THE
AWAKENING
OF AN ANGEL
VOL 1

RAYMOND WILLIAM SHORE
THE MEANING OF THE TITLE, THE AWAKENING OF AN ANGEL

Firstly, I didn’t choose or like this title. My higher-self (higher consciousness) chose it, She said any title I chose would be too long, and if people were not interested in my long-winded title they wouldn’t read the disc, as what I titled these text books in the past, was a narrow view of what the text books will achieve for everyone, and not just in the area I originally intended these text books, which was to help in the development of healers who are guided and used by spirit to channel healing energies, or advice to their patients.

She said, anyway, most people will be curious to know the meaning of the title. I had better let her explain.

*Every spirit can evolve to be the recipient of energy fields which arc out of the chakra centres, of a spirit, or humans back, which look like the shape of angel wings. And the reason why most of the religious paintings of angels show white wings, is because if anyone has seen this energy it is blindingly white, if they had seen colours of the rainbow in these energy fields, they wouldn’t be mistaken for wings, or would be painted multicoloured, but the energy is very white.*

*If they were real wings, a human doesn’t have the back muscles to work them, or the atmosphere and gravity to be able to get off the ground, and spirits don’t need wings to get around in the spirit world, so why would a spirit need wings? That’s because they aren’t wings, but fields are of energy which look like two angel wings.*

*Also all spirit’s do not stop learning, incarnating and evolving, just because their chakras are functioning with these energy fields, and angels as mankind call them, are not another species of being, or so perfect, that they have finished learning and overcome all their weaknesses.*

*Evolved or advanced spirits still incarnate in their millions, and the majority of these so-called angel-spirits, do not know on a conscious level that they would be classified by humanity as angels, if their chakras were functioning to facilitate the energy effect,*
which can only be perceived with the right psychic vision, and besides very few of these millions of advanced spirits are using their chakras in a specific way, which would bring about the wing affect.

If an advanced spirit which has incarnated into a human body, is involved with specific communication, or energy interactions with the spirit world, or highly evolved spirit beings, then his chakras will be the conduits that these energy fields will flow into, and out of, creating the wing effect.

But if an advanced incarnated spirit, is only using his chakras, in his interaction with other physical humans, then in most cases their chakras will not have the angel wings manifesting, as if there are no energies flowing in or out of their chakras from the spirit realm, then there would be no angel effect.

Another side-effect of a person’s crown chakra, if it is channelling energy or communication from the spirit realm, is the producing of a halo, or coloured ring above a person’s head. The colour of this ring depends on the use of the crown chakra, but the highest developed spirits produce a golden halo, and when the crown chakra is very active the halo will flare up like a gas ring with many points, like a golden crown.

Which the majority of spirit, incarnated or not, know, that if a spirit is manifesting a golden halo, with or without points on, then they are receiving wisdom and guidance from a higher source, and the majority of spirit’s listen and take the advice.

And because this in a way conditions spirits to obey, or follow the advice, and they understand that the spirits with the wings of energy and a golden halo are more advanced, experienced, and of a higher vibration, otherwise they would not be of a higher vibration, and if higher beings did not trust them, then no wings or halo would manifest, to communicate any advice, only the chakras would be left.

But down on Earth certain individuals learnt very quickly that if a person puts a gold crown on their head, people would obey them. (Subconsciously) But most of humanity has evolved to not need kings and queens anymore, except the royalist’s.

So the majority of advanced spirits who are incarnated on Earth,
other planets, and other physical dimensions, are not aware of their angelic status. Most of them are in professions for the service and advancement of humanity, but not all firemen, priests, paramedics, film-producers, nuns, doctors, scientists, teachers, policemen, and many more professions, are advanced spirits of angelic status. Also do not judge a profession as not angelic enough for an advanced spirit to incarnate into.

Raymond finally found out about his own status, after about three years of running development classes, where after finding out that he had angel wings, he asked a lot of questions about what is an angel. At the time of these words going on to his computer, there are approximately 22 million spirits of angelic status, incarnated in the world now.

It is very, very rare for a human to become aware of his angelic status, but it is time for many truths to be revealed to humanity, but Raymond had to be specially prepared for him to accept and believe that he is qualified to be mistaken as an angel, and that he is not only of angelic status, but as he would eventually learn, his spirit’s influence on mankind over many incarnations, has been, to put it in his own way of describing it, ‘Mind boggling.’

Every page of this book, accept for the contents pages, is important for you to read as each page builds on the next to explain and prepare you for understanding chapters that follow, to not only help you understand what you are reading, but help you believe what you are reading, as the reasons, concepts or mechanics are sometimes needed to be explained before your read a chapter where it is practised or is complexly played out on a meditation or past life.

(When I came to compile these books, I originally was only going to send out disc copies to the world, but now I am also a releasing them gradually over the web until the book is completely out there on the web, and so any reference to discs, and how they are entering the world, is only referring to each volume of the book, so as every quote connected with the discs are too many to modify, sorry.)
The complexity of what’s in these books, is briefly hinted at on this page,’ but instead of most people finding out from the ‘FORWARD’ and ‘CONTENTS’ page, what the chapters are all about, the ‘WHAT THIS BOOK IS ALL ABOUT, OR PREFACE AND INTRODUCTION,’ will tells you what these text books are for.

FOREWARD

“I first met the author of this book, Raymond Shore, at a spiritual church, where he was holding his spiritual healing classes. I was struck by the genuineness and sincerity of his approach to teaching such an intangible topic as spiritual healing.

As I persevered with attending classes, I soon realised that indeed, spiritual healing involves much more than what meets the eye. It requires one to search for the deep-rooted causes of physical, emotional and mental problems.

The methods and processes involved, tuning into one's inner-voice or higher-self, (higher-consciousness) for the answers, often with the aid of the author’s excellent meditations, which are inspired and guided by spirit. As the students become more proficient at contacting their own inner-voices, they also develop the ability to channel material from spirit.

The classes are made up of students from various age groups, nationalities and occupations. They attend for many different reasons, and are at their own particular stages of development. Some find it quite easy to flow with the meditations and contribute with their experiences and channelling, while for others it is much more of a struggle. But regardless of whether the student is a beginner to spiritual healing, or one who is already an accomplished practitioner of healing, these classes serve as an opportunity for them to experience for themselves realities beyond their own world. They are a wonderful eye opener and catalyst for change and investigation in individual ways.

All this has been lovingly and persistently compiled by Raymond Shore, and is now presented to you for your benefit and enjoyment. Happy reading and developing!”

Felicity Ong
THANKS AND ACKNOWLEDGEMENTS

As my command of English is not the best, I wish to thank those in spirit for their assistance in the compilation of these books. Their communication has brought a better way of presenting the knowledge and wisdom that I have acquired over the years of healing and teaching.

I also wish to thank all my students, patients and their higher-selves (higher-consciousnesses) for being drawn to these classes in the help of this great undertaking of the enlightenment of us all, over the nine years, and beyond, and for their keen participation, and at last but certainly not least my most devoted and diligent editor and companion, Felicity Ong, for persistent efforts and moral support.

All the names of students in these books have been changed, because of the delicacy of the material that is written, as some students are also patients, still being healed and enlightened about their life problems.

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EVERYONE HAS PERMISSION TO MAKE COPIES OF THESE BOOKS IN WHATEVER FORMAT YOU WISH, DISC, OR FLASH-DRIVE, OR PRINT, BUT REMEMBER THE MAIN BOOK IS IN COLOUR. IF YOU DO MAKE COPIES OF FAVOURITE CHAPTERS, REMEMBER YOU WILL BE RESPONSIBLE OF ANY MISSUSE OF ANY CHAPTERS IN THE REACTIONS OF OTHERS, IF THEY ARE READ BY OTHERS OUT OF CONTEXT.

IF YOU DO WISH TO MAKE A COPY OFF THE WEB, MAKE SURE YOUR COPY FOR YOUR FRIEND HAS ALL THE PAGES FROM THE TITLE PAGE, SO THEY DON’T MISS ANY EXPLANATIONS OF WHAT THE BOOK IS ALL ABOUT.

I HAVE COMPILED TWO SEPERATE FILES AT THE END OF THIS BOOK FOR THOSE READERS WHO WANT TO PRINT OFF THEIR OWN COPIES OF THE “EXERCISES AND MEDITATIONS” CHAPTER, IN BOTH BLACK AND WHITE, AND COLOUR, IF ANYONE WANTS TO BIND THE MEDITATION CHAPTERS INTO A BOOK, FOR YOUR OWN DEVELOPMENT GROUPS.
WHAT THIS BOOK IS ALL ABOUT,
OR PREFACE AND INTRODUCTION

Firstly this is a first of a series of text book documentaries, of recorded class transcripts of everything said, and described by students, patients, and I, from two or three classes a week, plus past-life therapy patient sessions, of the development of psychic communication and senses into dimensions beyond the earth physical reality, we term as the ‘Earth-Plane,’ over approximately nine years, accept for breaks where I produced text books, like when I compiled and printed, volumes 2, 3, and 4, of 1000 pages, in four months.

This first disc comprises of my first recorded communication from the spirit realm, and beginners and advanced classes I gave, which was the first volume I printed, with added extracts of class material from over the next nine years, which I have been guided to include on this first text book disc.

These series of book discs, are a documentary and text books, for beginners, students, Teachers, Healers, and patients, with guidelines, exercises, and many meditations, and class examples for conducting your own self development, Spiritual Healing, (Healing with the aid of spirit) psychic development, and channelling development classes, with the aid of angels, guides, or a student’s own higher-consciousness, (Higher-self) if they are sufficiently qualified.

Also if a student doesn’t want to develop as a spiritual healer, the classes and meditations are designed for tuning a student to be able to communicate with their own higher-self and guides, to aid the student to achieve the purpose of why their spirit has incarnated into a human being. Sometimes their class development is to expand their consciousness about the meaning of life, or to help them achieve what they desire out of life.

Sometimes, by their guides and higher-selves helping them to become aware of their unknown strengths and weaknesses, to help the student to repair any past or present influences, which are preventing the student from achieving what their heart desires, whatever it is. Most students and patients learn much more about themselves as they
develop a communication with their own guides or higher-self.

I have had Artists, Film producers, disguised priests, and even an 80 year old Indian Yoga teacher attend the classes as well as patients. But all the students learn more about humanity, which helps them to accept other people’s differences, and they learn that the majority of people in the world have little conscious control or choice in their actions, and find that very often their reactions to life, are conditioned or influenced by their past lives, or unseen forces, but the interesting part is learning why.

IT IS HIGHLY IMPORTANT THAT A READER READS EVERY PAGE IN CHRONOLOGICAL ORDER, AS IF YOU SKIP MANY CHAPTERS, AND YOU FIND YOU DON’T UNDERSTAND WHAT I OR THE STUDENTS ARE TALKING ABOUT, IN THE CLASS SETTING OF THE CHAPTER YOU ARE READING, IT’S BECAUSE THOSE CONCEPTS OR TERMS HAVE BEEN EXPLAINED IN THOSE CHAPTERS WHICH WEREN’T READ.

Also this first disc, which is over a 1000 pages, will be followed by the second disc, approximately a year later with the next disc, with volume 1 and 2 on it, so that no-one will miss out on the first volume.

Then a year or two later, the next disc, with volumes 1, 2, and 3 on it, and I will continue the volumes until all my text books are out in the world.

(As the next book arrives on the web, it will add to the first book.)

In 1982 when a Medium passed on a message to me, from spirit saying, “We want you to do spiritual healing.” I found out from my first class night, my guides showed me that the medium, who was running the circle of about 10 to 15 students, wasn’t teaching spiritual healing, and that she was teaching psychic development and mediumship. I asked her whether the church ran a spiritual healing class, or circle, and this head of the spiritual church said.

“You can’t teach healing, and no churches that I know are running healing classes. We practice healing in our development classes.”
I was to learn that what she meant were, the students who wanted to, practiced healing on each other before the circle started, and I was to learn that my guides and higher-self blocked me from tuning in to objects or people in the circle.

And that my guides, God, or higher-self, wouldn’t channel through me in the classes, but would only communicate with me outside of the circle, to prevent me from becoming popular in the class, and the Medium using me, which I noticed that the better developed students were becoming clones of the teacher, as they were given more time and attention by the medium.

But my guides still wanted me to attend the circles at the church, for about four years, for many other reasons, and my guides were still communicating with me in the classes, but they arranged it to make me think they were my thoughts and analysis, so that I would learn that the medium would listen and believe what other students were (Trance) channelling, than my own opinion, even though it may have come from my guides.

So I went to the largest new age book shop in Sydney, thinking I would buy a text book on spiritual healing, where I had already purchased about two hundred Astrology and Numerology books, and thought, ‘I’d better find out what this spiritual healing is all about.’

When I got to the healing shelves, I looked in every book on spiritual healing, but most of them were biographies or autobiographies, about famous healers, and I was looking for a text book.

So I went to the counter and found the right person to speak to, and asked if there were any text books for learning spiritual healing, he asked, “What do you mean?” and I said, ‘Where a healer has run development classes, with exercises and meditations, and examples or experiences in the classes, that would help me know more about the reasons for illnesses.’ And he said, “You will find most of the books on spiritual healing will give you case histories of patients successful healings, but you won’t find any text books, because nearly all of the spiritual healing books are on famous healers, where most of them didn’t learn healing from teachers in mediumship development circles, but found that they
were having successes with their patients, and that’s why they have books written about them.”

So as I was to learn that my guides and higher-self would help me to eventually run spiritual healing classes, for the main purpose of producing these text books, for students who may have been told that they would make a good healer, who are working with guides, angels, masters, or God.

When my guides started giving me meditations for my first class, I never imagined how much I was to learn about life and the spirits journey through incarnations, in not only this world but parallel Earths, and the amount of influence and illnesses that are caused by unseen causes, from beyond or before this physical reality.

So this first disc, volume, is a record of firstly my early communication from my guides, through to my first spiritual healing development class, which I then expanded into beginners and advanced classes. Also extracts from future classes and past life therapy sessions, of results of advanced students experiences, going on the same meditations I gave to beginners to go on, to show you the progress of not only advanced students, but also the competency of the teacher, me, as I help these future classes.

This first volume, I hope will introduce to the reader, or student, the many experiences of healing, and the causes and reasons for illness or interference from the spirit world.

The extracts of what students experience, and what is channelled, is transcribed as it was recorded on tape, and is not necessarily the truth for everyone, but if the students guides or higher-self dramatise their experiences, or channel stimulating stories to achieve cures, development, or growth, who am I or anyone to judge what is right or wrong with the knowledge or experiences which occur in the classes.

I learnt a long time ago to suspend judgement, and learn about the final outcome of what is said in the classes, after a period of time. This book will help you increase your awareness of yourself and others, and know that you are a lot older and have a larger influence in your future than anyone else, outside of yourself.

At first, when I imagined the meditations for the students to explore. I didn't know at the time that these places I was describing for the students
were memories of mine from previous places of employment, as these places are in the spirit world, and when a student in the middle of an ordinary meditation, was shown scenes from three past life-times, without me or the meditation suggesting for her to see these scenes, we quickly became aware of the connection between the scenes she was shown, and her phobias in this life-time.

When I was alone, after the class, I had a lot of questions to my guides about past lives, and the connection with their influence on the mental, emotional or physical person in the world today, and it was explained that I would be introducing new meditations, to allow the students higher consciousness, (Higher-self) to release the scenes recorded by spirit, from the Akashic records, (If the past life memory is too traumatic) for the students to see and learn from, or release imprinted conditioning, to free them from the conscious or subconscious, emotional, mental or physical effects.

In the early past-life scenes which the students perceived, most of the students recognised the problems, fears or phobias, or whatever, that they were suffering from in this life-time, which were fairly straightforward and simple to release and learn from.

But as I was to learn over the months and years, was that my spirit has been a past-life therapist in previous existences, and that as the students would start to be shown more complex past life influences on their present life-time. My intuitive help from my past life therapist life, would surface in my mind, to help students learn, and release these more complex past life-time affects in their lives.

In the first half of this disc the students were to learn about some of the purposes of chakras in their development, the aura and the consequences of a damaged aura, and learn of protection and purification exercises, which are performed before any class begins.

The students would become aware of the different types of spirit interference in their lives, mostly from deceased relatives, but also from the occasional relative who was still alive, but their astral body was the one doing the interfering.

Spirit would teach us of the karmic consequences of magnetic healing, which had not been authorised by the patients’ higher-
consciousness.

The students would also learn to go on group healing missions beyond space and time. In the first volume, these missions were simple, but for the advanced students in the second volume, these missions would become more complex as they would work with teams of spirit healers at the location and time-period of these missions.

Exercises and meditations would also arrive, channelled by teachers in the spirit world through many of the students, for us to learn on. On many of the meditations, the students would visit spirit temples of learning, for many different reasons.

Some of them were spirit teaching hospitals, both of healing the multiple bodies which each of us has, like the astral, the emotional, the mental, the spirit, for the purposes of harmonising, balancing, or healing, so that the students would be free-er to learn and develop without their bodies imbalances getting in the way of their development. Other spirit teaching hospitals would teach the students how to help heal deceased patients who took their illnesses or disabilities, or spirit attachments with them, after their physical body expired.

When the students became more advanced, spirit would take the students on meditation field trips to general hospitals and psychiatric hospitals, in the present time frame, to not only observe the attached spirits affecting the patients, but guides would also take the students on missions of healing and counselling to hospitals, in theatres of war around the globe, in different time-periods.

The student would also be taken on meditation field trips through time, to observe from the spirit side, events around the life of Jesus, and other historical individuals who were helped psychically by angels, to show individual students that they can go there again, if their guides wished them to specialise in a particular field of healing or development. Many of the students would be introduced to their own speciality of development or calling, in this way.

My guides say that over the years I provide the ethics, wisdom, positive beliefs, faith and confidence, that the beginners lean on, until they don’t need me for many of those reasons, and when they are
hooked up with their guides and higher-selves. **(Higher-consciousness)** Then they either learn from their own spirit teachers, or if the student cannot believe or accept certain concepts, then they will still learn from the other students and me.

Which brings me to meditation visits to parallel earths, where sometimes their history has been written on our earth as stories of fiction, and the students find these past lives sometimes hard to accept, especially when they didn’t know until after they have recognised the causes of their conditioning, which they then release, that they start to recognise the scenes from a book of fiction or movie.

Also in the second volume on the next volume issue, students and I learn that most of us have parallel lives either living now or in different time periods. Maybe living at the same time or were born decades before, but are still alive, overlapping our own, which was seeded by our higher-selves, who is also the higher-self of any other parallel life which is, or was living on maybe this earth, or a parallel earth.

Which leads in to a new concept called “Walk-ins.” I won’t go into all the ramifications of this concept, but suffice to say, a spirit that incarnates into a baby is not necessarily the same spirit that will leave the body at its death. But the spirit who exchanges places in the body is usually 99% of the time a parallel life, which may have already left a deceased body, you see they have many of the same past life experiences as the original spirit, but they have the extra experience of other past lives, I will give you an analogy.

If the first spirit was a brick-layer, and the ‘Walk in,’ was a roof-tiler, then both spirits could build a house together, and because their past lives were into the same thing, of building houses, and because they both want to build a house.

Meaning, if the conscious mind of the human being has been expanded and developed, then the incarnated spirits higher-self, may arrange an exchange with a parallel life that that may have lived a life on a more psychically and spiritually advanced civilisation, in another galaxy.

But because this alien spirit life came from the same higher-self of
the human life, both spirits have the same past lives, with the same spiritual purpose, so if the spirit is exchanged, then those advanced psychic spiritual abilities taught and used on that alien world, will assist the conscious mind of the human student, in further growth or accomplishments for the student, or the benefit of humanity.

But there are many other reasons the higher-self and our incarnated offspring spirits may switch places, but this is very rare, but my guides say that the majority of mankind have parallel lives, and this is why more than one person have the same past life memory, and if you can imagine all our past life-times also having parallel lives, then a lot of people have the same past life memory of say a famous person.

But there also may be parallel Earths with the same famous person on more than one Earth, but the history might be slightly different. So you can see that it complicates things.

Before I became a spiritual healer, my guides and higher-self guided me in to heavily studying Astrology and Numerology, to learn more about humanity, so that they could teach me the connections and design of these number vibrations, and planetary influences, in connection with reincarnation.

And these two fields of study I was to need, to help me accept my past life-times, which you will learn about on the second and following disc issues, where advanced students turned up in my classes who had had many past lives with me, and as I am psychically blind, and have never seen a spirit guide or very rarely a past life, the students had no problem seeing their own past lives and mine, to help me accept my own past lives, which I usually feel and recognise, before the students confirm who I was.

And sometimes I have known for years I was a certain person, but couldn’t believe or accept it, so I never mentioned it to anyone, but when the students saw their past lives, and the past life I had become aware of years before, was involved with their past lives, this is when the students tell me I was that certain person.

On this first disc, you will read many examples of student’s experiences of their development, which I would say are mostly beginners or young souls.
But the students that began to arrive in the classes I hold at home, who were mostly attracted to my classes after they had read my first printed volume, which their experiences will be on the following discs, which corresponds to mostly to the, third and fourth textbook I produced, were mostly what spirit would call advanced or old souls, where we found that we had worked as a group in many life-times. Where they would learn the purpose of these life-times, in the course of seeing these many past lives we had together.

This third volume disc, and the discs that will followed it, are to help all the other old souls to find themselves, and to raise the self-esteem of the future leaders of humanity.

Most of the old souls have chosen to be working class people, and have chosen the childhood, and sometimes past life negative conditioning, to be triggered off in this life-time, as a means of shocking them away from the ways of the world.

Compared to this first volume disc, the future discs are like climbing out of a hole in the ground, and seeing everything as far as the horizon.

On the second disc, the students find out about their own past and present parallel lives; learn about the thought-forms, created by others and each other; find out more about enemies or lovers from past and parallel lives, who have attached themselves to the students, and the problems they cause.

Other students learn how they have painted themselves into a corner, with the affects of vows that they have made in previous incarnations, and how they have been trapped by them in this life.

One student found out that his spirit had exchanged places, with his parallel life spirit, whose female body, died in a concentration camp. The exchange took place when the student was nine years old, after suffering sexual abuse from his father, who died shortly after that. This was the first example of a “Walk in,” but there were others.

Also in the first half of this disc, the students learn much more about the reasons for our spirit’s choice of illnesses, or disabilities, more than the causes of illnesses and disabilities, where the higher-self, has chosen these for spiritual growth reasons.
To put you in the picture of the way the material of the second volume, on the next disc, is compiled, it is different to the first disc, in that most of the second disc and the following discs, will be the experiences of about 10 or 15 old souls, as spirit would say, of their discovery of who they were and their destiny. And the way their higher-selves reveal to them this knowledge, is very carefully done. I will give you an example.

How would you go about convincing natives in the jungle of South America that human beings have walked on the moon? Firstly, you would have to convince them that they can leave the ground, so you take them into a helicopter and take off. Imagine the fear that native would have of that experience, let alone a rocket to the moon.

The way the students learn, is by experiencing these things themselves, not by me telling them, or spirit, telling them, through me. When the students channel their own answers from their own higher-self, then they believe and accept sufficiently to keep developing. It may take months or years of development, to fully accept what they have found out, but the development that follows fills out more, and more self-discovery help them believe.

This is the way, the second disc, and future discs will be set out in how these students find out about themselves or the universe, step-by-step.

How spirit goes about revealing to the conscious mind of the advanced nature of our spirits, is by showing us past life-times we had together, usually with other students or myself who were in that past life-time with them, for we are all going through the same process of gradually revealing our achievements.

Then we might miss being shown a group past life-time, usually until our conscious minds have accepted who or what we have done, then another night of group past recall will happen where we all experience a past life interacting together, usually showing us where we get our strengths, fears, attitudes or phobias, which are usually released, but the process is meant to get us to accept who we have been in these group-past-lives.

Firstly, by the students accepting the individual in the past life-
time, without knowing any names, or recognising who they are, and when we have recognised traits or phobias, or vows from this life-time, coming from that past life-time, and can see where they came from in that life-time, then this acceptance becomes strong enough to accept being shown who the person is, where the students then start seeing the scenes they recognise from history, or a book, or movie of this person.

And as all of this group of students have all seen the past lives of not just their own, but each other’s past lives interacting in the scenes, this cross corroboration helps them even greater, in accepting the famous person each of them were, and because our primary mission, or talents are connected in like a theme or past life purpose, then in following group incarnations, our lives again are involved in famous recorded events.

So by then it is so much harder to disbelieve or deny our past lives. and again it takes a few weeks for our minds and emotions to calm the waters so to speak, before we are ready to see some more.

Each life-time only shows a small part of the picture, but as the students see more life-times, they begin to see more of the picture, until they see the big picture, as the saying goes. The students learn how the life-times are connected with a theme purpose, which is not always recognisable from one or two life-times.

I mentioned earlier that some of the old souls choose to trigger differing amounts of conditioning, for some students this conditioning is used to help them believe, and becomes a time to awaken talents and strengths to help them in a new career or their own personal mission; you could call it, their heritage. When a person inherits something, they find a relative has left them something in a will, and sometimes a person didn't even know the dead person.

Well, you could say that their conditioning, they inherited from a past life-time, brought them to question, seek answers, or seek healing at my classes, or healing sessions. Some of my most advanced students came to my classes, with combinations of either physical, emotional, or psychological problems, which also help them to accept these past lives, because these past lives were mostly the causes of
their suffering.

But even advanced spirits can become wilful and stop being guided in the right baby to incarnate into, and when the accumulated affects of the spirit choosing the wrong lives to incarnate into, then the accumulated affects of trauma’s, conditionings, beliefs, and even imbalances of a spirits gender orientation,

(Not necessarily the cause of homosexuality, but a case of a predominantly homosexual male spirit, who had abused and hated women, being incarnated into a female body, with this person having no desire of Lesbian relationships)

have so devastating an effect on the incarnated physical, emotional, mental state, that they are more a patient, than a student, and have so much to release and re-balance, that they need private past life therapy sessions, between their class-nights with the other students who they had past lives with.

I learnt a long time ago, that you can’t judge a person’s spiritual/psychic level of attainment by saying a healthy person is advanced, and a sick person is retarded, but in many cases I have found the illness or problems have been used by their higher-selves to wake them up to their strengths, abilities, and divine missions.

My guides tell me that I wasn’t ready to help develop the students who were in my past life soul group, while I was learning and running the classes which produced volume one, and the early months of the material of volume two, so the students who had advanced old souls, started to arrive at the end of volume two, on the second disc.

So that I would have the confidence and belief in myself, to accept the past life meditation scenes, which my guides wanted me to take these advanced souls on, which you will read about on the third disc.

Many people today would like to help others, but we live in a time when in our westerns civilization, most people don't want our help. Or we are constrained by systems and overprotective laws, when it comes to the professions such as medicine, psychiatry, or the clergy.

A spiritual healer learns through his development that education is the big healer. When he's helping his guides or higher-self in other
dimensions of time and space, or just helping the lost souls that are earth-bound, like spirit children being reunited with their spirit parents, then he finds that he is very busy, and the job satisfaction is out of this world, you could say

Examples in this volume, and in the middle chapters on the second volume disc, are where the students went on group rescue missions. Spirit wants you to know that wherever in time or space, people have died; you can be guided to help the spirits of the people at their deaths, to guide them in the right direction.

Your higher-self or guides, very often bring you the place and the time-period for you to help, either through thought, or in a book, a movie, TV series or play on television or radio, and if the story or event is fiction. It might have occurred on a parallel Earth, where you can still help in this kind of work. You will read more about these meditations into parallel worlds to our own, in upcoming discs.

Remember you are in the right place at the right time, when you're in the flow. So don't discount an idea you get to do a rescue mission, because you saw a historical movie on TV, where many people passed over into spirit at the same time. You could say your higher-self arranged to have the movie put on the television for you to get the idea. Again, you might have been at the right place at the right time in your development to receive the idea from the movie. Just accept it, and don't try to analyse it too much. I don't, I learn by trying these things, and finding they work.

Many of you may wonder why I had not developed clairvoyance. One of the reasons is so that the other students see and describe things to the other students. This helps the new students believe that they will develop the sight, if they are meant to, and for you readers to hear about this from another source other than myself.

Also, it shows the students who don't develop clairvoyance, that there are other areas of development or psychic abilities, which are just as useful in the team effort of the circle, where we learn from each other.

While I may sit on the fence in the beginning about the reality of what the students see clairvoyantly, I am less likely to be judgemental,
and therefore be less likely to influence a student by censoring what they see. In other words, how can I have an opinion on something I cannot see? I feel that it was planned that I have to learn from the experiences of others, because for me to understand, I need more details, which is really a reflection of the way most people are when they don't know about all these things, like you the reader. In a way I feel that it was arranged that I need the inferential proof, as if I am standing in the readers shoes.

Just imagine if I could see what the student was experiencing, and the student wasn’t describing what they were experiencing very clearly, then I would know from seeing what they were experiencing, and I wouldn't need to ask any questions, or ask them to make it clear.

So if I don't see what they are describing, and don’t understand what the student is describing, how can the reader know either. If I could see what the student is seeing, I would have to constantly be remembering that everything that is spoken has to be understood to be typed up later, because I wouldn't be able to remember what the student had said or not said.

And as I would listen to the tape, if a student doesn’t finish what they are describing, I would have to try and remember what I saw of the scene, which also can be a different interpretation of the event, and I might slant the description unconsciously with a bias that I am not aware of.

As most advanced students class-nights I have to type the equivalent of 20 to 30 pages of what was said that night. So it’s as if I am a reader listening to what the student is describing, and if I don't understand, you will not understand.

I have sat in other mediums circles in which the medium has been seeing what the students are seeing. But maybe they weren't interested in writing textbooks to help others run their own classes. You will understand more about this as you read the recorded class nights.

BUT THERE ARE SO MANY INTERCONNECTING NEW CONCEPTS OF THE MEANING OF LIFE, THAT EACH CHAPTER IS LIKE A THREE DIMENSIONAL JIG-SAW PUZZLE,
And pieces you learn about in early chapters fit into other pieces to make a larger understanding of a chapter later in the book, this is why it is essential that chapters are not skipped.

So to get the readers to read every chapter consecutively, all the chapters are only numbered, and not titled, because in the main, the class-nights and the chapters run consecutively, most of the time, accept when I insert a chapter with extracts from future class-nights, to spice up the first and second volume, or if more about a concept is needed to be brought forward from another future class-night.

You have to understand that the chronological order of most of the chapters, is a microcosm of my development and the classes evolution, which will help you with your own development, when you run your own classes, so that’s why it is important for anyone to read the book correctly.

Imagine that you are a child again, and to learn the alphabet to make words, each chapter is like one letter, think how hard it would have been if your teacher had missed out teaching you half the alphabet, how would you recognise words, with strange shaped letters which you hadn’t been taught what they mean and how they relate to the next letters in a word.

If you have a high I.Q., you may only have to read this disc once, but I can tell you now, that what you have learnt by the end of reading this disc, if you read the disc again, I guarantee you will understand more reasons for what is written, or deeper meanings in what was channelled, more than you did when you first read the disc, because you will be wiser after you have read it once, to understand it the second time you read it.

Please don’t be daunted by the number of pages and chapters listed in the Contents, as most of the chapters after the first ten chapters, are complete class nights per chapter, for students to be able to copy or extract chapters to follow a group of students development.

Also if a chapter has two or three classes from the same week, all going on the same meditation, I would separate the class nights on
Another reason the pages amount is high is because, if I have a recording of a meditation that I gave a class to go on, which will be typed near the beginning of the chapter, and if I repeat the meditation on another class night, months, or a hundred pages later on, and if the reader has forgotten the meditation, then my guides and I agreed that the meditation should be included, in case a reader has forgotten what was described on the meditation, it will be printed again, but highlighted in yellow, for the students with good memories, who can scan past the yellow highlighting, and start to read the students experiences.

The only time I sometimes don’t bother to include the meditation, is when a future class extract is brought forward, as another example, into a chapter of the same meditation. So mostly every chapter where I took the students on a meditation, it is typed in the chapter. And if the meditation is not yellow highlighted, it’s a new meditation which you haven’t read yet.

And while you are starting your own circle, when you eventually come across the next disc issue, with both volume one and two on it, continue to read the second volume on the disc, chapter by chapter, as each following disc is even more important to not skip any chapters, as students and patients healing development and experiences are much more detailed than the beginners of my first classes, as you will come to read from the future extracts inserted in this volume, to learn more concepts and meditations. So as your group develops, you can go on more interesting adventures in growth, development, and healing.

In Chapter 1, after the contents pages, my higher-self wants to briefly explain the primary reasons for my childhood blocks and restrictions, in relationship to my past lives strengths in the scheme of things, in connection with this life, followed on by the Astrological and numerological choice of my birth, in relationship to my spirits mission in this body. Also explaining in what way my childhood conditioning and blocks, which were like leashes on my spirit, until the right time in my life.

My higher-self says that we have to explain to you the high-lights of what I have been learning in my life, before I found out about Astrology
and Numerology, to be able to show the veracity of mostly the Numerology in connection with my life, up until studying it.

Then my higher-self and I will show you the interconnection of the Numerology and my Astrology birth chart, which helped greatly to support my acceptance of my abilities and famous past lives. But I will not be going very deeply into Astrology, only the connections with my Numerology name and birth numbers.

And I have no fears that Astrologers and Numerologists will study my charts, to verify or debunk what these books are all about, or that I and what I do, match or don’t match these birth charts.

One more thing, to read this book it is better if you scroll the page down because a student very often may have been asking a question at the end of the page, and another student maybe channelling or I may be speaking the first lines on the next page.

At first when I was compiling these chapters, I was going to insert at the top of the immediate next page, a line explaining in a bracketed insert what the previous page person has described, but my publisher spirit guides said this would be too distracting, and because in a scroll set up like this, you can scan back to read the previous page, if you enlarge the screen to 108%, which also positions one page at a time, you will also find is so much easier than a normal book type page turning, so I will not type anything there, just the page number in the corners, like this.

Also you may find, if you have an old analogue monitor, then this enlargement to 108% is the best way to read Italic bold or coloured print, next to each other.

I still have a reluctance to talk about myself and my interests, and this is why the next chapter was never written in my first volume, and only when I found out about my missing childhood memories, in connection with my development, did I write about some of it in the next volume.

Also I never explained or told of any connection of my astrological and numerological birth chart in the text books, and only brief questions in class about my Numerology, which I never included in the first text books.

So this is why my higher-self takes over a lot in the first chapter.
When I first listed the contents in my first two volumes, I knew that a potential student would peruse the list to see if the contents of the book would interest them enough to buy, and potentially be drawn to my classes, which was okay.

But I was finding more and more students would only read the chapters that they were interested in, or what I would call cherry-pick what they wanted to read, and then come along to classes, so when they wouldn’t know what I or the other students were talking about, they would either ask questions, in which I became aware that they hadn’t read about the terminology and concepts used, which was explained in the early chapters of volume one, or they would keep silent, and either struggle to try and figure out what we were talking about, but in some cases these chapters that they chose to read were interconnected with lead-up chapters to the experiences of the chapters they read, so they didn’t have the complete picture.

Also the negative reaction by the other students to these lazy students asking questions which were answered in volume one, for the taking away of the class time of learning something new, was causing a problem.

Not only that, my guides tell me that the taking away the fear of the unknown, by reading volume one helps not only the student to accept and develop at the pace of their higher-self, and not the pace of a fear blocking student, but also the fearing student will affect the other students in the class.

So when I had some cards made up, advertising my books and classes, I inserted this caption.

Because my spirit guides want all the students to succeed in their development, they have stipulated all new students that are interested in developing, must read from the first pages through to the end of the first textbook, before they start classes, here are some of the reasons why.

This will have the effect of releasing any conscious or subconscious fear of the unknown, in relation to the
workshops, which will greatly increase your development success rate.

Also, you will understand what I and the other students are talking about, without having to explain all the terminology and concepts. So it will remove any time wasted by questions that have been answered in volume 1, which allows more time for meditation, practising, and development.

It is vitally important that you don’t miss any of the pages, including any of the pages before the first chapter.

So I and my guides have decided that the only way to train the potential students of your own classes who wish to develop using this textbook as a guide, is to not name the chapters, but just list the page numbers of the chapters.

So if you have skipped reading the “WHAT THIS DISC IS ALL ABOUT, OR PREFACE AND INTRODUCTION” go back and read it, and you will find an explanation of some of the topics covered in chapters on the next page titled “CONTENTS,” which is only listing the page numbers of the chapters.

Also if you don’t read the chapter about my childhood, Astrological and Numerological birth data, which is in a way not checking out a person’s qualifications and credentials, when they are presented to you.

I KNOW VERY LITTLE ABOUT COMPUTERS, BUT WHEN I HAVE TO LEAVE A BOOK AND THEN COME BACK LATER TO READ IT, I PUT A BOOKMARK IN THE PAGE.

IF YOU CHANGE FILES, TO USE YOUR COMPUTER FOR ANOTHER PURPOSE, YOU HAVE TO MAKE A NOTE WHERE YOU HAVE READ UP TO, SO THAT YOU CAN FIND THE PAGE YOU WERE READING.

SO IF YOU DON’T KNOW HOW TO DO THAT ON YOUR COMPUTER, BECAUSE I DON’T, WRITE THE PAGE NUMBER ON A POST IT, OR PIECE OF PAPER, SO YOU CAN FIND IT, AS THE CHAPTER ISN’T NAMED FOR YOU TO REMEMBER.
THE MEANING OF THE TITLE, "THE AWAKENING OF AN ANGEL." —— 2
FOREWORD ————————————– 5
THANKS AND ACKNOWLEDGEMENTS ———— 6
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STUDENT’S ATTENDANCE LOCATION

I will only list the references to students if they do not continue into following disc volumes, but if there are more transcripts about a student, the complete record of chapter location will be at the end of the volume, where they finish.

Also I will only list the chapters they are in, as the class-night has an influence on their development, and to a minor degree so does reading the students transcripts of the other classes happening on the same week as their attendance.

CHRISTINE (3/5) GEOFFREY (3) YVONNE (3)

SUSAN (5/6/23/25/26/27/29/35/47/51/52/54/55/58/60)

GLEN (6/8/20/23/29/37/47) MARY (8) ROY (14)

SYLVIA (14/31/51) LIZ (19/22/34/39/47/52/54/55/56)

MAY (16) LAURA (16) JOHN (23/26/29/41/47/69)

JANE (20/23/25/26/28/29/34/41) ANNE (25/26)

GAYE (26/29) BELINDA (29/46/47/49/57/59/62/63)

DENNIS (54/55/60) ALICE (25/37/40/46/49/54/55)

ESTELLE (34/40/41/44/47/49/51/52/54/55) KERRY (37/64)

NAOMI (42/57) JOE (49) HELEN (46/49/52/53/59/63)

GEORGE (42/58) HANNAH (51) JARRED (52/54/55)

FIONA (49) DAVID (53/57/59/62) NATALIE (59/62)

OLIVIA (29/34/35/37/39/41) MILA (29) BERNARD (49)
Most of what I am going to explain, Raymond didn’t become aware of until he had first studied Astrology and Numerology for four years, then sitting and experiencing his psychic and spiritual healing development for the next four years, and he didn’t know about his childhood sexual abuse until his second year of running his own classes.

But it was his third year of running classes, which in these classes, were where mostly past life revelations were shown to him and his group, which incarnated in so many lives together, where he found out about his past life strengths, talents, abilities, divine mission, and his angelic status.

Raymond’s spirit in previous life-times has suffered many trials of physical strength and patience, to increase his spirits resistance to suffering and influence of the physical world.

Also his past lives have been mostly involved in teaching humanity, to explain mostly cause and effect to humanity, because in-between physical incarnations he has been a healer and past life therapist to spirits, who had been guided by their guides to be helped by Raymond’s spirit.

Because Raymond’s spirit was helping the spirits after they had got into a mess, from their past life experiences, Raymond spirit knew he was like a doctor treating a patient after they had got the disease. So his spirit said,

‘Why can’t someone incarnate and teach humanity about this cause and effect, which causes so much conditioning, which they hold onto, to their next life?’ And he was told,

‘You can only work in the physical world, with the level that people are living and understanding. But if you can increase people’s awareness of cause and effect, by condensing what happens to individuals over a period of a life-time into a book or newspaper serial, which in all probability will only be understood by following generations, but more people will learn in this way.

So, you can either record the events of what other people have experienced in their life-times, for future generations to read and understand, or you can as well, live many life-times with a group of spirits who also want to achieve this demonstration of cause and
effect, where your life-times together will be recorded for humanity to read about, in the same way.’ So Raymond’s spirit said, ‘Okay.’ These are the life-times you will come to read about, when his group started to arrive in his classes for his third volume.

So because in many life-times Raymond’s spirit has been a writer of both biographies and auto-biographies of his past lives, and his group of spirits past lives, on this Earth and parallel Earth’s, which most people in this world think are fiction.

So, because his spirit’s intelligence, will-power, writing and teaching talents would have been too much for his physical mind and body while he would be growing up and in school, not that his mind and body couldn’t handle it, but he would stand out too much in school, if he wasn’t suppressed in some way.

So because of the strength of Raymond’s Spirit, I, his higher-self, not only had to suppress Raymond’s strong writing abilities in his childhood, but because his will is very strong, this also would normally influence his physical body, in that his subconscious would draw him into activities that would increase his muscle-mass, and this would not be beneficial to Raymond’s psyche, self-worth, esteem, and ego.

So this is why I chose his childhood to experience sexual abuse, which arrested his physical growth for approximately two years, and this was also an opportunity to nip in the bud any bullying he might have developed as he got older, and he went through quite a few lessons in school on the receiving end of bullying, as he was a head shorter than the other boys in his age class, which stayed the same, all the way through his school days into his adult life, and he still grew 2 inches after he was twenty-one.

His sexual abuse was blocked out of his mental conscious memory, but its affect was still there in the way his mind processed and interpreted the world, as well as many other differences that his mind worked, and figured things out.

He wouldn’t notice it at school, learning his lessons, and he was unaware of this, but it was more in the area of his perception and analysis of what he perceived with his physical senses, of what was happening on the earth-plane. Raymond’s conscious mind, as a child, didn’t have the
ability to utilise or recognise this expanded, heightened faculty that was a side-effect of his childhood trauma.

It didn’t increase his memory, but if a scientist had tested all his classmates, where individually they were to watch the same film, and at the same time describe what they are seeing, then the scientist would notice a difference in what Raymond would describe, like as if he was looking at the film from a different angle and would read more into what he was seeing, but also his understanding of what or why things were happening in the short movie.

This ability helped him to eventually come so high in his class at school, that he was bumped up a stream, but because the higher stream had been taught a higher curriculum than his previous class, for over two years, he couldn’t catch up, when it was integrated to the previous material, like English and Maths. But as his history and geography classes, were mostly teaching new material, he did okay.

He also needed the right parental influence, which was designed that at a very early age he became independent of any mental or emotional need or attachment to them, which also strengthened his ability to not be affected, or react like most people would, to dominating or strong-willed individuals, who we knew he would be coming in contact with, especially with certain students and patients. So his mother had to be as dominating, and strong willed as Raymond’s spirit.

This independence and not very happy relationship with his parent’s helped him be prepared to be influenced by a New Zealand woman who used to stop at his mother’s ‘Guest House’

(Small Bed and Breakfast and evening meals establishment.)

every summer, where he would hear about New Zealand, and thought it was too good to be true, until he checked out New Zealand at the library.

But I am getting ahead of things, so we will go back to before his birth. It was explained to Raymond’s spirit that you will need to be born with the correct parents, at the correct astrological time, to arrange the maximum astrological tools to help you with your divine mission, as your mission has been sanctioned by higher spirit authorities, because of the amount of influence you will have eventually on spirits both incarnated, and in the spirit worlds close to the Earth-plane.
But these astrological strengths and tools will be too much for your physical conscious mind and emotions, and if we don’t in a way put a spanner in this astrological machinery, until you gain age and wisdom, so that we can take the spanner out and free the machine to run, so to speak.

Because if we do not block these astrological tools, your spirit gained strengths will utilise these tools, and your teachers or career officers, will either guide you into becoming a writer, psychiatrist, or a teacher, but because you went to a state school, we didn’t have to worry about you becoming a priest.

If you became one of these three professions, you would be too caught up in this world’s materiality, and the distractions of money, sex, marriage and children, and all the restrictions, of what mostly these professions would be, to your divine mission, as your mission is going to take up a lot of your time, to such an extent that you will only work part time, as your mission will cost you more money than you make from it.

So your childhood conditioning needs to prevent you from your strengths being recognised by your teachers and school career officers. But we will give you a key to help you accept your divinity and qualifications for this mission, and that is your numerological chart.

Now that you know the category of these strengths we will first give you Raymond’s astrological details, for the astrologers, in high-lighted paragraphs, and then we will continue with what we will explain in connection with Raymond’s childhood, so that you can match it up with his Numerology chart, as his occupational achievements are literally described in most of his Numerology chart, to help you accept that his Numerological name and birth chart is firstly a true relationship to Raymond.

RAYMOND WILLIAM SHORE

DATE OF BIRTH, 7/9/51, 21.52 GMT. RECTIFIED.
BIRTH CERTIFICATE NUMBER DG577904, ENTRY NUMBER 330
ST HELEN HOSPITAL, BARNESLEY, YORKSHIRE, ENGLAND.

ASCENDANT 18’40’19 GEMINI. MID-HEAVEN 10’13’44 AQUARIUS
SUN 14’27’22 VIRGO. MOON 3’19’10 SAGITTARIUS.
MERCURY RETRO 1’54’58 VIRGO. VENUS RETRO 7’41’21 VIRGO
MARS 13’03’44 LEO. JUPITER, RETROGRADE 12’16’34 ARIES.
SATURN 2’50’25 LIBRA. URANUS 13’11’46 CANCER
NEPTUNE 17’59’56 LIBRA. PLUTO 20’16’03 LEO.
NORTH NODE 9’49’06 PISCES. SOUTH NODE 9’49’06 VIRGO.
SECOND HSE CSP 5’09 CANCER. THIRD HSE CSP 21’20 CANCER.
FIFTH HSE CSP 6’51 VIRGO. SIXTH HSE CSP 22’16 LIBRA.

ASPECTS, MAJOR AND MINOR.

SUN CONJUNCT VENUS. Sun semi-sextile Mars.
SUN QUINCUNX JUPITER. SUN SEXTILE URANUS.
Sun semi-sextile Neptune. SUN OPPOSITE NORTH NODE.
SUN CONJUNCT SOUTH NODE. SUN SQUARE ASCENDANT.
SUN QUINCUNX MID-HEAVEN. MOON SQUARE VENUS.
MOON SQUARE MERCURY. MOON SQUARE VENUS.
MOON TRINE MARS. MOON TRINE JUPITER.
MOON SEXTILE SATURN. Moon semi-square Neptune.
MOON SQUARE NORTH AND SOUTH NODES. MOON SEXTILE MID-HEAVEN.
MERCURY CONJUNCT VENUS. Mercury semi-sextile Saturn.
Mercury semi-square Uranus. Mercury semi-square Neptune.
VENUS QUINCUNX JUPITER. VENUS CONJUNCT SOUTH NODE.
VENUS OPP NORTH NODE. VENUS QUINCUNX MID-HEAVEN.
MARS TRINE JUPITER. Mars semi-sextile Uranus.
MARS SEXTILE NEPTUNE. MARS SEXTILE ASCENDANT.
MARS OPPOSITE MID-HEAVEN.
JUPITER SQUARE URANUS. JUPITER OPPOSITE NEPTUNE.
Jupiter semisextile North Node. JUPITER QUINCUNX 5TH NODE.
JUPITER SEXTILE ASCENDANT, JUPITER SEXTILE MID-HEAVEN
URANUS SQUARE NEPTUNE. URANUS TRINE NORTH NODE.
URANUS SEXTILE SOUTH NODE. Uranus semi-sextile Ascendant.
URANUS QUINCUNX MID-HEAVEN.
NEPTUNE SEXTILE PLUTO. NEPTUNE TRINE ASCENDANT.
NEPTUNE TRINE MID-HEAVEN.
PLUTO SEXTILE ASCENDANT.
North Node semi-sextile Mid-heaven.
ASCENDANT TRINE MID-HEAVEN.

Some of these aspects you may not accept, depending on how strict an orb you use, but some of these planets are pulled into aspects by other planets. I will list the planetary configurations, as I interpret them, as they are extensive.

**TWO T SQUARES**
**OPPOSITION AND SQUARE**

JUPITER * NEPTUNE * URANUS.
SUN, SOUTH NODE, VENUS * NORTH NODE * MOON.

**STAR OF DAVID**
**TWO GRAND TRINES**

ASCENDANT * MID-HEAVEN * NEPTUNE.
MOON * MARS * JUPITER

**THREE KITES, INTERCONNECTED**
**3 TRINES, 2 SEXTILES AND AN OPPOSITION**

ASCENDANT * MID-HEAVEN * NEPTUNE * MARS.
ASCENDANT * JUPITER * MID-HEAVEN * NEPTUNE.
JUPITER * MID-HEAVEN * MOON * MARS.

**MYSTIC RECTANGLE**
**2 OPPOSITIONS, 2 TRINES, 2 SEXTILES**

MARS (PLUTO) * JUPITER * MID-HEAVEN * NEPTUNE.
TWO TETRADIC YODS, INTERCONNECTED
2 SEMI-SEXTILES, 2 QUINCUNX, 1 SEXTILE, 1 OPPOSITION

MARS * URANUS * MID-HEAVEN * SUN, VENUS.
NORTH NODE * MID-HEAVEN * SUN, VENUS * JUPITER.

You might find the progressions of my Ascendant and Mid-heaven interesting, as Pluto is 62 degrees ahead of the Ascendant, and Jupiter is also 62 degrees ahead of the Mid-heaven.

Now for most people who haven’t studied astrology, we will only explain the high-points in connection with his childhood, connected with these classes, books, his Numerology chart and its connection with his past lives.

The best sign of the zodiac for a communicator, is Gemini. So for Raymond to be a good talker, we made sure he was born at the only two hours of the day in which Gemini is on the horizon, which is why it is called the Ascendant sign, which fixes the appearance and personality.

For what Raymond desires, and the way he thinks and feels, is represent by his Sun, Mercury and Venus, they needed to be in the best analytical sign of the zodiac, which is Virgo.

Now both Gemini and Virgo are mostly helped and influenced by the planet Mercury, which represents thinking and the mind.

If you have a mind that desires to study detail, which is Virgo, with a personality, Gemini, which is attracted to variety, and variations of this detail, this is why he needed 200 astrology and numerology books, and the same goes for other subjects he was to study.

This Gemini influence drives the Virgo from just seeing the grass of one field, but takes him to compare the grasses of many fields, so to speak. But all this focus on detail and looking down, means that he has missed the forests and big picture.

So we had to arrange his birth so that the sign that his moon is in at his birth, will subconsciously bring into his mind the wisdom and big picture, of his strengths in seeing the interconnectedness of everything.
else. So his Moon is in the sign of Sagittarius. As the moon represents our subconscious desires.

We will leave out some of his childhood details for volume two, which is connected with another event, but other details of his childhood we can use to show you the connections with his astrological and numerological birth data.

At the age of five my brother was born. I suffered from Candida Albicans, from before I can remember, then it was called a Hay-fever.

(My mother had to have all her teeth taken out because of an infection, and she would have had antibiotics in 1951, while she was pregnant with me, and this was the cause of my body’s allergies.

But my higher-self told me this was arranged to not only mess up my schooling, but keep my I.Q. from getting too high, while I was in school.)

Since then, I have found that I was also reacting to certain foods, that I was allergic to, any sugar or yeast based foods, besides about a dozen plants, and also dust. More about this near the end of this volume, where I first found out about the purposes of this Candida.

We moved from Barnsley to Chester, when I was nine years old, but while my mother was converting this big old house into a ‘GUEST HOUSE,’ my father still stayed in Barnsley, working down the coal mine for a few more months. I didn't see him after that, because a month later he died, in bed.

“Raymond’s memory was mostly blank up until his move to Chester.” A year later my mother remarried a coach driver, who stayed at the guest house frequently, as Chester is a Mediaeval/Roman City on the tourist circuit, and when my stepfather married my mother he retired from coach driving and went to work for a confectionery wholesaler’s, and every week brought home boxes of samples, for my brother and I to gorge ourselves on, which doesn't help, having Candida.

My step-father was an obsessive letter writer, and every night he would be writing letters, well he took an instant dislike to my scribble-like hand-writing, and insisted in making me practice my hand-writing, to make it beautiful, again and again.
I also had great fear of my step-father, who I have found out since, was a past life of someone in my spirit’s past life.

The affect, my higher-self explained, is like making a left-handed child, become right-handed, it really messes up the schooling, but in my case it set up very strong aversion to writing, and the constant focus in school of making my handwriting beautiful, because my stepfather would check my school books, well, my English grammar and punctuation, was practically, non-existent.

Even though, my essays were twenty pages long, and I would be getting up at four o clock in the morning, to finish them. But I would hate writing, but when a story is coming into your mind you have to write it down to see how it ends, and that’s why I was told my essays were the longest in the class, and I may have subconsciously rebelled against writing, by not bothering to punctuate the essays, when I wanted to be out exploring, fishing, cycling, or just rambling.

So when I was becoming top of the class at woodwork and metalwork, when I was thirteen years old, I didn’t care about my English anymore, so I was down the bottom of the class at English, so I had no teachers or career officers, saying you would make a great writer, which was what my higher-self and my guides wanted.

At this point we need to explain a bit of Numerology connected with Astrology, in connection with these childhood events. In Numerology numbers represent nine different basic meanings, for the numbers 1 to 9. And the total of a person’s date of birth, by adding each single number to the next until you have a final total, like my date of birth,

\[ 7/9/1951 = 32 \]. Then the two numbers are added together, like this,

\[ 32 = (5) \]. I will not go into what every number represents, at this stage, but number \((5)\) represents change and adaptability, and when it is the total of the date of birth, it is called ‘THE LIFE LESSON NUMBER,’ or learning most of my life, what the number represents.

But in Raymond’s case it was only temporary, while Raymond was growing up, for he was being prepared for a change of his LIFE LESSON NUMBER. But before we explain this change, we will have to explain what Numerology books call ‘MASTER NUMBERS.’

**MASTER NUMBERS** are 11, 22, 33, 44, etc, which are totals that are not
reduced any further. They most often mean the single number has been learnt so thoroughly in that they have already achieved the peak represented by the original single number, like 1, 2, 3, or 4 etc, or ‘POWER NUMBERS.’ which total to 10, 20, 30, 40, etc, in that they have also overcome the desire to be, as we say, 0 removed from everyone else, in that they are ready to help another, or more, to stand along-side them, where the Master number person, will teach the second individual mostly what that basic number represents, like 11 teaches about 1.

A person having a Master number in their name or date of birth, doesn’t mean they are a Master, or learning to be a Master, it only refers to the mastering of the meaning and principals of that number.

Imagine you can see a little hill from far off, and a person climbs to the top, stands up and helps a second person up, to stand along-side of them, from a distance both figures look like the number 11.

Some numerology books make a big fuss about Master numbers, as being something special, but most of these books only explain the numbers 11, 22, 33, and if you realise that the number 11 can be found by adding each two numbers together, 29, 38, 47, 56, 65, etc, if you get my drift.

Also because 11 is the smallest Master number, the chances of these variations of 11 occurring in dates of birth or names, are even higher, but this is good, because it means more people are awakening to the Aquarian age, as 11 relates to AQUARIUS.

All Master numbers are teacher numbers, in that the basic principle of the number is teaching mostly what the base number represents, not like a teacher who is teaching a subject at school, like sport, and they are teaching from a text book, and they have never played a sport.

But there are some twists to what these Master numbers are either learning to teach, or in most cases the person has already learnt what they are teaching, represented by the Master number, and some of these master numbers, like 33, can be teaching representation of 3, on a lower level, like teaching creativity and giving.

But on a higher level 33 represents unconditional love, for every living thing, and the other two numbers associated with love are 6 which represents parental love, and 2 which represents romantic love.
But first I need to show you the number representations of the signs of the zodiac, as they are interconnected with Numerology.

The twelve signs of the zodiac are like a spiral course of classes for every spirit to choose, starting with Aries and progressing through to Pisces, where you start again at Aries, but on a higher level of meaning, and each time a spirit progresses they can eventually go to the next level of what each sign can teach the individual.

The meaning of the signs are progressively interconnected, because through a person’s life-time he has the opportunity to learn something new as the individual progresses through the signs at roughly 1/30th of a sign per year, so at the maximum, after 30 years have passed, the lessons learnt from one sign should help, and then prepare the person to understand and learn the next sign.

But a spirit will very rarely reincarnate into consecutive signs of the zodiac, because everyone has free will, and we sometimes don’t learn the lessons of the sign, and if we all have learnt a collection of different sign experiences, we may want to, or be guided to be born into a specific astrological configuration of planets which are just right for our growth.

But if a spirit is wilful and chooses to be born into an astrological sign and pattern, that is new to them, then it might be a bit of a struggle to learn to use the basic tools of that sign, but another spirit who has been recommended by his spirit guides, to incarnate into the same sign, but the rest of his planetary placements increase or add to the basic tools of the sign, but this time the tool is a lathe, instead of a chisel, because the spirit has had many life-times practising and refining the use of these specific tools, so the individual with the lathe might have the same Sun sign as the person with the chisel, if you understand the analogy.

If a person wants to maximise the influence of the planets placement in the zodiac, they will choose the time and location of their birth where the angles of the positions of the planets are increasing the flow of energy between many of the planets. In a way you are supplying a machine shop full of tools for the incarnating spirit who has used these tools in many life-times.

But for a novice who has had no past life practise of these tools, the spirit may incarnate into the same Sun sign, and the planets may be in the
same signs, but because the angles which increase the flow of energy between the planets, are not there, then the flow of energy is not there, so the novice will not be let loose in the machine shop, to hurt himself or others with the powerful machines.

And the same goes for numerology. In that a novice would not have the influence of many, or specific Master numbers, if they didn’t have the experience to cope with their influence.

As you have read, 11 is quite easy and frequent to total, but as the master number rises, they are rarer to total in a name, and even rarer in a date of birth total. Master numbers are usually attributed to signs of the zodiac which are good teachers. I will explain them in groups of three, as most of them are interconnected.

ARIES = 1, LEO = 3, SAGITTARIUS = 9 AND 99

ARIES, 1, mostly perceives and takes or does what they want, and good at starting things, and it is called a CARDINAL sign.

LEO, 3, has learnt that if he gives, he can receive much more. This is also a FIXED sign of the zodiac, where adaptability and change are not what this sign is about.

SAGITTARIUS, 9, can see the big picture, from a higher viewpoint, where he can connect the giving and taking to complete a circle represented by the circle at the top of the number 9. In Astrology this sign is a MUTABLE, meaning it is into adaptation and change.

In numerology the 9 represents power and influence, of a non violent nature, as it has all the numbers within the nine, so has mastered the numbers sufficiently to use that power.

The three signs of the zodiac which have the most power over many people, are learning different areas of influence of this power, and they are situated one after another, Sagittarius, Capricorn and Aquarius.

But where they learn to control this power, is firstly incarnating in the sign of Scorpio, because a person under the Sun sign of Scorpio, if they are on the level of this higher lesson, has every and any desire amplified, ramped up so they have to get control of whatever it is that is amplified, so that when they have mastered the increase of power within themselves,
they are then more able to have control over themselves, when they have power over others, when they incarnate into one of the next three signs.

The Master number 99 is also connected with the teaching side of 9, and is in the correct sign, as 99 represents’ Teacher of Teachers. Meaning teachers of other numbers or specialities, from 1-9.

But on a higher cycle or level, 99 is the Master number who is also capable of teaching all the previous Master numbers, which are the specialities, who are guided and taught by the 99s, if the 99 spirit has also mastered those previous master numbers.

This is why my guides and higher-self insisted in me explaining my Astrological and Numerological birth details, analogically representing spirit guides endorsed certificates on the walls of a doctor’s office.

Just like 33 can mean teacher of creativity and giving, the higher cycle can be teaching unconditional love and acceptance, and self sacrifice for the benefit of others, I don’t mean the meaningless loss of life to save another person’s life, unless they are learning that lesson, but as a teaching meaning of 33, it would be hard to teach if you have passed out of the class-room, so to speak.

But all Master numbers have higher levels of meaning, just like Astrological signs of the zodiac.

I cannot give you any examples of names totalling to 99, also the individual would have to have a few more names on their birth certificate, for a 99 total to occur as a total of vowels, or consonants, and most people in the western world have three names on their birth certificate, the middle name is usually the father or mothers name, depending on gender, as my middle name is my father’s first name.

So more often than not, 99 will be the total of all the letters numerical value, which in Numerology is the DESTINY NUMBER, or POTENTIAL LIFE PURPOSE. I will explain more about 99, and DESTINY NUMBERS, later on.

Money and also Tax are very high in influence, and they also add up to 9.

46557 = 27 = 9 
216 = 9

As you can see the 10th letter of the alphabet is J

and the 19th letter is S, so you can see why every vertical column represents a number.
So that I can mentally remember each letters number representation, I change the letters around to make words, or think of phrases that remind me.


Speaking of INLAND REVENUE TAX

\[
\begin{align*}
953 & \ 54 = 27 = 9 \\
954 & \ 55 \ 35 = 36 = 9 \\
21 & \ 6 = 9
\end{align*}
\]

\[
27 + 36 = 63 = 9 \quad \text{or} \quad 27 + 36 + 9 = 72 = 9
\]

So we know where all the money went. If you also notice, not only the totals of the words Inland Revenue, are 9s, but also their first letters.

TAURUS = 4, VIRGO = 44, CAPRICORN = 8.

TAURUS 4 represents security and completed work projects, whatever it is, and is a FIXED sign.

VIRGO 44, represents innovation and change to finished structures, and can show the interconnectedness of everything and everyone in the physical world. But on a higher level it is representing the connections between reason, cause and effect, where the connections are beyond the one physical life. The term Teacher of interconnectedness is the teaching side of 44, and the sign is also a MUTABLE. More about 44 later on.

CAPRICORN, 8. Is connected with the cause and effect of the interconnectedness of karma as any Capricorn will attest, they seem to experience that every deed they commit, good or bad, rebounds in their life, to teach them actions and consequence, and is also a CARDINAL sign.

Where in that the 44 is all about teaching the interconnectedness, but there is a blank between the two 4s, representing past-lives, earth-bound spirits, damaged aura’s, or about our guides, which are all there, but cannot be perceived with our normal physical senses.

But the number 8, because the two circles are connected, this is why
the Capricorn or 8 individual, experiences the interconnections of the consequences of what they do or say, very soon after.

Remember I explained that each sign is interconnected with the one before, and the one after. Well, every other sign is introvert and is good for introspection, the reason being the actions of the previous extravert sign are in a way reflected upon and taught. The extravert signs are less aware of their affect on others, and less affected by other people. But the introverted signs are more aware of their affect on the world and people, and are more affected by criticism and opinion, and the signs will be affected in different ways, depending on their sign.

Both Virgo and Capricorn would make good past life therapists, but remember Virgo is the master at analysis, is adaptable and accepts change easier. You could say that 4 represents a past life, and the second 4 represents this life, I very much think of 4 as a square circle, or a box, where if you trace the line of the box you will eventually come back to where you started, as if the spirit enters the baby from the spirit world, lives a life, and when the body dies the square circle is complete and the spirit returns.

The first three fire signs are more connected with action and seeking action. The three Earth signs are more into building and understanding the physical interconnectedness of everything. The next three signs are associated with communication.

**GEMINI = 5 AND 55, LIBRA = 2, AQUARIUS = 11.**

The trouble with there being 12 signs of the zodiac, is that there are not only 9 basic numbers, not counting 0, but the master numbers also have different meanings, and when they are most suited to a sign of the zodiac, then it can get complicated.

You might have noticed the first complication where Gemini may
have two numbers, Virgo shouldn’t have 4, or Aries 11, because they are suited to other signs, but 5 is the basic driving force of Gemini, and that is curiosity and communication.

Outside of the teacher numbers, represented by all the Master numbers, Gemini is the sign that disseminates the largest amount of knowledge to everyone else who do not go to schools or colleges, so that humanity catches up with the discoveries and beauty of everything that can be perceived to be communicated.

The shape of the number 5 represents the capturing of all perceptions first, represented by the back facing lower curved line, then our mind chooses what we want to communicate, by the raising straight line into the mind then it communicates in a straight line, like a projection, just as a voice spoken is received by the ears of the listeners, in a straight line, horizontally to their ears.

The communication side of this Life Lesson number is to learn when to communicate and when not to, also the person will learn the hard way of the misuse of communication, as you will learn later on.

It is also the number of large changes, if a person has a Life Lesson number 5, they are learning to adapt and be happy with large changes in their life. When a person is confronted by large change, they pause, digest, adjust to, before they move forward, very similar to the shape of the 5. Imagine we are going forward and the change hits us. This is like the down stroke straight line, then as we adjust, accept the change slowly we come back to moving in the right direction, represented by the curved line returning to point in the same direction, but not the same exactly.

Where I used to live near Barnsley, was a small place called Stairfoot, and even then we lived outside of the village, in a row of attached houses, about a mile from the next row of houses.

Behind my home were fields and countryside, no streets, no houses. Moving to Chester, half a kilometre from the Roman wall of the city, was a big change for me. No countryside for at least 3 miles. Also my mother was running a ‘Guest House’ with all these strangers wandering around the house. Then a stepfather came on the scene 1 year later.
I was not only learning the lesson of change from my date of birth, but I had a Gemini Ascendant, for a personality, where I had to not only learn to communicate, but learn to discriminate what I said, as my stepfather didn’t treat me as a child, but related to me as if I had the mind emotions and discipline of an adult, my toys were thrown in the bin, and I became very scared to talk to him, and as my mother only showed love and preference to my brother, who was the favourite.

I had to seek other ways of communicating, joining the cubs and then scouts helped. Having perfect pitch and singing like an Angel, (Alto-Soprano) I was recognised by the school music and Choir teacher, who used me as a soloist in the choir of 30 to 40 boys, and would position me in the weakest area of boys, when their pitch wasn’t up to scratch, or they had forgotten some of the words, so that they could hear me and keep up with me, this and the Scouts, is where I was learning team work, and the happiness of the others I was helping.

My higher-self tells me that what I needed to realise and learn, was that my self-esteem is what I create, as I was receiving the opposite at home.

If my school choir was just an ordinary one, I could understand why my parents never came to even one concert or competition. But the Overleigh School Choir was the only boys choir from England that ever competed year after year at the Llangollen International singing Eisteddfod in Wales, and we would do concerts all round the country. I was even scouted, and paid a wage to sing in a church choir on Sundays, but my parents never came once. I will explain more about 55 later on.

Here are a few words totalling to 55,

**INCARNATION**
95 31 95 1 296 5 = 55

**NUMEROLOGY**
5 3 4 59 6 3 6 7 7 = 55

**PSYCHOLOGY**
7 1 7 3 8 6 3 6 7 7 = 55

**DISCIPLINE**
49 1 39 7 3 9 5 5 = 55

Libra = 2 represents the non-verbal communication of a smile or perceiving a partners desires, and is the lover of the zodiac, because of
this ability to feel communication from a partner, and they have the ability to communicate this love in a smile, which is why they smile more than any other sign of the zodiac.

If the Ascendant sign is Libra, then they are expressing that, but if their sun sign, or birth month is Libra, and their ascendant sign is another sign, then it is harder to recognise, but my guides have shown me the letter 2, has the capacity to feel and understand the partner, and that the line at the bottom of the two represents a person kneeling, meaning they are not going anywhere, and that they are there for the other person, the bending back stroke of the up-curve in the 2, has the same meaning of bending over backwards for the other person, but only to draw them in and make them feel wanted and loved, having enough space inside the curve for two, the curve at the top is like a hook locking the two people in harmony.

Libran’s seek balance harmony and peace, and are very good at understand the other person, on multiple levels, remember I mentioned earlier that 2 represents romantic love.

I do not have a number two in my date of birth or name, as I have no BKT letters anywhere, but my guides told me that for me to be guided by spirit, in all levels of teaching and healing, I have to have no astrological or numerological ability to read another person, other than what they tell me, verbally.

My guides and higher-self would also like to add that no one on earth should judge or criticise or condemn another person, connected with the word EGO.

A person who has been brought up with no love and affection, is conditioned to seek attention, this is very often judged as EGO.

A person imprinted with Astrological and or Numerological strong imprinting of a desire to communicate, if they talk about another person’s achievements or talents, they are praised, but if they talk about their own achievements or talents, this is often judged as EGO.

A person imprinted with the astrological and or numerological strong imprinting of a desire to be into sport or art or any creativity, this is very often judged as EGO.

A person yada yada yada, politicians, FBI or law enforcement,
military, are you getting my drift? Usually when another person calls you an EGOTIST, it is firstly very hard to defend, and secondly either the person has taken a dislike to you, or previous life-times are having an influence on them, either from a past life-time with you, or the situation or subject of conversation, has triggered off a negative reaction in them from past conditioning, which could be a past life, childhood, or in the womb.

Oh, it is also the favourite tool of anyone trying to undermine, attack, suppress, or take away your sense of who you are. And if you argue, you lose, and if you go quiet, you lose, if you walk away, you lose, especially if you are teaching a group.

This is why my guides insisted that I included all my Astrological and Numerological birth data, as more Astrologers and Numerologists study them, they will greatly support me connected with this mission. In that I needed to be who I was, Ego, warts and all, to achieve this.

_Aquarius = 11_. If you remember number 1 is Aries, where they learn to make their own decisions without others telling them what to do. Well, on a lower level 11 is the teacher who is teaching independence, but on a higher level it is teaching to tune within to the higher-self or God, and be guided by either, and it represents the unseen machinery and set up, that is all around us, from the influences affecting our aura’s to Earth-wandering spirits and thought-forms, to the vibrational influence of numbers, they are even working when you don’t know what the numbers mean, and you find out years later, and when you look back you can recognise their affect in your lives, and also the planet Uranus and Astrology is connected with the number 11.

This is why at the beginning of the Aquarian age, which is just over 2000 years long, mankind and scientists have tried to investigate every influence on the world and mankind, 99% of what they are studying cannot be perceived by the human normal physical senses, but machines and instruments can help us see or record or produce, and this is a reflection on the direction of mankind’s seeking.

Here are a few words which add up to 11,

PROGRESSION
79 6 7 951196 5=65=11
Eventually they will learn that they are connected with a spiritual component that is a lot more important than just doing what they desire.

This number \(11\) teaching Master number, is teaching to harmonise a person with their higher-self, and is a fixed sign, and very often the spiritual truths are fixed, and less adaptable. The next three signs are associated with our emotions, mostly love emotions.

As I said earlier these descriptions are very basic, and I am leaving out so much that they would fill a few books, but I want to establish the basic meanings of all the basic numbers and some of the Master numbers, but even I am not aware of where the higher master numbers fit into Astrology.

The sign of Cancer imprints a strong emotion of parental love and caring of not just their children, but if they have no children, then this specific emotion is found an outlet in community, and the service
industry, especially prepared food, or hotels.

The shape of the number 6, is that the circle at the bottom represents the womb, and stomach, and this area of the body has a much stronger influence than the mind.

**CANCER = 6 AND 7, SCORPIO = 22, PISCES = 33.**

The planet that is associated with Cancer, is the Moon, and the moons position in a birth chart indicate the type of subconscious desires and abilities from the incarnated spirit’s past, which can slip through to influence the conscious mind. My Moon position at birth is in Sagittarius, more about number 9 in my name chart later on.

The number that represents the Moon is 7. The shape again is representative of how the subconscious or any unseen indirect perception or communication is received by all of us.

Imagine the Moon is situated in the right hand top corner of the 7. When the sun shines on the moon, representing the top line, we see Sun’s reflected light on Earth, down the long line sloping backwards, representing our subconscious desires and abilities coming from our previous existence, or any perception that is a result of an unseen cause. Oh I have found some famous psychic/spiritual healers, with 66 in their names.

**SCORPIO 22,** represents the experiencing and learning the effects of strong emotions on a person’s beliefs and desires. Our society mostly associate this sign to sexuality, but because the intensity of the individuals depth of physical feeling and emotional response to the actual sexual act, then because of this heightened awareness and thus can enhance sexual enjoyment, the Scorpio individual can be more in tune with their partner while making love to them, and thus can harmonise their movement for the increased pleasure of both parties, if they have learnt about sex, or they want to give this pleasure to their partner.

But where a Libra 2 wants to help their partner feel loved and equal, just like the scales the sign represents, but in most cases Scorpio has a need to dominate, and manipulate what they perceive in their partner, if the Scorpio is unbalanced.
And this ability to read, feel, harmonise with the partner, is reflected in the number 22. But basically if a spirit either has the need of passion, will-power, or determination as a tool for their spiritual growth, or mankind’s spiritual growth, then the number 22, or Scorpio, or the planet Pluto, which rules Scorpio and 22, will be in the right amount to help them.

But usually a person born in the Sun sign of Scorpio is learning to control this power, these strong amplification of any emotions, created by the Scorpio, which can spill over into obsessions, negative emotions leading to murder or megalomania. But if the Scorpio individual learns to control and finds outlets in careers which cater for this passion or intensity, like an Actor, Surgeon, Spy, or even a Heavy Metal Rock Star.

All incarnated spirits eventually have to learn to control themselves, and as a spirit grows in vibration they increase their abilities and power, and Scorpio is the class room to learn how to control this power, and just as everyone’s higher-self is monitoring how we learn from every life we experience, if we don’t learn the lesson of any Sun sign, we may have to experience the sign again, before we are ready for the next sign if the last sign is necessary for us to glean the most out of the next one.

Oh, the number in numerology which represents sex, is 5. As a rule, the amount of 5s in a birth certificate name, or date of birth, lesson numbers, usually indicate how much the person needs, seeks out sex. My curiosity over the years has prompted me to ask a few individuals, when I have found out that they have hardly any 5s in their name or date of birth.

One woman, when I told her that she had a very low sex drive, and that even in a relationship, it was low, and was most likely initiated by her partner. She told me she had become aware of this, and her last boyfriend, who was a hypnotist, corrected this, at her request, and she said that not only has it increased her desire, but her body is feeling more sexual sensations than before.

Other individuals with six or seven 5s in the names, have told me that they have sex a lot, and more often. So you see it is very much connected with 5. The numerology books also state this, not just my own little research. Scorpio is a fixed sign and here are a few 22 words,
Now we come to the last sign and number, which has many connections with me. PISCES 33. Remember how I explained that the number 3 is connected with giving, well 33 represent the giving of pure love, not romantic love 2, or maternal love 6, but not only unconditional love, but love to everyone and living thing.

When it is the total of the date of birth the lesson is to learn this love, which the 33 individual feels within them, is to flow out to everyone, not be held onto, and only released to a partner or children.

It is a very hard lesson to learn, but it has the compensation of the individual always feeling that love, you could say, comes from God, not from the individual, in the lesson context.

The hard part of the lesson is that if the individual loves any person, persons or things too exclusively, then these people or things will be taken away, either the relationship will end, or the other person will die, prior arrangements by the other persons spirit are involved here.

Or a person can lose all their possessions or money, or a physical disability can prevent the individual from physically enjoying what they love too much, like sport, sex or food. But the lesson is more connected with love and people.

You may wonder what has this got to do with me, well firstly I have to explain what I was shown psychically in connection with my mother, in the second year of running my classes, but first here is what I consciously knew of my Mothers interaction with me.

My mother and I never agreed on things, but my brother got on well with my mother, he had my mother’s blonde hair. When I was in the last year of my primary school, it was getting close to the time when I had to take the exam which sorted out who went to grammar school, and who didn’t. In England it was called the 11+.

My mother had purchased special home-work books to help me pass this exam, but with Candida, hand-writing, and other factors from my early childhood, which were unknown to my conscious mind at the time, (Sexual abuse) I didn't pass the exam. My mother didn't take it too well,
but my brother performed a lot better at school, and he passed the exam and went to grammar school.

After I failed the exam, my brother became the favourite. As a child, I couldn't understand why my brother was only told off, when years before, I would have been punched black and blue for doing the same thing, but I do look very much like my father.

My mother would lose her temper so much that her whole face would flush bright red, and spittle would fly everywhere, as she would punch me over and over again, from my shoulder down my arms, before she would start in with slapping the back of my legs. I did have the same facial features as my biological father, maybe that had something to do with it. This was when I was 10 or 11 years old, not a beefy teenager.

When my stepfathers mother saw all the blue and yellow green bruises, she threatened my mother with going to the Police, if it ever happened again, so my stepfather was the one who would smack me, he even would creep outside our bedroom, and if he caught us talking in bed, would burst into the bedroom and smack me a few times, but my brother never once got smacked, ever.

My mother was a Leo, with a Cancer Ascendant, (personality), and my stepfather was born under the Cancer sun sign.

My childhood memories seemed to start when I arrived in Chester, at nine years of age, as I can only remember incidents that were about the same number as the days in a month, and most of those were happy memories of exploring the country-side on my own, and hardly any other memories about my father. I still have no memories of his voice, or any memories of what he looked like.

I found it difficult talking to my parents, it wasn't that I couldn't talk to them, but I couldn't get their attention, they were always working. Oh, I forgot to mention I looked and had the voice of a boy five years younger than my age.

At the same time I was running my first classes at home, in the second year, I saw a program on T.V, where someone was describing the conditioned behaviour patterns and personality quirks, of a person who had experienced sexual abuse in childhood, but had no memories of the abuse, but they also had hardly any childhood memories around the age of
the abuse.

I recognised so many of the described behaviour patterns in myself, that I started asking my guides about my own childhood. So I asked my guides if I had any experience of this in my own childhood, and was told, ‘Yes.’ And was I surprised when I was eventually shown one akashic recorded scene, from my childhood.

(*All events are recorded in the spirit world, and it was safer to show me a recording of the abuse, from you could say across the room. But it was like I was seeing everything from the side. *)

On the night of 11/1/88, after I had helped the student Irene rescue her past-life, who had been a little girl entombed alive in a pyramid, Irene helped me to re-call a past-life of my own, and the first scene I was shown, was my birth in this life. When I first came into the world, the first impression I got from my mother, was, ‘What an ugly baby,’ and the feeling of rejection. I then saw a life in Victorian England, as a Down's syndrome boy. I was the boy, and the mother in that life, was my mother in this life. In that life, my father had been a military officer, and died in a war.

My mother was fairly well off, and started dating another officer, but didn't tell him that she had a Down's syndrome boy, for fear of losing him, until he had fallen in love with her. I was about seven or eight at the time, and my mother was spending less and less time with me, and the nanny looked after me, and because I couldn't show love to my mother, I transferred my love to the nanny.

Now this nanny had not been able to give birth to her own children, so she chose a job as a nanny, to make up for not having her own. But with me not be normal, and slavering all over her like a puppy dog. I used to wrap my arms around her leg, in a hug, and never let go, she couldn't handle that.

Out in the garden, she kicked me off her leg, and I flew through the air and landed on my head, on the flagstones, surrounding a little pond, with a statue fountain in the middle.

I died, the officer found out, and stopped seeing my mother. Her loss
of the officer affected her more than my death, and the feelings towards me.... Well, I got the blame. Spirit told me that on a subconscious level, she knew who I was, from that life, when I was born in this life-time.

I was curious to find out what happened, in those missing memories in my early childhood. But now I know my higher-self wanted me to know a lot more. So on another night I did a past re-call meditation back to my birth. Spirit, showed me that when I came into this world. It really cramped my parent's social life, and they wanted everyone to think that they were free from children. Now I know why I spent a long time playing in the cellar.

By now I had already just been told by my guides, that I had been sexually abused by my father, but I still hadn't seen it. Well, I imagined being abused the way two dogs mate, but when my higher self showed me what happened, it came as a shock, that I was facing him. It only happened a few times. Spirit said that his grandfather abused him when he was a child, many times.

My guides told me, that he had incarnated to learn to accept love, and me coming from a Down's syndrome life, I had an excess of love to give him, no matter what, and that I needed balancing, by having the experience with my father.

I have forgiven my father, mother, and stepfather of everything that happened in my childhood. I have been really happy for most of my life, and even now living alone, I am very happy.

(This, my guides tell me, is the side-effect of the 33 vibration.)

When I first put together and printed the first volume, I left all this out, as I was concerned that my mother might read this and it would upset her. When they visited Sydney after I had printed my first volume, I saw them for a few hours, and showed them the book that I had compiled and printed myself, I asked them if they wanted a copy, they said they weren't interested, but I gave them a copy. I don't think they bother to read it as I didn’t hear from them ever about it, and as these experiences are all intertwined reasons for my own life, I decided to write them in.

(25 years later, my parents still hadn’t read volume one, and my stepfather has passed over.)
As my mother has a different name, and lives in a different country, no one will know. I won’t be giving them any more copies. What will be, will be.

When I was involved in Astrology and Numerology I became aware of a quirk in my Life Lesson Number, but because I had no evidence that it was true I didn’t accept it at the time, but the more I was to learn over the years from my guides and higher-self, I changed my mind about my Life Lesson Number.

While I was typing an extract to insert, in connection with a student’s channelling, in 2010, my guides channelled through this, to explain what happened on this Astrology night at the Astrology Society.

While Raymond was learning about his numerological name and birth chart, while he was sitting next to his best friend at the Astrology centre, we got his best friend, who was also born in England, who knew Raymond’s time of birth, to ask,

“Because you are born so late at night in England, it would have been the next date at the same time in Australia, and when you came to live here, would the next day’s date of birth significantly change your life lesson meaning, if you are living here permanently?”

So Raymond quickly calculated the addition of one number to his life lesson sub-total which was 32, which now became 33, and when he read the meaning of this life lesson, which is the learning of how to teach universal love, and giving of love, and learning to put others first, and self sacrifice, and that 33 is represented by the Astrological sign Pisces, where the description of what Pisces means, is the giving of love without prejudice, because of the ability to feel everyone’s suffering, to the point of total acceptance of other people’s weaknesses or failure of character.

His childhood experiences of his physical abuse by his mother and step-father, where his brother was never touched, because he was the favourite, and his brother used to set Raymond up to be punished, because his brother knew he was untouchable, was teaching Raymond the unfairness of not loving everyone equally.

But the hardest lesson of the 33 Life Lesson number, is that if
you love anything too much, it is taken away from you. So if a relative wanted to only experience life for so many years, and then return to spirit, he might be matched up with a parent who is learning a life lesson 33, as Raymond mother’s date of birth also adds up to 33. So, first her husband died when Raymond was 9, so, then his brother died in a motorbike accident, when his brother was 17 years old.

Raymond could accept that what he had been learning through Astrology was the suffering of people, described by their astrological indicators, and the many hundreds of astrology charts of notable people, from all over the world, and because Sydney is a lot more multicultural than New Zealand.

He found that everywhere he interacted with humanity, he was learning about different races, cultures and religious faiths, and their core Astrological race programming, like both England and Germany are connected with Aries, the god of war, and Switzerland and Japan are connected by Virgo, which make good accountants and bankers, with Virgo’s attention to detail and perfectionism, this made sure that the Japanese manufacturers had the least amount of flaws in their products, thus less returns to the factory, under warranty, which the American automobile factories soon became aware of.

He lived at different times in cultural suburbs of Greek immigrants, then Italian suburbs, and when he worked and lived alongside these inhabitants, he noticed different Astrological programming, from their old country of origin.

What we are trying to say is that he was learning the lessons of what 33 meant, and this training was to align this love of humanity which was his spirits core level of spirituality, but this LIFE LESSON number can be a hard lesson to digest, for any human being in this predominantly selfish world, because if he loves anyone, thing, or vice, too strongly, too exclusively, because his capacity to love others is so high, then it is arranged that they are taken away from him.

You have all heard of the expression ‘Love is blind,’ well another aspect of this quote represents, if you love something too strongly
you are not only blind to what you are in love with, but your focus on
the object of your love, interferes with the rest of your life, and you
put the love object’s needs above your own, like the other quote, that
we all have heard before, ‘fallen in love,’

So we needed to not allow his great love capacity to interfere with
his chosen destiny, and not have any strong ties, which would
emotionally sway him from his spirits chosen objective.

Also the retraining of his love will be transmuted into a broader
manifestation, with this love as the engine of force behind his will to
learn and understand the reason for suffering in the world, which
would be his four years of training, after he first stepped foot into
the Spiritual church.

My guides told me that my mother only loved my father, and they
didn’t want any children, but spirit had other plans, and because my
mother hadn’t learnt the lesson of 33, my father died, but if it wasn’t
coinciding with my father’s spirit plans, then he might have left my
mother for other reasons, and I can think of many.

Then my mother made a conscious decision to deliberately treat my
brother and me differently, by playing favourites. I know there were
many other factors, like me looking like my father, having a strong will,
and talking a lot, and the connection with the Down syndrome life.

After my brother died I went down from Auckland, to live with my
parents in Christchurch for year, while I was there, I was having an
argument with my mother, which was quite normal, as my Mother is
very domineering, and she said,

‘I wish you had died instead of your brother.’ I went quiet, then I
said, ‘I think you had better write that down, so you can trot this gem
out, to add to the other sayings you have told me repeatedly throughout
my childhood, like,

‘No one will ever marry you, your too ugly.’ and,

‘You’ll never amount to anything.’ I then left and never spoke to my
parents again for about six years, then a Medium on a Friday night church
service, passed on a message from my Mother, saying,

‘She didn’t understand me when she was alive, but now she was
in spirit she did.’ because the medium insisted she was deceased, when I
questioned her.

I finally got through on the phone to my parents home on that Sunday night, I found out that they had been away for the weekend, and she said she had been worrying about me, I don’t know about that, but I told her I was well, and remembered the experience with the medium to add to my book.

So I was being prepared in my childhood, while I was learning lessons connected with 5. You might say these deaths of my father and brother, may have nothing to do with 33, and being born 2 hours before midnight may also be a coincidence.

Well, while I was studying Numerology, my curiosity, which has very often been guided by my higher-self, started to check out words and names, here goes what I learnt,

BARNSLEY, my birthplace, 21951357=33 until 9 years old, CHESTER, where I lived 3851259=33 until I was 21.

AUCKLAND, until 1974. 13323154=22

CHRISTCHURCH, until 1976. 389912383938=66

SYDNEY, where I live now. Oh, check out LONDON. 174557=29=11

If you think most Towns and Cities add up to 22, 33, or 66, be my guest. So if my childhood vibrational influences from Barnsley and Chester were also helping with my training, you would be right.

After the first year sitting for development at the Spiritual church, spirit wanted to give a bunch of us, like a confirmation name. So the church made it into a little ceremony on the Sunday Church service where we all had to go up to the medium on the stage to be given a name from spirit, and a flower to take away with us.

There was about five or six of us, the man next to me was called first, he went up received his name and flower, and as he was coming back to his seat he was smiling and shaking his head. I asked him what’s wrong, and he said,
‘The Catholics gave me the same confirmation name.’ and I said, ‘The Catholics might think they are picking the name out of a book, but they were guided by spirit to pick that name.’

So then my name was called, so I went up to the stage, and the medium said my name was STEPHEN, so I asked, ‘Is it spelt with a V, or a PH?’ And she said PH.

I think my guides were trying to prove to me that my LIFE LESSON NUMBER was now vibrating to 33. Over the years I would still experience this hard lesson still working, but I have never felt lonely, and I am happy most of the time.

Oh and one more thing, in Astrology the sign that the NORTH NODE is in at your birth, indicates what sign and meaning, your spiritual growth in this life is taking, and the sign my NORTH NODE is in, is 9° 49’ 06” of PISCES 33. So my new LIFE LESSON NUMBER and personal spiritual growth, are the same, sweet.

Here are a few words which total 33. SAVIOUR BLESSING
11496 3 9=33 23511957=33

TEACHER EDUCATOR ORATOR PLUMBER
2 513 8 59=33 54 3 31 26 9=33 6 91 26 9=33 733 4 25 9=33

Don’t laugh at the Plumber, because in Australia I was employed as a Plumber. I will give you a break from Numerology until my name, later.

I was always a sickly looking boy and was a head shorter than other boys of my age. Yet my mother and father were fairly tall for their gender.

In the first year of the new school, after the 11+ exam, I was placed in a lower grade, called 1B, where there were a lot of, you could say, were juvenile delinquents. I was terrified throughout my school days, and was always beaten up, extort-ionized, and bullied, because my mouth always got me into trouble. I managed to eventually come 2nd in the second annual yearly exam, and I was bumped up to 3A, but because I had had B stream teachers in the first two years, in all my academic subjects, and I acquired a few new A stream teachers, where the curriculum was more advanced, I found it a struggle.
My higher-self and guides have just now revealed that it wasn’t my fault that I came bottom of the class, in math and English, and they want this explanation to help other readers who went through the same experience, who also blame themselves for poor results in their new class, from the same generation as mine. This is what my guides told me.

You see in the sixties, mostly secondary modern schools, trained the children for a working-class career, and the different levels in school were not designed to help students who increased their intelligence and moved into a higher grade, if the student hadn’t been taught the advanced math or English which the higher-graders had already learnt, then the teachers didn’t bother to give you the books, or courses they had already taught their A-streamers, and at fifteen years of age your failure, and very low score in English, was mostly the fault of the school system, which had not educated you with the missing advanced schooling.

Just as the lower streams found their occupations in the work force, based on their schooling in those streams, the grammar schools trained them for, office workers and management. And the wealthy, which sent their children to private schools, were taught curriculums to train them to be Lawyers, Doctors, scientists, and the like.

So if you were a late developer, on all levels, you miss out. I’m not resentful about it, because as my higher-self says, if the world was perfect, you wouldn’t have any reason to incarnate into it.

At school I found that I was quite good at metalwork, and found that in sport a didn’t have the stamina for fast team sports, and I wasn’t big enough and strong enough around boys my own age in teams of the same year age in competition, but found in gymnastics I did so well that they wanted me for the school team who competed against other schools, and there was only one school gymnastic team.

So with metalwork, a soloist in the choir, and being in the Boy Scouts, these activities helped to raise my self-esteem, in working in a team to bring about something beautiful and growth.

My guides say the Boy Scouts, and Girl Guides, was developed from the code, ethics, morality and discipline of native American Indian spirit guides, who helped Baden Powel create, through his wife, who was a Spiritualist, but Hitler corrupted the purposes in the Hitler youth camps.
While still at school Raymond learnt how to swim, and with his love of gymnastics, he was soon diving, and would seek out a swimming pool with many diving boards in Connors Quay in north Wales, where he could get on a train at the railway station at the end of his street, which would take him there, where on most Saturdays he would stay all day. He was learning that he could take care of himself, and be independent.

While in my first year at the new school my mother would only give me 2 shillings pocket money a week, and I knew that most of the other kids of my age were getting ten shillings, about an Australian dollar, so I found a newspaper delivery run, in the mornings, and eventually one after school, for the afternoon papers, and then at fourteen I was working on Saturday mornings in the toy department of a department store, and Sunday mornings being paid to sing in a church choir, and was making five times what the other kids in my class were receiving in pocket money, but I was learning much more about responsibility, and once I got hold of the New Zealand year book from the library, when I was fourteen, I made my mind up to emigrate to New Zealand when I was 21.

So because I was looking for a profession which would get me into New Zealand, I chose to serve my apprenticeship as a HEATING AND VENTILATION PIPE FITTER WELDER. So I left school at 15, but I was too small and not strong enough. So for the first two years they wouldn’t let me out of the company workshop, where I learnt welding and looked after the stores, as in those days most of the pipe had threads cut by hand machine, which I didn’t have the strength to do, no electric machine to do it, like today.

“While Raymond was at school, his I.Q was under his higher-self’s imposed restriction, for his protection and his mission, so to speak, but once he was locked into his apprenticeship, his brain and mind were unshackled.”

When I was round about 30, after I had been studying astrology for over three and a half years, I took an I.Q. test, which isn’t testing you on what you know, but on your ability to solve puzzles, not crossword puzzles. Anyway I got a shock, it was a lot higher than my school academic achievement, but then again, of the three classes of Heating and Ventilation, which apprentices were taking at the same time, the same
final technical college exams, when I was twenty years old, I scored the highest marks, in the theory part of the exam, of all three classes. So my I.Q had been increasing, just as I grew two inches taller after I was twenty-one years old.

“Because of his gymnastic and diving-board skills he was drawn into Ju-Jitsu, in his early apprenticeship, but we his guides and higher-self knew that he needed training in survival skills, because he was buying a fast motorbike, and we knew what was coming up.

While going on a camping holiday to Cornwall when he was 17, he was going too fast for his overloaded motorbike, around this increasingly tighter bend in the road at 70 mph, and the tyres just slid of the road into a ten inch concrete post, with pipes connecting to the next concrete post.

His motorbike snapped the concrete in half, and Raymond smashed his right leg into eleven broken bones, and Raymond was air-born, well, he cleared the trees which were ten feet high, the drop on the other side of the concrete blocks was 17 feet, and from the impact point to where he first hit the ground was 43 feet, because the police measured it, and when they interviewed him in hospital, he passed out when they told him these measurements.

When he came around, a few minutes later, they asked him how did he survive not having a broken neck, as all he had was internal bruising in the stomach, slashed skin on his right fingers, sprained right wrist and the smashed right leg, below the knee.”

I explained I closed my eyes when the bike hit the post, and when I opened them again I was flying towards the ground, so I went into a break-fall that we practised in Ju-Jitsu, where we have to run and dive over five bent over students, and roll into a break-fall. I then explained to the police I had been in the gymnastic team at school, and my favourite sport is high spring board diving, so I was quite familiar with twisting in the air to glance the ground in a roll, where my back hit the ground first, and kept rolling, and because I was hitting the ground at speed, that saved my life, but if I had been falling straight down 27 feet, I think I would have been dead.

But since I have experienced the physical power of spirit, I may have
been also helped, to prevent death or permanent disability, which would have made it difficult to get to New Zealand.

I left home after I returned to work, and shared a room at the YMCA. And when I was 20 I applied to emigrate to New Zealand, and was accepted. When I turned 21 in September, I was made redundant from work, but I already had my 25 Pound ticket, for a liner which was sailing at Christmas for Auckland. My parents followed a year later and went to live in Christchurch.

When he arrived in Auckland he met a woman who was into Ju-Jitsu, and because Raymond’s body was now very muscular, he got interested in weight-lifting, and this study of this sport would eventually help him to find a job as a Physical Fitness instructor, in Sydney, for those who wanted to use weights to tone up their body’s, or increase their muscularature.

We will list the different occupations Raymond had in Auckland, Christchurch and Sydney, as they are related to an aspect of his Numerology.

**AUCKLAND**

**WELDER, LABOURER, HOSPITAL ORDERLY, AIR-CONDITIONING INSTALLER, SHEET-METAL WORKER. AIR-CONDITIONING DESIGN DRAUGHTSMAN.**

After he had installed air conditioning, he went to work in the company factory, manufactured the ducting and A.C units, as he learnt how to produce a duct with the least amount of waste sheeting, and because he could recognise what will not fit on the building site, he was in the perfect position to design and draw up one set of plans that both the factory men, management and installation fitters were happy with, when he was asked to be their Design Draughtsman.

Then after a few months his brother died at age 18, in a motorcycle accident in England where he was living with his Aunt finishing his catering apprenticeship, so Raymond left this company and went to live with his parents, in Christchurch for a year.

At his apprenticeship technical college Raymond and the students had
to bend and thread pipe to match a drawing of a frame of pipes, Raymond became so efficient at completing each assignment that he would finish many hours before the next students. So the teacher said,

‘Why don’t you draw up a plan of a frame, more difficult than the course plans, build it, and then we can mount the frame and drawings on the wall, to show what can be achieved for future classes?’

Raymond thought this would inspire or put the students mind at ease, in that they wouldn’t have to assemble and produce such a difficult pipe-frame. So he drew one up and made it.

Later in life when he was working for the Sydney Gas company, assembling easy pipe and valve frames, after all Sydney’s industry had been converted, he was eventually given the job of converting the most time consuming conversion of the most expensive old gas stove.

Most gas stoves were converted in the home, and at most would only take three hours. The gas stove Raymond converted had to be brought into the workshop, and the customer would be lent a stove while it was away.

The conversion manual of this gas stove and rotisserie grill, had a conversion time of 11 hours. Raymond would easily convert it in four hours, where it left him time to study and read his Astrology books. There is a reason why these abilities are being explained to you, so that you will accept certain numbers in his numerological name chart.

While Raymond was working for the gas company for the next 14 years, his income was secure, and because in all these trades, you leave your work at work, and don’t bring any home, and there is never any worry about work.

This would allow Raymond’s mind to first study Astrology and Numerology for four years, and sit in circles and study more books on psychics, healers, and related subjects, loading up his mind with concepts, terminology and the meaning of illness, so that his mind could wisely analyse the effects and purpose on the spirit, from illness, disease and disability.

But if he was in a profession where he takes his work home with him, it would not have been very good for his divine mission, so to speak.
After his mother in Christchurch said those hurtful words he went back to England for a year. He arrived at Christmas, and went to live with his favourite Aunt, his mother’s sister, who had three grown up children living nearby, the eldest boy and girl were married with small children, and the youngest boy still lived at home.

This was where Raymond spent most of his summer school holidays, when he was a child, but his brother never stayed at this Aunties place, but at another Aunt’s, his father’s sister’s place.

He received a lot of love from his Aunty, who knew what her sister was like, and it was a great healing place for Raymond, as it was right next to the country and a large forest, where Raymond would climb tree’s all day, and loved the forest, as it had a pull on him from a past life.

At the end of one summer when his parents came for him, because it was 75 miles from Chester, his mother jokingly on the way home in the car, said, “Do you want to go and live with your aunty?” and Raymond said, “Yes, can I, when?” because Raymond meant it, by this time he had no feelings left for his mother, and didn’t miss her in the slightest. Raymond’s parents didn’t say a word for quite some time, on the way home.

This year visiting England was a very emotionally happy time, and helped shake out any homesickness cobwebs he had for England, but with England’s high taxation, GST, Poll Tax, unemployment, and cost of food compared to New Zealand, not counting the weather. Besides he was missing New Zealand, the beaches, weather, and the national parks.

So he bought a ticket on a Russian cruise liner, heading for New Zealand, leaving at Christmas returning a different route, through the Panama Canal. Within six months of being back in Auckland, because of temporary political prejudice against immigrants, he packed up
everything and moved to Sydney. There were so many immigrant tradesmen on the plane to Sydney, that they were making jokes about New Zealand, like, ‘Last one out switch the light off.’

But to Raymond if he didn’t have any financial concerns, he would have preferred to live in New Zealand, but his higher-self needed Raymond to live in Sydney, as this is where most of his, for want of a word, ‘Soul-Group’ were living, even a couple of them would come over from New Zealand, to be able to attend Raymond’s advanced classes. So he arrived in Sydney in the winter of 1977.

**SYDNEY**

- **Physical Fitness Instructor** (Not Aerobics)
- **Mechanical Plumber** (His Apprenticeship Trade)
- **Cryonics Instrument Fitter** (Liquid Gasses)
- **Plumber and Gas Fitter, Conversion Gas Fitter, Truck Driver, Courier**

After he found an apartment about six months after he arrived, he met a woman he had a relationship with, who was into Astrology, and she drew up Raymond’s birth chart and lent him the books describing the meaning of the positions of his planets in the signs of the zodiac.

She wasn’t a real astrologer, because his chart was incomplete, but what Raymond read about himself, blew him away, and he was asking himself, why doesn’t everyone know about this science, and what it does? So next he had his birth chart done by an Astrology Computer shop in the building nearly opposite, where he was working as a mechanical plumber, on the new Sydney Parliament building.

And because he had to travel to work by train, he could explore the city after he finished work and find the second hand book shops, where he finally found out about the huge new age book shop, where they had hundreds of Astrology and Numerology manuals, from all over the world.

But before we go any further we would like to explain the primary usefulness of studying both sciences. I have taken this extract from
further in this book where I was explaining a person’s core beliefs in relationship to distortions in a student’s channelling.

Sorry if I might repeat some of what I have written earlier in this chapter, but I only recently was persuaded to include this chapter. Also you may come across where I repeat a few things in different chapters, because when I am writing, words just flow into my head, and I know that those words are needed in relationship to that chapter.

(Please do not confuse a person’s core beliefs with a person’s Astrological birth chart, as the primary cause of the student’s core beliefs, they maybe the same as the spirit, before they reincarnated, but also they may have chosen the Astrological influence to mould them into these core beliefs, for a purpose of spiritual growth, but usually the core beliefs will appear as the same as the Astrological pattern at birth, and I am not talking about the zodiac sign of their month of birth, I’m talking about much more complex influences, that only an astrologer would understand.

I’ll give you an example, two babies may be born at the same time in the same hospital, both Astrology charts are I identical, one spirit that incarnates into the first baby, wants to learn to be a teacher, his childhood, parents and name will support this aim for his spiritual growth, by achieving this aim.

The next spirit that enters the other baby, at exactly the same time in the next theatre, may have been a very proficient teacher in past lifetimes, but doesn’t want to be a normal teacher of children, but wants to teach something else more advanced, outside of the academic system.

So his spirit and higher-self chooses specifically the right parents, where his childhood conditioning blocks his teaching strengths or desires to teach, which influence his behaviour, so that his teachers and career counsellors help persuade the young man to seek an occupation in a trade, where he find he likes, and is good at metalwork, but the teaching Astrological tools and his spirits past life teaching experiences, are still there lying dormant.

So later in life when his conscious mind is awakened to what his spirit wants to teach, which maybe something very difficult to teach, where the
curriculum isn’t already in the material world, where his previous life-times of teaching will greatly help him to teach a very difficult subject, where the spirit of the other baby, learning to be a teacher, would find teaching the subject too uncertain or difficult.

So you see to prevent the conscious mind of the child of the experienced teacher spirit, being manipulated into a profession of teaching, which they have already had lives doing exactly the same profession, as he doesn’t need to learn it, but the drive, desire, and personality, and Astrological teaching strengths, which are the same Astrological tools that the first baby had, are still there, a Numerologist will see that in his name numbers, that his spirit isn’t learning to be a teacher, but he already is, so as this person gets older and leaves behind the academic system that is designed to teach and guide people into professions, they eventually finds that they would like to teach adults, and as this person starts teaching, they find out that they are quite good at it.

But the Astrologer-Numerologist already knew this when he took a look at their birth details. So you see the Astrological influences are really tools for a spirit to use, some are learning to use them for the first time, and some have used them so many times that they know how to use them without thinking, if you get my drift.

You could say that most astrologers would see a tool box (Astrological birth-chart) with all specialist tools for a specific profession. (Planetary configurations) But because Astrology is so complex, it would take a very advanced Astrologer with a high I.Q, or a Psychic Astrologer, to notice that the tools aren’t new, but well worn. (Meaning the individual is not learning how to use the tools, but is proficient in their use.)

But an average Astrologer can easily learn Numerology, which would tell him the same thing as the very advanced previous types of Astrologers. The word Astrologer is very similar in generality as the word doctor, and just like there are many different doctor specialists in a hospital, there are many different types of Astrologers, as systems of astrological interpretation come from many ancient and modern civilizations. There are specialists that are good at interpreting the present, the birth chart and the future, of either a person or a nation.
Another analogy would be Astrology shows the tools, but Numerology shows the plans of the building, that the tools are going to be used to build, whether it is going to be a house, or a skyscraper.

Raymond’s first book where he became aware of Numerology, he found in an old second hand bookshop, which was titled,

‘THE ENCYCLOPAEDIA OF ANCIENT AND FORBIDDEN KNOWLEDGE.’

And it had chapters on a large number of new age sciences, including Numerology, but this book never mentioned anything about Master numbers, vowels and consonants, and that most Numerology books say that you add up all the birth certificate names, so he only added all the numbers of his first and last name, together before reducing them, like this,

R A Y M O N D  S H O R E
9 1 7 4 6 5 4 1 8 6 9 5 = 65 = 11

Which he though, that’s nice. When I was printing my first volume my guides guided me to only print this name on the cover. I at the time thought it was because I had found out that the word had the same vibrational meaning as.

E N L I G H T E N M E N T
5 5 3 9 7 8 2 5 5 4 5 5 2 = 65 = 11

But my guides and higher-self didn’t want the vibration of my full name to be influencing the purchase of my book, before I had many years to produce the rest, and in case an advanced Numerologist read my name and started inquiries, which may have drawn too much attention to me, too soon.

One year I was visiting Sydney’s Mind Body and Spirit Festival, and I met a stall holder, where I gave her my card, and explained what I do, and showed her my Volume 1, before I tell you what happened, this is how the cover was laid out,
When she read the cover she started to laugh, I said, ‘What’s funny?’ and she still laughing, said,

"Is that your real name?" I said ‘Yes, of course.’ Then she said,

“You really don’t know, do you?” I said, ‘Know what?’

“Your name describes what you are doing.” I said, ‘How do you figure that?’

“Raymond is a French name which means ‘Light of the world,’ or ‘Illuminate the world,’ as the French word for world is the word ‘Monde,’ just like the French newspaper. Now the word Shore is that strip of land that the tide covers when the tide comes in.’ ‘So?’ I said.

‘Symbolically the ocean represents the spirit world, where most of us can’t see what lives in it, the same as when you look at the sea. And the land represents the physical world, but if you go down to the shore, not the beach, you will find rock pools, where just looking, you can see fish, crabs, starfish, and sometimes octopus. So looking at the shore you can see what lives in the ocean. So if you string the meaning of your name together, what
your books are achieving is the same as your name,
‘You are illuminating the world to what lives in the spirit world.’”

(I have since found in name books, Raymond means, ‘Wise protector,’ but most Europeans know the word ‘Monde’ means world, and the word ‘ray’ is self explanatory.)

Well, that came as a shock to me, because I already knew about the word enlightenment. So I told her about the Numerological similarity between my name and the word enlightenment, then she stopped laughing, because I then said the word SHORE has the same number total as LIGHT,

\[
\begin{align*}
39782 &= 29 = 11 \\
18695 &= 29 = 11
\end{align*}
\]

but when I showed her my birth certificate Numerological name chart and date of birth, her mouth dropped open. I still had to prove my name, so I pulled out my driving license, which has my full name and date of birth on it.

When I got my hands on quite a few more Numerology books I was to learn that the addition of the vowels of every word and then add all the totals together, and reduce them to a single number, represents your Heart’s Desire, or your core essence, representing your Sun sign in Astrology.

But they said if a Master number like 11, 22, or 33 occurred in a name total it stayed separate and wasn’t added to the other totals, and was read separately to be added to the meaning of the single final number.

Also I was to find that the letter Y when situated next to another vowel and sounded as one syllable is sometimes counted as a vowel, and sometimes counted as a consonant, and that Pythagoras researched this Y in a name, and found that it’s most obvious purpose is to be able to switch the numbers of the personality so that in times of vulnerability, like in childhood or illness it can be used to blend in with everyone else, and that it can be switched back to be utilised to achieve the highest achievement of the purpose of the individual.

So I laid my full name out like this and added up the vowel totals.
In the old system the switching function of the Y only changed the 6 to 8 but still left the (11) in both cases, and as the (11) is the full potential that the individual can utilise, it wasn’t hidden by the switching, to protect a child from standing out in the crowd, so to speak.

These early Numerology books never went past the 33 Master number, but the newer books studied the meaning of 44, 55, 66, and so on, and because those Master numbers cannot occur if every name is reduced to a single number, or Master number.

So they scrapped the reduction of the first total of all the names, but still noticed the meaning and placement of the other master numbers if they appeared in a single name, but adding all the numbers together, the chance of a higher master number was there to appear, but the old system would never produce 55, 66, 77, 88, or 99.

This next example is again with the Y first, and below it, minus the Y.

This was just an example of the switching purpose of the Y working, but as it wasn’t the calculation of my personality number, it wouldn’t be too obvious in its workings. But my guides knew that I would need this function, as you will come to see.

I had left out another meaning of the number 44 until you had become aware of some of my occupation history, and that the 44 also means ‘Master teacher of practicality or adaptability,’ and remember how it represents Virgo, well the ‘Heart’s Desire or core essence is the same as my sun sign, Virgo.

Before I go any further I would like to explain that Master numbers are mostly learnt from the individual’s previous existence before this
life, except if they are learning the master number, as their Life Lesson number. And that there are different levels just like there are different levels of the signs of the Zodiac, just like before I found out that a had been a past life therapist in the spirit world, I was manifesting the 44 vibration in teaching practicality and adaptability.

Whether it was in work and the material world, or physical fitness, or astrology, before I had been trained to fulfil my Master Destiny Number 99, which kicked into gear the higher function of the 44 number, which is connected with past life therapy.

And that nothing bad will happen to you if you are not ready or are still learning where to utilise your Master number in the world, and don’t think you have failed or not succeeded in teaching the people of the world what your Master number represents, as your influence may take time to percolate, and maybe decades or centuries after you leave your body, your influence may be of great benefit to humanity.

In 1989 I had occasion to explain a past life (Not mine) to a student which my guides had helped me to learn a lot about, at the time it was educational for the students, but my guides say it was for this 2011 text book, and was meant to go here, so here it is.

(Tim) “Did you know that Napoleon Bonaparte was clairvoyant?”
“I knew he was psychic, I knew that he was into numerology. Did you know he was into all those occult things? He changed his name, so that he was 38/11 and 38/11.”

<table>
<thead>
<tr>
<th>His Life Lesson Number,</th>
<th>10 = (1), which is the total of his date of birth, which was 8/15/1769</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>23 = 5 16 = 7 + 16 = 7 39 = 12 = (3)</td>
</tr>
<tr>
<td></td>
<td>1 6 56 5 63 1 1 5</td>
</tr>
<tr>
<td>NAPOLEONE</td>
<td>BOUNAPARTE</td>
</tr>
<tr>
<td>5 7 3 5 2 5 7 9 2</td>
<td>20 = 2 25 = 7 45 = 9</td>
</tr>
<tr>
<td>20 + 20 = 43 = 7</td>
<td>16 + 25 = 41 = 14 = 5 + 43 = 7</td>
</tr>
<tr>
<td>His inner-self or heart’s desire is</td>
<td>39 = 12 = (3) + 41 = 5</td>
</tr>
<tr>
<td>His expression or personality is</td>
<td>43 = 9 84 = 12 = (3)</td>
</tr>
</tbody>
</table>
And his purpose, or destiny number, which is $84 = 12 = (3)$

And as spirit say’s, if you try to pour milk churn into a milk bottle
you’re going to have a big mess all over the floor. $18 = 9$

But he deliberately changed his name to,
1 6 56 = 18 = 9 6 1 1 5 = 13 = 4 31 = 13 = (4)

NAPOLEON BONAPARTE 20 = 2

5 7 3 5 = 20 = 2 2 5 7 92 = 25 = 7 + 25 = 7
+ 18 = 9 + 13 = 4 45 = (9)

$38 = (11)$  $38 = (11)$

38 + 38 = 76 or (11) (11) = (22) Destiny Number (22)

As you can see his purpose and Destiny Numbers are Master Numbers and are not reduced, but if his soul hasn’t developed master muscles that he will need as strength for his new purpose and destiny, which is primarily a teaching number, then well, we all know what happened.

You may say what has this to do with what I am explaining about a person not living their master number. At the end of the class transcript, I was impressed to add some more, because I had students with their own master numbers in their names. So here it is.

(My guides say that he knew exactly what he was doing when he changed his spelling of both his names, because of the prestige and believed power of Master numbers.

But what he didn’t know was that of all the Master Numbers, 22 is the number where the person is learning a lot more than he is teaching, about the 22, remember it amplifies desires and emotions, or ego.

If a spirit has been recommended to incarnate into a baby who’s birth date adds up to 22, then he would grow up and learn how to control power, generated by his desires and emotions, but with Napoleon who already had a 10/1 life lesson, picking a 22 destiny number, wasn’t very wise.

So if you read a numerology book, which didn’t know that Napoleon changed the spelling of his birth names, and this same book states that he
didn’t live his Master numbers for the benefit of others, but used his master numbers for personal fame and Glory, and that this was the cause of his downfall, and this is why he suffered defeat, twice.

But wouldn’t having the life lesson 10/1 and heart desire 9, be the driving force of this power, fame and Glory.

Over the years my guides had shown me some of the past lives of Napoleon’s, so that I could understand that Napoleon’s spirit had always chosen the short cut to power, without learning the consequences and how to handle it, and in most of the past lives I was shown, his spirit used women to gain power. But you will have to wait until the third disc to learn about these past lives.

This same numerology book states that if the master number person lives their life as a reduced master Number, like 2 instead of 11, and confine your life and activities to your own family or normal life, you are inviting disaster upon yourself, then pressure will build up in their life and they will explode, when they do not act in this capacity, they dig their own graves, and conduct their own funerals.

Do not accept this quote from this numerology book. As a person with many Master numbers, this is not true. If a person lives a normal life for even most of their life, but is learning, gaining wisdom, to maybe benefit mankind close to the end of his life, where after their death their work has a ten times more benefit to mankind, then he can’t be under the belief that if he doesn’t spend all his life giving of his Master number benefits, so to speak, he will explode, or dig their own graves.

This maybe why I was shown that many of my past lives had little impact on society at the time of the past life, but decades and centuries later their influence benefited much larger numbers of people.

Now we come to the consonants, meaning Expression, or Personality Number, which corresponds to the sign on the Ascendant, in Astrology. I will again show you the first system of Numerology if you don’t like the second version because you think my ego has chosen the second version.
As you can see switching the Y to a consonant only produced (11), another Master number, which defeats the purpose of the Y. And now with the Master Number Book system of addition.

You could look at adding them like this, but I don’t. I find it dilutes the system, by mixing both systems. 

I think with the Y would give my personality the normal number of 8 and at the same time would switch my HEART DESIRE number to 1. 

(55) is also the number of Gemini which is also my personality, and as you know when this switch occurs (44) is my Heart’s desire number. When you add them both together they come to (99), as my Destiny number.

But if you don’t like it we will show you the complete layout of the old system, then the destiny number totalled in the old system, and then we will show you the complete display of both systems, and where the Master numbers occur.
As you can see there are Master numbers in the total of every delineation. And even if I don’t use my middle name, the Master numbers remain. Now for the system which has a meaning for all the Master numbers.

**Raymond William Shore**

**First with the Y as a consonant.**

**Raymond William Shore**

**With the Y as a vowel.**

I wrote early that I would explain what else 55 represented, it means **Master Teacher of Communication and Change**, like teaching students to tune into their higher-self and guides, teaching students to channel, producing a text book for others to learn to communicate.

As a past life therapist teaching students to do past life therapy, to change beliefs, fears, vows, emotions, desires, obsessions, to release attached spirits from past lives, with an exercise which is all about communicating with the attached spirit, to affect the change.

There is another area of teaching connected with 55, but that will have to wait for the third volume.
If you don’t like this modern system of Alphabet Numbers, then have a look at the Chaldean system, but using this system you will lose most of the master numbers for words previously listed. But here it is.

A, I, J, Q, Y = 1  E, H, N, X = 5
B, K, R, = 2  U, V, W = 6
C, G, L, S = 3  O, Z = 7
D, M, T = 4  F, P = 8

9  3  12=3 Sub Total = 15 = 6  Full Total = 24 = 6
11 7  1 11 7 5
RAYMOND WILLIAM SHORE

With the Y as a Vowel
2 4 54 6 33 4 35 9
15=6  14=5  17=8 Sub Total=19=1 Full Total= 46 = 10=1
9+15  3+14  12+17
24=6  17=8  29=11 Sub Total=5(11) Full Total=70=7
**************

8  3  12=3 Sub Total= 14 = 5  Full Total= 23 = 5
1 7  1 11 7 5
RAYMOND WILLIAM SHORE

With the Y as a Consonant
2 1 4 54 6 33 4 35 9
16=7  14=5  17=8 Sub Total= 20 = 2 Full Total= 47 = 11
8+16  3+14  12+17
24=6  17=8  29=11 Sub Total=5(11) Full Total=70=7

Again the switched Y doesn’t change the destiny Master number, unless you count the full total method, which is from the other Master number System.

And the Numerology book definition of what 99 means, which is my Destiny number, is ‘MASTER TEACHER OF TEACHERS.’

After my advanced students came along, I started to have other students attend my classes, a Priest, an 80 year old Indian Yogi teacher, Astrologer’s, Surgeon, Actor, Film Producer, Reiki Master, Medium’s, and Spiritual healers. And I feel that the text books will help many more specialists who will go on to teach more students.
Remember my first name Raymond, roughly translates as ‘ILLUMINATE THE WORLD,’ and Raymond Shore adds up to 65, the same as the word ‘ENLIGHTENMENT.’ Now here are a string of words which add up to 99.

**THE AGE OF ILLUMINATION**

\[285 \quad 175 \quad 66 \quad 933 \quad 34 \quad 95 \quad 12965 = 99\]

When the founding fathers of the Constitution of America, wrote the Bill of Rights, I don’t think they ever would have imagined the scope of influence that America would have in the world, or the power to teach the world higher principals on multiple levels.

**THE UNITED STATES OF AMERICA**

\[285 \quad 359254 \quad 121251 \quad 66 \quad 1459931 = 99\]

In my early days of running my classes, I still found it very hard to accept not only my Numerology and Astrology chart, but after I became aware of the theme purpose of mine and my students many famous lives that our spirits had lived, and I wanted my guides and higher-self to explain why me, the son of a working class Coal Miner, and one day while a was driving my van, at work, these thoughts came into my mind, which I asked them to repeat when I was at my lap top.

“A teacher/reformer/healer doesn’t begin with teaching rich and powerful people, or is born into rich or powerful families, so what if you are a plumber, Jesus was taught by his earthly father, a carpenter.

But more importantly Raymond needed to be of the same class as the common people, which his conscious mind needed to empathise with, accepts, love, work with, and makes friends with, and this is the content of the majority of mankind, because his struggles and day to day activities, he has had to do and overcome for himself, just as the majority of mankind does.

In that they don’t have servants to dress them, cook for them, clean up after them, and wash their clothes, never mind working with, but usually ordering people around.
If Raymond had been born into wealthy parents, he would more than likely have been spoiled and conditioned, mostly subconsciously, to view the majority of mankind as inferior on many levels, as genetically the more successful a person is in life, he is very often the magnet that attracts subconsciously, in most cases, the most beautiful of the opposite sex, to marry so that they have more security.

So, as the teen age wealthy son or daughter notices in their private schools, that most of the students are more beautiful or handsome, because of this genetic grouping of this conscious or subconscious attraction, which produced these young adults.

This has been also recognised by your sociologists that this extra beauty and self esteem, has a great advantage in job applications and career promotions.

We could go on and write a book about the many contributing factors that this choice of a wealthy incarnation is so much harder to interest the mind of the wealthy person to metaphysical interests, never mind developing teaching and producing of these text books.

Similarly, they would be unsuitable, if the choice of incarnation would be the son of a President, King or Queen, Dictator, or General, or anyone who has wielded earthly power. This choice adds more to the wealthy reasons mentioned earlier, as an unsuitable choice for Raymond’s spirit to incarnate into.

After inserting this last section I thought I had finished this chapter, which was after typing and compiling all weekend, and I normally go to the local Spiritual Church at the Lyons Club hall, I was a bit tired and I asked my higher-self if she wanted me to go, and got told yes.

I know most of the congregation as they are regulars, about fifteen of us. After I had performed healing in the healing section of the service, one of the congregation stood up to read from a book that the Medium and others in the congregation were swearing by, so to speak.

In which they had been reading extracts from, every Sunday night. So I closed my eyes and zoned out, as I had issues with this book, but as soon as I relaxed I physically felt spirit on my left hand, so I said, ‘Hello, what’s up?’ and the thought,
‘Listen to this,’ formed in my mind, so I stopped zoning out and listened. What was read out of this book, which is like a code for living and the laws of the universe, in its response to our thoughts and behaviour, this night went like this.

It was going on about criticism, saying when we criticise another, we receive the same thing back to us, and this book was sighting many examples of bad things happening to people for criticising another, and was saying the law of the universe pays us back in kind, and that the spiritual way is not to criticise anyone, because your criticism will be returned, not necessarily from who you criticise, but in other ways.

And the way it was written, was making out that it was a universal law, of cause and effect, by this time I was looking around and as I know quite a few of the congregations sun signs, I was observing a few nodding of heads and comments of

‘That’s true.’ And I saw one Virgo woman frowning, and while I was looking at the congregation the word

‘Capricorn,’ came into my head. Well my mind started some fast thinking, and when the woman sat down and it was ‘Share time,’ where anyone could share what they would like to talk about, which may have happened to them in the previous week.

But it was later in the service than normal; it was normally near the beginning of the service, before the book reading, so I thought, ‘Aha.’ A woman stood up and talked first, and while she was talking I still physically felt spirit strongly on my left hand, so I know what I had to ask them, so I said, ‘Do you want me to say something?’ and I was told,

‘Definitely.’ So when this woman had finished I went to stand up, but the Medium said,

‘You’ve only got two minutes,’ so I had to rush what I explained, but as my guides later at home told me they wanted me to add it to this chapter, more words came into my mind than what I said in those two minutes, which I would have said if I had the time, but they will be added here as if I am explaining things. I said.

“There is a sign of the zodiac, where a person who is born under it, are learning the lesson of what they say or do to others, is payed back in their life, like instant Karma. So soon
that they learn the consequences of their actions good or bad, but it is only keyed in to this individual born under this sign.” Then one of the congregation asked,

‘Which sign is this?’ and I said, “This sign is not important, I am not explaining this to criticise.”

‘But why would they have to suffer this affect?’ and I said, “Because this sign has the influence of increasing the ambition of the individual, and the strengths and abilities of this sign will make it easier for them attain a position of power and influence, so they need to learn from childhood not to abuse this responsibility.

Now there is another sign of the Zodiac who has the strongest analytical mind with a strong drive for perfection and efficiency, to help polish and cut the rough diamonds that the other signs create, so to speak, and they are driven to criticism, and they do not have bad things happen to them for criticising, because their Sun sign is compelling them in the same way a Pisces is compelled to learn to love everyone equally, and the Gemini is compelled to communicate.

Each person born under different signs of the Zodiac has different astrologically induced compulsions, to not only learn themselves, but they are also learning from the compulsions driving the other signs of the zodiac. I’ll give you an example part fiction and part truth.

While delivering a package to a shop in Queen Street, Woollahra, Sydney, this man parked his van in a loading zone, which was five feet from a Zebra crossing, he went into the shop and the manager who is a Cancer sign, and very maternal, said,”

‘I am concerned because a child from the school across the road, crossing at the zebra crossing, cannot be seen by the oncoming traffic, you shouldn’t park there, as a child might get hit by a car.’

‘This is the first criticism. So the man who was a Virgo, went out and looked at the sign and thought.”

‘If a child gets hurt the parents could sue the council and me, and
I could be prosecuted, because the road rules have jurisdiction over council signs.’

“So because he didn’t have time, he radioed in to his radio operator, who was a Gemini, and explained what the council had done, second criticism, and explained the consequences if a truck parks there, and a child gets hurt.

Now this Gemini radio operator is heard by all the other drivers on the road, so he spoke out a warning for no drivers to park in that Loading zone, in case they are fined by the police, or a child gets hurt, and he told me he was going to pass this situation on to the Police, which will be the third criticism, about the council putting the Loading Zone sign there.

So you can see criticism is all part of life, and the criticized communication involved, benefits everyone, and most safety systems come about through criticism.

Oh that loading zone sign did exist where it was, and all the radio communication, and informing the police occurred.”

(When I got home I watched a Maggie Thatcher documentary, of her own party voting her out, because of all the criticism of the Poll Tax, which the party thought would lose them the next election, and saw all the riots and criticism which was needed to change things.

This is why I needed to study Astrology deeply, because of my sun signs drive for perfection, and commonsense usefulness, but it’s also connected with my Gemini personality, which communicates anything wrong, which is classed as criticism.)

“So don’t fear something bad is going to happen to you if you criticise, and don’t feel guilty if you have Virgo as an Ascendant or Sun sign, criticism can be just as positive as negative.

Oh and be very careful calling a person an Egotist, they may seem like one because they are very independent, and have their own strong self worth and strong beliefs and convictions,
because they might be an Aries, and learning self reliance, besides they may punch your lights out.’

This made the congregation laugh, but I bet you they will still read from the same book, next week.

“We just want to explain one last thing. We would like to explain an analogy of the state of Raymond's mind, after he had studied astrology and numerology, and his reaction to interpreting his astrology and numerology chart, before he was guided to the spiritual church.

We want you to imagine, a young man waking up in a hospital with amnesia, finding that he had a very athletic body with hardly any fat, after he had found his address from his driving licence, as he was looking at the open garages of the houses while the taxi was delivering him to his home, he noticed the usual cars, bicycles and a few tools on the walls of the garages.

But when he arrived at his house. He saw two garages, one normal garage with the car inside, and this huge double garage attached to it. When he entered this huge garage, he was bewildered, because all the walls had tools and machines, computers, and workbenches, and in glass frames he saw many awards, and photos of him with famous people, but he had no idea what all the machinery and tools, never mind what the awards were for, but he noticed all the machines and tools were well used. Imagine the bewildered state of mind this young man would have, seeing this garage.

This was the same state of mind which Raymond was in when he was interpreting his birth charts in comparison to other peoples, represented by the previous garages the young man gazed into on his arrival.”

This is the last time I will bring up Astrology and numerology, until a brief mention here and there in the book, the next chapter is how I came to go to a Spiritual Church and what my guides taught me about Spiritual healing.
Firstly, I would like to apologise that what you may read in these early chapters, is very one-sided, as some of the source of these early chapters was communicated from the other side of the veil, through to me, and later through me, and also because I hadn’t started any classes yet.

In later chapters you will eventually be reading this type of communication of material through me and other students, in the recorded classes, where if I were to not give you these explanations from these first chapters, what would be left to read would be a bit strange.

And if I didn’t explain quite a few things in these early chapters, the grand picture of many concepts would be so scattered throughout the classes that the reason for the text book would be just as scattered.

Also much of what is experienced and communicated to us, is understood by the students, but for a reader who is unaware of what this is all about, they would find the chapters of the recorded classes, tough reading, as in my first year of running classes, I was as much a student as the students in the class, and I also stuck to recording the students experiences on their meditations, and all the communication we received from entities without physical body’s, and some of these are what we call guides.

So my guides and I thought it would be best if some basic explanations should be covered first, then it will be easier reading later on for the beginner.

In this two-part chapter I will be explaining how I became a spiritual healer, and what in my understanding, is spiritual healing. In this first half I will be explaining what I have learnt about spiritual healing, and some of the reasons for experiencing illness or disability.

The second half of this chapter will have to wait until you have read the next chapter, which explains what is channelling, so that when you read the second half of this chapter I will be explaining more about spiritual healing, and the connection with one of the reasons we practice channelling in the classes. Also how to practice spiritual healing is explained.
Now, firstly the term ‘Spiritual Healing,’ is really a misnomer, in the terminology of the spiritual, or spiritualist church. Spiritual Healing is any kind of healing of the patient, where energy or communication is channelled through the healer, either to the patient, or from the patient, if the wrong energy needs removing.

This energy or communication is channelled through the healer by a highly evolved spirit, who hasn’t got a physical body, known as a Guide or Angel, or God. You could call it ‘Spirit-Channelled-Healing,’ but that was too big a mouthful and it got shortened, and to people who go to a Spiritualist Church, which also should mean, ‘Church-In-Communication With-Spirit,’ they all know what Spiritual Healing means.

But first we have to go back to my fourth year of my interest in Astrology and Numerology. When I was lying in bed reading one of my Astrology reference manuals, I felt this squeezing sensation on both sides of my spine, in the back muscles close to the spine, then it disappeared, then it happened again but stronger, and the sensation was covering a larger area, like as if it had extended right across my back, also the sensation was reaching deeper into my body, then again, my body went back to normal.

The third time it happened, a few minutes later, my whole body was affected, like a wave pulsing from my spine outward, by this time I was trying to say a four letter word, but my whole body was paralysed, I couldn’t even move my tongue, my eyes were still open, but I couldn’t blink, I wasn’t in pain, and I wasn’t shaking or convulsing, like having a fit.

Also I was hearing the strangest noise in both ears, all I can say is that it was continuous, and was made up of many different sounds, I’m not saying it sounded like a jet engine, but just like a jet engine sound is made up of many different sounds, and doesn’t stop while the engine is running, so was this noise, and it was loud.

This third experience happened for about ten seconds, and it scared the life out of me, you could say. When I next attended my weekly Astrology lecture group, I asked my best friend John, who sits next to me, who is about twenty years older than me, he smiled, and said that what I was experiencing, was the preliminary stages of astral travelling,
and he said these sensations are documented in a book he had on astral travelling.

He said, ‘You can borrow the book and read about it, I’ll bring it in next week,’ but before I had chance to read it, it happened again when I was at home in bed. So when I saw John on the following Wednesday, I asked him, ‘Why is this happening?’ He said,

‘I don’t know, but if you go to a Spiritual Church, the mediums may be able to tell you, as doctors or scientists can’t help you, as they have never seen an astral body to treat it, but mediums know a lot more about this kind of thing.’

So I went to my first spiritual church service, and in this church they announced that they performed spiritual healing, after the service, in the healing room, I found out the reason why, was because the healers would be healing for different lengths of time, and spirit may give some advice to the patient, or just to explain where the healing was going in the patient, and if it was performed in the service, it might slow the service down, and the church don’t want you to speak while the healing is being performed in the church service.

(2010 INSERT. Today in Sydney, in the majority of Spiritualist churches they demonstrate spiritual healing, for a specific length of time in the service, regardless whether the healing guide has finished bringing the healing through the healer to the patient, and I have had to remember all the things that my guides wanted to tell the patient, of what they were telling me, while I was physically feeling where the healing was going.

Or if I am prompted to ask the healing guide certain details, and usually I would remember most of it, and usually my guides would jog my memory, but I would have to wait until the end of the service to tell the patient.

The church I first attended, now also do the healing this way, and I never see the healers performing healing in the back room. Also most of the healers don’t speak to the patient after the service has ended.

If my guides wanted a patient to receive a series of healings, at every church attendance, or if the guides wanted to channel certain words to influence the patient, you can imagine how difficult it would be if in the
You will learn that spiritual healers are limited to allow only certain energies through them, until the healer has increased their vibrations, or their guides have developed a specific ability in the healer to allow a specific energy to heal the patient, for example, the healing of the aura.

Today, many of the spiritualist church officials tell me I am not allowed to talk to the patient after the service about the healing, as the church officials have told me I might be sued in court, but my guides tell me this is not the true reason, they say the Mediums who have all the power in the Spiritualist Churches, do not want to lose their power to advanced Spiritual healers, who may show them up for their inadequacy of training and strength of attraction to the audience, sorry I mean congregation.

In all the Spiritualist churches I visit, I very very rarely hear a Spiritual healer from the church talking to the congregation instead of the mediums address or talk.

So this is another reason that these text books are needed, so that students and healers can learn to run their own healing circles or groups at home, without interference from the Spiritualist churches.

I hope one day as Spiritual healers become more advanced, they might start up their own Spiritual Healing Churches, which if they become popular, the old Spiritualist Churches may allow Spiritual healers to speak to their own congregation, and be able to set the parameters of practising healing in their church, guided by healing guides, and not by the Church officials, who are mostly Mediums.)

So I went to the healing room after the service, and when the healer arrived, I explained what had been happening, and what I had found out from the book on astral travelling. And she explained that my guides probably had something to do with those experiences, to guide me to the spiritual church, most likely to develop in a circle.

So I thought, okay, I could develop psychic abilities so that I could be a better Astrologer, be like a Psychic Astrologer, so if I saw an injury to a person’s leg, in their astrology chart, I could pick up psychically the exact nature of the injury, whether it was a sprain, or break, or whatever.
After I started sitting in the development circle, the astral-travelling paralysis never happened again. The first night I turned up for the circle, the medium said,

‘In the first half hour we practise performing healing on each other, before we sit for meditation practise.’ So I said, ‘How do you do that?’ And the medium said,

‘Stand behind the student,’ who was sitting on a chair, ‘And put your hands on their shoulders, and your healing guides will bring the energy through your body, down your arms through your hands, and into the student.’

So I looked around the room, and saw four chairs with pairs of students practising, just like she said I was to, so I thought, I can do that.

When a student sat in a chair for me to have a go, I stood behind her, lifted my hands to above her shoulders, went to bring my hands down onto her shoulders, and as I lowered my hands, when I got to about four inches from her shoulders, I started feeling what I would feel if I had two powerful magnets, and was trying to push them together with the wrong polarity, you know, where they push apart. The lower I brought my hands the affect got stronger, and at approximately three inches from the shoulders I was completely stopped.

Well, I pulled my hands away, and without thinking brought my hands together, to see if the cause was in my hands, nope it wasn’t in my hands. So I tried to do it again, and I felt this kind of invisible force field get stronger, from about four inches down to three inches again. No one in the room saw this happen, as the medium was facing away from me and everyone else were practising healing mostly with their eyes closed, and we were under a blue light, so it was a bit dim in the room.

I waited until the medium had finished, and said to her, ‘I can’t put my hands on the students shoulders, a kind of force-field is pushing them back,’ she didn’t believe me, so I had to show her, now I have very strong upper body strength, as I used to be weight-lifter, and I used my muscles all the time at work, converting Sydney industry to natural gas, so I pushed down with all my strength, but I still couldn’t get any closer than three inches, by now the other students had opened their eyes and were watching my attempt, then the medium tried putting her hands on the
students shoulders, and had no problem, again she thought I was faking it.

So I said, ‘Watch this,’ I then brought my hands down again and as soon as I felt stopped, I left my hands over her shoulders, and stepped back as far as I could reach, and brought my body in line with my arms, so I was at nearly forty-five degrees to the students shoulders, and my body was still supported by the invisible pressure under my hands, and I said, ‘That just defies the law of gravity.’ And I asked her, ‘Why were only my hands being kept from touching the patient. She then said,

‘Do what you can.’ Then as I was standing behind the student, thinking, ‘This medium doesn’t have a clue,’ then, my hands and arms started to rise without me doing it, to a position about a foot from the student, where they stopped in that position and I knew that I hadn’t used my muscles to lift them there.

So I thought, ‘Okay someone on the other side knows what they are doing, so I will go along with this,’ and after a few minutes I would feel my arms floating back to my sides, and my whole body started to lean towards the side of the student, so to stop me from falling over I stepped to the side, and faced the student, where arms again floated up, so that my hands were positioned with one hand about six inches behind the head of the student, and the other about a foot from the front, with my hand facing down to the students body, about student head height. This happened again in front, and the other side of the student, before my hands stopped floating up.

So the guides must have finished, I can’t remember what the student said she felt, but over the years patients have experienced many different sensations in their bodies, from opening their eyes because they thought I was touching their stomachs, but when they opened their eyes they found my hand about a foot from their stomach, they then described a hand going into the stomach and felt the fingers doing something, I also felt my fingers moving, but my physical fingers were still.

When we sat for meditation practise I didn’t see anything, and when the medium came to me, she was speaking in trance, and her voice changed to more like a man’s, and she said,

‘We want you to do spiritual healing,’ and I said, ‘Are you sure, because I don’t have any desire to be a spiritual healer.’ And the guide
said,

‘That’s why we want you to be a spiritual healer.’ I didn’t understand why on that night, but after five years of developing, I learnt that if a healer has too strong a desire to heal a patient, then their own body may provide the energy to heal the patient, which may drain the healer of their own energy, which they may have needed to heal themselves, also if the patient’s higher-consciousness wanted the patient to experience a specific illness or disability for the purpose of spiritual growth, then healing the patient with your own energies, is really going against God’s and the patient’s higher-consciousness wishes.

I was to learn from my guides over the years, that a student who has a desire to become a spiritual healer usually has a reason that is fuelling that desire, whether it is emotional conditioning from having a sick close relative, or wanting to be famous if they heal an incurable illness, or they have been a spiritual healer in a past-life, and they are still fuelled by desires to repeat doing the same thing.

Also, if they received and experienced the feelings of love coming from the patients who they healed in that past life, then a subconscious desire to re-experience those feelings is like an addiction, and if they repeat being just a spiritual healer, then they are not learning anything new, and because on a subconscious level, they may feel that they don’t need to sit in a spiritual healing development class, then they are not likely to learn much more if they don’t.

My guides are saying that about ninety-five percent of spiritual healers just do spiritual healing in the churches, and there aren’t hardly any spiritual healing classes for them to progress further.

When I sat in the first circle, I noticed my head was moving on its own, from side to side, and up and down, so I thought this is great, if I’m not moving my head, spirit must be, so I can ask questions, you will never guess what my first question was, it was, ‘Are you there God?’ and my head nodded. I think most of my questions to spirit in the next five years, was asked of God, whether it was my guides answering my questions I will never know.

I learnt that when my head was moved in a specific way, I wasn’t allowed to know a specific answer to a question, over the coming months
I noticed that the answers to my questions were becoming more and more frequently answered with a ‘Yes’ answer, which I found was because they were feeding me with the questions to ask.

Meanwhile in my first development class, which was run by a medium to basically develop more mediums and psychics, not spiritual healers? I was finding that when everyone had to practise psychically tuning in to anonymous objects, like flowers, that we had put in paper bags as we arrived at the church, oh the mediums never said, ‘Ask your guides what message would they like to pass on for the owner of this object,’ the medium was saying things like,

‘Tune into the vibrations of the person who has put the object in the bag, and describe what you see or feel,’ this is what they call Psychometry. Well, I got nothing, so I asked God the thought that came in my head, ‘Do you want me to do this?’ and I got

‘No.’ I also learnt that when the medium took us on a described guided meditation, where they would describe the scenery, I would imagine what they were describing, up to the point of when they stopped describing anything, and then it was blank, and I know I have got a really good imagination, because I loved reading thousands of fiction books.

I found out years later that just like a blind man will find that his other senses become more developed, and will learn things from his other senses that a person who can see, will not learn.

My guides explained it like this, when we look at a scene or an object, our mind processes what we are looking at, from our memories in this life, to interpret what we understand of what we are seeing, and if you were to interview a cross section of age groups of humanity who all watched the same ten minutes scene of a drama on television, you would find that on average, the older viewers would describe more detail and understand more of what was happening in those ten minutes, than the younger viewers.

Now if my mind would fill up with my own interpretation of what I would see on my meditations, then my guides wouldn’t be able to get through, to explain to me concepts of viewing the scene from a totally different perspective.

My guides also didn’t want the medium either negatively reacting to
what I could be shown on these meditations, or the opposite reaction where the medium would try to mould me into her perception of how she wanted me to develop. Besides there were other causes and reasons for not having psychic vision.

I’ll give you another example, our eyes can only see the clothes people are wearing, but we cannot see if they are wearing any concealed weapons under their clothes, but an airport scanner has a camera that can see through clothes to show on a screen a gun or a knife, and in the same way our guides have approximately thirty more perceptual senses in which they perceive things with, and also they have the photographic memory of every life-time that they have experienced, to recognise what they are looking at.

So they taught me that they are the experts to teach me things, and not my own minds memories, to understand what I see on a meditation, and that the focus of the direction of my developing psychic senses, would be to my higher-self, guides and God, to be taught correctly.

Also if I was allowed to see and describe what I was seeing to the circle, the medium would guide me more closely, and I would be moulded by the medium, instead of by my higher-self and Guides, and with what they were trying to teach me connected with the wisdom and ethics of Spiritual Healing and Mediumship, this would come in conflict with the Medium’s running the circles I was to sit in. And psychologically this would have been detrimental to my development, as I needed to strengthen my reliance on my higher-self and guides guidance, in these crucial early stages of my unique development.

But I wasn’t to learn this for half a decade, and I used to get very frustrated with the lack of seeing on meditations, and not being able to do Psychometry.

I found out later, that if I could do what the mediums wanted me to do, then I would accept the mediums as my teachers, instead of my guides, or higher-self, and they wanted my analytical mind to not be distracted at this stage by any psychic experiences, when my guides were trying to get me to analyse the way the circle was being run, in a human way, and I am sure my guides were popping into my head the wrongness of many of the teachers ways of running the class, and also help my mind
to logically figure out what isn’t right, in the way the medium is running the circle, and the motivations behind the students, and oh so much more. And prevent me from being sucked in by the abilities of the circle teacher, and became a teacher groupie, like most of the other students.

I was learning that a student’s development is only a fraction that is perceived by the student, and much more is going on, connected with their chakras, and other bodies, like their astral, mental, etheric, spirit, and a few others, that I still haven’t got the names of, oh and a student’s aura. A few weeks later, the medium came to me in the circle, and said to me,

‘Your guides are telling me, that it’s going to take six years for you to develop, and they also say, that if you knew what you are going to become, you would run a mile from the spiritual church.’

I then asked the medium if she knew what they were talking about, but she said, she didn’t know.

Well, I thought this will give me plenty of time to study all about this, meaning I would be buying a lot of books, like I did with Astrology and Numerology, and as for the last part of the message, I smiled, because I knew the guides didn’t tell me this to frighten me away from attending the circle every week for the next four years, which the Medium may have subconsciously wanted, but my guides knew that saying to me what they said, would make sure that I didn’t miss church services, circle nights, or weekend seminars and workshops.

In fact I practically laughed at the second message, because I was thinking the message was like a red rag to a bull, and I was the bull.

When I got home and started thinking about the second part of the message, and what kept coming into my mind, which I found out was put in my mind by my higher-consciousness, was my Astrology birth chart, and the numerological chart of my birth names and birth number, which made me feel a lot more reassured that I could handle it.

So while I was sitting in the circle experiencing and watching other phenomena like channelling, transfiguration, and practicing spiritual healing, I found myself going along to Sydney’s largest new age book shop, where I had already purchased about two hundred Astrology and Numerology books, and after I found out that there were no healing text
books I still wanted to read about these famous spiritual healers, then I started to feel the presence of spirit with me, and my head started to move on its own, and I got the idea that they wanted to help me choose who I should read about, so I pulled a book off the shelf, and my head nodded.

So I started buying books and reading them, and I thought I’d better get some books on reincarnation, chakras, the aura, and the astral body, which I was to learn is only one of six bodies that are connected with our physical body, I will not use the word attached, as it implies a too close attachment, when the bodies can travel infinite distances and travel though time, and always they are connected, and you could say can reel themselves back to the physical, at any time.

I didn’t buy the books to believe everything that was written in them, I just wanted to learn the basics, like the language and alphabet of all of this, I would feel what was important to remember, and some of it I would skip, but I did learn one thing, there needed to be written a text book that could show the interconnectedness of all these different aspects of a human being, and how they are helping us in the development of a spiritual healer.

When I came to write my first book, and I wanted to describe what spiritual healing is, after five years of studying a couple more hundred books, and going on spiritual healing lecture courses, visiting many circles and weekend seminars and workshops, covering a wide range of new age subjects, I even went to a ‘WORLD FEDERATION OF HEALING,’ biennial conference, in Swansea, South Wales, for a week in 1985.

I decided I would take my small tape recorder, and clip the microphone close to my head, and go on a bush walk, and let my guides or higher-consciousness give me the words that I could use as a basis to write certain chapters in the first text book, so here is what I recorded and then wrote.

“Spiritual healing is the channelling of harmonious energies, directed by intelligences beyond the Earth plane. These intelligences assist in the correction of imbalances in the life-forms that house consciousness, i.e. humans, animals, or plants.

The spiritual healer is the assistant who receives the healing
energies from the spirit dimension, which are then transformed through the healer’s body, which then flow through the air to the patient, or the removal of inharmonious energies from the patient, in a similar process in reverse.

The healer should only be a conduit with the patient, as the wise initiator of the energies in spirit, being either a guide or Angel, will only conduct the healing energies permitted by the patient's own higher consciousness (also known as the higher-self,) to be healed to a certain point of health, for whatever reason the higher-self chooses, if the healer is sufficiently developed to tolerate the required healing energies to affect a cure.

The degree of spiritual healing energy that can be conducted through the healing instrument, (healer) is dependent on the healers’ tolerance to the energy (healing rays) available to be conducted by the healing guide in spirit, and also to the tolerance of the patient, at the time of the healing.”

Before performing any spiritual healing, the healer should always ask God in prayer, which I will give you now. You will also find it listed in the contents pages, of the ‘EXERCISES AND MEDITATIONS’ chapter.

“O heavenly father-mother God, use me as an instrument for healing, if it is permitted. Protect the patient from me, protect me from the patient. And use your healing energies, not mine. Thank you.”

I know that the prayer is brief, but it covers all the bases, and is easy to remember, and the repeated saying or thinking the prayer should put a stop to any of a student’s subconscious desires to heal a patient, which may activate a student’s own energies to heal the patient, and you will be programming your own body to just be a conduit, and allow spirit to do the healing.

Also, if it is permitted by the patients higher-self or God, for the healing to occur. That prayer is to prevent any interference with the patient's reason for being on Earth. Because if the healer wishes to heal, and has the gift of healing, he or she may heal the patient, and still go against the patient’s higher-self's purpose for being ill.
Spiritual healing is not always effective in curing a physical health problem permanently. In some cases, if the patient's consciousness is unbalanced, and as a result has created the physical health problem, spiritual healing may not be directed at the source of the problem, the unbalanced consciousness.

The patient may have to learn to overcome the imbalance with experience, and of his own free will. Your healing guide will probably not heal this imbalance, which may have been created by a lack of understanding. This can sometimes only be cured by the digestion of the required experience by the patient's.

For example, a man with a stomach ulcer, created by worry has taken on more than he could chew. The ulcer may receive spiritual healing, however, if the patient continues to worry, he may create the physical health problem again in the future. And if the patient's cause of worry is irrational, you may have to help the patient find its source, which may be in the patient's past.

This will be explained in the coming chapters, connected with past recall, from childhood, to maybe a previous life-time conditioning, which is still causing illness to manifest in this life-time.

After many years of healing and running classes, I was to learn from spirit and examples of cases, that if a human is born with an incurable mental or physical defect, either caused by birth defect, or hereditary, or genetic causes, like Down’s syndrome, Turette’s syndrome, or dwarfism.

A spirit who has chosen to experience this genetic disability, reincarnating into such a body, for personal spiritual growth, in some cases, to overcome a defect, or weakness in the spirit's mental or emotional attitude towards himself or others, will go through the learning process as long as it takes to learn the required lessons to change the spirit's attitude, and the process of the spirit's healing, is the required length of time residing in the body of the defective human vehicle, until the lesson is learnt. But when the spirit has learnt the lessons and changed, then sometimes the spirit will leave the body, and another spirit will ‘Walk-in,’ as we say, to learn the same lessons, or similar reasons for being connected with the body.

And as a primary past-life therapist spiritual healer, I and other past-
life therapist spiritual healers, will come across patients like this, who want to know why they have to suffer with a serious disability. All I can say is they may be shown the past life-times where their behaviour, which may have also been conditioned, has hurt others, and that they are shown that they have chosen to be born into this body to reprogram the spirits mind, by repeated experiences created by their brain or body in this life, like aversion therapy. I will not name the disability, but I will explain to you the behaviour of the past-lives that were shown to the patient, who didn’t want the therapy session recorded.

This patient saw herself in a past life-time getting great pleasure out of causing great emotional upset, which of a consequence caused repercussions from suicides and murders to more than just the victims of her lies and stories, which carried over into following life-times where she couldn’t help herself doing it again, and that her guides had explained to her, in-between life-times, various cures of the problem, taking different lengths of time, and the likely-hood of adding more conditioning if the long term choice was made.

But if she chose the shorter hard way to overcome the problem, there would be less chance of adding to her problems, so she chose the hard incarnation, in this body, I will let you figure out which disability would reprogram the spirits mind; it begins with ‘T.’

A spiritual healer is also a medium who communicates messages of guidance from the healing guides to the patient. You will only receive these messages if the patient will accept these message, which only your guides will know, but don’t be disheartened if they deny or reject what you have passed on from your healing guides, as sometimes the required guidance takes longer to sink in and be digested for some patients, but your guides would know this, and this is why they gave you the communication for the patient. This is also a part of spiritual healing. I will leave these examples, until after the next chapter in the second half of this chapter, which will be the healing practice.

Every life-form on earth is surrounded by an invisible energy field, called the aura, in human beings it is normally approximately the width of your body, if your arms were stretched out to the sides, from your fingertips to fingertips, in width, but it does contract and vary in how
close it is to your body.

Scientists, who have filmed this aura on Kirlian photography, say that it is connected to the physical body, and can show disease, and can be damaged. I don’t know enough about the aura, as I have very rarely seen glimpses of it, but some students do develop abilities to see the aura, and their guides teach them about the healing in connection with it.

After you have been healing for a certain amount of time, and I mean months or years. You may be shown by your guides how to perform healing on patients with damaged auras. When I first found out that I was healing a damaged aura, I was led by my guides and around and around the patient approximately fifty times, and I thought this was very strange at the time. I found out that they were repairing a damaged aura.

The patient was a nurse who worked in a drug addicts ward, and every time the nurse came for healing, I repeated this strange activity. Just as well I wasn't performing the healing in front of a church congregation.

I suddenly started performing healing in this way, on more and more patients. Then one day while I was performing healing on a clairvoyant medium, and while I was standing with my arms outstretched, the medium said that a whirlwind of light was spinning around her aura, and she said that her aura was being healed.

I asked my own guides, does that mean I don't have to walk around the patient fifty times anymore, and I was told, ‘Yes.’ I also asked if they were performing healing on a damaged aura, and they said, ‘Yes.’

A student or healer should make it a practice to confirm what communication you receive from another person, if they are saying it is coming from the spirit world, go by your gut feeling, and if you feel your guidance from your own guides is indicating that they want you to ask your own guides telepathically, ask them the question that has just popped into your mind, to find out the truth, or whatever. More about the reason for this last paragraph will be later on this disc, as this is a large subject to cover.

So when my guides have finished healing the patient. I stand with my arms in a certain way, and while healing is being performed. I receive the knowledge whether the aura is being healed, or just being cleaned.

A damaged aura is mostly caused by surgery, and I am usually told by
my guides to tell the patient, about how a surgeon when he cuts the body, he cuts the aura at the same time. About ninety-nine percent of patients with damaged auras, say that they have had tests, or surgery done to their body by the medical profession.

Sometimes a lapse of many years has occurred since the operation, but the aura can still be damaged. Sometimes the patient forgets that they have had tests or operations, or they do not want to tell the healer.

There are other causes of damaged auras. And you will find cases and channelling about these further in the book. But here are a few of the other causes of damaged auras, grief, drugs, alcohol, certain types of electric shock, some past life traumatic conditionings can cause damage to your aura. There are more causes, but my guides don't want to go into them at this point.

Please do not copy other healer’s techniques, or conform to what everyone else is doing. You may feel security in this, but it is not spiritual healing when you are doing what others are doing, and not what your guides want you to do.

I have seen some healers in other spiritual churches, brushing or combing the aura, and shaking off their hands what they believe as sickness, dirt, or negativity, and every healer in the church was doing this. My guides have never moved my arms and these gestures, in all the decades I have felt my guides when we have been doing healing.

In my classes about ninety percent of first night student healers, feel the presence of their guides directing their arms around the patient. The ten percent, who do not feel their guides, are usually too frightened or are tensing up, but if they persist in coming to classes, they then feel their guides later. But they all do healing in their own way with their guides, and I know that they are genuine.

However, I wonder when I see a group of healers in a church service, all performing combing gestures with their hands, when they finish healing the patient. Well, my guides say that spirit didn’t teach them that technique, and they say that it is not necessary when you have a faith. But if you believe that you have to do it, then that's okay. But remember, it is hard to give up your beliefs, and replace them with new truths.

There are other things that need to be explained in healing, but they're
connecting with chakras, but until you have read the chapter explaining about chakras, and chakra development in the class, I will then explain about chakras in connection with spiritual healing, because this text book is for students who don't know about chakras, so I will wait until later, to explain these extracts.

A student may find that they may be developing a strong ability to heal the physical illnesses of patients, remember this, those patients were most likely brought to you by their higher-selves, if it is your learning path, to experience the fame and all that goes with it, as part of your spiritual growth. And maybe the reason of why the patient is receive this healing, was chosen by their higher-self to re-establish a reaffirmation of faith, that the soul of the patient may have needed for their own spiritual growth, so their illness may have also have been a means to an end, from their higher-self.

Do not envy this kind of healer with all their fame and acclaim, they may not have their own strong faith in all this, and may need these miracle cures to strengthen their own faith. Do not assume that I am referring to Jesus in these paragraphs, as what Jesus did in every different demonstration of psychic phenomena, which was to teach, teach, teach.

Also, if you feel as a healer you don’t seem to be curing any patients physical illnesses, have patience for there is a lot more to spiritual healing than the physical body, we have found that the guides sometimes bring patients other non-physical bodies (Spirit, astral, etheric or emotional, mental, or bodies I am not aware of) into the circle to receive spiritual healing through the students.

A spiritual healer is also a medium to help lost earth-wandering spirits, which we call earth-bound spirits, to move on into the light, and leave the earth-plane, which we call a ‘Rescue.’

You also may develop to be a past-life therapist, guided by your guides, this is also spiritual healing. And the guides say that practically every spirit incarnated into a person in the world, is being influenced by their past-lives, from mild dislikes, to full blown hatreds, or fears and phobias, or karmic lessons, to the choice of a defective human body, or past-life vows that are life threatening, or illness creating.

The list of ways that your guides can help heal, teach, set free, give
understanding and peace of mind to so many people suffering in this world, that’s why I have so many case histories of spiritual healing examples to get out to the world, over the next five or ten years.

After four years of studying healing and the reasons for illness, I learnt that there were very good reasons for illness, and if I wanted to help people, I didn’t have the wisdom to know if a lesson had been learnt or not, to know if they should be healed, or not, to continue their lesson if it hadn’t been learnt yet. At this stage I didn’t know if my body had any influence in the healing of a patient, with any healing energies coming from me. So I thought God should be the one organising any healing energies channelling through my body to a patient, and he would know when the healing is allowed, so I started thinking of a prayer that would stop me from interfering with any healing or no healing, or from any subconscious desires of my own to heal a patient, and this is where the prayer came from, which you read earlier.

Many spiritual churches have an absent healing book, and I find that if spiritual healing is performed in the middle of a service, and all the healers are with patients, and I am not needed, then I still say the healing prayer, because my body still can be used to channel healing energies to the patients your guides wish to direct it to, whether they are still in the congregation, or away from the church, listed in the absent healing book.

I would just like to say one more thing, a physical human body is analogous to an automobile, our spirits incarnate into a baby, and is connected for a period of time to learn what the human experiences, but unlike an automobile, a car is not programmed with a personality or route’s it will automatically drive on, but a human body and personality is programmed at birth, not by the same personality as the spirit, and sometimes not what the spirit wants to experience, but is wanted by their higher-self, which also are highly programmed experiences, either programmed by the compulsive desires of the astrological configuration of the planets at the birth time of the baby, but also the childhood conditioning from our home, culture, affluence, and of course parents, which can also trigger off past life conditioning, which will also influence a person in what they experience while they’re connected with the physical body.
Many illnesses have reasons and causes not from the physical world, like genetic weaknesses, or an outside virus, like malaria causing illness, but are caused by either our conscious minds and emotions, or our spirits mind and emotions, like conditioning and trauma’s from previous life-times. Also if wandering spirit’s gain access through our aura, then their past life trauma’s desires and conditioning can also cause illnesses in whom they are influencing. I have quite a few varieties of cases of this kind of cause; you will read about on this disc.

When I first got the idea of producing a text book for Spiritual healers’ development, I didn’t know that there was so much about all this, I was thinking of only one book, and thought that experts’ healers in spirit would help me to produce this book, but I was to learn so much more.

What I didn’t know was my higher-self was one of those healing experts, over a wide range, of mostly healing spirits who were in-between incarnations, as you will come to learn over the coming years, like I did running the classes and helping to heal patients.
Channelling is the term used by myself and many others who are involved in this work, to describe the process whereby knowledge or teachings are communicated from sources that are beyond this earth-plane. Even the subconscious and higher-self (higher consciousness) are included as a possible source of communication.

Some artists, poets, writers, and even scientists, are receiving this knowledge or communication from beyond the earth-plane. It is also possible to have access to knowledge that is communicated from the spirits who have a physical body alive on this earth at this time, but this is very rare, as well as spirits who do not have a body, like the deceased.

Channelling can manifest as automatic writing, whereby the spirit that helps the person to channel moves the hand to write the communication. I have experienced spirit move my hand but I was not destined to develop in this way because it is a slow way to teach what spirit wishes to communicate in a situation.

Now we come to the form of channelling that you have heard of called, “trance.” There are many degrees of the trance-state. In one form of trance, the conscious mind of the channel voluntarily abandons all physical control of the body and allows a spirit to come into the physical body and use the vocal cords to communicate.

This is the form of trance which the voice characteristics and the gestures of the hands in the body are different from the physical body’s usual owner occupier. In this form, foreign languages can be spoken through the mouth of the channeller. This is the one extreme end of the scale of trance.

At another level of trance, the visiting spirit shares occupancy of the physical body to communicate what it wishes. This phenomenon is called transfiguration, if the medium’s physical body is tuned into the spirit realm the medium may feel the physical body, or the clothes and jewellery, like wearing their clothes, and if the spirit has a moustache, then the medium will feel the moustache on their face, like as if they had one. In this case, the channel is aware of everything that is communicated as their conscious
mind does not abandon their physical body during the entire process.

Of course your own higher-self can use the above method to communicate, and it may decide to use a personality from one of its previous or future incarnations. As in the case of a person who is under hypnosis, during which a previous life comes to the surface, the voice, accent and characteristics may be very different to that of the present day personality.

Channelling can also occur, as in my case, by what we call Clairaudience, i.e., clear hearing. I still retain my personality and still occupy my physical body, but when I channel, I am relaying the words of thoughts that enter my consciousness from the spirits who wish to communicate, and my higher-self or Guide arrange the link.

Two psychics who can see spirit have independently observed the way in which spirits communicate with me, and both of them identically described the process as follows; The spirit standing beside me has one hand at the side of my head, with energy circulating around my head and the other hand is positioned above my head as if it is holding a tube coming down onto the top of my head. This tube is described as white light coming down from above, into my head.

They both described that the spirit spoke the words into my ear, which was identical to what I said to the students. I tend to speak slower when I'm channelling, as the words I receive come slowly. Very often I question the words that I received. I ask whether the spirits said that word and when I receive; “Yes” I say it out loud. I feel that they communicate slowly, so that I can double check in this way.

When I first started channelling, I wrote the thoughts that I received from a spirit source down on paper. Later I practiced just speaking the words; I found that it was quicker, this way.

If the channeller is biased in their mental beliefs, the communication which spirits are channelling may become distorted and emotionalised. Be very careful of emotional channellers if you wish to understand higher truths. I understand that it is also necessary to have kindergarten teachers, for some individuals in this world need to relate to spirit knowledge in this way, before accepting the next stage in their development.

So it is not wrong to channel in this way, but be aware of them.
Everyone has to grow at the pace that they can handle. Therefore students will be at all different levels of their development. This is why I advise all students to write down, word for word, any channelled communication, so that they can evaluate the biased way that we all may channel what spirits wish to communicate. This does not mean that some forms of channelling are not valid, it just depends on what the individual wishes to accept.

If you constantly strive for higher truths and wisdom, you will receive better communication, but if you wish to play games and want to be on an ego trip, you will receive communication of a similar level of vibration, and you, as well as your friends or students, will learn lessons by your experiences in this way. The vibration of this source of communication varies depending on the desire and vibration of the human channel.

In some cases the communication that is channelled through a channel is a lower truth which only the spirit who is communicating is aware of.

For example a recently deceased person when communicating from the other side of the veil, may state that he has no memories of previous life-times simply because his vibration is still too low, but when he goes into the white light and goes through to higher levels of vibration, then he will regain his past-life memories.

So if you read a book where a medium has written about rescuing attached spirits from institutionalised patients for many decades, you might think, her opinion about there being no such thing as previous past lives, which you or I may have experienced, is not true, but remember if you were to ask most people in the street if they have any memory of past lives, they also would say ‘No.’

So don’t fall into the trap of thinking because it is telepathic communication, that spirits can’t lie, or tell you something which is only true from their angle of perception, which the spirit is perceiving it.

Just because we can think up a lie, and that lie is recorded in the akashic records, and our guides may be able to read our mind, don’t think that channelled communication from spirit works the same way.

We receive communication from spirit, we do not read the spirits mind, like a mind reader, whatever that is, so how would we know if
they are telling the truth or not, just like a person can arrange what they say to you, but it can be a lie.

Your guides at times will lie to you, if it’s in your best interest, and approved by your higher-self. I’ll give you some examples, after about four years of spiritual healing, mediums kept telling me that I was going to write a book, and because of my childhood conditioning blocking me from pursuing a career in writing, my guides and higher-self may have thought I needed a boost of confidence, like they wanted me to be a spiritual healer, and they wanted me to write a book, so they got the mediums to say,

‘I see you writing a book.’ But I will give you a hypothetical, what if an emotionally immature newcomer in my development class, was drawn to my class after reading my first text book, and they have a burning desire to write a book connected with this work, and asked the question,

‘Will I write a book about all this?’ to the wrong spirit, who was channelling through the wrong student, and the immature self-righteous channelling spirit, believes that always telling the truth, is God’s way.

Then the immature spirit may have the power to look up the answer from the akashic records, and find the answer is ‘No.’ And if this immature spirit doesn’t consult the questioning students guides or higher-self, whether the answer should be given to the student, then they may channel the answer to the student,

‘No.’ (More about these immature spirits in another chapter)

But the higher-self and guides of this student, know that that answer would emotionally crush the student, and the student would drops out of class, and may develops bitter thoughts about all this kind of development, and this might set back the spiritual development of the student, then here is a prime example where the truth causes more harm, than a lie.

If a spirit who was channelling through the same student, is wise and not self-righteous, who was answering the same question, for the same student. They would consult the guides and higher-self of the questioning student, and the guides and higher-self, may telepathically tell the channelling wise spirit,

“Our student isn’t going to write any books, but if she keeps on
developing she will be a great healer and past life therapist, in which she will be learning something new for her soul growth, and she will be very happy doing it.

But if you say ‘No,’ to her question, we know her psychologically, and that at this time in her life she will be crushed and drop out of developing, and it will be that much harder attracting her back to developing, so tell her ‘Yes,’ and say that it will be many month or years before she will accumulate enough material to write a book.

And remind her, that Raymond sat for four years before he started running classes, to gather the material for a text book. And this will keep her developing, and she will mature emotionally, and may forget about writing a book.”

Now in the same class another student who keeps feeling that he should write a book, even his own higher-self and guides have been wanting him to write a book, but they know that he is lazy, and doesn’t follow his intuition, but his higher-self and guides bring into his mind the question,

‘Will I write a book?’ because they know that the spirit who is channelling is wise, and they tell the channelling spirit,

“If you tell him the truth, by saying ‘Yes,’ he will think, ‘That’s fine, I’ll write one when I feel like it.’ But we know that because of this answer he will eventually write his book too late, and another writer will steal his thunder with their own book, but we know that he has an ego and is a little prideful, and loves a challenge, so say this to him.

‘No, we don’t see you ever writing a book. In fact we don’t think you have anything worth writing about.’ And this will get his goat, as the saying goes, and he will try to prove spirit wrong, by knuckling down and studying and developing, and recording his meditation experiences, because his pride and ego is at stake, and while he is developing and studying, we will polish off the rough edges and this will tone down his ego, and we can release the condition of pride, when he does some past-life therapy releasing.

And we know he will write some really good books, at the time his higher-self will help him to.”
My guides know what I have just written is hypothetical, but they say they gave me what to type, because this is how they work, and this is why students shouldn’t go asking questions of spirit while anyone is channelling, and let spirit volunteer messages at the right time for the student.

This is why I am not very happy with mediums who tune into patients or people in church congregations, and throughout this book you will read of quite a few mediums who have used their psychic abilities, instead of focussing on spirit to receive a message, and what they have said has caused emotional fallout, that I and other healers have had to heal.

(2010 INSERT. But be very aware of when mediums become too powerful, their incarnation timing may also be timed for them to learn some hard lessons of their own. This next example will dove-tail nicely with the previous pages describing that Guides will lie for our benefit.

A few months before both world wars, when spiritualism and physical mediumship was a lot more common than now, many famous mediums Guides told their mediums and church audiences that there would be peace and no war, and this forecast or communication was so extensive all over Britain, that the famous mediums who had many books channelled by their guides in the book shops, had these channelled prophecies of peace printed in all the psychic newspapers.

Now a reader wrote in a letter to the Psychic News, and the editor printed this editorial comment.

“A reader takes us to task for admitting that spirit guides are not infallible. They declare that they are human, still, and are liable to error. At the same time, I am confident there is no possibility of error when the prophecy is so unanimous.

From every well-known Guide, and from home circles all over the world there has come the assurance that never again will England be involved in war.

When individual spirits are fallible when dealing with lesser issues, I refuse to believe in the possibility of a mistake in this particular instance.”

This editorial was in the paper on the 22 of July, just before World
War II was about to start. I put it to you, in the months prior to the war when the spiritual churches were packed with mostly parents who had already lived through the First World War, who had children who were grown up, all anxious to find out from spirit if there was going to be a war.

So the editor or the newspaper reader, was trying to say, without actually printing it, or you could say, if you read between the lines, he was saying that spirit knew exactly what they had told the world, that it was a white lie for the benefit of the population.

My guides say that when there is no leadership for people to be protected by, and lean on like a crutch, because they certainly won’t be feeling that their mediums who are usually the most powerful leaders of their spiritual churches, will be of any use, when they believe that their mediums got it wrong, as most of them will believe.

People very quickly forget that the medium would have no power if spirit didn’t communicate with them.

Then as a consequence the people will help each other cope, on a more personal basis, like turning to each other for succour in times of need, as that is better if neighbours friends and relatives have more unconscious channels of spirit guidance to help the emotionally distraught members of their congregation, or population, with the right words of reassurance channelled to them, to help them grow stronger from the experience.

If spirit had told them the truth, it wouldn’t have prevented the war, but it would have emotionally hurt the congregation, and would have caused more harm than telling them a lie, that there was going to be peace. And because the mediums would have appeared to be correct, then more people would be drawn to the movement, but spirit says that the more powerful a medium becomes, the congregation turn more to the medium and less to within, to their own guides.

But this is not how it is today, people have so much more information about personal development than in that time, but remember guides will lie to you, if you are likely to be adversely affected by the truth.

Guides are not motivated to tell the truth, to prove their existence, or to increase the following of the spiritual churches. My guides say that in
Sometimes a spirit that has been wandering close to the earth plane for many years may have never have gone to the white light, to be what we call rescued to the higher realms, and their wisdom is only the memories of their life on Earth, and very often the longer they are here at this level, the likelihood of them losing even those memories is very strong.

All of the channelled extracts in this book have distortions to some degree but some channellers’ distortions are greater than others. Spirit wanted them left in, and in some cases I have been instructed to point out the distortions that the channeller has included in their channelling. These extracts are in another chapter.

I first practiced writing down what I received from spirit when I practiced getting a message for the students in a psychic development class that I was attending, and the messages were in words that that did not have any symbology to try to work out. I had made a vow that if I can speak plain English; I would only pass on a message that was the same.

I had been told by many mediums that I would write a book, so when another student, Christine, had been told the same; I asked her if she would like to get together and help each other to develop our channels, to find out what we would be writing about. So Christine agreed, and because her abilities had not developed sufficiently to receive messages from spirit, Christine decide to write down what I received in our sessions.

My Guides who are helping me to recompile all my recorded communication from the other side, the classes and therapy sessions, want me to transcribe them in chronological order from my first attempts right through the ten years I was running classes so that the readers can understand how Guides give confidence to the beginner, even though I wasn’t channelling in a class with an experienced medium or healer watching over me.

Because in my first volume I gathered the class experiences and
channelling, to show theme chapters to explain the purposes of the different experiences, in separate chapters with the corresponding headings, I didn’t bother listing the dates of every different class experience in these theme chapters.

My guides say that my first students in my classes were as lacking in confidence to practice developing, as I didn’t have a curriculum of how to develop the students, so I couldn’t answer a lot of questions, and I couldn’t tell them what they were going to develop, or what meditations or exercises the students were going to practice, because I was mostly receiving the meditations on the afternoon of that nights class, and I still didn’t know what they would learn.

So most of them were too afraid of practicing channelling, and if they saw anything on the meditation, it wasn’t anything worth reading about, when I came to choose what is educational, or has any meaning for the student or the text book, many months later. So, most of the early classes in my first text book, are devoid of any students experiences.

And because eventually there were so many great examples for you to learn and read, which was explained by the students who were guided to my classes, when the time was right, we have decided to in many cases show you the students meditation experiences from these future classes where they went on the same meditations.

My guides liken my first few months of running the class, as like a person learning to act in front of strangers, and the strangers not being sufficiently motivated to practise acting with the novice actor, when he lacked confidence, and was going through the boring stages of learning to act, but as the actor got better, he impressed the others with his confidence, and was able to show the other actors a script of a great play. (Representing the students that came to classes after they had read the first 400 of these size pages text book)

Then they started to try harder, and bring out achievement in themselves, and as the actor became more proficient, he started to attract strongly motivated actors who wanted to act with the actor, because they saw that working together they could make a difference.

What this all means is that certain students and patients with advanced spirits (Souls) were guided to start arriving in my classes at the right time,
to help show examples and wisdom for the text books, and the world, when the time was right.

So while I was still learning from my Guides, they didn’t want me to be overwhelmed, or seduced by more psychically advanced students than me, into changing or running the classes in a different way.

Oh, that would happen a few months later, but too late, I would be locked in to my own strong ethical guidance from my higher-self and guides, and the trials I went through in the classes, only strengthened me.

My guides are saying that I was only caught in the crossfire, so to speak, and that I was like a mirror, and that the behaviour of a very few of the students, was meant to be seen and understood by those students, like as if they were seeing themselves in a mirror, and the idea was that they would have the opportunity to reflect on their actions and words, and glean many lessons and revelations about themselves.

In the next chapter I will be explaining more about students and the differences of the spirits who channel through them.

Also, I cannot access my out of date file discs, on a computer that has been at the repairers for two years now, and because I have lost a few of the original typed class experiences, of the first year, I can only compile what I have left, and what I used for examples in the first volume. So this is why about 100 pages experiences are not dated, but, that is only about 1% of all the classes recorded.

Each undated channelling session will be indicated by a line of ******* between the text, as the class night will be undated, and all channelled communication in these books will be written in bold Italics, also all my voice recorded in the classes or therapy sessions will be typed in these books in bold blue print, to save you reading my name announcing when I am speaking, every time I am asking a question or advising the students. So when I am channelling, like this, it is blue bold and italic.

When students have spoken up in the classes, either as questions, or describing what they are seeing of a group past life meditation, I have put their name in brackets and colourised the name so the reader can easily keep track of who is talking, like this

(Mary) “Do I...”         (George) “When will...
The colour is roughly pink for female students, and blue for male students, but if the class has three girls and three boys, then I will use other colours, but the colour that is used for a student in one class night, maybe a different colour for the same student on another class night, because there have been between a hundred and two hundred students.

“We are here tonight for your first lesson in spirit communication. It will be for the benefit of you both. We do not want you to be afraid of our presence when we come close to you from our world. We are together here tonight to start the work that you have requested of God. We are trying to get a little closer to you in the next few days. We will be extremely close to you, so don't panic when you feel us near. It is to harmonize our presence with your presence, so that we can communicate better to you.

We are mediums for the spirit people, which will come to give you knowledge for the work you wish to undertake. It is a little difficult for you at the moment, with your health problem. It is your body that is adjusting to our presence. We are from God so don't worry, we are not your regular guides. We are new ones for a special mission that you wish to undertake.

You are needed for this work Christine, it will be starting your apprenticeship, for you will develop as well, in time, but you are needed for the development of this one. He has trouble developing in a large circle, but we can develop him quite well like this. We are light-bearers from the spirit world”

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“We are here tonight for your education about spirit matters. You are questioning the source of your knowledge in the dream you had last night. It was shown to you so that you can use that technique when you heal that boy next time. It will work, I assure you. It was shown to you so that you can do it.

You are now starting on a new vibration, where you will learn healing in your dreams, to prepare you for the work ahead of you. It will be work that you will do in your sleep. You are to get more sleep. Go to bed early. You are to be instructed in a new technique of
healing. You must not let your ego get the better of you.

It is harder to know the future the further you look ahead. You are going to be a good healer of the mind. You will write also, but you will tire if you write all day, every day.”

(Christine) “What is this mind healing?”

“It is a form of de-programming of the brain which affects the body. Raymond suffers from this problem, he will grow out of it in time.”

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“We are here today to give thanks to our Lord Jesus. He is very close to you both, in your hearts and in your minds. He has come today to bless you both for the work that you are about to undertake. You are greatly needed in the world of man, for you will greatly influence a large number of incarnated souls at this time.

They are being prepared to receive the knowledge that you will write. It is so ordained that you will work for this purpose in the world. We are now ready to implement the necessary requirements that are to bring about your education in the work that you will undertake. You have been worked on recently, Raymond. It will help you to hear us more clearly, so that we can be more accurate in the communication.

You are not the best writer of the English language, so we need to be extremely accurate, so it will be entertaining and not boring. We will be the authors of the books, so we know that they will sell very well.”

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“We are here today to give thanks to our Lord God, for his blessings are upon you both in what you wish for. You are here today to learn more about our Lord Jesus.

He was chosen by God to teach mankind the ability to link back to the God within. He had a group of souls to develop, so that they could also develop a group, and then spread all over the world.

His teachings were from God so the individuals were developed their way, as every individual is different. It will be important, that you develop each individual their way. You learnt about this,
through your sitting at your first development class.

You will find that we will bring to you the souls for your own circle, Raymond. We will help you run the circle, and it will be different to your first development class. It will be run for a specific purpose, or theme, and the souls will be in harmony for the project that we will teach.

You are going to run a small circle in the New Year; it will be started at the end of January. You will find that it is not your subconscious mind, as we bring you the knowledge before meditations, sometimes. So trust your feelings, we will get stronger. You are not to worry you will get a surprise at Christmas, in this work.”

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“We are here tonight to show you more of the work that you will be doing in the future. It is very important that you know what you are letting yourself in for. It will be difficult to work for God and live your life in. You are just about ready to start the work that we will bring to you. You are to go forward into the past, and gather memories of your other lives, to aid you in the work that you will undertake.

You need to know more about your own relationship to God through your previous incarnations. It will assist you in recognising the truth that we bring to you, in the knowledge from the eyewitnesses. It will be shown to you in your dreams... you will also remember them. The reason that you are at this stage in life is due to your work and play in those previous incarnations. You will gather all the positive memories that are revealed to you, and it will give you more courage to persevere, and also dedicate you more to the work.

You will be extremely happy doing it. It will fulfil your lives on Earth, at this time. It will be for a long time. You will be loved by many souls on Earth and in spirit. As you work for God, you will not be alone in this work. You will have partners to live with, and you will also be happy with this. You are loved by God, for you are following your own inner guidance very accurately. It has started
you on the road to nirvana. Nirvana is blissful. You will be greatly sought after by people for guidance and healing, but you must always listen to God first before you act. As you know, some are here to suffer for their own good.

You are thinking of starting a Church, Raymond. We will be working towards this in time, but it is in the future.”

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“We are here tonight to answer your questions in relation to your development. You are to go forward into the past for your own research, for we are just not ready for you to received wisdom of the ages, until you are more competent in what you receive from spirit. We are trying to get you to go to sleep earlier by waking you in the early hours of the morning. You are to try and learn more about the use of the gifts that mediums develop. It is a two edged sword. When you wield a two edged sword, you raise it to strike, as you raise it you cut something before you strike. So you have to be very careful with the gifts of spirit. You have this one to thank for being able to warn you, and communicate to you what you would not learn at *****. Raymond has learnt about these things, as he learned the same things about astrology, that is also a two edged sword.”

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“You have the chance to help God in the world, by learning the right way. You will do a great service to God and mankind. You are still loved by us, and you are only going to develop the high standards of mediumship, only at our control. We control your development for higher work for God. You may develop communication, but with whom are you going to communicate?

You are to do some thinking about all of this. You will have to get your priorities right. You are to trust your own inner guidance more often. You will be tried and tested as you develop. It will be to assess your progress in the way you react to the tests.

We are now going to talk to Raymond about his work. You are trying too hard to hear us. We will be ready very soon now. As we said, you will hear when we are ready. Don't strain yourself trying to hear us. You are going to be called upon to be tried and put
through the mill, as you say, but you will be well prepared, and the power of God will be directed through you, and we will go forward.

All this will take place when you're ready in a capability sort of way. You will be chosen to be a pioneer in your chosen field, and will change a lot of wrong thinking. You will be attacked in a verbal sense, but we have the capability to affect your defence. It will be victorious in the end. We have been searching for a suitable vessel to do this work."

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“We are here tonight to give thanks to our father, for his wishes and his blessings that come down on you both, for you are on the path to God, and he protects and cares for you both, and feeds you with what you both need, to help you for the future.

You are to go through the initiation ceremony that we bring to you in your dreams. It is necessary that you both go through these tests to see if you are ready for the next stage of your development. If you fail, you will not know, as you will forget that you have failed.

You are to go into the wilderness in your dreams, in the same way Jesus and Moses went into the wilderness. It is a time of testing, and you will be put through it... this is for your own soul’s good. It’ll make you stronger in yourselves. It will be just right for each of you, as you both have different degrees of tests that you will go through.

It will be for the purpose of strengthening your determination and beliefs in the face of the adversity in the future. It will be for your benefit. We said you would be prepared to take on the slings and arrows of the adversity.

Raymond is needed for more work and he will go overseas with his writings and introduce them to other countries and nationalities. He will be travelling a lot in the future. You will be writing about subjects that have not been covered by writers already. There are many books on Jesus, and they are excellent. There are other works to do, to bring people to their stage of Christ consciousness.

They are all to uplift the soul, and break the conditioning that man has implanted on them. It pulls at the heartstrings, and we in spirit guide each soul to the book that works best for them. It is the
only way some people can grow when they hide from the world until they are stronger. To bear their chests as you say.

We are getting prepared for your circle, Raymond. It will be run by us. You will be in this state when you communicate. It will be for the purpose of teaching them how to individually tune into their own guide, so that they can harmonise and communicate in ways as strong as your own, as they want communication as good as this, so they feel right with the messages.

You are right in that if you wish for excellent communication from God, you can acquire it, but you have to wish for it. And you are right.... some Mediums are not bothered, and they haven't learnt that anyone can expect to acquire the highest form of communication.

You wish to model yourself on Jesus, and so do your people in the circle, they wish to. Sometimes, it is in the soul and subconscious, and they do not know in their conscious mind, but they will be very happy when they are developed like this. They and you will develop a higher and higher quality in communication. Then we can give you the words that you do not know, and you would have to look them up in the dictionary.

It is to answer questions from souls who are involved with other forms and paths to God, which you are not conversant with, but we are. And we can assist and guide these souls whom you will meet with for God. Just as you understand Astrology, so we can guide all forms of enlightenment.

The Mediums that are not bothered will help the people, but you will help the teachers who will teach the people in their chosen ways of enlightenment. They are doing very worthwhile teachings, but they are far from complete, and we can assist them, and will do. It's like stepping stones. We bring through the knowledge to the next level and they pass on the knowledge again to the next level on the teaching.

Just as a beginner has primitive lessons, the advance student has higher knowledge. They will grow in their freedom of the attachment to this world and desires, and will be able to set an
example for others to follow and strive for. As people grow they lose
their penchant for creating their own illnesses, and consequently
they can live longer, and learn and teach more.”

“You have been told that you will go forward and learn
techniques of healing for God. It will be in the future that you will
be needed, for the world is heading for a time of tribulation, and you
are being prepared for work in this time to come. You have been
slowly getting stronger in your development as you grow, and we
bring you work to do while you sleep, and that is why you have been
sleeping erratically, it was this work that you had to do when you
are being judged on your performance in the spirit realms.

When you are there, you are being put through these tests, and
that is why you are sometimes tired after. You will be going through
these tests for some time to come. You are going to be healed of all
your allergies very soon and you will be well all the time.

You are being slowly developed, for that is what your soul wishes
for. It wants you to grow spiritually first, to not misuse or get
sidetracked with your psychic gifts. It is very easy to be psychic, but
very hard to be spiritual, and you have the capacity to develop the
spiritual in harmony with the psychic.

Not everyone has the capacity to grow spiritually using their
psychic abilities, but they misuse the abilities until they learn to use
them wisely, which is very difficult to do. You are being developed
little by little so that you can see how harm can come from the
misuse of psychic abilities.”

“We are here tonight to give thanks for all the souls that you
have helped in your work on the Earth plane, for it is being
prepared for more work to come. We will be working with you for
some time in the future. It will be for your growth and development
that we work with you, for it is necessary that you be slowly taught
the work that is to come. We are being told that you, Christine, are
getting stronger in your energy levels. As you are progressing, you
will be able to take on more energy, to be used as a channel for
healing.”

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Christine's boyfriend, Geoffrey, had come to the session, and this message was for them. As the centres that spirit guided them to attend are specifically for them, I have left out their names so I will not misguide anyone.

“We are here tonight to listen to the words of a great wise soul. He comes to you all from the high spiritual realm. He will speak to you all presently.

You will be developing soon at home. When you sit, protect yourselves before you begin, and always seek the highest in communication from God, and your guides will bring to you spirits they know, to communicate. For then you are in safe hands, because if you ask for specific spirits, you are never sure of it is they, and you will be stronger in yourselves if you tune into God, as he can tune into you easier to guide you and help you in everything you do, and bring you higher awareness better than anyone else. It is like becoming one with your father, and he interacts with you differently to other souls, as we are all different.

But God helps us grow at the right pace, in the right direction that fits in easier with each one of us individually. That is one of the great misrepresentations, as each one thinks that theirs is the only way, as God is with them in their way, but people don't realise that God is with everyone in their own way.

We are now going to leave you, and all of you can attain this form of communication with God. You only have to desire it, and you will reach it eventually.

You, Christine, will be in a development circle at ******, and will be confused at first by your feelings that you will experience. You will have to go through an exorcism of your negative emotions, so you can recognise them. They are amplified, so you will be aware of them, and you will be instructed in your development by your Guides at their own pace not yours.

You have your awareness widened, so you can comprehend a wider vision of outside and inside things. You will be growing
spiritually, and transforming yourself to use the gifts wisely. You will be used by spirit to teach spirit souls as you develop, and you will help many while you grow.

It must be that you assist others, to try to implant in your mind the connection with the psychic and service. As you will find that you will feel good when you help others, and this is part of your learning. And you will find that the souls in spirit are sometimes in a very distressed state, and they are very glad of any help that you can give them.

As Raymond has said, in spirit they are blind in the dark, but in the flesh they have eyes and ears to see where they are. You will be going to ******** for some considerable time, and you will experience a lot more than ********. Also the energies are there for your development.”

********

My step-father’s Mother and her niece were visiting me for a couple of months, and her niece sat in on a few channelling sessions. I'll name her Yvonne, and this was a message for her.

“You will be brought forward in this work when you are ready, and you will be ready when you have studied a lot of books which will change you and bring you peace, and help prepare you so you will be ready to develop your gifts for God. It will be best if you study and grow before you join any development circle, as you are not balanced, and a development circle is sometimes a problem to people when they are unbalanced, as it can tip them out of balance, and you have to use your mind, not your emotions, to control your reactions.

The books will help you grow, and you can and will meditated at home very effectively, always pray to God and protect yourself, and God will be with you, and your guides will help you experience spirit little by little so you know they are there watching over you, and the more you trust your guides, the more they will help you choose books to suit your level of development, as your guides are from God, and want to help you grow in the light.”
I may repeat a little of what I have written in the chapter explaining what is spiritual healing, as this repeated material should be kept together in the same chapter, as it is related.

After I had been running my healing classes for a little time, whenever a new student came to class for the first time, I had the feeling that my guides wanted me to perform healing on them, before the class started.

I eventually found out that my guides were, what I would describe as, adjusting the new students psychic-perceiving-equipment, in their head, mostly, to increase their first night abilities, for their development.

What I would call, getting them over the hump, to keep them interested in coming back, while their guides would help make it more permanent while they slept in the coming week, before their next class night.

As soon as I found out that this was what they were doing, I made it a practise to explain to the new student that their guides would like to assist them with this healing technique, and I also explained that connected to our heads are chakras, that are like extra senses, that maybe helped to be tuned in to our physical mind, and I also explained about our other bodies, that also may be connected, if our higher-self and guides deemed it part of their development.

This would help them relax and accept the adjustments from the guides, I also explained before the guides did this, that they may feel strange sensations in their body or head, while I was performing the healing, so the student wouldn’t block the adjustments, if any fear of the unknown crept in.

At the end of the meditations and the last person had finished the last exercise, which is channelling practise, I would then show the students how to perform healing with the help of spirit. I would ask them to pair off with one students sitting on a chair, and the other standing behind the student.

I would explain to them the purpose of the healing prayer, and ask them to recite it either mentally or verbally, before they practised the
healing.

If a newcomer is in the class, I always perform the healing on them first, as my guides wish to adjust the newcomers vibrations so that their own healing guides can show the student what to do, meaning move their arms. So that when the newcomer practices healing, this will help the student to feel their healing guides, and thus help them to believe that their healing guides are working with them.

To explain it clearer, I will refer to the students sitting on the chair as the ‘patient,’ and the student performing the healing, as ‘You.’ And the healing guides, while working with you, I will just call ‘Your guide.’ Also you may feel that more than one healing guide is working with you, say one to move your body, and one to bring the energies through, but for these guidelines I will only refer to one healing guide working with you.

When you have said the healing prayer, if you stand behind the patient and relax your body, you will find that your guide will move your hands and arms away from your body, as if your arms were floating of their own volition. This is your guide showing you that they are working with you, and they will move your arms to the position they want to affect healing on the patient.

Sometimes your guide will move your arms only slightly away from your body, and sometimes your guide will move your arms further away from your body. When your guide returns your arms to their original position, they are indicating that they have finished performing healing in that area; it doesn't mean you have just finished healing.

At any stage when your guide is moving your arms, you can move them yourself in any direction that you want, the floating sensations in your arms are not that strong, and you still have your free will to move your body.

Sometimes your guide will want you to step backwards or forwards, if you are standing too far away from the patient, or your body may sway in the direction that your guide would like you to move it, so it is okay to step in these directions until you feel that it is correct.

When your guide has brought your arms back to the original passive position, and they want you to stand at the side of the patient, then you may feel like moving your body to stand at the front or the side of the
patient, but if you cannot feel this, then your guide may sway your body in the direction they want you to move to, where your guide may repeat the procedure of moving your arms to a closer position with your patient.

This next extract was channelled from one of my advanced students, to one of the other students.

“You will not always feel the healing process, but nevertheless, it will be flowing through you. You do not always feel the physical sensations of healing energy, but there are occasions, even when you are just comforting someone, in which the healing energies is flowing for that person.

We wish you to be a healer in your personal life, rather than in public, because more work can be done personally, than this form of exhibitionism. It is merely a showcase, this public form, to introduce people to the idea of spiritual healing. You heal with your whole being; you do not heal with any particular part of your body.

The main benefit of using your hands is to reassure the patient. Quite often the sensation of touching or near touching, reassures the patient, but you can be a healer, nevertheless, without the touching. A word of comfort to someone is a method of healing. Just listening to someone's problems, is a method of healing. You should try to work harder on that part of the healing.”

It is very unlikely that your guide will move your hands or arms to come in contact with the patient, as the healing is just as effective through the air, for the energies flowing too or from the patient, as coming into contact with them.

But if your guide brings you into physical contact with the patient, go along with that, within reason. Remember, you have the final say in what you touch on the patient's body, so use discretion.

Usually in the beginning you will be channelling healing energies through the chakras in your hands and feet, energy that your guides will bring in or take out through your feet, through your body, and then through your hands too or from the patient.

In 2010 I still feel the energy heating up the fleshy part of the palm,
close to the wrist, so if your guides want to bring the healing through the hands, it is their choice not yours, just allow it to flow, maybe it was to impress the patient, for psychological reasons.

The more developed you become, then the clearer the chakras in the rest of your body become, your guide will use those chakras to channel through healing energies, but your guide may still move your arms or hands, for you to know where they are healing. Also the patient will feel that you are doing something, if the patient isn’t feeling the healing energies.

In your early development your guide may keep you longer performing healing on a patient than a more advanced healer. The more advanced you become, the less time is spent by your guide performing healing, but not in all cases. Many patients feel that the longer healing being performed on them the more effective it is, but this is not always so.

I advise you to ask the patient to keep their eyes open, in case the energies felt by the patient, are thought to be your hands, sometimes the patient will feel the spirit hands touching or manipulating their physical body, but they can see with their eyes that your hands are too far away from their body.

Sometimes you will feel that your fingers are moving with your hand, but you can see your fingers and hand is not moving, Your guide may want you to explain to the patient that the patient may feel fingers or a hand moving about in their body, fixing things up, and not to be alarmed by this, more about this will be explained in a few pages.

If you find when you are standing behind a patient, and you start to feel emotions of fear, the patient may be very nervous or frightened of healing. You will usually feel very uneasy while standing behind the patient, this is your guides showing you the patient's disposition, and you may have to start the healing standing in front of the patient, and reassure the patient that are not going to touch them, or whatever comes into your mind to say to them, before you start.

When a patient comes to you for healing, and you are more advanced, you can explain to them, that you may receive the information about whereabouts the healing will be going in their body from the healing
spirit, because the healing spirit is qualified to know what needs healing. This is because the cause of the problem may not always be in the area of its effect.

You can explain as an analogy, that a pinched nerve causing the problems in a leg, is coming from the spine, so it would be pointless performing healing on the leg, when it is the spine which is causing the pain in the leg.

If the patient starts telling you about their problems, try to explain that you would rather allow spirit to send the healing to the right place. Most patients are only describing the effects of the illness, as you may be influenced to performing healing on those effects.

Maybe that is where your guide wishes to heal, but they also may wish to heal another area which is causing the problem, but you may not know, and you may be influenced by the thought in your mind of where in the patient, the patient is talking about, these thoughts may be in the way of your guides, either telling you where the healing is going, for your own growth and education, or in some way may block the healing energies flowing to the true cause of the illness, which may not be in the physical body, but coming from another of the patient's invisible bodies.

Or if you are a beginner with any still active conditioned subconscious desires to heal their symptoms, the extra awareness of the patient being ill, and your awareness of the area in the body where the illness is, will help give focus and direction for any subconscious magnetic healing energies flowing from your body. This may interfere with the healing energy, that is being directed by your guides the correct area, which is permitted to be healed at this time.

In the beginning you may not know what area your guide is healing, this could be because your guide doesn't think you have developed the communication link with your guide sufficiently, or you are still in the process of releasing conscious or subconscious conditioning connected with the strength of your desire to heal, this is what meditations and channelling will fix up in the class, amongst many other purposes.

If you have the desire to know what area your guides are healing, most of the time it will be permitted to tell you, but if you're knowledge of anatomy or lack of knowledge of chakras or other bodies, is deficient,
then it may be hard for them to describe what you don't understand.

So I advise you to learn more about chakras, our other bodies, and the physical body. You may find that you will be taught most of this when you go on the meditations, and once you know where to go with your guide, you will eventually go astrally or in your spirit, to these meditative places in the spirit worlds, when you practise at home, to be taught individually your own speciality, if that is your higher-self’s aim, this happens to most students.

I have found that if your higher-self wants you to only develop in this way, at this time in your life, then it’s okay if you drop out of classes, but if your guide or higher-self want you to resume or seek out another class like mine, maybe your guides want you to build on your development, additional abilities techniques or another area of spiritual healing.

Meanwhile, back to healing a patient, if your reaction to your guide telling you the names of certain diseases, e.g., cancer, V.D, or A.I.D.S, causes you to block the healing energies directed through you by your guide, then you will not be told the names of the diseases.

You will be told just the area of the body that they either want you to tell the patient, or to prove to you that they are working with you and that you are correctly receiving their messages.

When you start asking questions about, what your guide is performing healing on, you may receive the answer as a sensation in your body, in the same area that your guide is healing your patient, or the thought of the organ may pop into your head, which you may confirm by asking your guide, ‘yes’ or ‘no.’ Some of you will receive what your guide is showing you, as a picture of the organ, or the letters of the word describing the organ that your guide is healing.

If your guide has finished moving your arms, and they are back by your side, he may want you to practice receiving the knowledge of where to place your hands, so that they can continue with the healing, for instance if you receive a message,

‘The heart.’ Then you can move your hands to a positioned about seven inches from the patient's chest and back, and if you relax your hands in this position, then your guide can move them for final adjustment, or you may feel movement in your hands, even though your
hand is not moving, your guide may in fact be using your spiritual hands to perform healing inside the patient's physical body, in what I call spirit surgery, and the corresponding movements are felt in your physical hands.

When your guide has finished on the heart they will draw your hands away from the body, to let you know that they are finished. You can then move on to the next area that your guide has told you about.

Be very careful when you receive a message say, ‘The heart,’ because your guide may be healing the emotions like a broken heart, or stimulating or clearing the heart chakra, or lastly they may be healing the physical heart.

Of course there could also be problems that we are not aware of, for which there are no words in English language to describe at this time. So ask further, to clarify what part of the heart your guide is healing, because when you receive the knowledge of where your guide is performing the healing, the majority of the time your guide wants you to tell the patient where they were healing, and most of your patients are only aware of the physical heart, and forget about the emotional heart.

Your guide wishes you to tell the patient where they are performing healing, so that the patient will believe in you and your guide, which aids considerably towards their healing process, and they will thus be more attracted to coming again for healing, if your guide indicates that the patient should do so.

If your guide has told you where the healing is going, for another reason, but your guides do not want you to tell the patient, then don't, even if the patient asks. Your guide knows the psychological mind-set of the patient and if the patients’ thoughts about the problem will affect the healing process negatively, then it is better not to tell them.

Another reason for not telling the patient what the problem is, is because the patient may run off to the doctors or hospitals, which may not be necessary from their guide’s point of view, but the doctors may persuade the patient to have surgery or drugs, when it may not be necessary. I will give you an example of when this occurred with me.

Just before Christmas one year, I was directed to visit another spiritual church, just before this church closed down for six weeks, over the
Christmas summer holiday period.

I didn't normally go to this church, as I was a regular healer at another church, but I felt the urge to visit this church. After the service there were no healers at the church, and the medium was busy talking to some of the congregation after the service. This young woman came for healing, and while I was performing the healing, my guide told me the words,

‘Cancer of the womb.’ I then asked them why they had told me this, and they said,

‘Because we want her to come back for more healing, and then she will be healed.’

My guide didn't want me to tell her about the cancer, but I was told to tell her that she would be eventually healed of the problem, and that I had been directed to come here tonight.

I then explained that I usually only perform healing at another spiritual church, and then explained that my church was open over the holiday period, I then explained that this church, that we were in now, will very soon be closed for about six weeks.

So I gave her the address of my church, and the times of the services, and she said that it was closer to where she lived than this church.

A couple of weeks later, after the third time I had been performing healing on her, I was told by my guides that they wished to speak to her.

So I explained to her about channelling, and she wanted to hear what they had to say. She never told me why she had come for healing. I can't remember word for word what spirits said, as I didn't have the tape-recorded, but I will try and tell you what I remember.

“We are very happy that you are here receiving healing. There are many souls who cannot survive life very long in this world, as they are not sufficiently developed to keep the physical body alive. They are like everyone, to do something they have to learn and practice.

We know the circumstances of your life, and these souls were permitted to experience the life in the womb, with all the emotions of love from you. They would have eventually miscarried and returned
to spirit, to live there, so you see nothing is wasted, and you have performed a great service by becoming pregnant.

God does not judge you for your actions concerning those souls, and the souls love you, for you are their mother while they grow up in spirit. Do not feel guilty, as your society is wrong in calling this a sin.

God loves you, your guides love you, and your children in spirit love you. Raymond also loves you, for he is also a Virgo and understands.”

While this communication was channelled she started crying, and released a lot of emotions, and felt a lot better after that. She then explained to me that she had had two abortions, and years later had started experiencing pains in the womb area of her body about six months ago. She also said she had had V.D. but when these pains started, she had been too afraid to go to the doctors.

My guides now tell me that she was in the very early stages of starting to develop Cancer of the womb, but my guides didn't want her to go to doctors, who cut and operate, as the cancer may have re-occurred in the future, because the cause was in her own mind, and emotions of guilt, as she was punishing herself, in a way.

My guides still didn't want me to tell her what her problem was, even after she had finished the spirit-guided specified number of healing sessions. But some months later, when she came back for healing, my guides told me that I could tell her about the Cancer of the womb, if she so wished. And she said,

“Yes,” After telling her that I had been told she had been starting to develop Cancer of the womb, and that her guides needed her to release her emotions of guilt, so that spirit could heal her. She then said that she had feared it was something like that.

She came back a few weeks later, and said that she had been to a doctor for a check-up, and was found to be perfectly well.

So there are times when your guides don't want you to tell the patient what is wrong, for specific reasons. Sometimes, when you are doing healing on many patients, you may be told by a guide, that they are
performing healing on the same area of the patients, one after another.

This is not your own mind imagining the same area as the last one, and it is not coincidence that your guides are healing the same area, again and again, your guide and higher authorities are arranging these patients to come to you at this point in time. Maybe your vibrations have advanced sufficiently for you to receive a temporary specialist healing guide, who is a specialist in healing certain types of ailments.

You have also not to be embarrassed if you are performing healing on the reproductive area of your patients, if you are told to tell the patient, where the healing is going. I would use the terminology, reproductive area, unless the patient asks for specific details.

If your guide can explain to you what the specific details are, you can tell the patient, but if you do not have the awareness of the organs in the body, your guides will not be able to tell you. So it is advisable again, that every healer learns the anatomy of both the male or female body, this would make your guides work of communicating to you much easier, when you have this knowledge in your memory banks.

Any kind of negative reaction by the healer to your patient can interfere with spirit communication, or healing energies, this is why all spiritual healers should sit in a spiritual healing development circle, to go on meditations, for the healers to become aware of their own conditionings, and release them, students examples will be shown as they occur in the classes.

Most of our blocks and conditionings are unknown to the students conscious mind, so the teacher will most likely not be told of any students specific conditionings, because denial by the disbelief of the student is so much harder to get the student to believe, If the teacher or spirit channelling through the teacher was to tell a student that they are suffering from a specific past life conditioning, say to Asian appearing patients, or obese patients.

Because then the student will think that being told in advance what the conditioning was, has given them the idea to imagine the conditioning, and the student will think they have created the meditative visions to fit the conditioning, and if the student doesn’t accept or believe in the cause of the conditioning, then the process of releasing them, is negated.
But if their guides show them on a meditation the source of the conditioning, most likely a forgotten childhood or past life trauma or incident, this will be accepted more by your students, as the student didn’t imagine what has not been told by the teacher or guides.

There are many examples in coming chapters of students becoming aware of conditioning in connection with colour, races, and many other things, which they became aware of in a meditation, which they release so that they are not influenced by past conditioning when they are healing or teaching.

One of the reasons your guide tells you what you are performing healing on, is to help the patient believe in you as a healer, but if the patient tells you their illness, and then you say you have been performing healing on it, the patient does not have any proof that you are a healer, but if you tell them where you were told the healing is going, and they didn’t tell you their illness, then they have more faith in that you are genuine.

But remember, always to ask your guides, or God, for what you need to know, never tune psychically into the patient, to find out what is wrong with them. There are many reasons for not psychically tuning in to the patient, for example, the patient may have three or more things wrong with them, the first problem may not be allowed to be healed, because the higher-self of the patient, needs the experience of a certain illness or disability, to help the soul grow, and if the growth hasn’t been achieved yet, the illness or disability may have to stay.

The second problem may be allowed to be healed, but only after the third problem is healed, just as sometimes doctors will not perform an operation until another health problem has been healed, so that the patient will be able to withstand the operation.

Some of you may find that your guides moving of your arms and hands to the position where they begin healing, is starting to fade, it doesn't mean you’re not going to be a healer anymore, it may just mean that they wish to use other forms of communication, prior to the healing occurring, like if they want you to ask more questions, to develop a strong telepathic link with your healing guide.

Say for instance, if they want you to position your hands for them to
bring healing through you to a woman's breasts, or a man's reproductive organs, and if you are performing healing in the middle of a church service, in the healing segment.

Then stand in front of the patient and place your hands in front of you, as if you are pushing a baby's pram. (Stroller) Then the patient will not be embarrassed or the congregation will not be aware of where the healing is going. Your guides may still adjust your hands while they do healing, but they will not likely bring your hands close to the area that they are healing.

My guides have just told me that, depending on which country you are a healer in, you may find that your healing guide is sending healing to quite a few older women’s breasts, the reason for this is because many western women grow up with taboos of western society, in connection with the breasts.

My guides say that most of them in the older age group did not exercise their breasts sufficiently to flush out the toxins or the harmful fats from the breasts, and this is how little lumps grow into bigger lumps, and if women were to massage their breasts once a week, to get the blood flowing, it would contribute to their own health.

I would now like to explain briefly about chakras, in connection with the performance of spiritual healing. For the reader who knows nothing about chakras, I will explain where they are, and only a little of the purposes of the chakras, as they are pertaining to healing practice.

The base chakra is situated at the bottom of the spine. All chakras are like gateways for energies to flow in or out of the body, and are utilised by your healing guide, to bring healing energies through the correct chakra to affect a specific type of healing for the patient.

A little higher up on the spine another chakra is connected, which we call the spleen chakra, just to identify where it is, because the esoteric name of this chakra would not indicate where it is connected to the body.

The functions of these chakras are many, and each chakra is different in its composition and vibration, your healing guide knows which of your chakras are clear of any blockages, if they wish to use one for healing purposes.

Above the spleen is what we call the solar plexus chakra. These
Chakras are like the head of a flower with its stalk plugged into your spine. My guides say that they have a vibration of colour, which is supposed to stay a specific colour for each of your chakras.

We will not go into at this point the variations, or reasons for the chakras changing colour or blockages, or any movement a chakra may perform, this will be dealt with in coming chapters later on the disc.

But basically, the base chakra is red, and if you were to describe the attributes, it is like a red flower that is divided into four, you could call them petals, but they are not a flower with petals.

The spleen chakra is orange, with approximately double the attributes of the base chakra, divided into eight petals, and the solar plexus chakra is a yellow and has double the previous chakras attributes, you get the idea.

The next chakra is the heart chakra. I will not repeat all the details, other than to say that this one is green.

The next chakra is the throat chakra, and this one is blue. The next chakra comes off the top of the spine and is situated in the forehead, sometimes called the third-eye chakra, and is either lilac or Amethyst, approximately those colours.

And the last chakra comes off the top of the spine, and is situated at the very top of your head, with the largest amount of divisions, and it is called the Crown chakra, and it is purple.

Depending on how advanced, or how clear these chakras are, your healing guide will utilise these chakras with the permission of your higher-self.

I will now explain the reason I have had to explain about these chakras, before the chapter where the students learn a lot more about these chakras in a class meditation exercise, and the students will continue to learn as their guides deem it necessary for their own personal development, and you the reader will learn more about them in this way later in the book.

Students are still learning more and more about our chakras, and it is better to leave these discoveries in the chapters which are interconnected with the student’s experiences.

You will find that in the beginning of this book I can only scratch the surface about certain truths, which need to be laid out with all the details,
and support structure for you to not only understand a truth, but to help you believe it.

Sorry, my guides keep shoving things into my head, in the middle of one subject they bring in something else to say.

On the weekend in which I first started to write this chapter for my first textbook, I had the urge to visit a certain spiritual church, where I had met a week previously, another professional teacher of this kind of development, she was also not connected with this church.

Before the service we were comparing notes about our classes, so we sat next to each other in the service.

At the end of the service, the mediums on the platform proceeded to read the flowers that the congregation had put in paper bags. The medium is supposed to receive messages from spirit, to pass on to the person whom the flower belongs to, without the medium knowing who put the flower in the paper bag. I don't bother putting flowers in paper bags anymore, throughout this book you will understand many reasons why I don’t.

In this church, the mediums always give a reading (advice) to everyone who has put a flower in a bag, and not just a few. In the course of the readings, I heard the mediums tell quite a few of the congregation that their chakras were open, and that certain different problems were caused by them being open.

Some were told that they had forgotten to close them down from after they had meditated, and for ones who had never meditated, but their chakras were open, were told that if they came to the medium after the service the medium would tell them how to close them down. Most of the readings went like this,

“I am feeling a sensation around your third eye. (Brow chakra) You are developing clairvoyance, are you sitting for development? Can I come to this person please?

(Meaning the person they are doing the reading for)

This type of reading was in-between the readings about chakras being left open. I know that many other types of messages are also given, to
prove that the mediums are psychic, like correctly diagnosing the congregation's physical ailments.

Also, earlier in the service, the spokesperson had announced the curriculum of medium development classes, the spiritual church hold every week, which are not free. Now, I don't have to draw you any clearer picture about this.

1/ We are working for God,  
   (Correct diagnosis and proof of psychic ability.)
2/ You need help.  
   (Chakras being left open causing health problems.)
3/ We can save you.  
   (Development classes are available if you are developing.)

It sounds very familiar to other religions to me. After the service, I asked this teacher sitting next to me if she did any chakra development in her classes, and she said

‘Yes.’ I then asked her if she ever tells the students to close down their chakras, and she said,

‘No.’ When I returned home, I contacted my guides to find out what this was all about, and they channelled this.

“The higher-self of every human controls the opening and closing of the chakras, which are clear of blockages. When a person overcomes the blocked chakra, then the higher-self will open or close the unblocked chakra, when it is required, just like the other chakras.

When a person is developing, the higher-self will open the chakras at different times, to help the student get used to the development, this may sometimes cause side-effects when a person is off guard, as the body adjusts to the energies involved, or to newly acquired sensitivity to psychic phenomenon.”

(clairvoyant visions, clairaudient voices or sounds, sensations in the body, practising trancing while the person is asleep, or premonitions, and many more experiences too numerous to list.)
“Because very often the person’s fears will prevent his or her development in a class situation, so we have to develop the student in other ways. The higher-self looks after the closing of the chakras, for each individual.

A medium may become aware that a person's chakras are open, and they may also become aware of the side-effects felt by the person. But if the medium believes that the conscious mind has to close down the chakras, then that is what they may tell the person.

We do not interfere with the free will of the medium, in what they do or say, and besides, everyone learns the correct lessons at the correct time. That is why we guided you to come to the church at the same time that you were writing this final chapter. Remember the saying, ‘Different strokes for different folks.’”

My guides are telling me that certain of the mediums were tuning into the person who put the flower in the bag, and that if the person in the audience was ready to sit in a development class, then a guide may have said to the medium this person has been experiencing side-effects when their chakras have been opened, preparing them for development, and their guides would like them to sit in a development circle.

But the way a medium couches their words, is sometimes manipulative, consciously or subconsciously, but I don’t think they would react positively if after the service I went and told them what I understand.

This is the difference between psychically tuning in to someone, and interpreting what they pick up, and distorting what the medium believes. Mediums should be saying,

‘No, I will not tune in to the physical world, but I will allow my guides to give me the correct things to say.’ Meanwhile back to performing healing.

When you are sufficiently developed, you may start to channel what your guide or guides want to tell the patient. This is where channelling is of more practical use to the patient. Here are a couple more examples of channelling while performing healing on each other, which were recorded at the end of the healing class 5/1/88.
“At present, we are sending energy into Raymond's chakras. We are now clearing congestion through the lungs. We feel that the being is too cerebral. He has good verbal expression.

He is aware of being in the body, but he tends to deny the emotional expression, and we suggest that he should work on development of his heart chakra. We suggest in meditation, to visualise the heart filled with a loving green light, expanding, and beyond this rosy red light spreading around the body.

We also suggest that you should try some form of therapy involving touch. We suggest this also includes aromatherapy. Certain scents help to release certain emotions.”

“We are sending energy into Nathan's etheric body. Here is also a feeling blockage involving the heart chakra in the chest area. We suggest that Nathan should try to find some body-work, which will develop the chest and the lungs.

We will not tell him exactly what kind, we suggest that he looks, waits, and listens, until he finds the type of body-work which feels right for him. We are energising his third-eye, so that he will be more aware of the choices available to him.

We suggest that Nathan should find a good reflexologist, and for him also to learn more about his own feet, learn to massage them correctly, and he should do this regularly. He should pay particular attention to the areas that correspond to the lungs, and to the spine.

We are now sending energy into the spinal channel. We have now cleansed the energies around Nathan spine, but we do suggest that he should have a simple spinal manipulation by a qualified person. Eat lots of garlic.”

“That was really good, because I should have done a thing with my spine, two weeks ago. I know this girl, who does massage healing, I
got her to come over a couple of times, and she came over and did the massage on my back.

She found out in my lower back, that I had a thing out of place, and it's got to be clicked. She told me the name of a good osteopath to go to, and I never rang, and Betty got exactly the same thing. That's really good.”

“Betty didn't get anything, Betty was just the channel for your guides, reminding you to get this thing fixed up.”

**NATHAN AS THE CHANNEL, FOR HELGA THE PATIENT**

“We are sending energy upon the etheric body, which needs healing at the back of the neck.”

(Nathan) “Something related with the throat chakra, they suggest for you to be more outspoken. They are reminding you always to channel the energy, it's important.

They are showing me a place around the shin area at the back of the leg, they said, just to use it; they say the chakras are fine, except the sacral, which needs a bit of balancing.”

(As you can see he stopped channelling, and relayed what they were trying to get him to channel.)

**BETTY AS THE CHANNEL FOR JOAN THE PATIENT, 15/2/88.**

“We feel that the entity needs a spinal manipulation, and we advise her to find a reliable chiropractor. Strange sensations in the body are common when an individual begins to meditate. We feel that there is an energy blockage in the arms. We think that the entity has healing energy in the hands, and she might be advised to learn some form of therapy, which involves laying the hands on to those in need of healing.

We also feel that she should write. Whether she writes poetry or letters, she will find that this will be beneficial. There is a metabolic imbalance, and if this were attended to, it will be very helpful.”
(Joan must have known what the metabolic imbalance was all about, but if she didn’t, her guides may have been assessing her response to this advice, everyone’s guides are always testing us to asess our responses to what we learn and accept, it’s like we are living mental and emotional lie detectors, that our guides can read in our responses to what we learn.

For instance if a student only accepts advice from a channelling student, who is a very good actor, but in fact may greatly distort the channelling, but discounts advice from the channelling of a beginner student, who may relay half of what he is channelling, but there could be a lot less distortion in the message, then the students guides would know this.)

When you are going to perform healing on a patient, after you have said the healing prayer, which I will repeat.

“O heavenly father-mother God. Use me as an instrument for healing, if it is permitted. Protect the patient from me, protect me from the patient. And use your healing energies, not mine. Thank you.”

But you feel that the patient is nervous, you can ask your guides if they want you to perform this exercise before your healing guides come in to channel the healing energies.

**CHAKRA HEALING EXERCISE, FOR NERVOUS PATIENTS**

Imagine a pink light of love coming in through the top of your head, filling up your body, from your head down to your toes. As the pink light goes down your body, open all the chakras, starting at the head down to the base of the spine, all seven of them. When the pink light reaches your hands, imagine a flower opening in the palms of your hands, for these are also chakras.

When the pink light reaches your feet, you can open two more chakras there. When you have done this, expand a pink light so that it surrounds both you and the patient, and now you are ready for your healing guides.
Up till now I had always said “The Lord’s prayer,” before our sessions began. So when I was asked by my guides to run my first spiritual development class at home, I asked if they could show me a way of removing any earth-bound spirits that the students may have unknowingly attracted to them in-between the class nights, so that they do not interfere with the students’ meditation, or contact with their own guides.

Or interfere with my own communication from my guides, as they would be giving me instructions on the running of the class, and also I will be channelling later on. And remember I don’t hear voices, it’s all thought communication. I didn't receive my answer when I asked it, but one morning just before I woke up, I received a vision from my Guides of what to do.

Before I performed the exercise, all the chairs in the class were arranged in a circle facing inwards. In the very centre of the circle a chair or stool is placed. When all the students have arrived and are seated as balanced as can be, i.e. male-female, male-female, then I would begin with everyone saying, “The Lord's prayer,” if they know it.

Part of the exercise will also remove any mischievous spirits that may have arrived in the class independently, to interfere with our meditations or communication from spirit, (Channelling) which have been sanctioned by our Guides.

In my first volume, it used to be called, “HEALING CLASS PURIFICATION EXERCISE.” But for the new disc book we have renamed it for all the other reasons for developing.

DEVELOPMENT CLASS PROTECTION EXERCISE

“I want you to imagine a bright white light coming down through the top of your head, illuminating the inside of your body, from your head to your toes.”

(Five to ten second pause)

“I want you to now expand this white light so that your
whole body is filled and surrounded by a sphere of white light. Continue to expand this white sphere until it merges with everyone else's sphere, and surrounds everyone in the circle in a large white sphere of light.”

(Five to ten second pause)

“Now I want you to imagine a huge cone of white light, shaped like an upside-down ice cream cone, descending through the ceiling to sit on the top of the huge white sphere that surrounds us all, like a hat sitting on a head.

Arriving in this cone are the teachers, higher guides and your chakra technicians, to help you in your development.

Now focus your attention on the point of the cone, and imagine the white energy flowing down the outside of the cone, like rain on a roof. It is now flowing down the outside of the sphere to the bottom, and then flowing up through the floor in the centre of the circle, in a one metre wide column of white light.

Flowing up through the chair, and back through the point of the cone, and on into the higher levels of vibration.

Each one of us is going to sit in the chair in the centre of the circle for a brief moment, and any spirits who are not supposed to be with you for your development, will be sucked up the column and looked after by the angels on that higher level of vibration.”

Demonstrate by sitting in the chair for approximately three seconds and then return to your seat. Then ask either the first on your right or you’re left to go next, or if they sit on the chair too long, say, “Next,” and go around the circle making sure that everyone does it.

Explain that maybe only one or two of us may have spirits attracted to us, but our Guides do not want us to know who, for many reasons, and that is why everyone must sit in the chair. Because everyone will feel more comfortable if everyone performs this exercise. Now say to the students.

“You are now under the protection of higher guides and teachers for the duration of the class.”
I strongly advise that you don't allow anyone to enter the protected area of this white sphere, until the time you start practising spiritual healing later on in the class. I used to tell them to arrive at 7.30, and start at eight o'clock, but if anyone came later than 8.00, they couldn't come in until the healing practice, at the end of the channelling practise.

This next channelling session was the first night I started to use the exercise.

“We have been watching over you tonight, helping to remove those lost souls that have attached themselves to you in the circle. You will be used again whenever souls are attracted to you. We will always be ready to move them on to the higher spheres whenever you do this exercise. You will be cleansed whenever you sit in the chair, for you are being prepared to be greater channels of higher souls, to help with the education and evolvement of mankind.

You will be much appreciated by your own people, if you strive to be a servant of God. For you have to release any personal desires in your messenger work to humanity. You have to wish for a hundred percent communication with God, to help mankind.

When you are questioned by souls in need, listen to God, and when there is no answer, then there is no answer for the lost soul, not your advice, as your advice may be wrong, and God’s advice may not be at that time, but maybe later, God knows best. You have to be working for God, not souls in distress. You will help more souls grow than a healer who wants to help everyone.

You will be learning to tune in to God and be more accurate. It does not mean that you ask God for every little detail of your life. You have to learn that you can't have the answers when you want them as they may be at the wrong time, and the more you desire for yourself, the more you lower your vibrations, and communication may not come from God. When you wish to help others, you are protected and guided by God. This is the way it is.”

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(This next advice was channelled to Susan.)
“Your kundalini is active for a special reason, and you have earned this privilege from past lives. It will be very useful in the future, when we help you to develop this form of energy, and you will be able to help people with it.

We have been trying to bring your children in spirit to you; they will be with you closer in the future. As you develop, you will perceive their presence stronger. We are told that they love you very much, and miss you. They want to know, ‘When are you going to see us?’

We will now speak to Christine. You are being guided by a wise old soul. He has been with you for a long time, and he is very pleased with your progress along the spiritual pathway. You are growing along the right lines to affect your psychic development easier, as you are in tune with your soul, and when we tune in to our souls direction, we grow faster.

We sometimes get sidetracked by other paths that are offered to us, and we find we don't develop along those paths, so we go back to the path our soul wanted us to develop on, and you are going along just right. You were told that a message would come in a sign from heaven. It was a message that you received on Friday night.”

(From a Medium at a spiritual Church)

“It will be you that will receive a child, it will be a spirit child that you will become aware of as you develop, and it will be for you to help this child, it is your child that has grown in spirit, and will be with you as you grow. This is true what you were told about.”

All meditations and exercises will be in the “Meditations Chapters,” and their page number will be listed on the contents pages in those chapters.

But this Development Class Protection Exercise will not be typed anywhere else in the body of the book, accept in the Meditations and Exercises chapter, as it is performed at every class. All the meditations will be modified for the Meditations and Exercises.
chapter, so that if the students are using the meditations manual, and are not starting off in Australia, but live in other countries around the world, they can then use the meditations in their own circles.

We use meditations for many reasons, some I will describe, but there are other reasons that I find too hard to describe. I will explain what I first tell beginners.

Paranormal researchers have found that when some people on the operating table have died, they have found that they have left their body and were floating above the lights of the operating table, and they have read what the writing was printed on the top of the casing of lights, and when they were brought back to life, they have remembered what the writing said, but not only that, they have picked up the thoughts and feelings of a nurse who had recently become aware that she was pregnant.

I explain to the students that we have other bodies that are invisible, and that it is possible to see through the eyes of these bodies, and that they are not fixed to the physical body, like our body is in our skin, and that when you go on a meditation, depending on the meditation, a person’s conscious mind can be using the sensory organs of one of these bodies, whichever you higher-self wants you to be using.

These other bodies, you each have, are for different functions, and these also go on meditations, and the only body that doesn’t go on the meditations is the physical. But sometimes you will not be travelling to a place in the spirit dimensions, or to a hospital in one of your cities, or travelling through time, to visit an event in the past, or travelling to a parallel earth-plane.

But your conscious mind may be shown the akashic records of past life scenes, so that you become aware of the thoughts or emotions of the other people in your past life, and this allows your guides and higher-self to show you a translated record, so that you will understand the conversations or thoughts of the past life characters.

Other reasons are so you can develop a seeing ability to interact with your guides and higher-self. Also there are energies that are more visual in the spirit dimension, which are invisible on the earth-plane, where you can be taught more about their uses in healing or whatever.

This use of viewing the akashic records can help a patient or student to
access blank memories of a student’s childhood, or in some cases to see
the emotions and thoughts that have affected the baby in the womb.

For the more advanced student there are schools, class-rooms and
universities to visit in the spirit planes, for personal lessons.

The students’ teachers are in the spirit world, where the students can
see them on their meditations. We have decided to describe mostly
where I get each meditation from, on the night the students went on it,
because if I was to describe where all the meditations purposes and
source’s came from in one chapter, you would forget the interconnection
with the student’s experiences.

Earlier on I explained that if you can balance the circle of student’s in
male female spacing, but you will be guided by your guides in where you
sit your students, sometimes your guides will allow two students to sit
next to each other, because they may have been drawn to sit next to each
other, because they both may have the same fears, and this will help
amplify these fears, so the students become aware of them, because this is
part of the process of releasing these fears, and then on class nights after
that you can separate them, by putting another student in-between them.

You see what you don’t know about your students, is why you should
be guided by your spirit guides in where they sit in the circle.

Just because two students are lovers, or mother and son, don’t let
your mind decide where they should sit, because you know of this
relationship. It is better if you know nothing about your students, either
from a health point of view, or their motives for why they are in the class,
because if you are running a circle for your reasons, and they tell you that
they want to develop for different reasons, then subconsciously you may
have conflict, which could subconsciously colour how you interact with
that student, and besides their higher-selves may have a different reason
for them developing, anyway, and will train them in that direction.

Just because I have been an Astrologer and Numerologist, my guides
told me not to bother finding out these details from the students, for the
same reason.

But eventually because of meditation experiences, and struggling
students, my guides may indicate to me what sign of the zodiac the
student is corresponding to, if it in a nutshell is describing the cause of the
problem the student is having. But in all the ten years of running classes, only one zodiac sign has been the most prevalent sign ever flashed to me, with quite a few different students, and that was Scorpio, and I was guided in very different ways to help these students.

If I had control over why I was to develop, and became a psychic-astrologer, then I would have missed out on everything else I was to learn, which is about ten times more areas of reality.

This was the last night of my first attempts at channelling spirit communication. They had the effect of instilling confidence in me to be able to run a larger group, and know that I will not be lost for something to say. From my first attempts that took thirty minutes, I now had the makings of a two-hour class session, including healing practice. I hope these first chapters weren't too boring, but I wanted you to understand that you can start like I did, with only one person, and practice and progress to a few more.

But remember, once you are sufficiently developed yourself, you may have to open another beginners class, as your first class will now be your advanced class, oh, make sure you don't become an oracle, and remember, you will receive as good as you give out.

(2009 UPDATE: My guides must have thought I needed back up protection, because of my mission in this life, because I found out years later that I have five full grown male lion bodyguards in spirit, with me, 24 / 7 would be the terminology.

I first met them in a past-life I saw twenty three years ago, I was shown it in great length and detail, set in the middle east, and even then it took me three years before I accepted it as one of my past lives, when two witnesses from that life-time came as students to my class, which is all recorded in one of the chapters of the third volume on this disc.

One of these bodyguards appeared in full size in my bedroom in Auckland, in 1974, a long time before I started developing.

This full size lion was glowing so brightly as it slowly walked out of my chest of drawers, about ten feet away, it then turned its head towards me, gazed into my eyes for about 4 seconds, then turned
around and walked through my bedroom door, swishing its tail as it walked. I was so shocked I didn’t think to get up and see if it was still on the other side of the door.

I met him again in the year 2009, when I went on a meditation to Shangri-la, where he greeted me under the cherry-blossom trees like a pet dog greets their owner, when you come home from work. He then came with me into the temple and sat on the floor in the isle next to my seat.)

(2011 UPDATE. While compiling lists of spiritual churches to send this first disc volume too, I saw that many of the spiritual churches offered past life regression as part of their classes or healing activities, and I thought, or the thought came from my guides, that some of the healers won’t bother to read this and following text books, because they may feel they are already helping students or patients with their past lives either telling their students or patients, or their students and patients are being shown scenes from their past lives in the presence of the healer.

Also in this first volume, heavy or complex past life therapy has wisely been left for further volumes. So reading these first few chapters may give you the impression that my qualification as a past life therapist is exaggerated, even though my name number 44 is the same number as Edgar Cayce life lesson number.

My guides wish to explain that there is a big difference from students and patients being shown past life scenes of simple reasons for being shown them, and recognising multiple primary and secondary trauma’s and their conditionings, and the process of gradually preparing a student or patient psychologically in advance over a few sessions, classes, or weeks, before they are then shown usually an akashic record of a past life. In which the conditioning has been mostly triggered off in this life-time, where the medium/healer displays confidence and ability in his work with either his higher-self or his guides, who are the experts in knowing how to convince the patient or student in their process of releasing the effects which have been plaguing their mind emotions or physical body.)
“You will find, that when you tune into God, you will not have as much interference with the communication. But if you tune into an object, or person, we have a hard job getting the message through, and you will pick up other things that we do not wish for you to perceive. This is where you decide, whether you want to use your half-formed psychic senses, to perceive what you do not know, and describe what you do not understand.

If you tune into God, you will receive exactly the message, or be shown the affected part that is wanting to be healed, and if you tune into objects that are in paper bags, that have been used again and again, you'll be misled with little bits of information, that have left an imprint on the paper bag, which may interfere with the new object in the bag. When the mediums progress, they do not need objects.”

(Susan) “Would it be useful for us to do ‘over-heads,’ tonight?”

(Overheads, is the term used to describe when a medium either chooses, or is guided to a person, say in a church hall, to give them a psychic reading, or spiritual message from say a loved one in spirit.)

“You will find that your messages will not be is believed, as if you used a method in which you do not know who you are reading for. As you, especially like to please other people, and God's messages are not always pleasing, you cannot distinguish yet between your thoughts, and God's thoughts.

You are all emotional people, and you have feelings about each other, and it is wrong to give messages to each other, at your stage of development, in cases where you know who you are giving the message for.
Even in other circles, they do not tell who the object belongs to, until everyone has practised getting a message, you have to use common sense.”

(Susan) “Who are you?”

“I am not important, the wisdom is meant for you all. I am not anyone's guide, I am here to help you develop your spiritual and psychic knowledge, and for you to increase your intelligence, so you will not ask these questions, you will have to start thinking.

Raymond is trying his hardest to help you grow, and you have to listen to us, for your development. If you want to grow, you have to have a stern teacher, and we are behind him one hundred percent.

You will all be very highly developed souls on this Earth-plane, and you will go out and teach others in your own way, in your own time, and the teachings will raise and uplift your spiritual movements in Australia, and will spread around the world.

As when you focus on God, you will grow and learn far higher, than if you focus on the World, and we arranged for you to meet Raymond, to sit in this circle. You have the capacity to go to those far heights of mediumship, that you are very capable of attaining.

You can sit in other circles, but you will always come back to this one, for this one is focusing on God more than the other circles do, and remember, learn by listening, questioning, and analysing. And if you do not understand, ask. And if the medium gets upset and angry, ask them why are they upset and angry.”

I will have to admit most of what was channelled, I already knew about from my four years sitting in circles, and observing mediums at work in the church services, but my guides tell me that they were guiding me psychically, to recognise the flaw’s and misrepresentation of the process of mediumship, so that I would accept what the guides wished to channel about, and if I hadn’t accepted what my guides were teaching me in those four years, I doubt if I would be running a development class.

But my guides know me that well, from my previous life-times developed way I am, that helping me to perceive the misguidance and suffering of the people at the hands, or should I say tongues, of psychic’s, and some so called mediums, would fuel my desire to help change things.
“We wish you all the very best in your circle tonight. We have been waiting to speak to you all, for we are trying to help you understand, what you have just been doing. You were brought to a peaceful setting, which we have been able to prepare beforehand. It was to help you relax, so that you can harmonise with your higher consciousness.

You will be going through spheres of energy, which will help you develop your spiritual gifts. You will be able to strengthen your auras with the energies that you will be able to tolerate. These energies are for your protection, as you grow in your communication with God.

You will be special emissaries; you will be taught the law of God, and you will be able to teach others what you receive from God. You are being prepared, for we are the guides that you have earned through your previous incarnations.

We are being told that you will achieve the highest level that you can attain in this life. You will be brought through many levels of learning, and will be able to help mankind and spirit-kind, as you widen your vision and become aware of other things.

You will be developing every time you sit in a circle like this, as the energies will open your spiritual centres slowly, one at a time, and you will start to perceive spirit and energies. As you develop, you will be learning as you are receiving practical development in the circle.

This communication will not be as long in forthcoming classes, and you will perceive spirit yourselves. In this way, you will develop your link with the spirit worlds. You will go through the lower worlds at first, and if you wish for the highest, you will pass through, and will be guided and taught by higher evolved souls and beings, that will help you see and understand what is happening around you, and to you in the world.

They can help you to help others, either through the spoken
word, or in healing. You will be taught the proper way, as long as this one strives for the highest. Thank you for sitting tonight.

FIRST CIRCLE 4/2/86
RAYMOND AS THE CHANNEL

“Greetings, we have been listening to your arguments tonight. You are only being tested, for you have to work with your spirit guides, and they can only teach you if you listen to their guidance. Do you want to believe what other people say, or do you want to listen to your own guides, who know where on your path of development you are, and what you can do.

You have been taken on a journey to exercise your imagination and seeing ability, so that you will eventually start seeing clairvoyantly. It was also for you to meet and get used to your guides.

If you do not see them, you may have felt their presence. The bridge is symbolic of the bridge that you will harmonise with your guides, so that you can perceive them in your own way. If you receive a gift, it has meaning, so think on the gift and try to work out the meaning. We want you to open your minds, so that your guides can tell you the meaning. This will also help develop the mental link with your guide.

If you did not see anything, you may have felt spirit touch you in the circle; you may have felt energy-like pressure on different parts, or you may have felt the energy on your head, like a cap. The raising of the tolerance to the energy is part of your development, so that you can commune with higher spirit guides and teachers, for the higher guides are more evolved in the area of wisdom and truth, and you will eventually be very good channels for God.

Does anyone have a question?”

(Glen) “Which is the best method of raising the consciousness, to be conscious of God?”

“The best method is for you to feel right with your beliefs at the time, and you will grow at the pace that you understand what you
learn. We develop you at the pace that you can comprehend, if you try other methods that are taught you by people, they will force-feed you knowledge and exercises at their own pace, but you need to digests and understand, and it will do more harm, as if you cannot cope with that way, you may say that way is no good.

It is good, when it comes through at the right pace, for the right individual, if that is the right way for you.

You are learning about other people, as well as yourself, and what happens to others as well. You have to decide whether you set your pace of development, or a teacher sets your pace, the same as everyone else in the class. Think about all this.

We are telling you that we wish you all to be aware of your emotional reactions at different times tonight, when different answers and communications were given. You will grow in time.”

Because I don’t have many meditation experiences by students at the time when I first received and used the first meditations in these early classes, my guides and I have decided to insert examples of what beginners from future classes experienced of these meditations.

I will try to show you examples using the same students, so you can see any themes connected more with the students, than with the meditations they are going on, but occasionally I will give you examples where the student only appears once.

All these classes will be in other volumes on following discs, where they will also appear at the right date and in chronological order, so you can follow individual student’s progress, of the weeks or months they attended class, but they will be lightly shaded like this, so you will know that they have been used in earlier volumes.

It will be very rare if I do this after the second disc volume, as once the beginners become advanced, advanced meditations are used, which should stay with their experiences on those discs, for continuity reasons.

The next chapter is the first chapter where one of these examples is used.
Throughout this disc my guides have guided me to insert class experiences from later classes, if they are highly evidentially informative in the area of a new concept meditation, or exercise which are just being introduced to the class, in which the experiences of the exercise or meditation, is a bit bare on the ground, so to speak, either because the students are beginners, or because they haven’t read my first printed text book. But these students had all read the first text book.

Also to give you a break in these early chapters, from my channelling, and give you some class experiences from other students.

I might have explained in an early chapter, that over the years I was to find out that I had been a past life therapist in Atlantis, and you will see more and more examples of how this works as you read deeper into this disc, but being a past life therapist includes being able to help patients and students to understand why they have had to have shitty childhoods, as very often they are connected with past lives.

But there comes a time when a student’s higher-self and guides want the student to release their childhood resentments to what they went through, irrespective of whether the student is developing for personal reasons, or if their higher-self has other plans.

This type of meditation is all part of the process of removing any potential biased emotional reaction a student may have to a patient with similar childhood experience, as well as healing the student of any obsessive thoughts, emotions or behaviour patterns, that may be locking the student into conditioning that is limiting, or restricting the students’ expansion of consciousness.

On this night of 25/5/93 half of the students had been to eight classes and the other half had been to four classes, and the students were aged from ten years younger than me to fifteen years older. Their names were Jeremy, Nadia, Calvin, Angelo and Janet.

The first meditation I took them on was another group healing mission, which you will learn what I mean in coming chapters, but the next meditation I want to show you I have used now and then for years,
whenever my guides let me know to give it to the students, so here it is.

The students had to allow their higher-self or guides to bring to the surface of their minds any childhood unresolved resentments that was still affecting them negatively, and I and my guides would help them firstly understand why they suffered the experiences, and that in turn would help them to release any resentment.

I had no idea that the majority of the students on this night had anything to release, when I was told to use this meditation, but I had learnt over nearly a decade of giving students meditations, that the answers would come into my mind at the appropriate time to help the students, and very often more information would arrive in my mind while I used to type up the recorded class night. So they could learn more about their experiences when they read the transcripts the following week. So these additions will be high-lighted in green.

The students took turns at relaying their experiences, as they weren’t seeing a group past life meditation where everyone is seeing what was happening to each other, where the dialogue is very different. Jeremy didn’t mention any childhood experiences, so I went to Nadia.

HEALING CLASS 25/5/93
JEREMY, NADIA, CALVIN, ANGELO, JANET.
BACK TO THE WOMB MEDITATION

“Tonight you are going to go back in time, in an altered state of consciousness, and your higher-self is going to show you your past, for reasons of your growth and development. You're going to go back, back to your teens, then through your teens to your childhood, and back to being a baby in the crib, or the cot. You are going to go back in time even further, into your mother's womb, and we are coming back to your conception. We are going to stop at conception and start moving forward in time.

Now your higher-self is going to reveal to you the experiences, the thoughts, and the emotions that conditioned you, that have affected you. They could be
good ones, they could be bad ones, they could be all types, I don't really know, because this is your experience, and I don't want to lead you into believing one thing or the other.

But from the time of the womb you are going to go forward in a time and be shown these thoughts, emotions, and experiences that have affected you. Your higher-self wants to help you become aware, and also release any conditioning that it wants you to release.

But it may want you to keep some conditioning, so that you will achieve what you came to achieve in this life-time, but sometimes our reactions, which could be secondary conditioning, may need releasing. But if your higher-self wants to show you conditioning, which will help you achieve what you are here to accomplish, you will become aware of them.

If you get a thought, or feeling, or emotion, I want you to speak out what you pick up, and we can find out more about it.”

NADIA’S MEDITATION EXPERIENCE

(Nadia) “Well, I've always had a problem with food, my mother was a good cook, and she didn't like waste. So, as I was growing up, I always had to sit at the table until all my food was gone. Even if I sat there for two hours, she'd get a bowl of hot water, and put it underneath the plate, to keep it hot, but I didn't want it. She just didn't understand I just didn't want to eat it.

Then I got another flash of after Christmas dinner, and I was made to eat this big dinner, and I was given one of those chocolate laxatives, to make me go to the toilet, straight after Christmas dinner, and I couldn't see the point of this.

Then I got another flash of going to school, and all I ever got was cheese sandwiches, and I hated cheese, I never used to eat my dinner, I used to bring it home and hide it in my father's work room, and save them up, and after a while there was a terrible smell in my father's work room. So mum went cleaning it up, and found all these lunches that I had
hidden, that was another hiding.

Then I got another flash of going up the backyard and eating these grapes, and because my mother said they weren’t ripe. I got a dose of castor oil and a hiding, because I threw up after the castor oil. So I've had all these problems, all this trauma about food. So I've got to the stage where I bolt my food down, just to get rid of it quickly, I can, you know.

When I was growing up I was very rotund, and I hated that, and I said to my mother, 'I don't want to eat so much food, because I want to lose weight.' And she would say,

‘You look lovely, just as you are, you're just nice.’ So, as I became a teenager and when I went to work, I didn't eat when I was out, when I went to work I didn't have anything to eat, so that by the time I got home, I was hungry. It was really a big trauma all my life.”

“Now, you've got to find out why you chose that parent to really regiment your eating habits, because I feel that it was meant to be, to fix an eating disorder from a past life-time, to have to go through that.

It worked, but the traumatic affects are affecting you still, but at least now you're eating normally, and you are still alive, where maybe in a past life-time you might have been anorexic, or something connected with either obesity, or whatever, got into your head from a past life-time, may have been unhealthy, and if your parents had been normal parents, you might have died.

But maybe you had to have parents, to actually strictly make you do things, when it comes to eating, for a reason, to straighten you out in that way, from the past conditioning.

Don't blame the person that’s saving your life, but in the process of saving your life they hurt you. Accepting your mother's regimentation, even though she might also have been conditioned to do it in the first place, but your higher-self just chose her as a good tool to get your act together, but don't let the conditioning from the childhood bother you so much, because you can let go of it now, because it's corrected you.

Once the experience has corrected the disorder, then they
can let go of the counter-conditioning of the correcting process. This is only what I feel; you can all ask if I'm roughly hitting the nail on the head.” (Nadia) “He says, ‘Yes you’re right.’”

“So, knowing that, will help you release a lot of what you are still clinging to, in the way that you are reacting to... It’s what bugged you that you cling to, isn’t it? So you can let go of it now, knowing that it was correcting a problem.

I don't know what type of problem, because they didn't go into that, you have to find out yourself, if your higher-self wants you to become aware of it, and let go of that conditioning, so that you can relax more, and eat correctly, and not be bothered so much about your body, or whatever.”

(Your guides are telling me that you needed to release the resentment-attachment to your food regimented childhood, before they will show you the past lives conditioning, connected to the anorexia.

Say the first life food trauma created the conditioning or fear, and the effects were triggered in the next life, where you died young, because of the anorexia.

Then you, your higher-self and guides chose your mum to correct it. They say that you still need to see and release the original cause, because both the conditionings are like two tug-of-war teams.

Your first conditioning is one team, and the second team was created by your mother's regimentation, but you control, and watch over both teams to keep both teams from winning, and this tension in connection with eating isn't a cure, but a finger in the dike type solution, where Nadia is so busy consciously or subconsciously focusing on eating, that it interferes with your life and happiness too much.)

(Nadia) “I think it was anger really, angry, because I didn't want it.”

“There are also other emotions, like you thinking so strongly that your mother was wrong in what she did. Now learning why it was done, is helping you to correct that kind of thinking. I tried to explain that she was right for your disorder that you had from a past life-time. But it’s is a pity that it has to
be done that way, to correct the disorder, where you chose to go through that, to have it fixed up.

So you've got to release the attitude towards your mother, that in some way she is wrong, but in some ways she is right for you. You can wring out the rest of this from your higher-self and guides.”

**CALVIN’S MEDITATION EXPERIENCE**

*(Calvin)* “Well, I went back to the womb, I didn't really want to come out, because my mum had a really bad time having me, and while I was in the womb I could hear all this yelling, screaming and fighting, and basically I didn't want to come out, and then when I was a little boy I got lost in a crowd, and I was scared that I wouldn't see my mum again, and it's funny, I hate crowds now, I hate being in crowds.

Just little bits along the way, which I haven't really looked at before. I've remembered them, but I haven't had any attachment with. But now they're showing me, and I'm looking back at them, realising what it was for, and learnt a lot from it. It's no big deal anymore, I let go when I was doing... when I was going through, I was asking them what it was for, and I was saying, ‘Yeah, that's fine,’ and let it go.”

*Good, good, good.*

**ANGELO’S MEDITATION EXPERIENCE**

*(Angelo)* “The first scene was something that used to really make me jealous, and it was my brother James, because there were nine children, you see, and he would always get lots of really good hugs, we’d all get hugs, but he’d get the special hugs, like lots of activity with the hugs, and talking.”

*He was the favourite, in other words?*

*(Angelo)* “Yeah, very much the favourite and he used to make me very jealous at the time, and I used to hold it inside, and spirit told me tonight this, “**Hey, it was just a numbers game, there's nine of you, there's only one mum, and one dad, so just chill out about the whole thing.”**

Yeah, I can cope with that.”

*There wasn't anything else that was generating that jealousy, like the way your parents punished you, and didn't punish James?”*
“Yes, because I was the one that always got into trouble with James, but when I used to fight, or have an argument with Matthew, mum would come in and say,

‘Andrew, you're the oldest one, and you should know better,’ which I could cope with, because I should have, yet whenever it was me and James, he was older than me, it was like,

‘What are you doing, Andrew? It's your fault,’ but I’d say, ‘He’s older, it's his fault, he should know better, that's the rules.’ But it never worked out that way, so that alienating me from my mum for many years.”

“It fuelled...”

“It did, very much. Then I got a flash of this,

‘Okay, you're the smallest, so get in the back of the car, amongst the luggage, you are a piece of luggage,’ and that with the combination of I’m always wrong, and he gets the hugs.

So, that was a couple of years, I was a little bastard, I'm sure. But I had a good time in the back of the car with luggage; I was off in my own little head-space.”

“What were your higher-self and guides explaining to you, while they showed you these scenes?”

“They were basically showing it to me, and now being an adult, as opposed to being of that time, it just all made sense, anyway.”

“So long as you let go of it. Well, spirit is telling me something else to tell you, to help you let go easier, and that is this.

As a child develops, when even when they are so small that they are one year of age, the parents quickly find out who’s got the strongest will, that needs breaking, and who hasn't got the strongest will, whose the sensitive one, and they know a long time before you can recognise it at that age, who in the family needs those hugs, and who needs knocking into place because they're rat-bags.”

“Ha, ha, ha, yeah, right, because that actually makes sense.”

“Not because they're rat-bags, just because they're strong willed individuals, and they need an even stronger will to keep them from getting out of control.”

“Yeah, this makes sense, because I used to have huge arguments,
like Beethoven and was a drug addict, because any music I listened to, was called devil's music, and drug music, and I’d say, ‘Beethoven was off his face when he wrote the fifth movement.”

“So now you know why parents have to treat them differently, in different cases. It's not fair on the kid, because the kid can't see that, because they don't know what they are like. None of us knows what we are like, we just see they are getting better hugs than we did, that's not the reason in every case, but in a lot of cases it is this way.”

(Angelo) “Because I was very independent.”

“But in some cases these reasons aren't the case, either. In some cases, there are a past life connection, and the parent may hate the kid, and it comes through. It's not all unjust; there are some reasons for it, which spirit is trying to explain. In your case you may have been very strong willed.”

(Angelo) “Very, very, still am.”

“And they had to come down hard on you.”

(Angelo) “Yeah, they did.”

“So don't resent it, because it disciplined you, and kept you from getting out of control, when you became an adult.”

(Angelo) “Yeah, well, that's true, because now I'm more discipline than most adults that I come in contact with, and I think it’s because of all this stuff.”

“Maybe, the one with all the hugs is having trouble today.”

(Angelo) “Actually, the one with all the hugs is really lazy today, and even his body, because we've all got good bodies, because we all look after our bodies in our family.

And I went back at Christmas, and it was the first time we’ve all been together in years, and he had a big gut, and was just a big moon face, and we’re all looking back at him, going, ‘Hey man you were sixth in line, you should still be healthy, and you look like a bucket of shit, what's wrong?’ And he said,

‘I'm just lazy.”

“In a way he was spoilt.”

(Angelo) “Yeah, he was, and he was very much, and I could actually see that as I was growing up, older, and I used to tell him forthrightly, too.
So, then they showed me choking. I choked on meat a lot when I was a kid. I don't eat meat now. You know, a little bit of gristle, I choked all the time on this meat. So now I don't eat meat.

I never made a conscious decision not to eat meat. That's right; the last time I ate meat I got really ill, a year ago. I recognise the smell at home, of home cooked spaghetti, blog type thing, yeah, great, hooked into it, and then the next three days I was on my deathbed.

So now I eat meat, a little bit every now and again, and I think they were just showing me that, to show me how I got to this stage of the meat business, because I'd forgotten about choking on meat, like you did it at least seven times, really bad ones. It was always gristle, like it was a piece of meat halfway down my throat, and in my mouth. Then spirits said,

'‘Now we’re going to talk about money,” and there was nothing there. Then it was like...

‘Notice how when you were a child, your parents never spoke about money,’ and they never did, ever.”

“So, you never had any training for what money’s for, but it doesn’t set up any bribery.”

(Angelo) “That's right. I think it was very healthy, in retrospect, because I've got a really healthy attitude to money now.”

“But it was good training to do things without the need to do it for money, and to do things for others as well. So what do you need to release about it?”

(Angelo) “I think it's just to reaffirm what I'm doing today, because today I really felt like chucking it.”

(Angelo is not Italian, and I thought I was young at heart until I met Angelo, he is very like Peter Pan, he had been an actor, but now he is a film producer, and was near the end of producing a movie for children, with gnomes in it.)

“Well, maybe in a past life-time you were too caught up in money, and the acquisition of money, or it was your God, and you needed to be retrained, so you chose the parents who would help to retrain you. Ask your higher-self and guides about that, I don't know.”
(Angelo) “That was it, and then we came back.”

(I did ask about this money, and they said they had told me the reason for the retraining. But when you see something like that, with money or Nadia’s eating discipline, analyse what the positive outcome would be, then figure out what it might be correcting. Then ask if what you have analysed is true.

Allow theories or concepts to breeze into your mind, because they are most likely coming from spirit. Remember, this life is just a continuation of yesterdays, meaning past-life existences, and the more reasons, causes, conditionings, or affects you learn about.

Then, your guides or your higher-self can bring into your mind, so much easier, the reason or concept that you have already learnt about, and is in your own memory banks, and eventually variations of concepts, or reasons, will come into your minds, like both Angelo and Nadia's childhood training, was to change unhealthy beliefs or seemingly uncontrollable attitudes or obsessions.

Sometimes an obsession or addiction isn't caused by a traumatic incident, but just develops from desire, greed, or fear, then past-life releasing therapy doesn’t work, and aversion therapy is used in the next life.

Even I have gone through my own aversion therapy, in my own childhood. In previous life-times I have nearly always been strong, muscular, and at times the bully. So I chose parents with the genetic make-up, illnesses, and childhood conditioning, which would affect my growth and make me weak.

[I continued to grow another two inches after I was twenty-one.]

So when I went to school, I got picked on and bullied, but after the lesson was learnt, I got my muscles back.

Ask your higher-self if there is any past life as a vegetarian that caused you any problems with eating meat. Maybe the food poisoning of the meat triggered off a past-life aversion to meat eating.

I suppose, when a conscious desire, obsession or addiction is too strong, then showing the past-life, where the addiction was developed, might awaken the addiction, more than release it. So that's maybe why your higher-selves aren’t showing you those lives. But if you find out that
you had them, this will help you release any bad feelings towards your parents, because you chose them because they were what you wanted.)

**JANET’S MEDITATION EXPERIENCE**

(Janet) “Well, I went back to the womb, I believe that I was born a year late, I was meant to be born before, but my mother didn't want me. I was the eighth child for her, and the second child for my father, and he wanted me. But my life just flashed past. But I remember in the cot with iron splints on, and bandages. I remember the pain of that, for my knees and feet.”

“You were born out of shape, and had to be straightened?”

(Janet) “Yeah, and then I had perforated eardrums when I was six months old, and had lots of pain and abscesses everywhere, coming up and bursting, until I was thirteen, and then they found an operation to fix it. My sister and I were at home, and we were there, and that was it.

They (parents) lived their own life, they did their own thing, and they fought every day of their life. My mother had her own boyfriends, and my father did his work. It was just complete confusion, and they were both very, very strong people, and they were both greedy and selfish people, of their own time, and what they wanted.”

They should never have had children, but from their strength, and their greed they've done a lot of damage, but in another way they've made me very strong. I can stand up to anyone, if they put me in a corner, I'd find a way out, because I would make a way out. Basically, they taught me that.

I had a lot of respect for my father, he was the one that did want me, but my mother is just a greedy old lady, and I don’t talk to her. She threw my father out of his own home when he was dying of cancer. She contested his will after he died, because she said she didn't have enough, she wanted two thirds not a third. I haven't got any time for her.

She didn't have a very good childhood herself, but I think through her life she should have realised, she had all the opportunities, we always had money, but they always had things for themselves. I just feel that in a lot of ways they've confused me deeply, probably to make me strong in my
adult life.”  “What did your guides and higher-self tell you?”

(Janet) “They just said total confusion.”

“No, I meant, what was the benefit of seeing...?”

(Janet) “The benefit was they've put me in a lot of situations, and they have been learning projects, and I've brought my son up a different way than what they've brought me up. What I didn't have, I've given him, and I just learned as I've gone along.

Up to the time I was thirty-five I had no direction, and then after that maybe I started to mature and find a bit of direction for myself, I think that's what it was all about. You know, there's no one here to help you, you've got to do it yourself. So that's what it was all about, I think.

“You choose the parents for the best growth for you, and I'm afraid most of the time parents are not very good, when the growth is meant to be that way, you know what's best for you.

(What I meant was, to start you thinking and making your own decisions earlier, and then you had to learn that your parents aren't going to help you get what you want, so you had better get it yourself.

Your higher-self is telling me that in your past lives you have let others have too much influence in your life, so that you stopped thinking and working things out, but asked others and became too dependent on others to help you get what you want or need, which weakens your belief in yourself, and this makes you weak.

So even if you were taught by nice parents how to use your mind to figure things out, you would still be overpowered by all the beliefs and opinions, and would concede to others. So, you were put in a psychological setup, which we call being thrown in the deep end.

Which fighting to survive strengthened you, metaphorically speaking, while you were using your mind to figure out how to swim. And then swimming to the edge of the pool developed your muscles, and gave you confidence that you could do it without any help. So that when others tried to dominate you, you knew you didn't need them, because of these muscles you've developed, and could give back as good as you got.

And your parents had to be selfish, so you wouldn't like them, and psychologically that assisted you in rebelling against becoming like them,
and this has a great subconscious effect, thinking that if you do what they want, you might become like them. So you don't, and this has set you free to think, ‘What do I want to do?’

“But if your parents are lovely and nice, and figure things out for you, and give you all that love, it’s going to set you up to believe that the world is just like that, and it isn't, and it stops you thinking for yourself.

Let's face it, the amount of time we spend living with our parents, compared with the amount of time we spend living away from our parents, in the world, is only a small percentage of time. So you've got to release any resentment or anger towards your parents, because they were like that, which helped us to be what we are today.

We should release these strong negative emotions towards our parents, because we are older now, and it’s affecting us negatively, obviously this is why your guides have shown you this, but all the positive things from the experiences have sort of set you freer.

I don't believe that bad parents make bad children, I think it's more the other way around, bad parents make good children, more often than not, but the odd one slips through, and then the psychiatrist say,

‘The reason you're like you are like you are, is because you had bad parents.” What a load of crap, the bad parents were to correct the behaviour in spirit, who reincarnated to be their child, and it didn't take, and the overwhelming negative reaction towards the parents, made the person more bitter and twisted and maybe more wanting to get revenge on everyone.

It is so easy to blame the parents for making them bad, when there might have been a little karma coming into play, and the opportunity was there to learn the difference between their parents, and good parents.”

(Janet) “Yeah, I think it's motivated a lot by greed and selfishness, as well on their part, and that's why they don't change.”
“Well, that's what we're talking about, the mother's previous life-times, where she might have been a very greedy person, or developed through more than one life-time, becoming a greedy person. She could have chosen parents to try to correct that, and there might have been bad parents, to show her the bad side of the greed, to try to change her, bringing work, but it might not have taken, and she maybe became more greedy, or the cure didn't fix it. Then professional people will say ‘Aha, you became like your parents, it's hereditary, or they made you like that.’ Garbage, it’s just that they incarnated to those parents because they were already like that, to try to overcome the problem.

Then, because the cure didn't work, the parent becomes a vehicle for the learning of the next spirit, which will reincarnate as their daughter, to correct something different, from the past.

Sometimes we can choose parents to have a different effect, so that it sets us free to stand on our own two feet and start thinking.”

(Here, I feel my guides brought this reason into my mind, because you may have thought that you were greedy in a past life-time. And they didn't want you thinking that, and your higher-self told me the reason earlier on in the last bracketed section.

Your mother's lessons were connected more with greed and selfishness, but if your mother had overcome or changed herself, you wouldn't have chosen her as your mother, you would have found a different mother, someone else just as greedy and strong willed, to set you free.)

(Janet) “Too late now, she’ll have to wait for the next life-time.”

(2010 INSERT. Very often higher-selves choose life-times where there is childhood conditioning, as a way of either correcting unwanted past life conditioning, like in Nadia’s case, or the childhood conditioning is used as a tool for spiritual growth, as in the case of Angelo’s childhood.
Childhood and young adulthood is the best time to affect change or create conditioning, rather than later in life, where a person is more set in their ways, and reluctant to go through experiences to create correcting conditioning, as the older a person is, they receive less influence by others that can affect them. And a child has the least freedom to avoid parental conditioning.

Now there are many types of therapists out there, in not only the medical profession, but hypnotic past life therapists. First I will give you a hypothetical scenario with the medical profession.

If a person is going through counter-conditioning chosen by their higher-self, but because they are suffering through this process, they most likely have the desire to remove the suffering, and because they saw an advert in the paper, or on T.V. where the medical profession can release your phobias, either through primal scream, re-birthing, or hypnotic aversion therapy, and the person goes against their inner-voice, and goes ahead and seeks this type of therapy, and in the process removes this life’s conditioning, before it has run its correcting amount of time, and purpose.

Then the conditioning from the past life may have lost its preventative or correcting conditioning, and the persons past life conditioning may start affecting them, because most of the medical profession don’t, or aren’t allowed to believe in past lives, never mind conditioning from any past lives affecting this one.

So because the medical profession is working for the patient, and seeking out the cause of this life’s phobia, then in some cases the healing profession is counter-productive to a person’s spiritual growth, as all they are interested in, is healing the body and the mind, which in this way they are like car mechanics.

When a person brings in their V.8, because it is now only running on four cylinders, and has only half the power and speed, but the doctor/mechanic doesn’t know that this customer is a lead-foot, and has crashed and totalled four cars before this one.

It’s like the medical profession are fix up the car, and not the driver. Meaning, they are not diagnosing the person’s spirit, but just catering to the conscious mind and body, which is just a vehicle for
spiritual growth.

My guides have taught me that when a patient comes to me because they are suffering, usually they have been guided to me by their higher-self, because their higher-selves know that I don’t interfere, by diagnosing, either psychically, or digging in to their past or childhood, but allow the patients higher-self or guides to bring to the surface at the right time, the right thing that needs releasing or healing, whether it be conditioning in childhood, or when they were in the womb, or past life conditioning, vows or beliefs.

And sometimes their problems, phobias, or illnesses are being caused by attached spirits, which includes past life spirits of lovers and enemies.

But again I was taught to not interfere until their higher-self or guides brought them to the surface to be helped, and also treated like patients.

The most important thing to learn for especially all students of past life therapy, is, you’re not the healer, your primary responsibility is to the patients higher-self and guides, not the conscious mind and emotions of your patient, so don’t be swayed.

Literally insulate your psychic senses from your patient and students, and only focus your questing psychic senses to your guides and higher-self, who are receiving instructions and guidance from the patient or students higher-self or guides, and don’t trust or consult spirit relatives as guides.

In the Christmas of 90/91 I helped a student who had been a student of hypnotic past life regression, one of the first past lives his higher-self showed him in my class, where I don’t use Hypnosis, was a past life where he died, and after he said he had died, I said, if you are continuing to see what your spirit is doing, continue to describe the scenes.

He then saw that his spirit caused a fire which killed the man he was married to in that life, and his lover. And over the coming weeks, he saw more murders by his spirit after dying in other past lives, even with other students who had past lives with him.

Then one night he said, I’m so glad I came to your classes, because in my other hypnotic past life regression classes, the teacher always bring the students out of hypnosis after they have died in a past life, because it was the policy of the centre, where they are held.
There are so many areas of past life therapy, which need a Medium, I don’t like that word in connection with spiritual healing, but my guides say that the best mediums or the ones who are working for spirit, and not using their psychic senses for themselves or their congregation.

Ninety percent of this disc is connected with students and patients expanding their awareness of the rest of their being, this includes their past, reaching through their past lives, to learn more about themselves.

And the students learn that each life-time they are shown, is the right life-time to see for that individual, and they even learn that the attendance of the other students has been orchestrated by their higher-selves and guides, so that they help each other, and harmonise the rightness of seeing their right past lives together, even though I am the one who is shown the place or scene, before they come for the class-night.

In my first two volumes my attune-meant to this getting of the right past life meditations, isn’t as synchronised, as with the students who arrived for volumes three, four, and five. But they are the group of souls/spirits who have worked with me as a team in many past life-times.

(2011 INSERT. While compiling mailing lists for my announcement letters, I became aware of a few colleges of past life hypnotic regression, and most of the therapists who graduate only work helping individuals to become aware of their past lives causing a conditioning into this one. If the patients past life is very hard for the patient to believe, and they have not been psychologically prepared to accept their past life, then the non-acceptance of this past life will cause problems in the releasing of the conditioning.

This is one of the many reasons why spirit should be training mediums, or medium spiritual healers, to be past life therapists, so that spirit can arrange for support of other students or patients to also see their past lives with the patient in a group past life circle or therapy session.

These text books are to show the world that the experts in arranging past life therapy are in the spirit world, not some hypnotic regression college in this world)

And now back to my first classes in 1986.
“We wish to bring you our greetings tonight, for we are celebrating your progress in your chosen fields. You are being brought more work to do, as we will show you more evidence of your mediumship, which is growing. You will find that we are just now starting to bring you your psychic gifts to the forefront.

You will need to practice more and more, so that you will have the confidence in what you receive from spirit, and will be able to instil more confidence in your patients, which helps them to accept the healing.

You will find that you will be more accurate with your diagnosis, if you don't know what is wrong with the patient. You will then know where to heal, but you will sometimes find that you will not always know what the problem is, but where to send the healing, and if you explain to the patient, that you are healing the cause, and not the affect where the pain may be, the patient will understand.

But if you do not communicate to the patient, they will think that you are no good, because to them you may be healing the wrong area, but you know better. So talk to the patient before the healing, if you can, and explaining why you would rather not know the patient's problem, so that you can get more accurate diagnosis and direction from spirit.

When you get a message from spirit, telling you in medical terms, the problem, like for example the word ‘cancer.’ Find out why you were told, don't blurt it out to the patient. Free yourself from the desire is to please the patient, as you can be charming, but if this distracts you from the actual problem, it does not heal.

So let the patient know that you work for God, not for every whim of the patient. We will be watching your progress, and you will
progress, if you follow the guidelines, where you can get feedback from your patient.

**FIRST CIRCLE 18/2/86**

**RAYMOND AS THE CHANNEL**

“Freedom is what we are trying to reach tonight, freedom to let your mind wander and roam, so that we can bring you into a state of tranquillity and peace, to leave behind your worries and cares of the world, and lose yourself in a world of fantasy.

Which will be easier to bring you your visions and wisdom, and for you to break your minds conditioning, that is being reinforced every day, by the material world in which you live in, to exercise your imagination, to be able to visualise scenes and images, that you don't normally imagine, so that you are more receptive to very odd scenes, that you may see in your meditations. To help you learn abstractly, the teachings that they portray.

When you see the happenings in this world, you are conditioned to believe what you see, as having a meaning that is understood by everyone. But it is superficial, and you are seeing it through a very narrow vision. That is there, because the world wants you to see it that way, but we wish you to understand, by seeing events in your meditation, where you cannot jump to conclusions, by what you think you know from this world, so that we can show you what it all means.

Which then you will see more clearly the events in the world that were camouflaged by the ways of the world.

We are having some difficulty explaining this, as there are not many words in the language that you speak, to explain things that are of the spirit, and this is why we find that we can teach better by visions of scenes and events, to get you to grow and understand, and learn about your world and our world.

Throughout the running of all the different classes, spirit has often mentioned blockages in our bodies. What spirit is referring to most often
are blockages in our main chakras, of which there are seven. These chakras are channels for energies that can flow into or out of our bodies, sometimes to help heal the self, or to flow through the body and then out to a patient in a modified form.

The two minor chakras in the hands are most often used in beginners by spirit for healing, if the main chakras are blocked or closed down. But when a healer has unblocked or opened some of the main chakras, the healing guides will use them as well. The two chakras in the feet are most often used as entrances for the healing energies to be applied to the patient, but all of this is taken care of by your healing guides, because sometimes energy is removed from the patient to affect healing.

When a student sits in the development classes, spirit goes to work on the students seven bodies, aura, and chakras. Sometimes a student feels side-effects in his or her physical body, but everything is controlled by spirit. This next extract from spirit will explain some more, it was channelled to the students in my home class:

**FIRST CIRCLE 25/2/86**

**RAYMOND AS THE CHANNEL**

"Greetings, we are here tonight to practice your clairvoyant vision. In tonight’s demonstration it is for you to experience the presence of visiting spirits, who have been allowed access into the circle tonight.

They will transfigure over the face and head of each of you tonight, so that you can see the spirit, and feel the presence of spirit. We wish you to look at individual, and relax your eyes, try not to stare, and we will build the energy for you to see the face of the spirit.

They will change as new spirits come in and show themselves; let your imagination take over. You may not see anything on the first night, only a slight change in the hair.

Are any of you feeling hot? It is the energies that are working with you. As your mediumship grows you will experience these energies, to step up your development. Even though you don't feel
you are developing, you are.

Some of you will find that you know what the person will do next, before they do it. This is your psychic development, you sometimes feel that you will never be developed, but you will develop slowly and safely.

As you progress, you will become very aware of, the presence of spirits, and sensations and energies that will affect you from time to time. These energies are for your development, and don’t panic, they sometimes make you thick-headed, as if you are the underwater, like pressure. Is it energy for your growth, as your chakras have to awaken slowly, and these chakras that are your connecting link with the higher realms, just as your eyes are connected to your brain.

Will you be very careful that you don’t ask spirit to come to you, when you sit at home, as you cannot distinguish who they are, and you are inviting trouble at this stage of your development if you want these spirits to come to you.

Bless you all for you are seeking communion with God, and he will help you to understand God. When you develop your gifts, each individually you will be able to perceive God in your own way, and you will feel at one with God, and you will know that you are his children.

Christ is here tonight for you are seeking to become one with Christ, and we hear your plea. He will be in your hearts to help you understand and love your fellow brothers and sisters, and your hearts will blossom. Christ has entered your heart, and we rejoice at your progress, and love you very much. You will be more peaceful, from now on, and you will feel that pain and sorrows of humanity, and you will give your love to them in need.

(I feel that some of these paragraphs were personal messages or answers to unspoken questions or desires from the students, and as the students may have felt embarrassed to ask them, and maybe even more embarrassed to be told they were for them, spirit may have answered their prayer in this way.)
Glen, we are being told that you have been practising communication with spirit at home. It is being stopped at the moment, for you need to grow in other areas before you are ready to communicate with spirit. You are still on a vibration that will contact the lower spirits. Your vibration has to rise higher and higher, to leave behind those souls on the lower vibrations, so that you will not be deceived, or attach those entities to you by your wanting information.

This will only be for a little while, and you'll be safe while you grow, you are greatly loved. Also, we wish to guide you in the right direction to help you understand more about health and sickness, for you will be a great teacher in the coming years.

We are trying to raise the consciousness of mankind at this time in the world, and you will teach many as your faith grows stronger. You will be more vociferous and more determined, as you will be very happy and want other people to be happy also.

Mary, you have been prepared to belong to your beliefs, and you should not belong to a belief, but a belief should belong to you. We want you to be careful, that you practice with protection around you. It is only necessary at this stage in your development, as you are not plugged in, as they say, one hundred percent yet with the higher guides, and can be misled by a lower entities; spirits that want to have mischief, and lead you on.

Remember, any strong desires will get you into trouble, so if you want to grow and learn, it is safer to read books at this stage, and you will grow psychically as your guides help you. You need more assurance of the purpose of developing, you will find it in books, as they described what others went through and did, in biographies.

You will find that there are many ways to develop, and you will be guided to one that is suitable for you. In this we mean the practice of your psychic gifts, as they are developing.

You are being watched by highly evolved souls, and will be tested to see if you are suitable for higher development and more responsible work for God. This work may not necessarily be on the
Earth-plane, but is still necessary, as the Earth is in need of freeing from the negative influences of spirit, and we hope that you will pass the tests that we bring you.

Most of these tests will be why you are asleep, and you will not remember in your conscious mind the tests, as you will be taking them with another part of your mind, it has to be this way.

You are needed, as you are on a lower vibration than the Guardian Angels, and can reach where others cannot. It will be satisfying work, and you will become aware as you progress and develop, if you undertake this work.

You are all being tested in your own ways, and you will progress, sometimes slowly, and sometimes fast. You will be spoken to by a different soul, in the coming weeks, as a new teacher will be brought for your class.”

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“We wish tonight to speak on the subject of reincarnation. You have all heard of this, and it means, ‘Born of the flesh,’ and we wish you to understand that when you are born here, you forget your previous existence, and it is necessary that you live this life without prior knowledge of before, and it is for you to grow by experience in this life. So that you can overcome your weaknesses and desires, so that you can be more balanced and free from conditioning.

If you were to know before you were to experience, you would avoid the experience, so you do not remember.

Follow your conscience in whatever you do, and you'll be on the right road to your growth and happiness. Bless you all for you are learning about yourselves and others, and we wish you all our love in your progress.

This room has a beautiful vibration, which will help you tune in to your guides and helpers in the spirit world. You will find that we bring peace and happiness to you here, and you will develop in your own way, in your own time, and do not fret if you think you are not developing. As you accept the development, as you are convinced of the reason you want to develop.
You are in a mixing bowl, and you need stirring up, this will help you find out what you want, what you want to do or not do. Raymond does not force you to do anything, so you can learn how you want to learn in this room.”

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“Tonight, we want you to be very still, how we will bring to you your healing that you all need. This healing is of the soul, and it is a remission of karma that you need to progress as mediums and healers. This will help you to break conditioned responses to people and situations that are karmic in their setup. They are taken away by the love of Christ, and it is necessary for you to forgive the souls in your past, and that you have had animosity with, and forgive yourself. For you can see that they only did what they thought was best for themselves. This karma is very destructive to you, and you are now on the path our Lord Jesus took, and you will also be able to cancel other soul’s karma, in your contact with, and healing people.

You are going to be needed in the future, as the world is coming to a crisis point, and you will heal and bring peace and calm to many in need. For when you focus your life on the spiritual law and values, things of the world will have less affect on you, and you can tune into God, and spirit guides for your guidance.

You are being prepared to be ambassadors of God, and you will be brought into the presence, at the right time to guide the souls that are ready to be shown the way. Follow your instincts in your lives, and they will lead you in the right direction.

You have been coming to this circle for only a short time, and you are now sensing and feeling the presence of your guides in spirit. They are with you, and help you to exercise your new psychic senses, and you will find that you need to practice.

Just as a baby climbs to its feet, and takes a few steps and falls down, but if he had never climbed to his feet he would not walk, and we wish you all to walk. You need to practice as much as you can, while you are here, as you cannot find guinea-pigs as
easy outside, and also the energies are strong for you to learn and perceive, as in this circle, where the energies are very strong.

The peace that we bring you, is to help suppress the thinking analytical mind, so that you can feel and sense thoughts and visions outside of your mind, and not have to break through your own thoughts and thinking.

Believe in your free will, you can follow your lower mind and material desires, or you can follow your higher-mind, with spiritual desires, which are of God. You still have your free will, to leave the road that your higher-self put you on, before you were born.”

Some of these channelling’s helped me formulate the meeting your guides’ meditation which you will read in the next chapter.

(2011 INSERT. In Raymond’s early channelling’s, spirit had chosen to use the word ‘Gift’ in connection with developing psychic abilities, at the time of Raymond channelling the use of this word was more attractive to new students, as Raymond hadn’t produced his first text book yet, and really had no idea of the process, exercises and meditations involved in the development of these so called gifts.

My guides and I are not happy about this word, ‘Gift,’ and want to set something straight, a person’s psychic ability is not known as a gift to guides and higher-selves, a person’s psychic ability is practised and sometimes learnt how to use, in classes like this, but many unseen requirements are sometimes needed depending on the ability, and sometimes an ability is suppressed, so that a new ability is exercised, practised or used, to in most cases teach wisdom, not perceptions.

It can take many years for a higher-self and guides to slowly affect the human body to connect a psychic sense, which may have been learnt before, or the spirit may have developed, and already know how to use.

There are just too many variables to describe a psychic sense as a gift, and a gift implies that it is given to you, when in most cases the spirit has developed or learnt the sense, through effort and time, before it reincarnated into a human body.
My guides also got me to change other words like ‘earned,’ to ‘learnt,’ as when 99% of us earn something, we are receiving something different, as payment. A fisherman or small farmer can earn something connected to his efforts or skill, like fish or vegetables.

Also because many students and spiritualists believe that the term ‘earned’ is associated with helping or healing others, they may believe they are not allowed a psychic sense, especially if they also believe that these psychic abilities are a gift, if they have not earned them in the right perceived way, so to speak.

But if the student is meant to practise a psychic ability and learn the wisdom connected with the ability, before they can use it to help others, also what a student believes or understands in the way he can help others, may not be the same way that his higher-self may want to teach the student, it is best all round to not associate the connection between earning and psychic development.

Also the connections of the human body and the astral body need to match up, and then there are the chakras, they are connected, as well.

The term Gift is a human term abused in connection with psychic development, and the term implies or negates the need to develop, practise and be guided in the psychic sense.

When we think of a gift, we open it and it is complete, it doesn’t have to be improved, exercised, learnt how or when to be used, or the morality of how it’s used.

After I had printed volume one I started getting an uncomfortable feeling about the use this word ‘gift’ in connection with psychic abilities. The same uncomfortable feeling I would feel if I used the word ‘must,’ in connection with the word ‘you,’ in front of it, and eventually once students had read volume one, the use of the term ‘Gift,’ in connection with psychic senses or abilities was dropped from Raymond’s channelling.

But he still hears this word used by old and young Mediums, who are talking about their development, or in a reading for an audience member. Sometimes the choice of the word is ego driven, or bad mediumship training, or just lazy tongues as the word ‘Gift’ is only one syllable, but ‘Ability’ is four syllables, and ‘Senses’ or ‘Perceptions’ don’t have the same stroking of desire, as the word ‘Gift.’)
The contents of these channelling’s made me ask my guides for a better guided meditation for my students to develop a link with their guides. Which resulted in one of the first meditations I received from my guides, for the beginner students?

As I don’t have the original recording of that meditation, I know that the meditation is nearly identical to a meditation that my guides wanted to introduce to another group of students a year and a half later, and that was to meet their over-soul, or higher-consciousness, otherwise termed mostly on these discs, as the ‘higher-self.’

The main reason it took so long to receive from my guides the go ahead to give my students ‘The Meeting Higher-self Meditation,’ to my classes, was because I wasn’t sufficiently developed to deal with the complexities of the teachers’ interaction with any students’ higher-self. Also my guides want me to put this ‘Meeting Your Higher-self Meditation’ in the advanced teacher’s meditation section.

The reason is, Guide’s go to Guide school, and if they get sick, not physically, but mentally or emotionally, other guides can help them, but because a person’s higher-self is closer attached to a person, when they become sick or imbalanced, it is usually connected with a lowering of the higher-self’s vibration.

And if their guides cannot be seen or contact the higher-self, then they have to wait until the higher-self becomes aware of the situation, or if a spiritual healer becomes aware, and can help the higher-self to accept, and then go to a spirit temple of healing for balancing, this is why not all students should be guided by their higher-self, and why at first students should be guided by their Guides.

And besides if the student’s spirit is a young inexperienced spirit, with a similar higher-self, the student shouldn’t be guided by their higher-self to learn new abilities, which have not been learnt by their higher-self, so there could be a few reasons students should first link up with their Guides.
But for advanced student’s spirits their higher-selves may have been guides at other times, because they have had so many past life experiences and attended guide school, that they are qualified to guide their own spirit

As all guides are watched over by higher guides or their higher-selves, or not at all, if they are of a sufficiently high vibration, all beginners can go on this meditation to meet their guides

As I didn’t see spirit in the four years of sitting for development at my local Spiritualist church, because of a combination of reasons, already explained earlier on this disc, I perceived my guides presence clairsentiently.

You see my guides and higher-self had linked my astral body to my physical body, atom for atom, for multiple purposes, of which the examples of those purposes will be explained in the chapters as you come to read them.

So when the medium who ran my class told me in the first few weeks, that I had three guides, a Nun, a Red Indian, and an Egyptian, who were going to transfigure over me in turn, for me to feel their physical bodies, and the clothes and jewellery that they were wearing, I felt their physical presence, but the medium didn’t give us a meditation exercise to clairvoyantly see our guides.

In fact in all the four years of sitting in their development circles, the number and type of guided meditations the mediums took us on were the same ones over and over again, and they were only about five or six different meditations. So when my guides and I wanted to give the students a visual as well as tactile meditation, for the students to experience their guides, this is what I described.

**MEETING YOUR GUIDES MEDITATION**

“Your guides can appear in the form of one of the many thousands of past life-times, that they have had before. They will choose the most appropriate appearance, which is psychologically attuned for your present state of development.
I want you to imagine in front of each of you, a full-length mirror, but it is blank, and in this mirror sitting opposite you in the dark, is one of your guides, and you are going to reveal slowly, little by little, what they look like. Now I want you to look in the mirror, where your hands would be, the fingertips of your guide will start to appear, and then more and more of the fingers and hands will appear. Notice the fingernails, are they coloured? Are they a woman's? Or are they a man’s hands? Are there rings on the fingers? What colour is the skin?

As you see up the wrists to the forearms, see what clothing are on the arms, or bracelets, if the arms are bare, see if they are smooth or hairy, slight or muscular.

As you see more of your guide, you now start seeing the middle of your guide, the midriff. Is the person fat or thin, large or small; is the person old or young? What kind of clothes are they wearing?

Now, you can travel down to the legs and feet. Are the feet bare, or with shoes on? I you want to gaze up the body now, to the shoulders and neck. Are the shoulders bare, or clothed, any jewellery around the neck.

As you come up the neck, see the chin, the mouth, smiling at you. See the nose, and the sparkling eyes, the eyes look like they're laughing. See their hair, the forehead, is it longhair, short hair? Are they wearing anything on their head?

Say hello to your guide, you can talk to them mentally, and ask questions if you like. Any question you feel pops into your head, is most likely coming from them, so ask it, and you will get an answer.

Now your guide is going to stand up, and step through the mirror, turn around and sit on your lap, and slowly they will merge with your body, this is called transfiguration, and slowly you will start to feel their body and clothes, and jewellery, so that you will be able to recognise them. Then
you might feel an emotion, like a signature, it could be peace, joy, exuberance, love, acceptance, or strength and confidence.

If you feel a kind of pressure, or heat, or feel as if your eyes are filled with glue, this is only the side effect of a very high guide, as their vibration is so much higher than yours that your body is having trouble coping with it, and they most like won’t stay transfigured over you long, so notice the feel of them, as they will step out of your body quicker than guides of a lower vibration. After a while they will step out of your body, and you can go for a walk with your guides, if you want to.

Ask if your guide, if they want to give you their name? Find out their name, so that you can speak to him or her, at another time, but they don’t always give you their name.

Sometimes they don't, because they don't like to be called on, every five minutes, it depends on the individual, the student. You may ask your guide, if there is any connection with you, from a past life-time. You may also ask what this guide is here to help you with, in your development, or just in your everyday life, outside of classes.

If you look above your guide, they may want you to see other things, you may see the Halo, it could be any colour at this point, as well as the aura of, your guide

Your guide usually appears in a form that is very different from you, so you can feel the difference, if they want to contact you, if they want to tell you something, like they may be the opposite sex to you, or a different race or nationality, it’s just for identification purposes, to help you identify them.

You have many guides, this is the first one. If you are very aware of your guides, this is maybe a new guide. You should feel an affinity with your guides, shake hands with them if you like. You may have the urge to stand in a certain
way, or put your hands or arms in a certain way. This is your guide showing you that they are there with personal body gestures.

Now, I'll leave you in silence, to talk to your guide, and you will receive the answers.

(Approximately ten to fifteen minutes silence)

“Now wanted to thank your guide, And I want you to come back now, your guides are still with you. Come back to this reality, take three deep breaths, and stretch out if you want.

If your guide wants to introduce you to another of your guides, or a new one, when you are at home, perform the white light purification exercise up to the point of the cone and sphere, then visualise this meditation, and you will meet another of your guides.”

I was told the Nun’s name, who the medium was told was my guide, and I was told her name was Teresa. When I first felt her transfigure over me, I first felt tight bindings on my forearms, like tightly wrapped bandages, I don’t know what they were, but I would always recognise her presence in that way.

I then felt the head gear that they wear on their heads, I felt the cloth hood covering my head and ears, and felt the cloth surrounding my face, even up to my chin, so if you could see my face, you wouldn’t see my forehead, ears or neck, all would have been wrapped in I suppose white cloth, you know, what we used to call the penguin look.

Over the next five to ten years I was to learn that her spirit was my other half, like my twin-soul, because the Nun was her last incarnation, she preferred to be female, but in actual fact her spirit was the male half, as my spirit is the female half.

My higher-self is explaining that when Teresa was approached by her guides, she was shown what my potential future was going to achieve, and was shown how important it was that I needed a watcher guide, like a guardian angel, as over the years I was going to need protection, and they asked her specifically to be close to me, especially when other people are
around or close to me.

This was all true, but I was to learn over the next ten years, from my higher-self, and not from Teresa, that the primary reason for why she had to stay close to me, was because I was to help heal her, and was more like her guide, but if she had known about this, she would have either denied that she needed healing, or because she might not have believed I could help her heal in the area that she doesn’t want to deal with, because her fear was so high in connection with her trauma.

So with a combination of her fears of reincarnating again, and her belief that she didn’t have to reincarnate again, as she had been canonized by the church, she wouldn’t have become one of my spirit patients.

On the third volume disc, you will find out what five years of spending close proximity to me was healing her of, will slowly be unfolded and explained, and on the fourth disc she started to channel through a student, as you will find out. Oh, Teresa also wrote a few books.

Her vibration was higher than mine but was comfortable, the reason I am explaining how I felt when these guides transfigured over me I will explain when I have told you about the other two guides.

The second Guide’s name was “The eagle,” and when this Red Indian transfigured over me I felt larger in the chest area, and taller and more muscular, and I wanted to fold my arms across my chest. I felt his arms were bare, and had armbands on my upper arms, I also felt a large feathered ceremonial headdress on my head, because I could feel the hard shafts of the base of the feathers pressing against the side of my head.

I also felt strength and confidence from him, his vibration was slightly stronger than Teresa, but it was fine.

The third guide who transfigured over me was ‘Satpur,’ the Egyptian, you know how I felt Teresa’s Nuns habit in detail, around the head, well, Satpur was wearing something on his head, and I felt the cloth hanging down the back of my head behind my ears, and ending at the shoulder.

I suppose it was to protect the neck from the heat of the Sun, because the neck supplies the brain and head with cooling blood, that circulates back through the body, because when I have had jobs in Australia, where I have been Welding in temperatures over thirty five degree Centigrade, I have wrapped a wet cloth around my neck and kept cool, so I understand
the head-gear of the Egyptian.

On the outside of this cloth, around the top of the head I felt a heavy band with something heavier at the front of the band, I got the impression that it was a little cobra, or an asp, and because in my many jobs, I have handled a lot of different metals, like steel, copper, lead, but this band felt so heavy for its size that I knew it was solid Gold, I also felt he was naked from the waist up. I also felt a large heavy necklace around my neck, like a ceremonial necklace with Egyptian writing on the little blocks of gold. But this guide’s vibration was so strong that it was becoming very uncomfortable, and I was starting to heat up, so he stepped out a lot sooner than the other two guides.

On this night and over the years of development the other students in the circle were asked to look at and see if they could see the spirit or guide who was transfiguring over me, but because the physical feel of the guides details was so recognisable, the other students described what I was feeling anyway. You may say how do you know that the students were only repeating what I had described, well I don’t, but on other nights I have felt a moustache on my face, before a student has said that a spirit who is transfigured over me is wearing a moustache.

Also one night in the circle I felt something large, shoulder past my right arm and shoulder, and I thought, wow if that had been something physical I would have been knocked off my chair. Then a student on the other side of the circle, said I horse has just brushed past me and stepped into the centre of the circle, so I feel that was arranged from the other side to give me more proof in the reality of what I couldn’t see.

Now, getting back to the guide transfiguring night, when I got home I had all these questions in my mind about why I felt different comfortableness with the different guides, after asking many questions, and receiving lots of answers, I will tell you.

Everyone’s spirit vibrates to a frequency or level, there are many types of frequencies, but we won’t go into them for the moment. I cannot describe the vibrational frequency in scientific nuts and bolts; I can only describe how the vibration, which I will call it, is increased to become higher. My guides say that the vibration of a physical person, is the sum total of three main components, Morality, and wisdom learnt from
previous experiences, meaning all our past experiences from before this life, and intelligence.

When a spirit incarnates into a human baby, he attaches like a spiritual umbilical cord to the baby, and the level of vibration the spirit has attained, say for example is at the level of 200. All baby’s are you could say are at the level of 0, at birth, and as the child grows up, the spirit will watch as the child develops his intelligence, ego, and will power, and slowly the vibration of the child and his physical body will slowly rise.

I have named this vibration level, as our S.Q. (Spiritual Quotient.) as different to an I.Q. which is an Intelligent Quotient. The spirit will influence the child’s mind and morality, and this can also raise the frequency of this vibration, depending on what the mind, ego, and the childhood experiences contribute or hinder in raising this vibration, depends on what reason the higher-self has a say in the choice of the baby the spirit has incarnated to.

If the spirit isn’t too wise, or if the spirit is suffering from strong conditionings or desires, then he might go against his guides or higher-self, and choose a baby to incarnate into for personal reasons, like choosing wealthy parents. But as the spirit learns through many life-time experiences, and becomes wiser, he then allows his guides or his higher-self to choose the baby it incarnates into, which may be astrologically more suited to the incarnating spirit’s learnt past life strengths and abilities.

Or having parents who abuse the child, so he learns to rely on his own mind and judgment, which is also being guided by his guides or higher-self, which unconsciously may be his best Parents, especially if his mission in life needs a vastly expanded perception and understanding of the way the world ticks, and I don’t mean from books or television, but just observations of cause and effect, and the unseen higher growth effects on people’s minds and spirits.

Then the opportunity to raise this vibration of the spirit is greatly increased, that doesn’t mean that it automatically increases the health of the physical body, but the lessons learnt, or the adversity overcome in this life is increasing the morality, wisdom and intelligence of the spirit.

Also depending on the primary purpose of incarnating back into the
physical world, and the vibrational level of the spirit that is attached to the baby, the reawakening of the conscious mind of the physical person can be assisted by the choice of childhood and the degree that the spirit has influence over his reawakening.

If the purpose of the reincarnation cannot be learnt from the world, then his vibration needs to be increased to be able to perceive and be influenced by higher levels of wisdom, morality and intelligence, but the vibration of the spirit and body can only rise to the level that the spirit has attained up to this point in time, from previous experience.

I will explain the level of vibrations of my guides, and what increased my vibrations over the years, in coming chapters.

HEALING CLASS 8/5/86
RAYMOND AS THE CHANNEL

"Peace be with you tonight, for you are all being prepared to the healers and ambassadors for our heavenly Father. You will go through many experiences to become disciples, for you are to go forward and release your fears and weaknesses. By becoming aware of them, you will become stronger and more confident in your life, and this will help you in your healing work. Freeing your restrictions, so that you can heal everything and everyone, who come to you for healing.

As you become mediums and healers, you will heal people by giving a message that they need at the time, and sowing seeds for them to be healed in the future.

Many people today do not believe in this or that, when you are a channel, knowledge that you pass on is like a dormant seed, which may be activated at a future time, for them to learn and grow.

There is a lot more to healing than the laying on of hands, which is the usual practice of spiritual healers, and over the years, your development as a medium will assist all the patients you come in contact with.

We do not ask you to do fortune-telling or platform work, but you will help who you want to help, and you will grow at the pace that
you want to, and at the pace that you free yourself from desires.

Thank you for coming tonight, you are all very loved by your guardians, and they are very happy that you are here developing. God bless you all, we will watch over you, goodbye.”

In my original volume one when I typed this chapter on meeting guides I received a channelling while I typed, and this is it.

We wish to say also, that what you call Guides can also be your previous personalities, that you had when you were incarnated at another time in the past, which your higher-self uses to communicate knowledge that your higher-self has access to.

The reason that your higher-self chooses to disguise the communication through you with a different personality, is to convince you that what is being said is from a source of knowledge coming through an entity that knows more about healing than your own conscious mind.

Sometimes if you were to think that this healing knowledge was coming from yourself you would be more hesitant to speak out what you received to channel. In your society you tend to accept the word of experts more than you would accept that the knowledge comes via yourself.

Very often we have to work within the limitations and conditions that your own mind sets for your own development. Until your mind accepts modified conditions, we will continue to dramatise your channelling in the form of guides, e.g. Red Indians, Egyptians and the like, to help you believe what is being said, as you already accept these guides as sources of knowledge. Much more of this will be explained in detail in the second volume.

After I had been healing for a couple of years, I met two mediums separately and both of them said that they saw Harry Edwards * with me when I was performing healing. A few months later I was led to believe that Edgar Cayce * was also one of my guides.
At that time this knowledge helped me build confidence in myself, and boosted my self-esteem which was low due to my lack of psychic development.

Since I have been teaching I have found out that my guide’s may have posed as these two individuals for this very purpose, but of course they had to convince these psychics around me at the time, to help me believe that they were with me.

Maybe our thoughts of who we look up to are picked up by our guides and used by them to portray those individuals for us to believe that they are with us. But I know that I wasn't consciously thinking about those individuals at the time that I was told they were with me, and helping me.

So I don't think the mediums telepathically read my thoughts, as some psychic mediums do, and misunderstand what they psychically sense.

(2010 INSERT. When I printed my first volume this was what I typed about my take or belief about why I was told that these two famous healers were with me, but after finding that my greatest strength over the nine years of running my classes, is in past life therapy, my higher self has told me that the spirits of both these individuals have attended my classes and therapy sessions to help learn new things connected with teaching, spiritual healing and past life therapy.)

( * Harry Edwards was a well-known English spiritual healer, who took on the churches and medical profession, but most doctors and clergy would not accept his proof of spiritual healing, but the hospitals did and allow spiritual healers to perform in hospitals after that.)

( * Edgar Cayce was an American channeller of guidance and wisdom, while he was in an unconscious trance state. The recordings of which have been made into many books on different topics. Both these men have had many books written about what they did in connection with healing and life beyond this present reality.)

Many people say they have guides who are their deceased relatives, I hope their relatives have first gone to the higher levels to access their
wisdom and experience from their past lives if they are coming back to guide their living relative on Earth, because if the relative has stayed on the Earth-plane then their guidance will most likely only be the wisdom they have gleaned from living their last life before they passed over.

If they say they were relatives to them in a previous life-time the likelihood is that they have access to their previous memories and hence wisdom and abilities gleaned from many past life-times that they remember.

But if in doubt I would consult either your higher self or guides who are not a deceased relative, for confirmation of whether they are qualified, or the relative has just told the student that they are guiding them. But when we outgrow certain guides, or need guidance when we are healing or teaching different subjects, we acquire more guides.

I have been guided to show you an extract of how this chapter guide meditation works, and it’s achievement for the student’s development.

Shelly had been a past life therapy patient and class student for 22 nights, and when a new student, Jacqueline, arrived in the class, these two were the only students to turn up, for some unknown reason the other students hadn’t turned up on this night.

This class night is from my files of approximately five years later, after I started my first class. My guides had instructed me to give the students the Meeting higher-self meditation, with the addition for the regular students, who had already become familiar with their higher-selves, could become acquainted with one or more of their guides, instead, as it is a multi-purpose meditation. I received this before I knew that there would only be two students.

I will start out of sequence extracts on a new page like this, in case any student wants to print off copies for study, for when I eventually transcribe the rest of Shelly’s or other students class night sessions, on maybe the fifth or sixth disc.
JACQUELINE’S MEDITATION EXPERIENCE

(Jacqueline) “After a while, I saw a bit of a white light, and I was saying to myself, to relax and not try too hard to see things. Then I asked a question whether I should continue with my studies at the welfare course next year, if it was beneficial. But I'm not sure if I got an answer for that, or not. I felt a sensation, as an answer, but what that meant, I don't know.”

(All the quotes of what guides said, I will put in Italics, as there were quite a few.)

SHELLY’S MEDITATION EXPERIENCE

(Shelly) “The main guide I have is called Jacob, and he's sort of a guide of reassurance, because I was really lacking confidence, and he's an older man with a beard, and Caftan, and he clowns around and makes jokes.

So that all this stuff that might seem heavy, he just chuckles at it, and make you feel that it's not so heavy. I could feel his presence around, and I started to visualise this new guide in the mirror, and I could hear this little chuckle from Jacob in the background, he's a happy little fellow, it's good to know that it's not all serious and heavy.

So, I saw these brown skinned sandaled feet, and I soon realised that it was going to be a Buddhist monk, because I saw saffron robes. And I got up to his face, and there was no jewellery, and he had a really beautiful face, like a half of male, half female, ageless face, an incredibly serene face.

He had that smile that a lot of Greek statues have, are really wise smile. Buddha has it, and he had these wise eyes, and as I was looking at him, he was just looking back at me with these serene eyes.

And then Jacob came in doing a little dance. He always does these little dances, I don't know why, and he said,

“This is Yuki.” And then Yuki said,
“That's short for Yukia.” Then Jacob said,

“Ah, come on Yuki.” and Yuki was sort of grinning a little bit, at Jacobs carrying on’s. Then Jacob was saying,

“That's good; he's come to teach you.” Then Jacob went off, so I said to Yuki, ‘What are you going to be a guide of?’ And he said,

“Well, you’ve reached the stage now where you've got enough confidence, and have had enough experience with spirit, to know that we are a reality, separate from the one you know, which is your Earth-plane. You’ve learnt through many life-times, so now you know this.

It's time for you to start to get some discipline, and become a little more detached.” Because I've been very emotional.

“Discipline and detachment are what you need to develop now. You know when you are not doing what is right for you, and I'll be with you, and whenever you contemplate doing something which is not good for you, you will feel my presence around you.”

“In what way?”

(Shelly) “Well, he came and sat in my chair, and I felt a strong presence of peace, but hard edged peace. He’s not going to let me get away with... he gave me a taste of the peace that he'd achieved, but he said that he had to go through hardships to attain that peace. Serenity, return to the God-head, all that sort of thing, he was saying.

“I've returned to the source, and I want to teach you how joyful it is to apply self-discipline, in order to become emotionally detached, and become one again with the true father, God, whatever you want to call it, and become more in harmony with God, or the spirit, and everything. But it must be achieved with discipline and detachment.

Detachment from emotion, detachment from situations and fears, and all that sort of thing. So whenever a fear comes up, or a streak of rebelliousness comes up, you will feel my presence.” Jacob gets along with him.”

Jacqueline didn’t want to channel, so I have included Shelly’s channelling, because a spirit came through to talk to Jacqueline.
**SHELLY AS THE CHANNEL**

Shelly channelled a 30-year-old woman, who didn't want to give her name at this time.

"I came with Jacqueline. I'm looking after Jacqueline. I'm not a guide, I'm a helper. I'm trying to help her to keep on track, to help her to make life a bit easier, in decisions. I just look after her, and I'm always around her, and I tried to send out love to her.

What she did or didn't see, is not important. Her higher-self, is there, I know her higher-self, and you will come to know your higher-self too, when the time is right.

Timing is very important, and you weren't yet ready to meet your higher-self this evening, but your higher-self is still with you, and guiding you, just because you didn't see or meet your higher-self, makes no difference. It's basically intuition, so just... I could give you some advice, if you wouldn't mind me presuming.

Intuition, if you'd like to come closer to your higher-self, you will notice that there is always a little voice in your head, that will... you know, that you should follow what the voice is saying, and practice that. That’s your higher-self trying to guide you. Just follow what it says, that’s intuition, and in doing that you will come a lot closer to knowing your higher-self.

Because the effort you make will be noted by spirit and your higher-self, and any effort you make is credited to us, by spirit. They don't mind if we don't achieve what we want to achieve, as long as we make the effort. So if you were to do that, then I consider it would be beneficial.

I know you quite well, and I've been around you for a fair few years, and I'm glad you came this evening. I've been trying to prompt you to develop, because you have some important skills to help others, and you can help others without any organisation, in just being yourself, and tuning into yourself more.

That's all I've got to say, because I don't want to sound overbearing, and forgive me if I have sounded like that, but know that I’m around you, and I’m trying to help you. Guides surround
you, too, and loved ones. You are not alone; you never are, so you can take comfort in that.”

“Is there anyone else that wants to channel through Shelly, waiting? Greetings my friend.”

“Greetings.” “Who am I speaking to?”

“This is Jacob. I feel quite happy that Shelly’s met her new guide, Yuki, tonight. He's a nice fellow.”

“It just shows Shelly that even though she's done this meditation quite a few times. She can still get something new, from the same meditation.”

“Oh yes. Yes, she's finding it a lot more fun now.”

“It was a timely appearance by Yuki, at this stage in her development.”

“Oh, yes, yes, yes, yes. She was confident enough now. She's knows that I'm not going to desert her, either. So now she's got both of us, and she's got me to turn to if she feels a little down, and she's got Yuki to turn to if she's feeling puzzled, and she's got both of us to turn to, if she's feeling puzzled and down.” “What about me?”

“Yes, well, yes. She's always got you to turn to. So your flesh and bone, but she didn't know that Yuki or I existed. So now it's reassuring, it's reassuring just to know that. There are more guides around, and eventually they’ll all turn up, they're all good blokes. Shelly hasn't practised channelling for a while.”

“That’s why spirit wanted us to do more channelling than meditations, sometimes I do two or three meditations, but tonight, they kept insisting on just this one meditation, and go straight into channelling.”

“Yeah.” “Didn't they?”

“Yes, they did.”

The rest of the channelling was about Shelly’s development, but as you haven’t read her previous class and therapy sessions, it would be too long to explain, and we will leave the rest for another disc.
In this chapter I will explain some of what my first class experienced, in connection with healing beyond the Earth-plane. But first, I must explain that as you develop as mediums and healers, your aura, which surrounds you, undergoes changes that are perceived by souls in spirit.

Because your aura becomes different from that of most of the people, the souls in spirit are curious, and come closer to you. Some will follow you, as they're lost and frightened. If they are receptive to reasoning and guidance, your guide may contact you, and you may be asked to help them.

The next quote from the healing class of the 15/5/86 will show you how to do this:

**HEALING CLASS 15/5/86**

**RAYMOND AS THE CHANNEL**

“Tonight we will be going through many levels of learning. There are some here tonight that are in need of healing and help. They are in spirit, and have been brought here to be healed and taught. Are we bring these souls as the circumstances of this class are most suitable to help those lost souls, and they will be lifted and raised up to the heavenly planes, where they belong.

We are helping these souls, because it is part of your healing development. You will be able to help lost souls when you know how to. When your guide tells you, ‘It's a rescue,’ you will know that you are helping a soul that is earthbound, (Not bound by anyone but themselves) and no one in spirit can get through to them.

But you as a medium can communicate with them. They see you, they see your glow, and if you tell the lost soul to look behind you, explain there is white light, and in the white light, if it is a mother, tell the lost soul that it is their mother.

Whatever pops into your head, (Relative or person) repeat in thought or word to the lost soul, then it will see the person that they are supposed to see, then they will be attracted to the white light
and the relative, Saint, or Jesus, whoever you were told to tell the lost soul.

You are developing mediums, which are like lighthouses, which attract lost souls, who don’t know the way to heaven, or God, and we bring them in our own way to you, for you to help.

It is difficult to heal these lost souls. That's why we need you to do this. You can attract these lost souls, and that is why you sit in the chair, so that we can take them on.

They are in the main ignorant of spirit and spiritual planes, and all they see is the Earth and people. Freeing these souls is going to be very important in the future, especially in the mental hospitals.

(Throughout my life in England most people called psychiatric hospitals, mental hospitals, and when spirit is channelling, to keep the channeller from interrupting the flow of communication, and thus blocking any more communication, spirit will very often use the terminology that is familiar with the channeller, because let’s face it most people know what a mental hospital is.)

We want to prepare as many mediums as possible to assist in this work. The souls that were here tonight are learning about spirit, through meditation, and your love and harmony.

We are very pleased with you all, and you will be guided in the teachings that you will need, even though you may not like the teachings. There are many unpleasant experiences that we sometimes have to face, to overcome fears and weaknesses, to make us strong where we were weak.

This happens in the world as well, but here it is more immediate and more concentrated, and you will also learn from each other. This is because you are all advanced souls, and you will learn very quickly.

Thank you, we will go now. God bless you all.

This next experience in the next weeks healing class can best be explained from the beginning. Before I teach a weekly class, on the afternoon prior
to the night class, I meditate, and ask God if he wants to show me the meditation to take my students on, in the class for that night. Mostly I receive a meditation for the classes in this way. This night's meditation was so detailed that I decided to tape it for the text book.

This is the meditation, following on from the last healing class:

**HEALING CLASS 22/5/86**
RAYMOND AS THE CHANNEL

“On the table are seven clear bottles of medicine. The medicine is blue, and there are measuring cups for every one of the students in the circle. Also on this table is a white coat for every one of you, with a Red Cross symbol on the front and back of each coat.

I want you to all put on one of these white coats, and put one of the medicine bottles and measuring cups in your coat pocket.

We are all going on a journey together, we are going down a country lane, and on both sides of this country lane is a forest. As you walk down this lane you can see these forests, and I want you to listen to what's being said, and still be walking down the lane.

Tonight you are going to do some healing on people, old people, young people and children, they have died, but they don't know they have died, and they are in spirit.

We want you to explain to these people and children that the medicine will take away their pain, and you can pour a cup and offer it.

Ask who wants to take the medicine, to take the pain away? Once it starts happening, they will all want to take some of the medicine, they are in a lot of pain.

Heavenly father-mother God, please protect us from feeling any of the pain from the patients, and protect the patients from us.

After you have given them the medicine, explain to them individually, that there is a white light behind you, and in the white light, you will tell the patient, the first thought that pops into your head, like seeing or feeling a mother, or father, or grandmother, or Jesus.
Whoever your guides are giving you to tell the patient. Tell the patient to look at the person in the white light, who has come to help them, and show them the way to a better place.

Now we come to the end of the lane, and it's opening out into the fields, farmers fields. Across the fields in the distance there is a farm, quite a large farm, and there are other farms in the distance, which you can see.

This farm has a large hall like barn, like a community gathering hall, where they gather together for celebrations. Now, these souls have been gathered together, and are in this hall.

So, we will walk across the fields, and we are now getting closer to the hall. I'll lead the way, I'll go in first and you can follow; then we can all start explain to the lost souls, and I will leave you in the silence now, to do the work.”

After approximately fifteen minutes of silence, I perceived clairvoyantly all the lost souls hugging and greeting friends or relatives, outside in the fields, with the sun's rays shining down on them all, and my guides wanted me to bring the class back, so I said.

“Now that the hall is empty, and everybody has left, I want you to come back across the fields, along the country lane, and back to this room. Taking three deep breaths and stretch out if you like.”

I then asked them to remember what they saw, or felt, or heard on their meditation, as spirit would like to talk to them now. Normally, I asked each student to describe what he or she has experienced, before spirit relays a message to the class, through a channel.

However, this night, they had to wait and remember what they experienced. Now this is what spirit had to say.

“We have been with you tonight in your work. This was no dream tonight; you were doing what Jesus used to do. You were needed to help those lost souls, and we gathered them together in this hall, for you to help them. Some of them were in great pain, and they were all reunited with their loved ones in spirit.

You were the healers and the medicine was not necessary, but they had to believe it was. They were in pain, because they remembered the pain at their deaths, and that kept the pain alive
for them.

If you used your normal healing techniques on them, they would have not accepted it, so that is why you had to use medicine.

We thank you for your help tonight; we will do this again in the future with another healing.”

When I first received a vision of the meditation, I also saw checkpoints, troops, and dead farm animals in the fields, and I knew that the people in the hall, whether physically dead, but were alive in spirit. My guides didn't want me to tell the class this knowledge, as it would hinder the healing trip, but I told them after the students described their meditation experiences.

As the students were beginners and mostly young souls, my guides and I agree that it would be more beneficial for the student reader of this disc to read the class experiences of more advanced students, where their experiences are a lot more detailed, because throughout these discs we will go on many of these kind of, not just rescue missions, but adventures, but this was the first.

(2010 INSERT. Over the years I have asked many times how does a spirit who spoke another language, understand our thoughts, for us to explain to them where to go. My guides say, that, just like when a spirit transfigures over our physical body, and it becomes easier to be seen, because the vibration of the spirit is temporarily lowered.

When the student is on a rescue mission, a translator guide, or our higher-self, if it has spoken the language, transfigures over the students spirit, and as a consequence because we have a physical body, our spirit or astral body is able to be seen by deceased spirits, but it hears the instructions from the guide who is transfigured over us.

In some cases of this kind of rescue work, which you will read about, further in this volume, the students have been transfigured so that the souls being rescued do not see the students spirit, but only see the transfiguring guide, like when we went back in time to Hiroshima, so the souls were guided to the white light by a Japanese spirit who is transfigured over the student.
I don't know what caused the deaths of the farm animals and people of the village, and I don't know what year this occurred, it could be in the future, the present, or the past. As when you travel in spirit, your guides can take you to different time periods, just as Ebenezer Scrooge was taken back to his childhood, and also taken forward to his Wake.

The students’ spirit can also travel inter-dimensionally, to a parallel Earth, where the history may be slightly different.

I think the deaths may have occurred from nerve gas, either by accident or deliberate action. Remember, Saddam Hussein bombed the Kurds with nerve gas and killed whole towns of people, their pets and livestock.

Over the course of ten years of running the classes, and right up to the present day, I on my own and in the classes have gone on many rescue missions. These experiences you will read about later in this volume and more experiences on the following discs.

In 1991, after five years of running classes I was guided by my class guides to give my morning housewives development class, a rescue mission a different kind, in that my guides mentioned that a couple of the students had past life-times, connected with the events. I was guided to not mention to the students that some of them would be having a past life on the rescue mission, because of the nature of the mission, as you will come to understand.

I will list the number of attendances of the students to give you a picture of how long they had been sitting in the class, Julia 8, Faye 7, Vera 5, and Shelly 2. Shelly was about twelve years younger than me, and had also been sitting in my private past life therapy sessions, before she was guided to join the class, and the other three were all about the same age, about eight years older than me.

When I guide students on rescue missions of this kind, before we arrive at the location, we put on angel wings to help convince the recently deceased that we are here to help.

I was impressed to use this meditation again in 1993, where again some of the students found that they had a past life on the rescue mission, but this time they were executed. So my guides want this meditation added to the meditations chapter.
HEALING CLASS 26/3/91 A.M.
JULIA, FAYE, VERA, SHELLY
NAZI GENOCIDE IN BLACK FOREST RESCUE MEDITATION

“I want you to imagine that on the back of your chair, is a white robe with feathers on the back. I want you to put on this white robe, for this is an Angel's costume, and the feathers are large curved Angel wings. Try out the wings; they do move, but not to fly with, as you can fly just as well without them. The reason you are wearing the Angel costume, is to get people's attention and to reassure them.

I want you to now imagine that your aura is expanding and amplifying to the size of a church hall, and a golden Halo above your head, is radiating all the colours of the rainbow, in all directions. Your aura will be invisible, but the Halo will be very visible.

Now want you to infuse your huge aura with your love for humanity, and all the compassion you can, and keep it there. Now you are ready for our mission.

I want you to imagine that we are floating up out of this room, and flying across the city towards Europe, where we will travel back in time, to the 1940s. As we fly down through the clouds, we see laid out before us a huge forest.

And in this forest are some very large long trenches which have been dug, and men women and children are ordered to line up along the trench, where the Nazi’s are going to machine gun, or shoot them, so that they fall into the trench, which is already half filled with victims.

After these people die they will be able to see you, and you can telepathically tell them that the way to heaven is through the white light doorway, which is there for them to see. Or whatever you are guided to say or do, guided by your guides.

I will leave you now to send love to these victims as you help them to the light.”
“I want you to now finish helping or talking to the spirits on your meditation, and leave when you think you can. Fly back across the world, forward in time, back to this room. My guides want you to now ask your higher-selves if they want you to keep your angel wings, or not. Then I want you to come back now, take three deep breaths, stretch out if you want.”

FAYE’S MEDITATION EXPERIENCE

(Faye) “I said, ‘I really want to help today.’ So when I got there. I went to the corner, and there was a little tiny old lady, she was just huddled up in the corner all by herself, and she was cold, and I said,

‘Come with me and I'll help you now, and I'll make you nice and warm.’ But she said, ‘But I can't walk.’ So I went down and lifted her up, and flew up to the light, and as she was talking, you know, nodding her head and smiling, she was very happy. So I said, ‘I will leave you here.’ And they (guides) said,

‘Now, there's quite a few children down here, all by themselves, we really want you to do a lot for them today.’ For they were crying and scared, so I said, ‘You all stand together, and I'll put the light right around you, and lift you, and take you to safety.’ And they said, ‘Yes, we'll go with you, we feel safe.’ So I flew them over to the light, and I said, ‘Are you happy now? And they said,

‘Yes, we are happy, we'll go.’ And it happened again with some men, I did the same thing, there was about ten of them, and then there was another older lady, but they were all really cold, very very cold.

So I thought, ‘If I put the light through you, will you feel the warmth? You come with me.’ and they were all happy, and they left. Then when you said come back, I said, ‘Shall I take my wings off now? And they said,

‘No, you've earned those, you've done a lot of hard work, and you’ve really earned those. We want you to keep them, and you stay with them.’”
(Shelly) “I got to the Forest, and I helped one, and he went into the light, and then my attention was drawn to this young Nazi, who was blonde. And I tried to go back and help others, but I kept being drawn to him. And I asked my higher-self, why? And he said,

‘That was you,’ and he said, ‘What you’ve got to learn from his, is this person, who was you, was swept away with the hysteria of Nazism, and before he got involved in it, he had a lack of identity, and was a rather weak-willed person. And when Nazism came around, it provided him with an identity, and a sense of power.’”

“And he thought he was doing the right thing, because Hitler and everyone else thought they were doing the right thing.”

(Shelly) “Yes, and besides that he actually enjoyed the power of being able to kill the Jews. It gave him a real buzz, and a sense of superiority, the pure race, or whatever.’ I said, ‘What do I have to learn from this? And my higher-self said,

‘You're still lacking in a sense of identity, and can very easily be swayed by anything that comes along. You have to develop a strong sense of who you are, and what you believe in, and also release a sense of superiority, that seems to have lingered on from that life-time.

Actually, he shot himself in the end, when the war ended, and it wasn't because he felt he'd done wrong, it was just because he had nothing left to live for, you know, his power and sense of superiority was gone.’”

(Faye) “She must have reincarnated reasonably quickly, then?”

“No, never judge by that, because she could have had many life-times at different time zones, between that life-time and this one.”

(Faye) “That's right.”

“This was for your benefit, mostly, Shelly. But I didn't know it was for you, but I did know that some of you would be
having past lives, either as a Jew, or a Nazi, but I wasn't meant to mention that before you had done the meditation.

Because you will believe it more, without any suggestion from me, and it's only to awaken more understanding about yourself.

You can ask your higher-self, Shelly, if you have to release anything from that life-time, that we can do another time?”

(Shelly) “Yes, I did, and I remember this came up in another past life session, this sense of arrogant superiority.”

“The little boy life, remember?”

(Shelly) “Yes, that's right.”

“So, later on, we can release that in the private therapy session, if your higher-self wants you to go back and release the list of things that needs to be released.

But it was just an introduction, to help you understand that no one suggested to you, that it was going to be a past life type meditation, and you weren't looking for one of your past lives.

So this is more proof that even without suggestion, you were told by your higher-self that it was one of your past lives.”

(Shelly) “Yes, I actually tried to go back and help the others, but I just kept on being drawn to this Nazi.”

“Yes, because your higher-self wanted you to learn that important thing, for you to accept...”

(Shelly) “Yes, so I eventually accepted, and said okay, and learned more about it.”

“That's right, when a person has conditioning from the past, like that superiority, it's still there, because the subconscious doesn't understand that it isn’t superiority, and when you saw who you were, then your conscious mind can deprogram that subconscious belief in superiority, because you know it isn't superior..

But if you hadn't known who you were, your
subconscious mind couldn't deprogram its beliefs about that superiority, because our present life attitudes of what the Nazis did, are very different, and can cancel out the subconscious memory of the belief of superiority.

And thus releases the subconscious feeling of superiority that had been affecting you.

You see the memory in the subconscious mind, of the reasons for the superiority, believes it was right. But the conscious mind now, communicating with the subconscious mind, is literally saying, ‘It wasn't right, you weren't superior,’ and that diffuses that belief.”

(Shelly) “Yes, that sense of superiority was completely irrational, still lingers on. I obviously have to diffuse that.”

“Well, we do a bit at a time; you know there’s a lot to work on.”

(Shelly) “It's weird; I’ve got a really weird sense of superiority, and really warped sense of inferiority, a strange combination.”

**VERA’S MEDITATION EXPERIENCE**

(Vera) “I was in the Black Forest, and then I saw the big pit, and the people in there. I helped, an old looking lady to her relatives, and a little boy with a really golden hair, and then a middle-aged man.

And then they said, not to help any more people, just to get up on the hill and pray for their souls. I went up on the hill and it was like a big crystal, sitting up there, glowing, and then it started to spin like a top, and it went down over the pit, and hovered there for quite a long time, and was flowing the energies, and healing their souls. Then after a while I said, ‘Could I go? And they said,

‘Yes, you can go now, because you’ve healed a lot of people here, today, and you’re very tired.’ And then I floated up in the crystal, and then I came back, and they said,

‘Take your wings off, for the time being, but you'll need them again.’”
(Julia) “When I got there, I sort of had to imagine it all, and then nothing was happening. So I said to my higher-self, ‘can you give me some answers? I got the thought, ‘I am in the pit.’’ Well, that was all right, it didn't frighten me, or anything, and I was waiting for some more, and I said, ‘Is there anything more to learn? Is there anything more to tell me?’ And I couldn't get anything else. That was it.”

“Yes, well, the actual description of the experience, then you finding out that you were one of the people who were killed, is helping to release stuff from the subconscious mind.

It just so happens that what you are experiencing consciously, like my description of the meditation, and the other students descriptions, is having a far greater affect on your subconscious memories of that life, in the process of releasing any unresolved feelings or conditioning.

If your higher-self thinks that you can’t handle the memories consciously, because it may cause one or more negative reactions to you, or your emotional body, then you will only be told a few details.

You see, when we do past life therapy, if the higher-self feels it's necessary before the session, then we do certain exercises with the chakras, and body swapping of your emotional or mental body with mine.

Then if you are shown the past life scenes, your emotional body’s memory isn't shown the scenes, to have any emotional reaction, which can affect your physical body, because your emotional body would be in mine, and I'm not seeing the memory, so you can’t trigger off any emotional reaction in your emotional body.

But your conscious mind can see the scenes, and then defuse, the emotional body’s trauma or conditioning, as it downloads the scenes into your emotional body, which is
temporarily residing in mine, where my other bodies can soothe and dampen down, any emotional reaction, which may flare up until it is released.

Spirit have many ways around a student or patient, from experiencing any shocks, when it comes to past life therapy.

For example, if you put your hand under the cold tap in the summer, the shock makes you pull away, then if you put your hand under the tap when it is warm water. And then turning slowly to cold, you will not experience the shock and can accept the cold water, and leave your hand there.

But some of the students past life memories are like the cold water, and they cannot be made warmer, but what spirit are doing is in a way anaesthetising you, so that there'll be no shock felt by you.

By allowing the cold past life memory to be warmed up, as it comes across to me, and thus into your emotional body, where very often it is most needed, for the releasing process. Fay and Shelly know what I'm talking about.”

(Faye) “Your heart started to race when Raymond said what we were going to do today, so there still must be a fear there.

(Julia) “Yes, I got a jolt in my heart; you know a fear thing, just a quick one. So, that was just telling me that I was in that situation, and I did have a Jewish past life. So if I wanted to go into it further, I'd have to do past life therapy?”

“It depends on what trauma's need to be released, because I don't say you’ve got to do this, or you’ve got to do that, because sometimes a person's higher-self doesn't want you to, because as you know, this came up for mostly Shelly's benefit, and you've only incidentally found out about one of your past life-timess.

You work with your higher-self, but it has to be gone into in more detail, like I do in past life therapy. It's a bit more involved. I am being told that you are to channel first, so you might get some answers.”
The first spirit, who Julia channelled, was Frederick, who was 11 years old, and was rescued by Elizabeth in the white light. The next spirit was Elijah, Julia's guide.

“Why is it you want Julia to do more rescues, is it to keep 
raising her vibrations?”

“Yes.” “Because her vibrations are low?”

“Yes.”

“The communication with guides and her higher-self will 
increase as her vibrations rise, won't they?”

“Yes.”

“The life-time where she died in the Forest, is that one of 
Julia's past life-times?”

“Yes.”

“Is there anything to be released, any traumas from that life, 
afflicting this one?”

“Yes and no.”

“Can you explain firstly, ‘Yes,’ and then the ‘No?’”

“No.”

“Will today's experience help defuse that life-time?”

“Yes.” “Is there anything else you want to say?”

“Love yourself, don't worry, and put it behind you.”

“These messages are for Julia, aren't they?”

“Yes.”

“This meditation was told to me to do for lots of reasons, 
wasn't it?”

“Yes.” “Julia’s was one of the reasons, wasn't it?”

“Yes.” “And Shelly's was another reason?”

“Yes.” “Everyone has learned things from it?”

“Yes.”

“Is this to help the students understand that doing 
meditations like this is also helping them grow in their own 
individual way?”

“It is.”
“And following the guidance of spirit is very important?”
   “It is.”
“And that individuals sometimes can only understand and cope with a little, and some students can cope with a lot, isn't this true?”
   “This is true.”
“So, I noticed with Julia, that you only seem to be giving her small experiences every week. Is this because she can only cope with, and handle a little, at this stage?”
   “Yes.”
“That's okay. Some people it takes longer for them to digest all this, don't they?”
   “Yes. She's growing.”
“And the effects of the digestion, is to expand consciousness, and release fears, and stuff like this, isn't it?”
   “Yes.”
“And individuals do that at different speeds, don't they?”
   “Yes.”
“I'm just letting Julia know that she's not failing, she's not slow.”
   “She's not worried.”
“I just thought she might not have thought she was getting enough, consciously, you know?”
   “She has faith in the future.”

SHELLY AS THE CHANNEL

The first spirit Shelly channelled was a rescue, but the next spirit, whose name was Tristan, was very interesting. “How old are you?”
   “I have no age.” “Are you a guide?”
   “I think so.” “How long have you been with Shelly?”
   “The last few weeks. I think I am a guide, but I'm confused, I seem to be young.”
“Did someone come and ask you to help Shelly, before you came to Shelly?”
"I was directed to Shelly."

"Have you known Shelly before, in previous life-times?"

"No, I haven't. I was directed to her, because to give her some faith."  "In herself?"

"Yes, and her capacity and strength should grow."

"To help her grow?"

"Yes."  "Have you a lot of faith and strength, Tristan?"

"Yes, I do."  "From past life-times, I suppose?"

"Yes, I have only recently graduated to become a guide. So, I did overcome some burdens, which gave me strength."

"And faith?"

"Yes."

"Have you experienced similar past life-times to Shelly?"

"Yes, I have."

"So you can help her understand, and accept Shelly easier?"

"Yes, I understand her quite well."

"So, you are motivated to help Shelly very strongly, because of your similar past life-times?"

"Yes, I want her to know that I'm with her, because she feels very alone."

"You will be with her for the period of time she needs you, to get stronger with faith?"

"Yes."  "What faith is this, do you want to tell her?"

"Yes, I'd like to tell her. It's faith in yourself, it's very low, and the notice of that faith is mirrored in the world. Once you have more faith in yourself, it will be reflected in the world."

"You were talking about Shelly's world, aren't you?"

"Yes."  "What she looks at?"

"The way she perceives the world."

"The world she looks at, mirrors herself?"

"That's right, but she sees it as a horrible dangerous place. She doesn't want to be here at all, and I want to help her concerns with being here. I don't think she's accepted the fact that she's here, she rebels against it."

"She's a very well loved spirit, though, isn't she?"
“Yes, she is.”
“And she's got capacities and strengths that she's not aware of, hasn't she?”
“Yes. She has, although she knows it, but she will deny it. She's loath to admit it.”
“That's part of her problem, though, isn't it?”
“Yes, that's the crux of her problem, stubbornness.”
“She's a very highly evolves soul, just gone through a few bad experiences that’s crushed her spirit.”
“Yes.” “And needs to be healed in the right way?”
“That's right.”
“But then again, it's like when a highly evolved spirit gets out of control, and the power goes to the head, and the ego comes in, and the stubbornness comes in, and this is where...”
“The strength has gone haywire, gone in the wrong direction, and it's hurting her, and it's becoming dangerous, actually. That strength is on a level that it could become dangerous, either to her, or people around her. It has to be re-channelled.”
“Yes, it's like she's had the power, but she’s not known right or wrong, she's done the wrong things in past life-times, and all that conditioning is affecting her, isn't it?”
“Yes.”
“And she needs to be channelled back to doing the right thing, and having more control over her power and energies?”
“Yes.” “Because I’m high on ethics, in my classes.”
“Yes.”
“Ethical details, as well. Where a lot of teachers are not following the details too well, are they?”
“No, Shelly's got faith in you.”
“Which will help her accept and grow more with what she experiences?”
“Yes. I just want to let Shelly know that she is not alone, in what she’s been feeling, and that there are others around looking
after her, and she'll get there.”

“Jesus is helping her as well, isn't he?
   Yes, he is. Well, that's all for now.

My guides and I have decided to leave Vera’s channelling for the second disc volume, as Vera channelled the spirit of a person who is still alive, and because the spirit gave it’s age as 18, but the person she incarnated into at birth, is now 40 years old, you will have to wait until you have read about the phenomenon called ‘Walk-ins.’

Which will all be explained on the next disc, in volume two, where you will understand what the channelling spirits, my students and I are talking about. As all these students are quite familiar with these concepts, as they all have the volume two text book.

Fay channelled next, but my questions and answers about Vera’s channelling spirit, will also be left for the second volume, where all of it will be added to a chapter on the subject, just like this class night from five years after I printed volume one, has been inserted in this chapter.

FAYE AS THE CHANNEL

Faye first channelled an old man called Charlie, who had been with Faye for a long time.

“What attracted you to Faye?”
“She needed help.”
“How have you been helping Faye?”
“Talking to her, making her realise that she has to listen to me, listen to herself, to know I'm here. I'm her guide.”
“Is there anything you want to say to Faye, or anyone else?”
“Just to tell Shelly to keep with what she's doing, she's going to come on fine. She has to start listening to herself, and realise that the voices that she's hearing, are her guides who are here to help her, and to listen very carefully.”
“Any message for Julia?”
“She's doing fine, and what happened today, was just showing her fear, and not be afraid of it. To show you that you can overcome it, and she is overcoming it.

There is still a little bit of fear there, but as the classes
develop, that will go, anyhow, and she knows that. She can start to feel that now in herself.

She's begun this week to really start to believe in herself. She's starting to listen now to what she's been told, too. They're very happy with her.”

“Anything about past-life therapy?”

“It would help. Just something about fears, they're trying to say something, why not to fear, that it's going to be covered. Raymond will cover it and it will come out in the next meditation.

Something about that you have nothing to fear, there is absolutely nothing to fear, but it will be covered anyhow, so it's not worth doing it, because it's going to be covered, anyhow.”

“I sort of a prepare you all, in a way to stop the fear. So it defuses the fears before they get started.”

“That's right.”

“I don't shock you, I don't do things for a shock affects.”

“No, no.”

“I forewarn you when I know there's going to be an affect that could be shocking.”

“What Raymond is told to do, will have an effect on all of us, but it is what has to happen, anyhow, so, you are not to worry.”

“It helps, it works, and it releases the fears subconsciously.”

“That's right, it all works, anyhow.”

“And the other students describing their experiences, they all contribute to removing the fears as well, don't they?”

“That's all in your learning.”

“It's the fear of the unknown, is stronger, but when the unknown is revealed in great detail, in the right way, and it removes the fears.”

“That's right.”

“That's the way it works with certain fears.”

“That's what they are just saying, listen to everything Raymond tells you.”

“Any message for Vera?”

“Your guides are saying, Vera, you have to start doing something with your life, you're stagnating, and you have to get on with your life. What you are doing now, is not getting you
anywhere. You have to start putting things into gear. You have to start proceedings, what you are doing isn't helping you with your growth.

You need to start to be out on your own, so that you can show a growth within yourself. And until you can get the growth within yourself, that is when your powers will start to come.

You are doing very well, but when you're on your own two feet, you will do much better.”

I have found that because these advanced students had read approximately 700 pages of the first two volume text books, and they were all practising channelling to help each other, they understand that I have no need to channel, unless I am told by spirit that they want me to, and besides they know of my reluctance for the teacher, per say, channelling like a Guru, from the big example you will come to read later in this volume.

And besides when the students are experiencing so much on their meditations and with their channelling practise, we would rather the students take up the time of the class-night with their own practise, than me channelling, which I had been doing for five years already.

My guides say the biggest problem they have with teachers of this kind of thing, is that many of the teachers set up their classes, consciously or subconsciously, for the students to be dependent on the teacher, so that the students keep attending the classes, to either boost the teachers ego, or the teacher desires the fees of the students, which also interferes with the numbers of students in each class.

But my past life conditioning is in a way very suited to keep my number of students low in each class, and my very strong aversion to lecture channelling, because I am afraid of my own mind channelling my beliefs, which not only tend to set the belief in concrete, and students are less likely to question or expand on a belief if it came supposedly from spirit in the course of a lecture channelling source, as many students, as I have observed, can be taken in by a smooth talker, or channeller.