invaluable, and I thank you again for your input.

Thanks for the feedback, Christopher.