

SECOND EDITION

IN CONTACT WITH OTHER REALMS

AN ADVENTURER'S
EXPERIENCES IN AWARENESS

Helene Hadsell

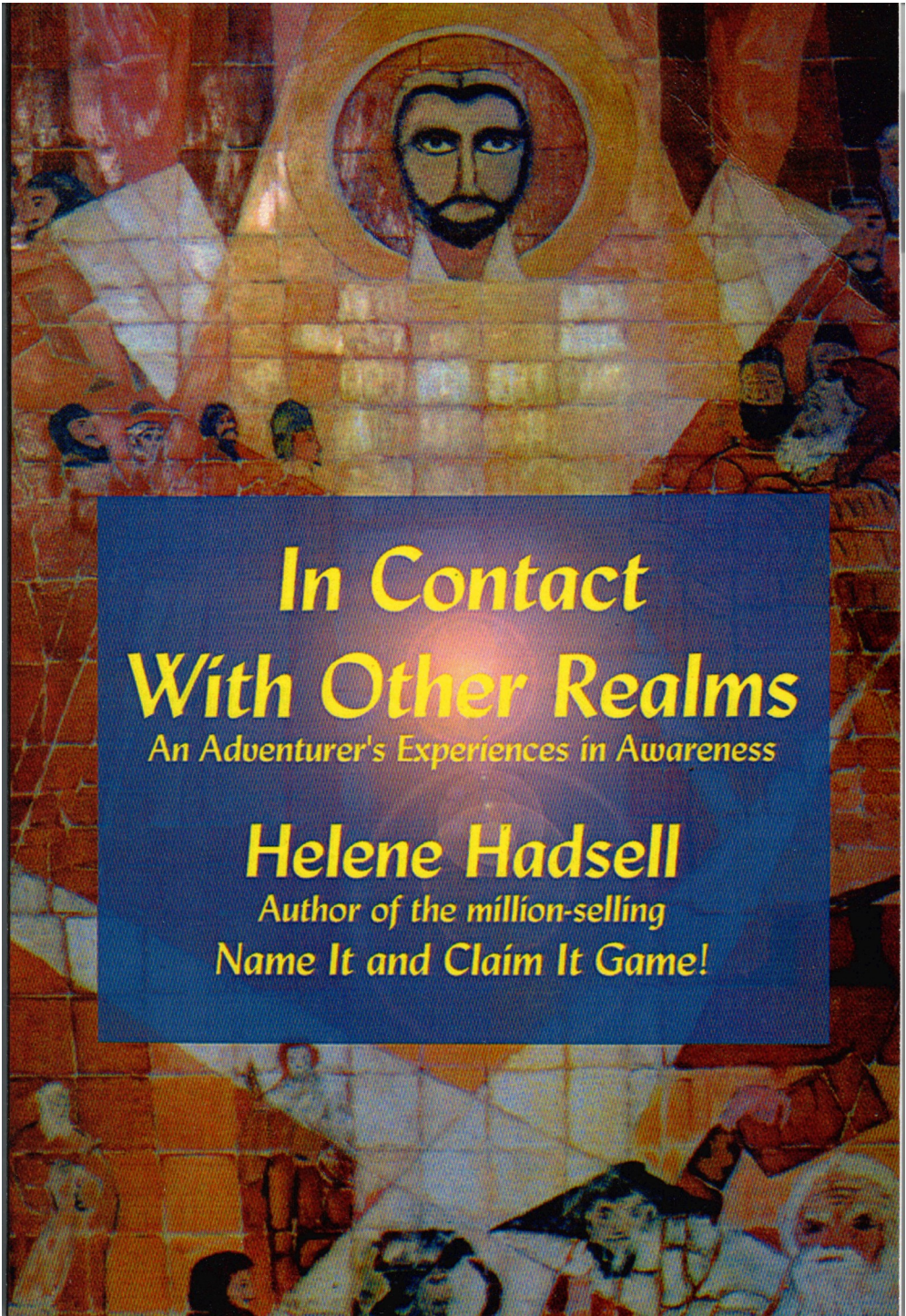
UPDATED BY

Carolyn Wilman

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HELENE'S ORIGINAL COVER



In Contact With Other Realms

An Adventurer's Experiences in Awareness

Helene Hadsell

*Author of the million-selling
Name It and Claim It Game!*

HELENE'S ORIGINAL COVER

I did not have access to Helene's original painting or even a photograph to recreate her original book cover when I began republishing this book in 2020. I asked her son Dike what happened to it. He thought she painted over it. Therefore, I included a scan so you could appreciate Helene's divine inspiration. Then, in 2022, when I went to Texas to visit Helene's home, Dike found Helene's original painting! It had been glued to a particle board backing and frame that had deteriorated beyond repair. I pried off the painting, and Dike laughed, saying, "That's exactly what Mother would have done." Tag Powell, Helene's second publisher, loved my new cover so much I have chosen not to copy her original design. Instead, I had the painting professionally photographed for you to enjoy. (See the end of The Messenger chapter.)

Helene explains:

I refer to the being that appears on the front cover as the 'Messenger.' I have been visited by the Messenger numerous times and was compelled to paint this image after a visit in 1970. I will not claim that I am the only one that is being contacted by the Messenger, for I have since seen pictures that bear a striking resemblance to the guide I saw.

In Joseph Whitfield's book *The Treasure of El Dorado*, there are sixteen paintings and sketches that the author called the 'Dawn Breakers.' The Dawn Breakers are the ascended master teachers throughout the cosmos who serve God by helping to spiritually elevate their fellow man.

When I first discovered *The Treasure of El Dorado* and opened the book, I got a chill. I immediately recognized the

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picture on page two as the Messenger.

In Brad Steiger's book *Revelation—The Divine Fire*, Brad interviews hundreds of people that have received messages from the unseen realm. I firmly believe that each of us has had this experience. Some are reluctant to discuss it, others dismiss it as intuition, and others tend to ignore it.

Yes, there are guardian angels, messengers, and guides in the unseen realm. Yes, we all have help, guidance, and protection, but you must first ask in order to receive.

Helene Hadsell

CAROLYN'S FOREWORD

I am not sure when I first heard about Helene Hadsell, but sometime in the early 2000s, I was gifted a used copy of her first book, *The Name It & Claim It Game*. I felt fortunate as it had not been in print since 1988. I devoured it.

It wasn't my first introduction to positive thinking, visualization, mental projection, goal setting, etc. When I turned eighteen, my dad gave me my first motivational book, telling me, "If I can teach you at eighteen what I learned at thirty-six, you'll be way ahead of me."

After years of self-study, I concluded that my purpose was to teach others two things. First, how to bring more fun and excitement into their everyday lives by winning sweepstakes, and second, how to utilize a wide range of metaphysical methodologies and teachers—like Helene—to achieve that magical life.

I started my teaching path in 2004 by writing a book, *You Can't Win If You Don't Enter*, and also by publishing a newsletter. Then, in 2008, I added a blog and a podcast to my platform. Every other Monday for several years, I chatted with the movers and shakers in the promotional industry, eager to share my message.

As I was always seeking dynamic guests for my podcast, I reached out to Helene, and she agreed to be on my show. I was beyond excited. (The audio interviews were recorded and can be found on my *Words For Winning* YouTube channel, along with an entire video playlist here: <https://bit.ly/HeleneHadsellPlaylist>.)

After our first interview, I was pretty brazen and bluntly asked Helene if I could come to Texas to meet her in person.

CAROLYN'S FOREWORD

She said no. A few days later, I received a phone call from her inviting me to visit. She said my spirit guides were so loud that she had to concede. (I am loud in life, so it didn't surprise me that my spirit guides were also loud.)

That November, I found myself in Alvarado, Texas, in the presence of this remarkable woman. To me, women like Helene were the original teachers of spirituality. Helene had mastered not only the Law of Attraction but also the art of manifesting, along with many other extraordinary metaphysical skills. It's that very mastery that she imparts in all of her books. Helene also felt 'if she could do it, you could do it.'

During my visit, she suggested that I pick up her gauntlet and start teaching others what she had been teaching for decades. She didn't see herself teaching in person again and didn't want her messages to pass with her. I didn't do anything with her suggestion until now.

Because I interviewed her, wrote about her, and shared her teachings over the years, I received many requests for her books, courses, and Blueprint readings. Finally, it was time for me to stop holding the gauntlet she'd given me and start running with it.

I contacted Helene's family and received permission to update and republish her books. I was beyond excited to be putting out into the world what this intelligent, vibrant, and gregarious woman asked me to do over a decade ago.

It is important to me that I maintain the integrity of Helene's work, so I've only made minor adjustments in this edition. I've reformatted her books for current publishing methods

CAROLYN'S FOREWORD

(Print On Demand, Kindle, Kobo, Google Books, Apple Books, and Audible), added notes where required, and a Recommended Reading section at the end so you may continue to learn and grow.

I've also made it easy for you to distinguish Helene's words from mine. All of Helene's are in the Arial font. All of mine are in the Times Roman font.

Just like Helene, I sincerely hope you take her wisdom to heart and create your own DARING ADVENTURE.

Carolyn Wilman

Marketer, Author, Teacher

GRACE'S ORIGINAL FOREWORD

Grace was friends with Helene and was kind enough to write this Foreword for the original 2001 edition.

Life, to me, is like a string, and every once in a while, I find a 'pearl of great price.' A person, place, or event that pulsates great wisdom in a form that radiates and captures my attention and my love for expression. One of these 'pearls' appeared to me one day in Dallas, Texas, and since that time, I have been exposed to a continuing drama of how one human being can continuously view life as a great adventure and, at the same time, keep a terrific sense of humor.

This person's name is Helene Hadsell, and the book you are about to read contains 'pearls on a string' about the events in her life when she demanded a DARING ADVENTURE...OR NOTHING—a banner under which she explores the 'mind over matter' principles of life. Helene has been in the research, teaching, and writing field for the past thirty-seven years. Not only does she research and teach gifts of spirit, she has experienced them.

It has been my great pleasure to have heard these essays in Helene's delightful 'on stage' type of dramatic presentations. She is a born writer, actor, director, and even producer of many of life's dramas, both great and small. If you are lucky, you will be asked to be her guest at the Delta Sciences Center, which was built with the royalties from her first book, *The Name It & Claim It Game*. If you are a guest, you are treated like one. If you come for study or R&R, you are put on her own 'Pay As You Plan'—meaning you contribute with

GRACE'S ORIGINAL FOREWORD

money, talent, or time in exchange for lodging and meals. While there, you are apt to experience the phenomenon of the spirit world. Dig deep enough, and you discover that the life expression of this remarkable woman reads like a book of 'how to's' in developing how you can get In Contact With Other Realms. This book offers an understanding of the Awareness classes that she teaches in her seminars.

We both seem to be tuned to a particular beam from the eye of the Creator, and our coming together was never considered to be by chance. It has been my great privilege to share these 'pearls of wisdom' with this unique teacher, and my only regret is that you cannot hear these parables from her own laughter...in her own intimate style. The computer and printed word are the next best thing. She likes to keep it simple and humorous. Read first to ENJOY. REREAD to follow her 'how-to' techniques, and you will discover that we all have the ability and we can all be IN CONTACT WITH OTHER REALMS.

Grace Godwin

INTRODUCTION

This lifetime, my MISSION was to be an ADVENTURER. I know I have accomplished my goals. Today, at seventy-seven, I am sharing some of my experiences and research that has made this lifetime for me such a DARING ADVENTURE.

Before beginning my stories, I would like to offer my philosophy so you know where I am coming from.

POINTS TO PONDER

- When we choose to be born (and most souls choose their parents), we receive a body. You may like it or hate it, but it will be yours for as long as you live in this dimension. How you take care of it or fail to take care of it can make an enormous difference in the quality of your life.
- You will learn many lessons—for you have enrolled in a full-time, informal school called LIFE IN THE PHYSICAL. Each day, you will be presented with opportunities to learn what you need to know. The lessons presented are often completely different from those you THINK you need.
- There are no mistakes—only lessons. Growth comes from a process of experimentation and trial and error. You will often learn more from failure than you do from success.
- A lesson is repeated until it is learned. When you have learned it (as evidenced by a change in your attitude and, ultimately, your behavior), then you can go on to the next lesson. Learning never ends. As long as you live—there will be something more to learn.
- ‘There’ is no better than ‘Here.’ You will simply discover

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another 'There' that will look better than your 'Here.' Don't be fooled into believing that the unattainable is better than what you have. WHY? Because YOU are always present in the There and Here.

- Others are merely mirrors of you. You cannot love or hate anything about another person unless it reflects something you love or hate about yourself. When tempted to criticize others, ask yourself why you feel so strongly.
- What you MAKE of life is up to you. You have all the tools and resources you need. What you CREATE with those tools and resources is up to you.

NOTE: Helene's Points to Ponder are her interpretation of the Rules to Being Human, translated from ancient Sanskrit and expanded upon in the book If Life Is a Game, These Are the Rules by Cherie Carter-Scott.

The following stories are my true experiences. Over the years, I have had some published, some used as examples to guide students to find their answers, and some written just for the fun of it. I maintain that a sense of humor is an absolute MUST as we face life. It may be SERIOUS...SILLY...or SERMONEY... You be the judge.

Helene Hadsell

MORE BOOKS

BOOKS BY HELENE HADSELL

The Name It & Claim It Game

In Contact With Other Realms

Confessions of an 83-Year-Old Sage

A Man Called Friday

WINeuvers for WISHcraft Workbook (coming 2024)

[LEARN MORE](#)

BOOKS BY CAROLYN WILMAN

You Can't Win If You Don't Enter

How To Win Cash, Cars, Trips & More!

Prizes, Prizes, Everywhere! (coming 2023)

Winning is an Inside Job (coming 2025)

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ONLINE WORKSHOPS

WINeuvers for WISHcraft 2.0

Sweepstakes for Beginners

How to Win Giveaways on Social Media

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