

ARE YOU  
GETTING  
ENLIGHTENED  
OR  
LOSING  
YOUR MIND?

A PSYCHIATRIST'S GUIDE  
FOR MASTERING  
PARANORMAL AND SPIRITUAL EXPERIENCE

By David Gersten, M.D.



*Wisdom Moon Publishing*

2012

# ARE YOU GETTING ENLIGHTENED OR LOSING YOUR MIND?

## A PSYCHIATRIST'S GUIDE FOR MASTERING PARANORMAL AND SPIRITUAL EXPERIENCE

Revised & updated Edition, 2012

Copyright © 2012 Wisdom Moon Publishing, LLC

All rights reserved. Tous droits réservés.

No part of this work may be copied, reproduced, recorded, stored, or translated, in any form, or transmitted by any means electronic, mechanical, or other, whether by photocopy, fax, email, internet group postings, or otherwise, without written permission from the copyright holder, *except for brief quotations* in reviews for a magazine, journal, newspaper, broadcast, podcast, etc., or in scholarly or academic papers, *when quoted with a full citation to this work*.

Published by Wisdom Moon Publishing LLC  
San Diego, CA, USA

Wisdom Moon™, the Wisdom Moon logo™, *Wisdom Moon Publishing*™, and *WMP*™ are trademarks of Wisdom Moon Publishing LLC.



[www.WisdomMoonPublishing.com](http://www.WisdomMoonPublishing.com)

ISBN 978-1-938459-09-2 (softback, alk. paper)

ISBN 978-1-938459-11-5 (eBook)

LCCN 2012941854

9 8 7 6 5 4 3 2 1

# Table of Contents

<b>FOREWORD</b> by Larry Dossey, M.D.	i
<b>INTRODUCTION</b>	1
Experiences of Spirit in a Secular World	
Finding Meaning in Your Own Miracle	
<b>Part I — Opening the Mind to Spirit</b>	19
<b>1      OPENING TO THE POSSIBILITIES</b>	21
A Powerful Mystical Experience	
Psychic Beginnings	
A Spiritual Teacher Remakes a Psychiatrist	
Illness: A Doctor Learns Compassion the Hard Way	
<b>2      TWENTY-FIVE SPIRITUAL QUESTIONS           PSYCHIATRISTS ARE AFRAID TO ASK</b>	39
Who Is God and Where Does She Live?	
<b>3      A DAY IN THE LIFE OF A SPIRITUAL           PSYCHIATRIST</b>	55
Guided Imagery	
<b>4      THE HEALING POWER OF HUMAN VALUES</b>	77
<b>5      PSYCHO-SPIRITUAL ASSESSMENT</b>	83
Peak Performance	
<b>6      BELIEF MEDICINE</b>	103
Shamanism and Sorcery	
Eastern Healing Systems	
Universal Healing Systems	
Folk Medicine of the American Tribe	
Mixed Messages About Healing	

<b>7</b>	<b>GETTING CONSCIOUS ABOUT CONSCIOUSNESS</b>	<b>121</b>
	The Language of Consciousness	
	Kundalini: A Great Masquerader	
	<b>Part II — Getting Enlightened</b>	<b>143</b>
<b>8</b>	<b>HIGHER STATES OF CONSCIOUSNESS</b>	<b>145</b>
	Out-of-Body Experience	
	Near-Death Experience	
	Death-Bed Experience	
	Healing Trances	
	Identity Switching	
	Nirvana	
<b>9</b>	<b>VISUAL PARANORMAL EXPERIENCES</b>	<b>161</b>
	Visions Versus Hallucinations	
	Angels	
	Visions of the Departed	
	Ghosts and Hauntings	
	Psychic Attack and Spirit Possession	
	Thought Forms	
	Artistic Hallucinations	
	The Human Aura	
	Past-Life Memory	
<b>10</b>	<b>EXTRASENSORY PERCEPTION</b>	<b>207</b>
	ESP of Sound	
	ESP of Smell	
	ESP of Empathy	
<b>11</b>	<b>MIRACLES</b>	<b>219</b>
	Mind-Body Miracles	
	The Power of Prayer	
	God’s Invisible Hand	

<b>Part III — The Lost Mind</b>	<b>237</b>
<b>12    WHAT IS THE MIND?</b>	<b>239</b>
Organic Brain Syndromes: When the Chemistry Isn't Right	
Schizophrenia: When the Brain and Mind Drive Each Other Crazy	
Mania: When the Brain Goes on Overdrive	
Borderline Personality Disorder: When Spirit and Mind Collide	
Multiple Personality Disorder: When Dividing Is Surviving	
<b>13    WHEN THE SPIRIT CAN HELP THE MIND</b>	<b>281</b>
Depression: When the Past Won't Let Go	
Anxiety Disorders: When the Future Takes Over	
Neurosis and Suffering	
<b>14    MIRACLES OR MADNESS</b>	<b>315</b>
<b>Part IV — Tools for Transformation:           Making Your Own Miracles</b>	<b>321</b>
<b>15    SPIRITUAL FIRST AID</b>	<b>323</b>
How to Recognize the Real Inner Voice	
How to Diagnose Your Own Miracles	
Practicing Forgiveness	
<b>16    SPIRITUAL EMERGENCY:           OPENING THE DOOR TO CHANGE</b>	<b>337</b>
One-Minute Imagery Rituals	
<b>17    SYMPTOMS, PROBLEMS, AND SOLUTIONS</b>	<b>349</b>
Career	
Energy	
Fear	
Feeling Trapped	
Love and Money: Learning Abundance	
<b>18    TOTAL TRANSFORMATION</b>	<b>357</b>
<b>19    THE TAO OF LOVE</b>	<b>361</b>

<b>20</b>	<b>FACING THE VOID: HOW PROFOUND EMPTINESS IS CURED</b>	<b>375</b>
	Exploring the Void	
	Divine Assistance	
	The Inner Abuser	
	<b>EPILOGUE — THE ANSWER TO THE QUESTION IN THE BOOK'S TITLE, ARE YOU GETTING ENLIGHTENED?</b>	<b>385</b>
	<b>APPENDIX A: MENTAL FITNESS TECHNIQUES</b>	<b>391</b>
	<b>APPENDIX B: GUIDELINES</b>	<b>393</b>