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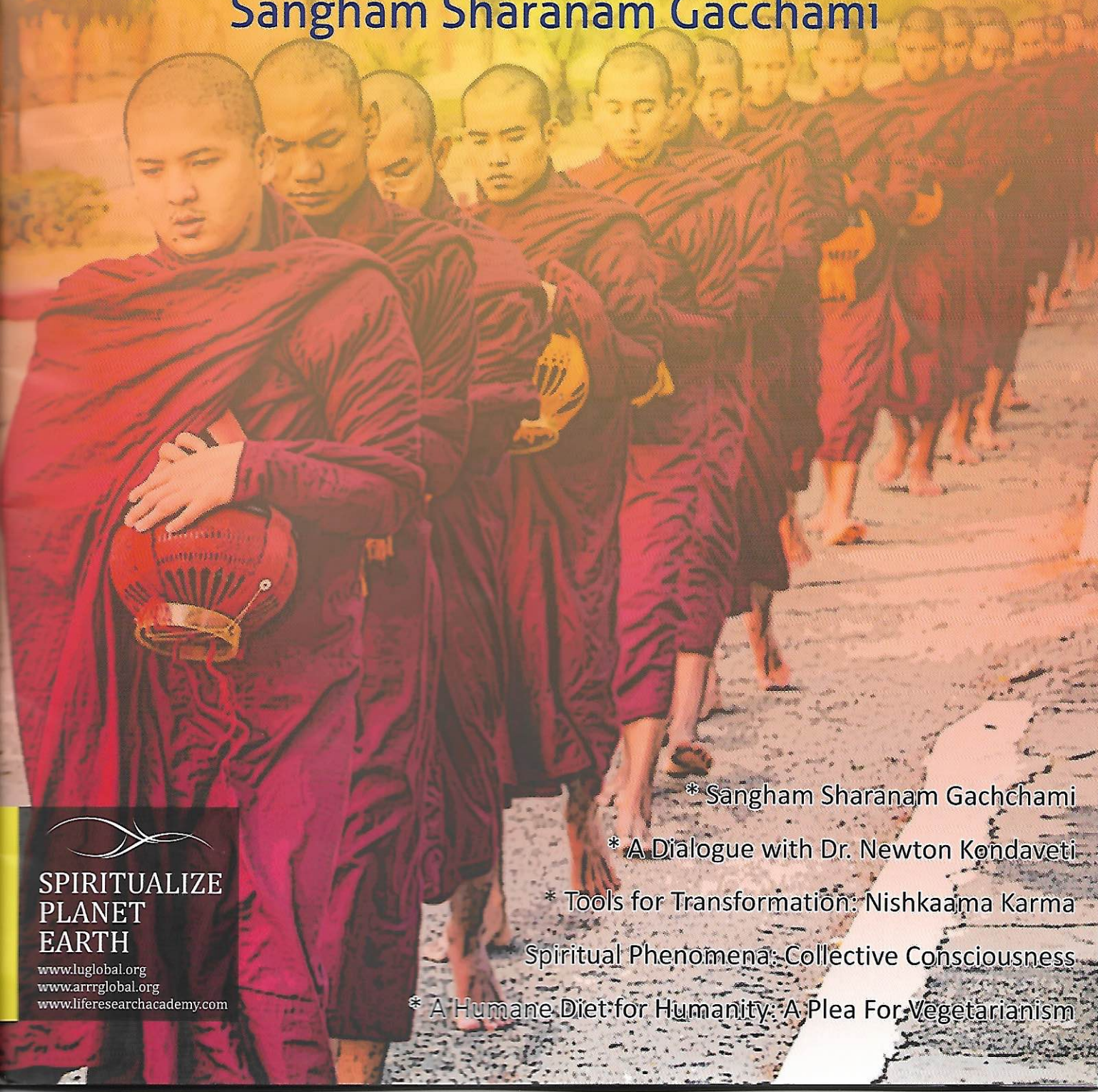
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# Shamanic Psychopomp

## Cleaning The Space of "The Dead" Who Are Trapped In Our Reality

One of the most baffling questions is, "What happens to the Soul after the death?" The answer is that they cross over into non-physical reality. However, some Souls get trapped in our reality. **Gurpreet Singh** tells us how they can be guided to their rightful place.

### What is Psychopomp?

Psychopomp is a word from Greek Mythology meaning "A Guide of The Souls to The Place of The Dead". So psychopomp guides the "Dead", who have not crossed over, to their rightful place on the other side.

Each culture has its own Gods of Death and Psychopomp. Shiva, Yamaraj and Yamadoots in Hinduism, Azrael in Judaism, Anubis, the jackal headed God as well as the Goddess Osiris among the ancient Egyptians, the Valkyries who take dead warriors to Valhalla, in Teutonic legend, Mercury from Roman legends and the Grim Reaper from more contemporary times.

Psychopomp however, is work that must be actively practiced by humans for the health and wellbeing of their ancestors, their families, their communities and the planet at large.

### Why is Psychopomp Needed?

Most of the times when people die their exit from this world takes place with ease and without errors. However, sometimes things go wrong and they get stuck in this reality. They are then not able to or willing to leave. Whenever that happens, they inhabit the non-ordinary reality of the Middle World and contribute, through that presence, to the psychic debris of the Earth.

The Dead do not belong here so when they share space with us it has a negative impact on the environment i.e. on the humans, the animals, the plants, the land and our dwelling places. Their energy starts rubbing off on all life in the Middle World. Speaking specifically of humans; if the numbers of the "Floating Dead" is high, it is as if the living are inhabiting the world of the dead rather than the other way around. The outer edges of the Luminous Cocoon of Man starts imbibing some of the energy of the Dead and slowly over time the effect seeps in deeper. This effect manifests in varying degrees on the people who are sharing space with the souls who haven't crossed over. Some of the symptoms that I have commonly encountered in these individuals, who are living in these unclean spaces, are;

1. Continuous feeling of lethargy.
2. Inability to see the brighter side of life.
3. Loss of hope for no apparent reason.
4. General feeling of depression.
5. Suicidal tendencies.
6. Slow but steady deterioration in health.
7. Changes in complexion, especially around the eyes.
8. Financial difficulties. (Even if the earnings are good the money quickly gets spent in unforeseen emergencies)
9. Confused and muddled thinking where it becomes challenging to choose between alternatives.

Being continuously in the presence of the Dead so weakens the boundaries of the living that they become easily prone to "Spiritual Intrusions" which may lead to more serious health issues.

All these commonly seen symptoms are caused by the Dead who are lost, the ones who have not managed to find a way out of this reality but are otherwise not really interested in the living. Needless to say that in the case of "The Dead" who are of a malevolent disposition or those who have a score to settle with the living, the consequences of their being around are far more dangerous. These kinds of Entities and their impact is not being covered in this short article.

For the emotional, mental and physical wellbeing of the living it becomes essential that the "The Dead" are not allowed to linger around and are moved to their rightful place on the other side. This is good, obviously for the living, but also for the Lost Dead who can then rest, recover and carry on with the evolutionary journey of their soul.

Psychopomp, therefore clears not just the psychic debris of the Earth for our benefit but is also a part of our

moral obligation and a great act of compassion towards another human being who, post death, has lost his way, is disoriented, confused and scared. If we do not act they could be stuck here for a very long time as most people would not detect them, unless it's a poltergeist inhabiting the affected space.

### Why do the Dead Get Stuck Here in the Middle World?

Let us now look at the reasons why the Dead are sometimes unable to cross over and end up being trapped in the Middle World, the reality inhabited by the living. The reasons given below are not arranged in any order of importance or frequency of occurrence.

1. They are not aware that they are dead because of
  - a. Sudden and Traumatic Deaths as in accidents, wars, genocide and terrorist violence amongst others. (This is a very large number because more people have died sudden traumatic deaths from these events in the last 2,000 years than probably in the entire period of human history before that.)
  - b. They missed seeing the light and so missed the opportunity to leave.
  - c. They were looking down at the time of death which again led them to miss seeing the light or connecting with whoever had come to escort them to the other side.

These disembodied individuals would be very confused, disoriented and scared. They would not know what is happening and would have no idea what to do next or where to go next. Their state is truly pitiable.

2. They are ashamed of their deeds here on earth and now, post death, are too ashamed to meet their ancestors or Spirit Guides.
3. They have strong religious beliefs and a belief in Heaven and Hell. Somehow they believe that they are



headed towards hell because of their deeds on Earth.

Not wanting to be consigned to the eternal flames they choose to stay here.

These categories in 2 and 3 would know that they are dead, unlike the ones listed in category 1.

In all the above 3 categories the Dead would in all probability not be interested in harming the living in any way. Their presence, in any case, is harmful to the living but on their part it's not a conscious act of causing harm.

4. They have a strong desire for revenge. In these cases life gets very messy for the living whom they are targeting. The harm inflicted is proportional to their spiritual power that they had at the time of their death.
5. They have a misguided sense of unfinished business. In these cases too the degree of interference in the lives of the living from the Dead can be substantial as also the harm inflicted. There have been occasions when Shamans or Spiritual Elders in Indigenous tribes have chosen to consciously stay back for a few hundred years because they felt that their tribe needed their guidance and protection.
6. They have a strong attachment to
  - a. Persons.
  - b. Places.
  - c. Things.
  - d. Substances.
  - e. or their own Body (Now in the grave, which they may actively try and revive) These cases do not occur in cultures that cremate the dead.

In these cases of attachment to things left behind too the encounter of the living with the dead may not be

pleasant for the Dead Person floating around may aggressively try and protect his property and former possessions from the new owners. Similarly the ones who are addicted to substance abuse while alive may try and possess somebody else's body to be able to get the same experience again. ("Possessions" is a vast subject and is not being dealt with here. At this stage it is enough to be just aware of this possibility)

7. Finally the dead person will not be able to cross over if they have indulged in "Soul Theft" while alive for you can leave this reality for the other side with only your essence and not that of other people. It is therefore essential to give up all stolen souls regularly.

## Where are the Dead taken to from here?

Psychopomp is a method of guiding the souls, compassionately, to their rightful place in the Upper World or the Lower World. Going Up, Heaven wards, is a recent concept originating in the Christian view of the world. Otherwise, people post death have gone "Up" to the Upper World or "Down" to the Lower World, both of these being completely spiritual realities.

Speaking in non-shamanic terms we may explain psychopomp as the act of guiding souls, post death, to their appropriate vibrational frequency level in the astral plains.

When Psychopomp is done well and timely it prevents the Dead from getting caught up in the terrifying Bardo States that the Buddhists speak of.

## How Else Can The Method of Shamanic Psychopomp be Used?

This method can be used to help our near and dear ones find a better place on the other side compared to the one where they find themselves in post death.

The Psychopomp Method can be refined, modified and enhanced to neutralize a lot of black arts and sorcery that

is used by some people who work with the Dead to further their aims. There are communities who work with the Bhoots, Pretas and Pisachas. There are still others who prefer to work with Jinns and Hamzads.

It is prudent however, not to get involved in a direct contest of strength with a black sorcerer for you may find yourself confronting someone far more powerful than you. The consequences of such an error of judgment may be fatal.

This is an Experts Job – Be Cautious.

The work of psychopomp is an ultimate act of charity and also very good karma. I feel that this is something that everyone should learn to ensure the health and wellbeing of our elders, who pass away as well as that of our communities left behind.

Shamanic Psychopomp is a method that can be learned and practiced safely. It also helps handle ghosts and clear haunted places. However, the method has to be learned from a good teacher as errors in the method may

have disastrous consequences for the practitioner.

Until adequate power has been gathered, the nuances understood and continuous guidance available it is best to always steer clear of Possessing Entities, Aliens, Demonic Entities, Pischasas, Brahm Rakshasas and Hamzads, as the methods to handle these are different.



**Gurpreet Singh**

*Teacher of Shamanism and Yogic Sciences*

[www.soaringspirit.in](http://www.soaringspirit.in)

[soaringspirit39@gmail.com](mailto:soaringspirit39@gmail.com)

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*A healthy social life is found only, when in the mirror of each soul the whole community finds its reflection, and when in the whole community the virtue of each one is living.*

**-Rudolf Steiner**

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