

## *Monitoring Psychic Energy*

In 1972, Carl began to learn an important lesson for all mediums: monitoring psychic energy. Carl accompanied a friend of his, Bill Geer to Lily Dale, NY, which is a summer Spiritualist camp. Many mediums went to Lily Dale for the summer months. There were constant events: such as message services (where mediums relay messages from spirit people, to members of the audience), worship services, lectures and workshops. Of course, many mediums also supplement their income by giving private readings at the camp.

Carl met Bill Geer at the Willimantic Spiritualist Church, because Bill was the pastor of the Church. Carl began attending the Church through the classes. [See Chapter 34 Phone Call about Psychic Development Class]. Bill and Carl became friends.

Lilly Dale was the place for beginning mediums to practice and hone their mediumistic skills. There was a meeting place on the camp grounds, named "The Stump" Beginning mediums would stand on the stump, which acted like a stage, and give messages to the people who had gathered there.



For some reason, Bill decided to sit and do private readings on this trip. I am not sure how many he did, but Carl did say he did many readings, one after another for several days. When Bill returned home, he was exhausted. A few days later Bill died.

The Willimantic Church was in turmoil, and several of the parishioners convinced Carl to assume the leadership of the Church. It was about this time that Carl's reputation as a medium was growing in the Connecticut area. Several newspapers wrote articles about his work.

Then, Carl had a surprise, when he went to see his doctor for his annual physical. Dr. Nichols had his practice in Hartford. When he saw Carl he asked, "Are you the Carl Hewitt that I read about in the papers?"

"Why, what have I done?" Carl replied.

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“Seriously, are you doing mediumistic work,” Dr Nichols asked with a rather stern voice.

“Yes I am,” Carl replied, “Why do you ask.”

“Because psychic work can be dangerous to your health, unless you are careful.” Dr. Nichols replied.

“How would you know,” Carl asked.

It was then that Dr. Nichols told Carl an interesting story. Dr. Nichols had gone to Africa. He had met many shamans there, who were performing psychic gifts. It was there that Dr. Nichols learned that it was important to do psychic work in moderation. There is a certain life energy, which is used by mediums. If a medium uses too much of this energy too quickly, the body cannot regenerate it. This is why Bill Geer died. He did too much work in too short a time. Dr. Nichols warned Carl about this, and Carl followed the advice.