

THE
AWAKENING
OF AN ANGEL
STUDENT SHELLY

PART 2

EXTRACTS FROM VOL 5

CHAPTERS 40 - 58

RAYMOND WILLIAM SHORE

After volume 1 had been free on the web for over 12 months, and I received no voluntary contributions to finance any further work or travel expenses, I have decided to release the rest of these volumes to be only available on my website, so that if it becomes popular I can earn advertising income if voluntary contributions continue at this rate.

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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, CONNECTED WITH PREVIOUS PAST LIVES AND DEVELOPMENT, FROM PREVIOUS CLASS CHAPTERS, IT'S BECAUSE THOSE EXPERIENCES OR DEVELOPMENT HAVE BEEN EXPLAINED IN THOSE CHAPTERS WHICH WEREN'T READ.

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PARTIAL VOLUME 5
STUDENT'S ATTENDANCE LOCATION
PART 1

CLAUDE (1/6)

JULIA (2/4/7/10/12/14/18/20/21/22/37) **MARIE** (2/4/7)

CATARINA (2) **KRYTHIA** (30) **TIFFANY** (4/7)

ALFRED (13/16/18) **FAYE** (7/10/12/14/16/18/20/21/22

(23/24/25/26/27/28/33/34/35/36/37/38/39) **OLGA** (2/4)

JENNY & LORRAINE (2/4) **VERA** 10/12/14/16/20/21/22)

(23/25/26/27/28/29/30/31/32/33/34/35/36/37/38/39)

SHELLY 18/20/22/23/24/25/26/27/28/29/30/32/34/35/36/37)

(38/39/

PART 2

SHELLY 41/42/43/44/45/46/48/49/50/51/52/53/54)

INDIRA (40/41/42/44/46/50) **MARCIA** (40/41)

RODERICK (41/42/43) **JILLIAN & EMELIA** (40/41)

RACHEL (47/48/49/50/52/53/54/55/56/57) **MINA** (56)

PAULA (47/48/49/50/51/52/53/55/56) **JUSTINE** (45/46)

LUCY (47/48/49/50/51/52/53/54/58) **TATIANA** (55/56)

(40)

HEALING CLASS 17/9/91

JILLIAN, INDIRA, EMELIA, AND MARCIA

MEETING YOUR HIGHER-SELF AND GUIDE MEDITATION +
ATLANTEAN HEALING TEMPLE BY THE NILE MEDITATION

“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 your higher-self, 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 higher-self 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? (Brief pause)

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? (Brief pause)

As you see more of your higher-self, you now start seeing the middle of your higher-self, the midriff. Is the person fat or thin, large or small; is the person an adult or a child? What kind of clothes are they wearing? (Brief pause)

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. (Brief pause)

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? (Brief pause)

Say hello to your higher-self, you can talk to them

(5)

mentally, ask questions if you like. You can ask your higher-self, why they appear in this form? They will not look like you; they usually appear very different from you, so you can feel the difference later.

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 higher-self 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. (Brief pause)

After a while they will step out of your body, and you can go for a walk with your higher-self, if you want to ask if your higher-self has a name? Find out the name, so that you can speak to him or her, at another time.

If you look above your higher-self, you may see the Halo, it could be any colour at this point, and coloured rays coming out of our from it, as well as the aura of, your higher-self. Ask your higher-self, if your contact with him or her is going to get stronger?"

(Approximately ten to fifteen minutes silence)

"Now I want you to thank your higher-self, and I want you to come back now, your higher-self is still with you.

Come back to this reality, take three deep breaths, stretch out if you want."

INDIRA'S MEDITATION EXPERIENCE

(Indira) "When you said, 'Ask the name,' Margaret came into my mind, then it was like,

'Don't worry, everything will be alright.'

"Ask your higher-self why you didn't see them."

MARCIA'S MEDITATION EXPERIENCE

(Marcia) “I kept on getting three names, first it was Jane, then it was Shane, then it was Caine. And I couldn't work out which name I wanted to hear.”

“Ask if it's Jane, if it's yes or no, and go from there.”

(Marcia) “Keep going to the next one?”

“Yes, until you get a ‘Yes,’ that's the way to do it.”

(Marcia) “But I just felt like laughing, like it was as if they were laughing at me because I couldn't work it out, because it was all so familiar, like Jane and Shane, and then it was Caine, and I felt like I was rolling, like I'm rolling my hands now, but I felt I was rolling them over in my mind, trying to work it out, and I was laughing inside trying to work out which one it was.”

“You can still find out, you can still ask which one it is.”

(Marcia) “It was as if someone was saying, ‘You're stupid,’ you know, like, ‘Can't you understand what I'm trying to tell you?’

(As a beginner your higher-self or Guides would not put you down by saying, *‘You're stupid,’* and

‘Can't you understand what I'm trying to tell you?’

So be aware that you're own beliefs about yourself are your biggest obstacle to your development, as if you believe your higher-self said those words then you might subconsciously not trust yourself or want to say what you perceive, in case you think your higher-self will say, ‘You're stupid.’ Also it erects a form of barrier to your higher-self.

One of the reasons past (life) therapy is so important, not just for patients but for students, is for just this type of thing. How many of us have been told, ‘You're stupid, can't you understand what I'm trying to tell you.’

Maybe from a husband, boyfriend, mother, father, or maybe a mother has been told this repeatedly while the baby was still in the womb, or in its early childhood, or in a past life.

My Guides say this is very important that I told you all of this.)

ATLANTEAN HEALING TEMPLE BY THE NILE MEDITATION

“We are going to go back in time tonight, go back thousands and thousands of years to just after the fall of Atlantis, the last great cataclysm. We are going to go to Egypt.

We are walking along beside the Nile. Children are playing in the villages and there are dhow’s sailing on the River. This is a time before the pyramids and the sphinx.

We are visiting an outpost of the great civilisation of Atlantis. In the distance beside the river, on the other side of the village, we can see a beautiful healing Temple which was built by the Atlanteans. As we walk through the village we see that the people are happy, and are used to visitors to the temple. As we get closer to the temple you can see that the building is constructed with a kind of pink marble. As we go up the steps, we see our guides waiting at the entrance, waving to us. We now all put on white robes.

The halls and courtyards are all open to the sky. Its midday, the sun is directly overhead. As we walk down the corridors, we can see the priests and priestesses ministering to visitors of the temple. There are rooms off the corridors, with couches in them, we look in through the doorways, and we see that they are each illuminated by a different colour, because there are coloured crystals embedded in the ceilings, with each room having a different coloured crystal, one color for each room.

Now, I want you to choose a coloured room that takes your fancy, go to the healer waiting at the door and ask if you can be shown the healing cure that is appropriate for that coloured room. If the healer indicates, ‘No.’ Maybe your guides or higher-self want you to try a different colour for your development. I will leave you now, to talk to the healers.” (Approximately ten to fifteen minutes silence)

“I want you to now thank the temple healer who you have been learning from, and leave the temple. Walk down the temple steps to a large boat moored to the steps, and when we

all get on board the boat leaves the dock and starts going faster and faster, until it starts to rise and flies us all back to this room. Resume your seat, come back now, take three deep breaths, have stretch if you want to.”

MARCIA'S MEDITATION EXPERIENCE

(Marcia) “First of all when I was going along the paths to the Temple, but something was holding me, I was like swaying but I was trying to go backwards because I didn't want to go where they were sending me, and there were children everywhere, and we were all playing, and I know I wanted to be with them but I couldn't, and they were saying,

'No, come with me, come with me,' and I'm going right up this path, and then before you even said, 'Think of a colour,' really bright yellow came into me, and it was just like a big light, but it got brighter as I was going along this path, and I wanted to go to this door, and they were saying,

'No, you come this way.' And I'm going, 'No, I want to play, I want to go back.' And I kept on going, and I was going to this place which was higher and higher, and I was going right up, and I got 'Isis.' They said,

'Isis, you come.' And then the sun was there, and then people were saying to me,

'You look after the children,' but I kept on getting 'Isis,' it was like a Goddess or God, or someone higher, and then when I got to the top someone kept on saying,

'You worship the Sun, you worship the Sun,' to me, and then there were fields, and it was a symbol someone was trying to give me, like a crook, or a hook, or an Ankh. But it was a symbol like that, but it was like a hoe, sort of like that, but it wasn't, and then I didn't want to come back, where I was going. But it just seemed to deal with everything like growth, like fields or planting, but the Sun came right into it. I feel like I've been there though, it was just so vivid that I have been there.

When you were telling me to step up, like the stairs, I could feel my feet going up these stairs. I also remember I was getting washed, and people were putting clothes on me.”

“It seemed to me that you were being washed because you were special.”

(Marcia) “But I felt, it was like I didn’t want to grow, I wanted to be with the children playing, but I wasn’t allowed to, that I was getting taken away from...”

“You see if you can ask your higher-self if you were a child, and you were taken from childhood to be into the Temple, that might explain why you wanted to be a child, because this might be a past life memory of being taken as a child to go into the Temple, because they took them pretty young in those days. I don’t want to suggest anything, but what do you Emelia think about that?”

EMELIA’S MEDITATION EXPERIENCE

(Emelia) “I asked my higher-self why I didn’t see anything tonight, and the message I got was,

‘It’s not time, you’re not ready.’ I went up to the Temple and the first colour I was drawn to was pink. So I went into the room that was pink and I lay down and I asked them why I was drawn to this pink room, and the Guide said,

‘Because it’s for peace,’ and I said, ‘But I thought white was for peace,’ and they said,

‘You can make it any colour you want.’”

“They said ‘you’ can make it any colour ‘you’ want.”

(Emelia) “Yes.”

“Their colour for peace is pink, because pink is love.”

(Emelia) “So then they said,

‘You can go now.’ So then I thought, ‘I want to go to the blue.’ Because when I’d seen someone before, (In spirit) when I was in church, and I saw someone, they had a beautiful blue Jumper on. So I wanted to know who that person was, that person I saw.

So I wanted to know who was that person, so I asked the Guide in the blue room who it was, and they said,

‘That’s your Guide.’ So I asked, ‘Will you speak to me, will you give me a message?’ and they said,

‘Yes, but in time.’”

2012 INSERT. Indira has lived in Australia from early childhood, and is of Indian descent, and came to me for private sessions, because she told me that she physically felt she was being sexually interfered with by previous boyfriends, but my Guides told me that because of Indira keeping her virginity, because of her culture, it was having the side-effect of her astral body seeking sex astrally with men she had come across in her life.

And just like Claude, Indira was unaware of her astral body’s sexual activity. Also she was emotionally obsessed with these men like a crush, but they were not aware of her crushes on them.

But her conscious mind and physical body was feeling these sexual encounters as interference, and the astral spirits of these men were also caught up in desires for Indira’s astral body.

My Guides at the same time told me I wasn’t to tell Indira all this, but allow her to learn all this through her development, but they said I needed to be put in the picture because I will get misled by Indira’s beliefs about this interference.

She also refused for me to tape her private sessions so I have trouble remembering what she was learning in these private past life therapy sessions.

INDIRA’S MEDITATION EXPERIENCE

(Indira) “I went on a grey aeroplane to the banks of a Nile, then I went into this room, and it was about this guy Glen again, and it was sort of like all that hurt, and it was like having an affair with him.

And I thought the whole thing was my imagination, and the Guide told me that it wasn’t my imagination, like having an affair with somebody’s spirit.

Like the feelings that I had towards Glen, because there was hardly any conversation, it was more of with his spirit, rather than with him.

Then red light was upon me and that took away a lot of the pain, and then I was driven to this room, was blue, and it had independence and freedom in it.”

“That’s what you need.”

(Indira) “That’s what I need, yes, and I chose that room, and then I’m doing Yoga with this Yoga Teacher, (Philip) like his astral body keeps on visiting me, and the Guide and my higher-self actually told him to leave me alone, and he was refusing.

Then I chose independence and freedom rather than actually being in a relationship, and he was just refusing to leave me alone, and his higher-self was saying that he doesn’t want to, and my higher-self was saying just to leave me alone.

There was no verbal communication with him either, and he’s presently going out with someone else. Then I leave and say goodbye, and he refuses to say goodbye, and then I came back on the plane.”

“Yes, your higher-self is always here, you know that.”

(Indira) “Yes.”

“Ask your higher-self if you can do the mirror exercise that I’ve been shown to get him to stop interfering with you.”

(Indira) “Yes, that would be great.”

“Put a two-way mirror around the outside of your aura so you can see out, but they can’t see in, but your Guides and higher-self can come and go through the mirror, but no-one else will see you or know how to get in. Ask your higher-self if that will work and keep him away.”

(Indira) “She says that will help.”

JILLIAN’S MEDITATION EXPERIENCE

(Jillian) “I saw one golden amber room, and whenever I went out all the other rooms were black, and I kept being drawn back to this golden amber room. The only sensations I felt, was being drawn back to it all the time.”

“You needed that colour, so they got you into that room for that colour.”

(Emelia) “I just asked while you were talking, I asked what I saw and heard tonight, was I making that up in my own mind, and they said,
‘No, believe in you inner-self.’ That’s what they kept saying over and over again.”

MARCIA AS THE CHANNEL, FIRST TIME

Marcia channelled Jane an 11 year old who came with Emelia, who she met yesterday. She had been looking for someone to play with. Some children came through the white light to play with Jane, and played the Black Death nursery rhyme.

But she wouldn’t go into the white light to play with the children because her mother wouldn’t let her, but her mother wasn’t here and Jane hadn’t been looking for her.

She started to cry at this point and was missing Larry. I then arranged for Larry to come through the white light to Jane, who said to Jane,

‘Don’t worry, I’m happy.’ Jane then said that Larry wanted her to so with him, and was duly rescued.

(Marcia) “She was singing all the time songs. I saw a lot of children playing; it was a long long time ago. It was like I was in a different country.”

“They bring children for you to channel so that you don’t get scared of channelling.”

(Marcia) “Oh look, I’ve got tears running down my eyes.”

EMELIA AS THE CHANNEL, FIRST TIME

Emelia channelled Margaret who started to cry, and said she was looking for her 14 year old daughter, Mary, who came skipping from the white light and said,

‘Come on mummy.’ Who went into the white light with her.

INDIRA AS THE CHANNEL, FIRST TIME

Indira channelled Greg who said he was 26, and said someone from another planet brought him here tonight. He said he was a friend of Indira's."

"How do you know they were from another planet?"

"Because my spirit's just come from another planet.

I've known Indira in past lifetimes. I'd like to tell Indira not to worry about anything, and that her life will work out. She's going through a spiritual healing time, and she should make the most of it and get herself together, and get her life together, and work out what she wants to do with her life, without depending on anyone, and she's capable of doing it, but it will take her some while.

I just want to tell her not to worry about anything. I was one of her friends at school in a past lifetime, and we used to have a good time together, and she was extremely intelligent, and she's very worried about not using her intellect at the moment, and just focussing on her feelings, but it's just a phase that she's going through, and she'll be alright in a while."

"How did you get the call to come to Indira, Greg?"

"By God."

"To give her some help?"

"Yes."

"Are these classes good for her therapy?"

"Yes, they are, they're very good for her therapy, and help balance her out. These therapy sessions are very good and that you are a good Teacher. All I basically came to say is just to tell her that her life will work out, but it will just take a while before it does."

(Emelia) "Someone told me before, to tell you don't worry about anything because everything is going to be alright, and to be happy because you have a very happy face.

Things have been getting better in the last three weeks, things have improved so much. Three weeks ago, changing all the time, getting rid of the old person, gone away."

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HEALING CLASS 24/9/91

JILLIAN, INDIRA, EMELIA, MARCIA, SHELLY & RODERICK
BASIC CHAKRA + SHANGRI-LA MEDITATION

“Tonight I want you to visualise a large river set in the forest. In the distance is the Himalayan mountain range. On the banks of the River are Indian temples and ashrams. We are now travelling towards the mountains, leaving the river behind. As we climb into the mountains we put on warm ski clothing.

We are now approaching a narrow pass, high in the mountains. There are ropes fastened on to the walls of the pass, as it is very windy up here. As we walk around the bend in the pass, it widens into a beautiful green valley where pink cherry blossom trees are scattered across the rich green grass.

As we walk down the path, into the valley, children and animals are playing under the trees. In the distance, atop a hill, surrounded by terraces of hanging Gardens, is a beautiful shining temple, with a gold dome roof, reflecting the Sun.

We climb the steps up through the hanging gardens and through the gates into the temple, where we see rows of seats facing a stage. Find a seat and sit down.

On the stage a bright light is going to appear, and as your eyes get accustomed to it, a Master is appearing in it. He's going to speak to us individually about the changes in the future for ourselves and the world. We will leave you in silence so you can hear what he says to you.”

(Approximately ten to fifteen minutes silence)

“I wanted you to now thank the Master for what you have learned and leave the temple, and outside in the gardens, is a large magic flying carpet, waiting for you all to climb on board. Now it is rising and flying over the Himalayas, and now

(5)

across the city, and back to this room. Come back now.
Take three deep breaths, have a stretch if you want to.”

EMELIA’S MEDITATION EXPERIENCE

(Emelia) “I just thought, ‘I’m a horrible child.’”

“You’re not, are you?”

(Emelia) “I said, ‘I wasn’t.’ They said,

‘You’re a horrible child,’ but I’m not.”

“Who said that?”

(Emelia) “I don’t know, somebody said, someone didn’t like me, I don’t know why.”

“When did you get that, at the end?”

(Emelia) “Yes, right at the end.”

“Well, we’ll deal with that when the channelling comes up. You see if you’ve been going through a situation where you feel bad about yourself, then a spirit that has an inclination to like making people feel bad about themselves, might zoom into you and make you feel worse, maybe.

I wouldn’t be your Guides or higher-self, obviously, but it could be a spirit that has been with you for some time, but to help him he has to be here to get rid of him, for you to grow and learn that this can happen, otherwise your higher-self and Guides would have dealt with him and got rid of him.

(But that wouldn’t have helped you become aware of how you feel about yourself in your private situation.)

If your Guides and higher-self thought there was a good reason to let him be there for you to learn from his comments, then they are going to leave him there to say what he said.”

(I feel that he was there to turn up the flame, so to speak, to show you how much you believe what he said, which showed in how upset you got by the comment.

As you know both Indira and Shelly had become aware of their own reactions to certain situations, that gave them the push you could say, to overcome their reactions, by doing past life therapy where they are succeeding in healing their problems with the help of spirit showing them a larger picture, which helped change their emotional reaction to certain people or situations. I'll give you an easy example.

I'm sure all of us as kids while in bed at night, in the dark have seen a terrifying shape on the chair in the corner of the room which has frightened us, but when we switch the light on, like seeing the shape in clearer relation to everything else in the room, then we can see that it's just a dressing gown or a pile of clothes, which takes away our fear.

So life's situations are like that, and when we see more about the problem it can help us defuse our negative feelings, whatever they are.)

(These inserts was wasted on Emelia, as just like her namesake after tonight I never heard from her again, as she never came back for these transcripts. The reason Shelly's titles will be high-lighted is because her experiences and channelling were inserted in volume 1.)

ROD'S MEDITATION EXPERIENCE

(Rod) "I asked for some healing and I was told that I could have some healing but I could heal myself, and that I cause my own problems, and there was no need to feel a lot of what I'm feeling and going through, like continue to create for myself."

"You just need to find the key at the right time, in the right way to stop the problems."

SHELLY'S MEDITATION EXPERIENCE

(Shelly) "My higher-self, Martin, and my Guide were waiting at the Temple, and we all went in together, and I went in feeling really solemn, and sort of thinking, 'It's a Temple.' And I was sitting there watching this figure, and I was going, 'Oh well, hey, man, what a powerful Master.'"

But then all of a sudden he turned around and started doing a John Cleese silly walk, and doing back-flips, and then he was saying to me,

‘Lighten up, baby, lighten up, it's fun. You know, you take this too seriously.’

Then Jacob, my Guide, who is an old man with a bushy beard and a caftan, he got out there and started doing back-flips, and Martin got up there, and he was doing all sorts of contortions, and they were playing some really good music, and we all had a generally good time.

And I suppose the message was that it's fun. Fun is essential, and just because these Masters have reached the potential, they still, well, they have fun all the time.”

INDIRA’S MEDITATION EXPERIENCE

(Indira) “I sat in the chair with all my Guides and my Master, and he came and touched my feet, and he said,

‘You’ll be alright, you made a mistake with this guy called Glen, and do not revolve your life around the fact that Philip might break up with his girl friend.’ He’s my Yoga Teacher. *‘But to actually take his support and take your (Raymond) support as equal, and do not worry about being left alone in your life, because if people’s support diminishes, other people will come and take their place.*

So do not worry about anything and you will be successful in what you will do in your career, but I won’t give you any time or date.’ Because I’ve recently lost a job.”

MARCIA’S MEDITATION EXPERIENCE

(Marcia) “On the way up the mountain I started to feel really cold. I started to sneeze, then I was coming down the mountain. I could feel that there was someone with me, and you said,

‘Talk to them, or ask them questions,’ and I said, ‘Who are you?’ and he said,

‘You already know who I am, I’m your Guide,’ and I said, ‘Yes, but I can’t see you.’ And he said,

'You can't see me because it's not time for you to see me yet.' And I got a really heavy feeling around my head and shoulders. But what was more vivid than anything, was when we were doing the chakras, and you said the purple and all the petals, and it felt like something was opening right up for me there.

The colour red was real light and then orange I could feel a bit more of that. But as I was getting higher up, and when you said purple I could see petals everywhere, and he said to me,

'You'll learn a lot more.' And that's what the message was, but not to rush, more or less, just take my time, and that I'm not ready to see at the moment."

(This was also the last time Marcia was in the class, and she never picked up this night's transcripts)

EMELIA AS THE CHANNEL

Emelia channelled an old man who came here on his own tonight. He had been looking for Emelia. His grandmother came for him in the white light.

The next spirit was a man called Richard who was lost, who didn't want to open his eyes. I got him to accept someone from the white light holding his hands, but he still didn't open his eyes. He then accepted being led by the hands into the white light.

ROD AS THE CHANNEL, FIRST TIME

Rod channelled one of his Guides called Joseph.

"I love you."

SHELLY AS THE CHANNEL FOR MARTIN, (HIGHER-SELF)

"It's good to see that Shelly's perceiving an evolved spirit as something that can be fun, and doesn't have to be taken too seriously, because for everybody else, it can often be a daunting field, because you all have your own wounds."

So, I think that this message was intended for everybody. Just don't take it too seriously, because that's the way you erect blocks, and you cause yourself more pain in that way, eventually.

Shelly's deserved a bit of a break, so we get this meditation, and she's going pretty well. She's starting to feel stronger now, more confident, and it's going very well."

“Do you have any advice for what is happening with the other students?”

“Yes, recognise that your pain will go, as long as you're willing. You have to be willing to get rid of that pain; otherwise you are just perpetuating the situation, and actually causing more harm than good. So if you're here tonight, and not truly willing, which comes from the verb will, I will, then it might be a bit hard.

So, just realise as long as you put will in, you'll always get results, always, even if you don't think you will, which has come up behind you and taken you by surprise, because what you work for, you learn, and everyone here has got different potentials in their growth.

Some may be talented at one aspect or spiritual gift, and others may be talented at more passive gifts, such as being a source of love, which doesn't flaunt itself.

So if you see someone who you think is doing better than yourself, just realise that everyone's got their own role, their own resources and their own beauty, because comparison is not a good concept, because it all depends on the context of the situation, and your own problems and past lives.

So, just don't compare, and just have faith that as long as you will, and you are really prepared to work, then everything will happen, that's all.”

INDIRA AS THE CHANNEL

“Sarah, I'm a friend of yours, Raymond. I would like to say to you Raymond, to take things slowly, and to take good care of yourself and all your patients, and just to take things slowly in therapy sessions. That's all she wanted to say.”

MARCIA AS THE CHANNEL

Marcia channelled a man called Cain, who spoke last week. He said he had been with Marcia a long long time, and had been attracted to Marcia because he thought she was funny and happy.

He told us that there were a number of spirit children with Marcia and himself, and that they were happy and had also been with Marcia for a long time. He said they had been attracted to Marcia because she makes them happy, being around her.

He said they had no mothers and fathers, he also said they were listening to what I was saying. I told them to look in the white light for figures who were their parents, but the children couldn't see them, so I asked,

“Why not?”

“They want to stay happy.”

“Have the children been missing anyone?”

“No, they're all together, they're happy. Cain's looking after them, they're all right.” **“How long have you been with Marcia, Cain?”**

“A long long time.”

“Do these children arrive on their own?”

“Yes.”

“Cain, these children are children that have died and been earth-bound, and been attracted to Marcia and you Cain, and they won't progress if they stay with you and Marcia. You won't progress if you stay with Marcia, do you understand?”

“Yes.”

“And for you and the children's benefit the children need adults; they need to be taught, to grow up, to be allowed to grow up. At the moment they are staying the same with Marcia because they have no-one to teach them, do you understand?”

“Yes, but they are happy.”

“They will be happy when they go together to be taught by adults, like parents, to help them. They need balance, do you understand? for parents to bring them up. You can understand that, you were brought up by parents, weren't you, Cain?”

“Yes.”

“And these children need to be brought up by parents, otherwise they will stay the same, at the same age, they won’t change, but they will stay with Marcia.

Now these adults, the parent figures are in the white light behind me. You can see them, can’t you, Cain?”

“Yes.”

“Allow them to come closer, maybe one or two at a time to the children, and the children will recognise these parents, and just let them talk to these parents. Are they coming closer?”

“The children are saying that they want to stay.”

“But it’s not good for the children to stay. What are the parents saying?”

“They said, ‘You can come with us now, you should come.’”

“They can come back and visit Marcia as they are growing and learning things, and there is a whole adventurous world ahead of them, and they can come back and visit Marcia as they grow. Would they like that Idea?”

“Yes, they said that they’re happy.”

“Are their parents explaining this to them now?”

“Yes, Cain’s sad, he’s crying, sad.”

“Cain, you can go with the parents and children, and also grow and learn with them. You need to do that Cain; there is someone for you as well. Someone you will recognise in the white light. Can you see them, Cain?”

“Yes, it’s my sister.”

“Now everyone hold hands and go together into the white light and you’ll be able to grow and learn things and be happy. Are you going to go now with the children?”

“Yes, thank you.” “Bye bye, then.”

(Jillian didn’t speak or channel tonight, and she also never came back.)

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HEALING CLASS 1/10/91 INDIRA, RODERICK, AND SHELLY

I was guided by my Guides to take the students on the Medieval Europe Meditation, and Shelly was given a Castle Meditation before she came to the class, so spirit must have arranged the connection.

I didn't record Shelly's meditation in the original class transcripts as Indira was the only one who went on the meditation, and her experiences had nothing to do with Shelly's meditation. Also the channelling never referred to it either.

**MEDIEVAL EUROPE MEDITATION, THEN
SHELLY'S CASTLE MEDITATION**

“Tonight's, meditation is going to be a bit different, in that you can wander wherever you want, within the area that I'm taking you, so that you may be drawn to different things in the overall picture.

I want you to imagine you are walking down a country lane, and the countryside is set somewhere in Europe. As you walk down the country lane, in the distance, you can see a mediaeval village. As we come to the village, we see market stalls, public houses and all the life in the village going on around you. If ever you feel drawn to any area, just go and explore wherever you want to and just ignore the rest of the meditation.

As we walk through the village, we see in the distance that the village is a suburb of a large city, and you can see a large cathedral in the city, set in the mediaeval time. As we walk between the houses we see the peasants and soldiers walking in the streets.

If you feel drawn to the large cathedral, go to it. As we go past the cathedral, in the distance we see a castle on a

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hill. We will go up to the castle. There are guards stationed at the entrance to the castle, where there is a moat and drawbridge. You can go inside, if you want.

Inside the castle is a big hall, where people are feasting and drinking at long tables. A Jester is clowning around in the centre, and everyone is dressed in period costumes. There's a king and his Queen.

If you feel like wandering around the castle, into the rooms, you may do so. I leave you now to wander around, Medieval Europe.”

(Approximately ten to fifteen minutes silence)

“I want you to now return from wherever you have been wandering in mediaeval Europe. Come back through the village, and back down the country lane, and come back to this room. Come back now, take three deep breaths, have stretch if you want.”

SHELLY’S MEDITATION EXPERIENCE

(Shelly) “I got to the crossroads, and they were burying a young pregnant girl at the crossroads, who had killed herself. They tell me it was one of my past lives.”

“Why did she kill herself?”

(Shelly) “Because she was pregnant, she went to the priest and confessed. I saw this young girl of about 16 have a bit of a roll in the hay, and the fellow she thought she loved took off. And she had gone to the church and made a confession. The priest had said,

‘No, you have committed a great sin, and God will frown upon you, and you will go to hell.’ And he condemned me for bringing a child into the world in an impure way. So I think she was a pregnant girl, and she didn’t have much money.

So the thought of going to hell didn’t appeal to her very much, and she thought she was going to go to hell in one way or another, so she decided that she was living in hell here on Earth, so she killed herself.”

“How did she do that?” (I only asked if the method used may have had a traumatic affect on her, and may have needed releasing.)

(Shelly) “She hung herself, and when they were burying her the priest decided that the baby was innocent, and could be buried on consecrated ground, and she was watching this in spirit, and it was the same priest who was there blessing the baby, burying the baby.

So the baby spirit was still Earth-bound, so she got the baby spirit and they both went into the Cathedral and attached ourselves to the priest. I was really angry and upset, and felt guilty. Anyway I think he had those feelings as well, and we amplified them, and he was a reasonably...”

“Good priest.”

(Shelly) “Yes, well, you know, as far as they went with the conditioning and all that stuff. He was a pretty open-minded one, but with us there he started to get worse, and started ‘Hell and brimstone,’ preaching, and started really fearing hell, himself, and he was trying to impose them onto his congregation.

And they were scared out of their wits, and all the congregation became really spun... (out) They were already in great fear of hell, and after that they were even in more fear of hell, because he would get into half-hour long descriptions of how they’d be tortured and tossed on molten pitchforks into rivers of molten lava.

So he became hated, and you know how he always had the feeling of guilt at the back of his mind, which I was amplifying. I think that’s how he died, feeling those feelings and spinning out a lot of people along the way.

And I guess that made me feel bad, too, for having attached myself to him. I hadn’t thought of the congregation you see, revenge was on the priest. So I freed a lot of that stuff.”

“Did you consult you higher-self in what you had to release?”

(Shelly) “Yeah, yeah.” **“Have you released it all?”**

(Shelly) “Yep.”

“Did you ask Martin if anyone in that lifetime has incarnated anyone you know in this lifetime, like that priest?”

(Shelly) “No, I didn’t.”

“Who is the priest?”

(Shelly) “No, I don’t know.”

“Ask Martin.”

(Shelly) “Why, have you asked?”

“Yes.”

(Shelly) “Did you get an answer?”

“Yes.”

(Shelly) “And you know who it is?”

“Yes.”

(Shelly) “Well, I don’t know.” **“Well, what does Martin want to tell you, anything to release towards the priest?”**

(Shelly) “Yeah, I’ve released those things, I’ve been told what I am to release, and I can do them later. He said’

‘He’ll bring them back up.’”

“Does he want to tell you who the priest was?”

(Shelly) “He’s not telling me, so I suppose he doesn’t want to.”

“I’ll leave it until he wants to tell you, then.”

(It wasn’t me, but at the time Shelly’s higher-self didn’t want me to tell her who I was told the priest had incarnated into in this life. And even as I retype this in 2012, I asked if they want it explained here, and they said,

‘Yes, it will be alright and will make more sense to Shelly if she ever reads this.’ It was Shelly’s mother in this life.)

ROD’S MEDITATION EXPERIENCE

(Rod) “I didn’t see anything, but I did notice sometimes the focus behind my eyes became more intense.”

(Shelly) “It sounds like you felt energy behind your eyes, that could be a strengthening of your sight.”

INDIRA’S MEDITATION EXPERIENCE

(Indira) “There was a church and I saw Jesus Christ there, and then these Masters took me to a group of people that are another soul family, and I had been receiving contact from two people who weren’t going to break up with their girlfriends, or whatever.

And these people said that they would be willing to do the same for me as well. And I was taken to another soul family, and two more souls said they were willing to break up with their girlfriends.

Because if I ever needed a relationship, or if I wanted some companionship, and they said they had incarnations on Earth, and that’s when I stopped focussing on my meditation.”

“It sounds like you were in contact with their spirit’s, and they are just letting you know, because you were worried about ever getting a boyfriend.

They are just letting you know that spirit will arrange for you to get boyfriends at the right time. They like to ease a person’s worries so that they can get on with their own therapy and development, or releasing, and also letting you know that they are aware of your worries.”

INDIRA’S CASTLE MEDITATION EXPERIENCE

(Indira) “I was talking to a Guide and he was saying I was focussing too much on the male-female relationship, and I should be looking at all relationships rather than just one particular relationship.

Then I stopped talking and just went blank for about 15 or 20 seconds, and then I asked the Guide about dependency of my family at the moment, for money and support, and he said, but Shelly brought me back.”

INDIRA AS THE CHANNEL

“My name is Susan and I’m from a planet called Durga. I’ve been here to help Indira. Helping rescue spirits is very important for patients in Mental hospitals, to be able to actually help them relieve some of their discomfort, and some of their confusion in their minds, and it’s also useful for people with diseases and mental cancers and tumour, because it often makes their suffering worse.

That’s what we’ve learnt, anyway, and I’d like to tell her that she’s right in her perception that that’s what rescuing spirits is all about.”

ROD AS THE CHANNEL

“My name is Samuel. I am a permanent spirit, I’m very old.”

“What is the reason that you are here today?”

“To help Roderick.” “Have you known Rod from his past?”

“Yes, for a very long time.”

“In what area are you helping Rod?”

“To see.”

“Ah, psychically? To give him visions?”

“Yes.”

“What have you been doing behind his eyes tonight?”

“I’m helping to open his third-eye chakra.”

“How long does it take to do this with Rod, can you give any estimate?”

“It shouldn’t take very long, he is very gifted.”

“Who controls whether he develops this sight, his higher-self or you, Samuel?”

“Rod, himself, and his dedication, and his time spent in meditation, that will be the determining factor.”

“What’s your opinion of development classes here?”

“Very good, as most development classes are for those who wish to learn, and to grow. The very desire that they have will lead them to the place that will help them the most at the time.”

“Isn’t it true that not all growth in development classes is perceived through psychic perceptions, its growth through learning about other people’s growth as well, isn’t it?”

“Yes, yes.”

“And so as long as there is growth from others in the classes, it shows that it is a successful class, in a way?”

“Yes, this is true, and also just to attend sometimes is enough to prompt one to explore more of oneself. Sometimes it’s easier for one that can hear a little bit better than another, to say something to the other that was hearing himself, but was unsure of.”

Unsure whether or not it should have been spoken, and when another says it, it often makes it a little clearer for the person to mention it.”

“Rod is doing very well tonight, channelling, it’s more than he did last week.”

“Well, he’s always been able to hear, it’s just the confidence in himself. He needs to work on and to believe perhaps more in himself, in the abilities that he has, but we are all confident that he will.”

His body's very tired, lately he has begun to look after himself again, but his being tired spasmodically at times is something he doesn't understand why, it's rare for him. Yes, it's nothing to worry about at this stage."

SHELLY AS THE CHANNEL FOR MARTIN

"It's been... although there hasn't been any dramatic captivating displays of spirit tonight; it's actually been a very positive evening for us all. It's shown us that 'bad' can... actually more perceived 'bad,' can actually come 'good,' and knowledge, because without perceiving 'bad,' which is really fabrication, there can be no 'good' to rebound on the 'bad.'

'Good' must have something to rebound against, or there is no momentum. It's just like a reflection; it's a realization that there is 'bad,' and the nature of 'bad.' Therefore in examining the nature of perceived 'bad,' 'bad, in that we, our own, each individually in this room have got their own definitions of what's 'bad.'

There really is no 'bad,' 'bad' is just an instrument of... It's a tool to reflect 'good,' and so it's been good, it's been a positive evening. I think that the smaller group has given confidence to people in the room.

So we are really happy that these people are here, and they are persevering. It's always very daunting entering the realm of the unknown. It's a matter of courage, and you will never become what you have the potential to be if you don't have courage.

So we are very pleased that we have some courageous people here, and we look to Raymond as an example of a courageous person for the students, because Raymond shows a trust in spirit, enough to abandon his fate into the hands of spirit, and know that spirit will look after those who do that.

So courage is very healing, and interesting things will be happening, and everything is as it is, because it's right, so don't worry."

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**HEALING CLASS 8/10/91 RODERICK AND SHELLY
PAST-LIFE RE-CALL MEDITATION**

“I want you to take three deep breaths and relax, your higher-self or Guides are going to show you past-life scenes from the akashic records.

The reasons will unfold as you see them, if the picture stops or it repeats itself, they want you to speak out what you are seeing, so that I can help you, in case you are a beginner, and your communication link with your Guides or higher-self, is still developing.

If you don't know who you are in the past-life, ask your higher-self or Guides to temporarily put you in the body of your past-life, and then once you know which person you are, you can step away to let your scenes begin.

The reason we want you to see a past-life scene can be many, but more often than not, it is to release something that has left emotional or mental baggage, that we call conditioning, whether dormant or activated.

Your higher-self or Guides know what they are, and can put restrictions on your development or experiences in this lifetime.

These conditionings may not be activated but your higher-self and Guides know which ones they need to release at this time in your life.

Trust your Guides or higher-self, even though you may think it is your imagination. Speak it out and more of the scene will appear for you, because your mind blocks it if you don't believe, the more you accept the more you will see.”

(Shelly) “I'm starting to see a wild-west scene with lots of galloping horses, with one of those caravans they used to travel around in.

(Wagon trains)

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They were going across a plain and then Indians are coming down a hill, yelling and screaming, and the women and children are huddling up together in the...

And a guy is leaving the caravan, and he's pulling out his gun, I think there's more than one caravan, I think there's about four or five. All the men are getting out their guns." **"Do you know who you are?"**
 (Shelly) "Yeah, I think I am one of the men with guns, and I think that the Indians are coming down because I shot one of the Indians. So they are coming down for reprisal. The Indian was just minding his own business."

(I telepathically check if a student or patient is correct in their past life, so if I keep silent it is correct.)

"Why did you shoot the Indian?"

(Shelly) "Well, because an ignorant person... The line goes, 'There's no good Indian except a dead Indian,' just came to my mind. Well, I think that the white people didn't really understand the population.

(Your subconscious guilt from that lifetime might have influenced you subconsciously to go and live with and understand the Indonesian culture in this life, as a way of appeasing any subconscious guilt.)

I can see that the Indians were skilled warriors, and they are managing to surround the caravans and force them into a formation in which they are trapped, and the scene is becoming blood-thirsty.

The Indians are shooting their arrows and the men are shooting their rifles, and the white men were outnumbered, and the warriors were pretty fierce and angry, so the white men are panicking, pot-shooting.

And I'm being shown that these Indians are very clever people, who have got us right where they want us, trapped. But the common perception was that Indians were just savages, but they were pretty smart dudes, and their chief had got a grudge against me."

(I picked up psychically, and asked spirit for confirmation, that the Indian who Shelly's past life shot, was a son of the chief.

So I knew before I asked Shelly why.)

“Why has he got a grudge against you?”

(Shelly) “Well, there was another Indian that was with the one that got killed, and the one who got killed was the chief’s... was a relative of the chief’s.” **“What relative was he, was he the son of the chief’s?”**

(Shelly) “Yeah, I got the son, before, yeah.”

“That’s what I got a few minutes ago, when you mentioned the chief’s grudge against you.”

(Shelly) “Yeah, so he’s after... mmm.”

“Have the Indians got orders not to kill you?”

(Shelly) “Yeah, they, yeah, the chief wants to kill me.”

“So, they are leaving you for the chief?”

(Shelly) “Yeah, they are leaving me for the chief. It’s sort of like showing me the concept of ‘Divine Justice.’ Of the whites being in the Indians territory now, where when Indians were caught in... where whites had established themselves, at some sort of free-for-all slaughter.

The Indians were only giving back what they got; they never go to excess over what has been done...” **“To them?”**

(Shelly) “Mmm. In this area it seems to be one of the areas where the caravans pass, so there is a lot of contact, so there’s been a lot of Indians killed, a lot of reprisals. So there is a real enmity between the two groups, so they have got no qualms about killing the others, you know if it was only with me, then they wouldn’t have been told, they wouldn’t have killed the rest... But that was just showing me the Akashic stuff.”

“You were given this information about these scenes, the background?”

(Shelly) “I don’t know if Rod is there or not, can you see anything, Rod? Because I got that you were there.”

(Rod) “Well, I saw the Wild West just before you started speaking. I was looking at a horse and a white man, and I realized I was an Indian. I was a warrior and a scout, and I spotted the caravan, and I reported back to our leaders. I don’t know what’s being said, I can’t really see a lot, or make anything out at this stage. But I don’t actually think that I am a warrior, I don’t feel like one. I don’t know what I’d be doing out there if I wasn’t.”

“Well, if you are scout how do you feel about killing?”

(Rod) “No, I’m not pleased about it.”

“Maybe you don’t have the killing nature in your spirit. Maybe that’s known by the chief, and maybe other jobs would be more suitable, like scouting or stuff like that?”

(Shelly) “Do you identify with being like the adolescent son of the chief? That’s what they just told me.”

(Rod) “I was getting more of a, the son of one of the healers in the camp.”

(Shelly) “It’s just really chaos and confusion, because there’s so many...”

(Rod) “Are you in the battle? I’m not at the battle.”

“Do you know that the chief’s son had got shot, do you know of him?”

(Shelly) “Yeah.”

“How do you feel about him, was he your friend?”

(Rod) “Yeah, we were friends, but I didn’t know at this stage that he’d been shot.”

“What Shelly was picking up before was correct as well, because I was being told that. You can ask your higher-selves if you want to, to confirm this, but Rod also had a parallel life as the chief’s son.

Rod’s past life spirit had incarnated as well into the chief’s son, do you understand? And that’s why you were close friends as well. But you are not necessarily going to experience the lifetime as the chief’s son, because they want you to know about the lifetime as the healer’s son.”

(Shelly) “Mmm, I’m being given both perspectives here.”

“And you’re also finding out about the other lifetime, the parallel life that got killed, who was a warrior, do you understand?”

(Shelly) “Yeah.”

“So what Shelly was picking up was correct, and what you were picking up was correct, and the childhood conditioning from the parent would have made the chief’s son into a warrior, helped him become a warrior.

Whereas, you being brought up by the healer, and you are more interested in healing, and you haven’t been trained as much in the arts of...

It's like the personality of the chief had a great influence on the son, just as the personality of your healer father had an influence on you, do you see what I'm getting at?"

(Rod) "Yeah, yeah."

"So, ask your higher-selves if what I'm saying is correct about Rod's parallel life as the chief's son and the healers son?"

(Shelly) "Yeah, yeah, I got, 'Yeah.'"

(Rod) "Yeah."

(Shelly) "And so you're being shown from both..."

(Rod) "Well, I have seen a bit of battle, but I didn't feel I was there at the time."

(Shelly) "So you don't like battles?"

(Maybe the dead chief's son was watching the battle, so you may have been shown his memory, which is part of your higher-self's memory.)

(Rod) "I didn't, yeah, I wasn't happy about the killing at all, but I recognised it as being necessary for our people to survive at this time. It wasn't us that were looking for war, it was put on us."

(Shelly) "From this man's perspective, well we all had families, and wrongly believed that the Indians were blood-thirsty, and so the instinct was, you know it was a pretty primitive instinct, but it's a survival instinct.

You know they were in alien territory, so to shoot was the norm, you know. Even if you weren't being attacked, because this Indian was carrying a bow and arrow, and at the time there was a few of them, and they'd been told where there was one Indian, there will be a lot of Indians not too far away."

(Rod) "I can just see myself walking alone through the woods, heading back to the camp. I haven't been part of the battle, though I'm carrying a bow and arrow, though I feel something is amiss, because in a battle anyone could die."

"What you may be feeling is the parallel spirit's death, you may be feeling the vibration coming through to you, and you are uneasy about this feeling you are getting. I'd say that's what you are picking up."

(Shelly) “That’s funny, because I can feel this uneasy same vibration. It’s like I’m feeling the spirit of the dead Indian, as the man who shot him.”

(Rod) “It’s a great sadness I’m feeling, but not just for the death of one friend, but for the death of the people’s I can see coming.

I walk with a burden, I never had to fight in the battles, I was a scout and a hunter for the tribe. I was such a value as a scout and a hunter, that I was excluded from any fighting.”

“This is past life therapy practise, more than anything else, and you are getting used to seeing more clearly your past lives, in connection, to give you confirmation about the validity and reality of this phenomenon.”

(Shelly) “When you said about the vibration, I was feeling that vibration, and as Rod was just talking about being valued as the scout.

It’s like an uneasy feeling that this one parallel life was killed, was a warrior more exposed to the possibility of being killed, that is.”

“You can ask if my spirit had a lifetime connected with it. I’ve already asked, I don’t want to lead you into believing, until you know what you have been told, am I a man or a woman?”

(Shelly) “I got a woman?”

“That’s true, I was. Now find out whose mother I was?”

(Rod) “You were mine.”

“I got the warriors, that’s what I got. The chief’s wife of the warriors son, the one that was killed. There’s a bleed through connection from the warriors life and the scout’s life.”

(If my higher-self had told me I was the mother of the scout Indian, I would assume she was married to the healer father, and would never have become aware of other things revealed on the next page.)

(Rod) “Yeah, I realize... what I got first, was that you were a woman, and then they said that you were my mother.”

(Shelly) “She was in a way, because you’re parallel brothers in spirit.”

“This thing about the healer being your father, Rod, did you get that from the healer telling you, or the memory of that.

Or do you know it to be a fact from spirit, from your higher-self?”

(Rod) “It came from the higher-self, because I didn’t actually ask the question, but I knew I wasn’t the warrior. He said,

‘No, because your father was the healer.’”

“Of course it could be that your mother was still the same mother, do you follow? I don’t know much about Indian law, but maybe the mother had a child to the healer, and also became the chief’s wife later, and had another child to the chief, do you see what I’m getting at?”

(Rod) “Yes.”

“So it would be biologically true that the mother of you as the scout was also the mother of the warrior. Is that what you pick up, Shelly?”

(Shelly) “Yes, I’m picking up that you’re of a noble bloodline, the hierarchy, you’re the woman of... and that healer was allowed to procreate in order to teach his youngster how to heal, and so there was this bloodline.

He was granted that to bring from the mother the potential to be a great healer, and then you’d marry to the chief.”

“So you were more than just a connection of parallel lives, but you were actually half-brothers in reality. Different fathers but half-brothers from the same mother.”

(Rod) “That’s interesting.”

“It’s complicated, isn’t it?”

We don’t know the mores, because they don’t follow any Christian laws of being married to one person for life.

Maybe they have more sensible laws, where the healer might have got sick of her, or she might have been more attracted to someone else, I don’t really know. Or the procreation reasons of what Shelly got, could be true as well.”

(Rod) “Maybe there were too many men in the tribe, and not enough women to go around.”

“Well, that’s also a factor, isn’t it? To stop too much...”

(Rod) “Dissent in the camp?”

‘...inbreeding, it might have been better to do it that way.’”

(Shelly) “Yeah, they are very practical, there’s no sort of hard and fast rules.”

“Well, once the child has grown to be an adult it wouldn’t need to be with his mother anymore, he’d most likely go and become an apprentice to the healer, and so he may live with the healer, do you see?”

(Shelly) “This is showing the complete culture clash between...”

“The white men?”

(Shelly) “Yeah, because I’m there feeling like, I’m picking up that the Indian people are very much in harmony with the group, and the whole, and the Earth, and not possessing...”

And I’m here with a gun, my family and possessions in a wagon. I’m trying to protect that through lack of trust, that’s the way.”

“It’s like in a way, that the Christian religion has alienated others, like the only people we’re allowed to love is our wives and kids, type situation, where the Indians were loving everyone, with more relationships...”

(Shelly) “Yeah.”

“... and treating every child of another, as a child of their own, do you follow?”

(Shelly) “Mmm, that’s why I was being shown this incredible clash.”

“And remember, Shelly, you’ve been having a problem with love, haven’t you?”

(Shelly) “Yeah.”

“In past lifetimes through to this one, and who’s the one that’s teaching you about unconditional love?”

(Shelly) “Yep, you, which is the mother. You’re a mother in this life, which is a nurturer, I guess.”

(Rod) “They are saying that they were a very spiritual people, and very in-tune with their spirituality, and they use all the Earth’s energies, the herbs and their own psychic energies for healing, and used aromatherapy.”

(Shelly) “The settlers couldn’t even comprehend that concept.”

(Rod) “Only now are they starting to appreciate the values in them.”

(Shelly) “Yeah.”

(Rod) “The Indian people, when we first came to the land, they were from Atlantis, they travelled there.” **“Students that come to classes very often have had lifetimes together.”**

(Shelly) “I’m feeling a lot of aggression directed towards me from the chief, and a lot of my own people, too.” **“Blaming you...?”**

(Shelly) “Yeah.” **“...for killing the Indian...?”**

(Shelly) “Yeah.”

“...which brought this upon the whole lot of them?”

(Shelly) “Yeah, I’m at the head of the caravan trail and there are no fixed laws there. So I spotted a couple of Indians, and there were kids and women, so that was my logic, shoot the Indian, and now the other whites thought that was fine.

But now that we are surrounded by angry Indians in their war-paint, and there is fire and bodies, I think they’ve changed their mind a bit, they don’t really appreciate what I did.

It was like they were all avoiding shooting me with their arrows. The chief is standing back a bit just watching. It’s like he’s waiting to move in after the reprisals have taken place, and he’s waiting there calmly.

He’s got this real detached attitude towards life and death. He’s just calmly waiting there, knowing that... He’s not angry, he’s very saddened, but he’s not angry.”

“He’s conditioned by the things that the tribe would do in that situation, and he has to follow through with what was the thing done, and that’s the way it happened, that there had to be retribution and revenge.”

(Shelly) “Well, there were more and more caravans going through this particular area, so they really didn’t know how many white people were going to come through. I don’t know how big the tribe is, but there are a bloody lot of warriors.

A couple of the women are being raped, and I guess that’s acceptable because the white men have raped Indian women. And there were a lot of dead bodies around. It’s over, more or less, and I’m kind of frozen, he’s almost hypnotized me, shamed me. So he takes his horse forward, and I’m standing there motionless. The Indians have taken some white kids, I don’t know what they are going to do with them, but they’ve taken them to a couple of women, but most of the others are dead.

He's just calmly walking his horse up to me, and it's like I can't move. It's like he's got a psychic force that's keeping me paralysed, and he's also communicating to me, like we're staring into each other's eyes, and it's like he's teaching me with his eyes, just with his eyes.

He's teaching me the stupidity of it, and that he's just doing it because of no fear. But it's sort of like survival, the stupidity of violence, brutality, the whole aggression bit.

It's like he's got no... His identity isn't the identity of a killer, he knows what has to be done, and is just doing it, and he's just looking at me, at this pathetic white man who really doesn't have much...

Well, in the Indians eyes they find them really crass, primitive. They find us primitive and that's what he's showing me, just through his eyes, right. And he's almost forgiving me as well, through his eyes, and he just calmly draws it back, lets fly, and I drop down, and I'm killed."

“Now you're in spirit, what happens then?”

(Shelly) “Well, there's the spirit's of all the white's running around in confusion. Some have gone to the white light but they are huddled together a bit, and the Indians are surrounding them, but I think the chief was teaching me something for a reason with those eyes, because I think I...

I now know that it's my responsibility to help these souls with love, including the Indians. It's like the Indian gave me the gift of being able to recognise what to do after I died, how to deal with the situation smoothly. Knowing that he knew what the situation would be, with these confused souls.

The Indians were like surrounding the whites because it was just like duty as a warrior, even in spirit. I was somehow communicating to them, like it seems like almost thought projection from the chief, to go, just leave them and just go through the gap. He's saying,

‘Through the gap, in that white light,’ and so they do. The whites have calmed down a bit, now they've gone. Now I relate the story, they're angry but I managed to calm them down a bit. I think, that's strange it's like the chief is channelling these powers through, and it's like they're starting to feel hypnotized too, and so we all go into the white light.”

“The spirit of the chief is a very evolved soul, you see, so he was working on a multidimensional plane, to be able to communicate from the other side, even though his conscious mind was doing something else, his spirit was helping the white people and the Red Indians.”

(Shelly) “Mmm, yeah, I learnt a lot from that chief.”

“You can ask your higher-self if there is anything still to be released.”

(Rod) “I went from there back to the planets briefly, it was more just to show me at a time when I had all power and I’d abused it, and then we came back to the present time with the Indians.

How I was learning, or relearning the trades and the skills in healing, and what’s been happening since then. I asked my higher-self what was the blockages I have in this life, and that was the fear, my fear of not succeeding in this life, like I related earlier, that’s holding me back. I have to deal with fear, that’s all.”

“The fear in this life here, or this life there?”

(Rod) “This life.”

(Shelly) “That’s been carried on from...” **“That life into this life?”**

(Shelly) “Because I was picking up that. You know how I said before that I know that it’s true or not, but this is what popped into my head, that like he was the healer, and was feeling guilty because the warrior was out there, to play an active role and succeed in his warrior endeavours, but copped it.”

“Does your higher-self say you can release anything from that lifetime, that’s affecting you into this one, fears or guilt’s, or anything like that?”

(Rod) “No.”

“Sometimes your higher-self can show you a situation in your past, of this lifetime, that is a direct connection between the conditioning from that lifetime, and how you responded in a specific situation in this lifetime.

Did you get anything to release, Shelly?”

(Shelly) “Yeah, well, guilt over the stupid act, well it was an ignorant act really, and it was one based on conditioning again. Ignorant act of killing the first Indian, and then the guilt of causing the deaths of so many others.

So I have to release that guilt. I release that guilt, and also now a feeling of inadequacy; I'm not wanting to take the lead in any way."

"My higher-self said,

***'That's important for you to release that.'* Because in connection with your future work in any field where you are going to be leading, or teaching."**

(Shelly) "Well, I did an action, I took what I thought was the responsible action."

"Now you know that it wasn't based on your inner-conscience, or your inner-feelings, which would have told you it was wrong. You were going by what people had said was right, on an egotistical level."

(Shelly) "Yeah, so I can release that feeling, but it's really strong in me now."

"Well, release it, then."

(Shelly) "I release that feeling of not wanting to take the lead in anything. I'll step forward and progress. I had actually been fearing progression; towards the point where I could be... develop enough skills to take responsibility."

Well, I release that fear that's stopping me, well, hindering me, anyway, from progressing, and doing, it's actually doing, they're saying its important."

"This is all part of development, remember, removing the blocks to your own capabilities of leading, healing and teaching."

(Shelly) "Yes, well, they are saying that I have to do, I can't just sit around and think. Now it's time for me to get up and do, yeah, and release that fear. Release it completely and forgive myself for that action, because that chief forgave me for it, even, you know?"

"Right, and you are not in that situation anymore, and that you are following spirit's guidance."

(Shelly) "Yes, well, it sit's, it's no longer relevant, except for learning purposes. It shows me that life and death, you know there are all these moral struggles that clash, morals."

"And if your higher-self knew that this fear was affecting you in responsibility for leadership or anything like that, you would have avoided any responsibility."

I mean your higher-self showed you in these specific events where you were asked to lead, like doing last week's meditation, or in helping Indira, and your fear welled up in you..."

(Shelly) "Yeah, mmm. Yeah."

"Well, that's what your higher-self wants to show you, the validity, and this will help you believe in this Indian lifetime."

(Shelly) "People have seemed to think that I'd had a leadership quality, which I didn't believe. So quite a few people have asked me to... I was asked to become president of Rotoract, and stuff like that, which I just said, 'Get out of here,' you know."

"And how did you feel when you were approached for that?"

(Shelly) "I felt fear, and I felt, 'How on Earth would the person think of me to do that?' like I kind of didn't like myself."

"Yes, that's other conditioning."

(Shelly) "Yes, that's other conditioning."

"But the basic primary response..."

(Shelly) "Oh, fear of getting out there and suffering and failing, screwing up, not wanting to be out there on a limb."

"This is good, good to release in connection with future work ahead of you. It's good to learn all this."

And how about Rod? Rod's learning from your experiences, of how you release all this, and how the whole therapy works. He's getting familiar with this."

(Shelly) "Yes, that's how it happens, that's how I learnt, too."

(Rod) "Well, my higher-self is saying that I don't have anything to release from that life."
"That's alright."

(Rod) "But I lived a very long life in that one, and I suffered a great deal of sadness from it, seeing my people destroyed, but nothing to release."

"Don't you still feel that sadness in situations in this lifetime?"

(Rod) "Mmm."

(Shelly) "Watching the sadness of the world." (Rod) "Yeah."

(Shelly) "How did it feel, fatalistic about it?"

(Rod) "Oh no, it was a recognition, it was an understanding, and it wasn't nice to watch, to see throughout your whole life."

“Yeah, I’ve just been told by your higher-self that he doesn’t want you to release that sadness, because it’s one of your primary drives, that’s going to get you into being able to grow in a healing capacity, do you follow?”

(Rod) “Yes.” “Because of the way you feel towards mankind, with that sadness.”

(Shelly) “It sounds like you have got a love for mankind.”

“You need the motivation in that way, that gives you the strength and urge to go on, does that make sense?”

(Rod) “Yeah.” “Others may not need the sadness as the push to do this kind of thing, and you are going to be a healer in different ways to me and Shelly, as a Teacher, a healer, that type of thing. So you may need that.

I had to go through my own sexual abuse in childhood to get into positions like this, as a therapist, just like you need the sadness of the conditioning from the past.

Our higher-selves don’t always release certain things; I have accepted that, for I know the reasons for my own.”

(Rod) “Yeah, I understand, yeah.”

“And once you get to a certain point of strength, or in other words once you can pedal your own bike, your higher-self may want to release the sadness.”

(Shelly) “Take off the training wheels, they are telling me that. Is it sadness in this life at seeing people hating people, and killing each other, and that sort of thing?”

(Rod) “Yes.”

(Shelly) “I don’t know, someone’s telling me, ‘Peace-maker, peace-maker,’ sort of thing. This is interesting because I’ve never done that before, like I’ve read about it in the Group Scenarios chapter.”

“We had a couple with Faye, Julia and Vera.”

(Shelly) “Oh yeah, yeah, they weren’t as involved as this.”

“Only basic stuff, but this was pretty complex and integrated, and you can understand why you have to release still a lot more, because Rod’s more at peace, and he doesn’t have these emotional reactions...”

(Shelly) “Well, yeah, it seems he gets his higher-self coming through strong. It depends on the situation, but yeah. I’m being shown through Rod, that you know; trust your higher-self, yeah.”

SHELLY AS THE CHANNEL FOR HER GUIDE, JACOB

“It’s been wonderful watching what’s been happening tonight. It’s really reassuring and that people are learning from people. People teaching through learning, people learning through teaching.”

Being here making an effort and concerned with these sort of issues that have to be faced up to. That situation was interesting, and it showed us all that a very primal scene of culture versus culture.

Spirituality versus materialism, and the ability in seeing this life, to appreciate the perceived enemy and then love them, realise how they functioned, which you couldn’t do whilst you were living that life, of course.”

“Seeing it from an akashic record viewpoint?”

“Yes, it’s an important thing for mankind to learn.”

“They are starting to get this in movies now, like ‘Dances with Wolves,’ understanding the Indian.”

“Well, yes, movies like ‘Dances with Wolves,’ yeah, but you are not yet getting movies like hostile ideologies finding harmony, territorial rather than spiritual. It’s the territorial issues that are really of prime concern. The resources and lack of, that man has got to learn to share, and in a way it is an analogy of the white man, this past life.”

“Third world countries?”

“Well, yes, that’s right. It’s an analogy of the selfish view of the white man in that life, feeling you could walk into this country and take its resources.”

“They are still doing that, they still have that belief.”

“Well, people here are learning about that, becoming conscious of it, and more and more people are, so it’s good.”

“It happens in Australia with the American companies.”

“Yes, and actually Shelly’s learnt a lot tonight from Rod, which was good. I chuckle a bit behind Shelly’s back, because I know she comes a cropper a lot, and she’s been shown that, taught by Rod, who’s had one of his first experiences of this sort of exercise, because he perceived a lot of information.

And she’s been shown that he’s simply more open and less ego oriented, which has mirrored Shelly’s ego.”

“It’s also helped Rod understand past life stuff.”

“Yeah, Rod did wonderfully, I’m impressed up here.” **“I gather that there was a large classroom here tonight in spirit?”**

“Oh yes, we’re all here.”

“Of students observing therapy in action on the Earth-plane?”

“That’s right, yes, yes, this evening was arranged.”

“How many students came to learn and listen?”

“Well, you know you can fit as many spirits into a room as those who’d like to come.” **“Angels on a pin-head?”**

“Yes, so there’s been quite a few of us here learning. You see we have to adjust, too.”

“I don’t see anything; I’m just intuitively asking questions...”

“Well, that’s your... you fulfil that role, that’s your forte. We know that you’ve had a lot of very compassionate and interesting past lives.”

“You recognised the connections with the parallel lives?”

“Yeah, you’ll eventually see those, but we don’t know when. Anyway that was really positive; we’re all giving you a round of applause. It’s encouraging; you know we offer you to see so much.

We try to guide so many individuals who just walk the other way, and it’s encouraging just to see a handful of people attempting to obey what is really just the law of nature.”

“I think you were trying to show Selly also that she can get some really positive results from group past recall scenarios, all working together...”

“Oh yes, yes, she’s quite frightened of that. Oh yes, you see it’s also tied in with the meditation, you see, because this evening was arranged that way, where Shelly was the leader of this caravan.

Tonight she perceived herself to be... well, but not more advanced, but having to take the lead and give an example, and fearing it, but in the end it just came to her.

The fear of sticking her head out and then falling on her face, has been eroded a little, because she's realized that it's spirit that brings it through, anyway."

"Her fear would have been greater if Indira had been here, and they took that away so that it would work better."

"Yes, that's right."

"To sort of help her become familiar, that she's going to get good results even working with Indira."

"Yes, it's shown her how amazingly spirit arranges things."

"Now she knows she can help with Indira's past life stuff, when Indira's having her past lives, that Shelly will be able to see them, and explain them in the way she's helped Rod she'll be able to help Indira, and she knows she'll be able to do it."

"Well, yeah, her confidence will grow. So it all worked because we all followed what we were told."

"This is the kind of results that I get in nearly every class and therapy for years, and it amazes me the way spirit sets things up."

"It shouldn't amaze you by now, Raymond."

"Well, I don't mean it exactly amazes me, but I know that..."

"You appreciate it, we know, we know."

"It gives me the feeling that all this is worthwhile, and no-one can criticize or knock it from outside the classes..."

"No."

"...about what this is all about, because there's a lot out there who are criticizing it, you know, don't you, Jacob?"

"Oh yeah, a lot out there, but there's a lot out there who, because they can't find much love, instead turn and criticize."

Where they need to learn in very subtle ways to come to understand these sorts of concepts, because some people are drawn to this realm, because they are forced to, they're actually brought here.

Spirit actually brings them because they're in pain and confusion, and so spirit will bring them here where they can be helped, whereas there's a lot of people out there who have infinite capacity to develop, but they have become hardened, because they can't really find very much to love, and they're conditioned, and these people have to be helped, too.

It's not their fault that they have reacted in a particular way from conditioning, so we have to understand those individual's perspective, a lot of them are very much in pain and very afraid."

"And a lot of them aren't very strong, either."

"Yes." "As you know I'm like a diamond,..."

"Yep."

"...I'm hard but

there's a soft centre, and people don't like the hard outer case, because they believe that if you are involved with spirituality you should be soft."

"Yes, well, spirit's tough."

"Yes, they're perceptions of what being spiritual is, isn't complete."

"Yeah, we can't forget them, because every single one of them has potential." "It's like as if to them spirituality is wishy-washy, but this is where the work is."

"Learning in the here and now is the best and only way to learn, not thinking about it, but doing it, talking about it, it's a very dynamic way."

ROD AS THE CHANNEL FOR HIS GUIDE, JOSEPH

"Good evening. Yes, it's been a very enlightening evening. I've been waiting to have something to say. I would like to follow on with what Shelly was talking about a moment ago. About people not knowing love in their life, and their reactions to it.

There is much that we can do for this on a personal and individual level. How you are doing now with your work in your development is the first steps towards a better world.

We must all turn back to our spiritual selves, and the best way for people to come to a realization of this, is to come in contact with people who live it.

Basically living a life of love and sharing, and goodness will glow with the radiance of that love, and be a shining example to those that would want love themselves, in their life. There is much, much need for this work, as the world has a long way to go yet before it comes out of this darkness.

As you know we are introducing more and more techniques into this time for people to learn about themselves, the essence of themselves, and for this we give you praise, my children. And we should offer you all encouragement to continue to pursue which you know in your hearts is right.

I'll leave you with that for tonight, thank you."

Roderick never returned again, even for the class transcripts, but Indira was back for the next class night."

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**HEALING CLASS 15/10/91 INDIRA AND SHELLY
MODIFIED DIAMOND BALL MEDITATION
THEN PAST-LIFE RE-CALL MEDITATION**

“I want you to imagine walking into a white column of light in the centre of the circle, and floating up the beam of light. As we get higher we can see the sun shining, and we are floating above the clouds. The sky is blue and there is a beautiful marble temple with a round golden dome roof, sitting on top of the clouds. We fly across to the Temple and land on the marble steps, where the temple healers greet us, we now all walk into the Temple.

As we enter, we can see that there are a small number of beds, arranged in a circle, with the foot of the beds pointing to the centre of the circle. I want you to lie on one of the beds, with your feet, pointing to the centre of the circle.

Look up into the dome ceiling, and high in the ceiling there is a large ball turning, like a mirror ball, but this one is encrusted with thousands of diamonds, or crystals, covering its surface, and its sparkling with all the colours of the Rainbow, as the sun is shining on it as it is turning. I want you to relax and meditate on this ball, and I will stop talking.” (Approximately ten to fifteen minutes silence)

“I want you to now get out of the beds, and step into the column of white light, and now float down the column and back to this room. Come back now, take three deep breaths, have stretch if you want to.”

On this first meditation I was guided by spirit to get Shelly to lie on one bed in the diamond ball temple, while she went on the second meditation.

But I was told to get Indira to put her spirit, mental and emotional bodies on separate beds, while she went on the second meditation.

(5)

PAST-LIFE RE-CALL MEDITATION

“I want you to take three deep breaths and relax, your higher-self or guides are going to show you past-life scenes from the akashic records.

The reasons will unfold as you see them, if the picture stops or it repeats itself, they want you to speak out what you are seeing, so that I can help you, in case you are a beginner, and your communication link with your guides or higher-self, is still developing.

If you don't know who you are in the past-life, ask your higher-self or guides to temporarily put you in the body of your past-life, and then once you know which person you are, you can step away to let your scenes begin.

The reason we want you to see a past-life scene can be many, but more often than not, it is to release something that has left emotional or mental baggage, that we call conditioning, whether dormant or activated.

Your higher-self or guides know what they are, and can put restrictions on your development or experiences in this lifetime.

These conditionings may not be activated but your higher-self and guides know which ones they need to release at this time in your life.

Trust your guides or higher-self, even though you may think it is your imagination. Speak it out and more of the scene will appear for you, because your mind blocks it if you don't believe, the more you accept the more you will see.”

Oh, I was told by my Guides that Shelly and Indira would be seeing a past life they had together, but I was told not to tell them until they found their connection.

(Shelly) “I've just got this flash of this young girl climbing a ladder, picking apples. She is really happy, and it's in the country. She would be 18 or 19, and living this nature life.”

“Ask your higher-self who she is.”

(Shelly) “Well, I got Indira.” **“Have you asked your higher-self, Indira, to confirm this or not?”**

(Indira) “Yep, it’s right.”

“So, by receiving that answer you are more willing to relax and let the scenes flow into your consciousness, as well Indira.

That was the purpose of why I asked you to ask your higher-self, in case you weren’t sure, so that you could relax and let the scenes come in.

Not because I didn’t believe you Shelly, as I already knew that what you got was correct.”

(Shelly) “It’s set in Europe somewhere, and you’ve got red hair, that’s auburn hair and really pretty. I think your boyfriend is at the bottom of the tree looking up your dress.”

(Indira) “Oh, God.”

“Yeah, that’s normal, there’s nothing wrong with that.”

(Shelly) “You throw an apple down and it hits him on the head.”

“That’s to stop him looking up her dress.”

(Shelly) “Yeah, she knows what he’s doing, so it’s like a lover’s game, sort of thing. Ask your higher-self if that’s what’s happening, are you seeing it?”

(Indira) “Yeah, I am. Yeah, that’s what’s happening. It’s a picnic, and the boy’s Philip, * and we’re having a good time.”

(* This past life boyfriend is the same spirit as her yoga teacher, Philip, who Indira has strong feeling for. So she called this past life boyfriend Philip through-out the meditation.

I also got confirmation about this past life boyfriend being the same spirit as this life’s Philip.)

(Shelly) “Yep, you’re both really natural. I don’t know who or where I am, or if I’m there even.”

“Wait till it comes in the picture, don’t go searching for them.”

(Shelly) “You’re having fun and enjoying each other’s company.”

(Indira) “Yeah.”

(Shelly) “Laughing, so you know what it’s like.”

“Now let Indira see what she needs to see.”

(Indira) “I’m seeing that Philip and I are neighbours, and we always play together, and we grow up and go to the same school, and we have similar friends, and we do things together, like boating and swimming, and go to the beach, horse-riding and canoeing, and it’s really nice, actually, and I think it’s a university, and we go to the same college, and I can see you.”

“Who?”

(Indira) “Shelly, and she’s at college as well, and I meet her at college, and we get on really well, and I say that this guy’s one of my best friends.”

“Is Shelly a man or a woman?”

(Indira) “Shelly’s a woman.”

(Shelly) “That’s funny; as soon as you said you were at college and uni together, I knew that I was a woman and a friend of Indira’s at the university.

You introduce Philip to me...”

(Indira) “Yeah, I do, and I think you like Philip, and so do I. Philip doesn’t know you like him, but I know you like him, and I don’t know what to do because I’m in a complex, because you’re a friend of mine and so is Philip.”

(Shelly) “Yeah, well I’m really feeling a complex, yep. I get that you’re starting to feel angry at me, and wishing that you hadn’t introduced me to Philip.”

“Is this right?”

(Indira) “Yeah, she’s right. I think that we try not to let it ruin our friendship, and it affects it to a certain extent, but it doesn’t affect it.”

(Shelly) “There’s a conflict, though, an underlying tension.”

(Indira) “Yeah, that’s what I get.”

(Shelly) “It’s like, well. I’ve got a crush on the guy, or I like him, and yet Indira’s a friend so I don’t want to break up our friendship, relationship, right. So there’s this conflict here.”

“You may start seeing things that both of you didn’t have memories of. Say things that happened with one individual, that the other didn’t know about. But that’s okay you’re meant to see. Whatever you see you should speak out.”

(Shelly) “Yeah, well, I can see myself... um, this is touchy ground.”

“You’ve still got to speak it out.”

(Shelly) “I can see myself skipping lectures to go walking, just, we can talk and have good conversations. It’s more the mind that I appreciate, and of course the... It’s just good company, but I really don’t want to like him, you know. But it seems that... it’s some conditioning, the same sort of conditioning I’ve got now.

You see if a guy accepts me as a person, then I will fall in love with them, I can’t help it. I can now, but I couldn’t then, and I haven’t got that, to that point now.

So we’re walking together, and talking, and I can see that it’s happening more often, right. I don’t want to like him because of my friendship with Indira. I know that Indira is angry, but it’s this urge to...”

“Feel loved?”

(Shelly) “Feel loved, yeah, and Indira’s, I’m probably doing a bad thing because Indira’s known him for a long time, and I’m feeling guilty as anything. Like nothing’s taken place, just walking and enjoying each other’s company, right, and that Indira really relies on this guy.”

“Does this guy have any attraction to any individual, who does he find... you know? Do you recognise anything from him, or is he equally...?”

(Shelly) “I don’t know what you’re getting, Indira, but he’s known you since childhood, hasn’t he?”

(Indira) “Yeah.”

(Shelly) “He’s known you for ages, I don’t like this meditation.”

“You’ve got to do it, why do you think they set it all up?”

(Shelly) “Well, he thinks of you like a little sister.”

(Indira) “Oh, right.”

“Except that Indira didn’t know that, did you?”

(Indira) “No, I was getting the same thing; actually, I was getting that.”

“What, now?”

(Indira) “Yeah, that Philip was actually sick of me because he’s known me for such a long time, and he wanted a change.”

“But did you know that in that lifetime?”

(Indira) “No, I was blind to that, at that stage.”

(Shelly) “Yeah, I got that you were blind to it, you love him so much.”

“It’s most likely past life conditioning and vows that has put you into that situation in the first place. The vows from past lifetimes, remember?”

(Indira) “Yeah.”

(Shelly) “You love him so much that it’s excruciating to see that, he seems to find me attractive. That means we’re both attracted. The first scene I was being shown, with the apples, it was like fooling around, I can see it in that perspective, now right; you throw the apple at his head.

You know each other so well that you can throw the apple at his head, and know that you’ll not be scared that he will reject you. You’re conviction that he’s totally and utterly... that you two are made for each other. That’s how you feel, isn’t it?”

(Indira) “Yeah.”

(Shelly) “That’s what they are telling me. I’m feeling love for this guy, and I’m also feeling incredible guilt.”

“I want you to ask your higher-self, Shelly, to show you what situations you feel that, that’s connected to this lifetime, that feeling, you know, affecting you in this lifetime?”

(Shelly) “Oh, relationships, I guess this set up could be a prime example, because, well, it’s an exercise in spiritual growth. I feel really guilty about the whole set up.”

“Between us three?”

(Shelly) “Yes, because I know Indira...”

“And you don’t like that feeling, yourself, so it turned into a secondary reaction...”

(Shelly) “Yeah, I don’t want to look at that feeling, I just get angry...”

“That’s what I mean by secondary reaction.”

(Shelly) “Yeah.”

“And that’s what we’re trying to help you to release between you and Indira, because it’s connected very much with Indira, not necessarily with another woman...”

(Shelly) “Yeah.” **“But it could be with any woman.”**

(Shelly) “Well, it’s woman, but in this situation it’s Indira, right.”

“Yeah, but this is where it came from.”

(Shelly) “Yeah.”

“So you can release that, can you?”

(Shelly) “Yeah, okay. I release the guilt I feel in possessing or having, or being in a situation in which I can give and receive different forms of love, without feeling guilty about the ramifications it will have on another person.

That’s hard, so I release, I no longer feel guilty having a relationship with somebody, even if it’s hurting someone else, because I know that that person has to be experiencing pain in order to grow. The pain is there for a reason.”

“This situation is very much like that situation. The man in that lifetime found you more attractive to spend time with, a relationship with.

It’s very similar to this situation, so it’s triggered off even stronger within your subconscious, because you know this is true, because I spend more time with you, Shelly.”

(Shelly) “Yeah, and I feel guilty about it.”

“Yeah, so this is it, isn’t it?”

(Shelly) “Yeah.”

“It’s nearly identical to that situation where the guy would have spent more time with you, Shelly...”

(Shelly) “It’s like Indira loves a great deal, but it’s France, do you get France?”

(Indira) “Yeah, I got Paris, actually.”

(Shelly) “Yeah, the Sorbonne, we’re at the Sorbonne University, and there are not that many women there. It’s like early this century, and there are not many women there, there’s only a handful because women are only just starting to get into this realm of learning.”

“But let’s get back to releasing stuff, instead of getting into stuff that’s not important. You know it’s not that important.”

(Shelly) “Well, I know it’s a point that I’m making...”

“You’re getting side-tracked.”

(Shelly) “No, it’s not a side-track, so he’s known Indira forever, so now he’s just attracted to me because I’m a woman who’s reasonably attractive, and who he enjoys my company, right.”

“Ask your higher-self, Shelly, if you’ve released all the connections between your reactions of guilt with any man that you have a relationship with.”

(Shelly) “No, I haven’t.”

“In connection with this problem, this guilt thing?”

(Shelly) “There’s also anger that I have to release, at the way that it’s happened to me time and time again. That the man that I have loved has been...”

“Attracted to someone else?”

(Shelly) “Someone else, yeah. I’ve had a lot of those, remember that one. And now they are showing it to me from the other side, the position that Indira’s in is usually the position that I’m in, anger.”

“Is the anger directed at yourself, because...?”

(Shelly) “Yeah, it’s directed at myself because it’s just conditioning from past lives, feelings stored up in memory bank, in relation to male-female relationships, and all these ones where I’ve lost the guy I’ve felt angry, angry, and that’s what I’m feeling now, it’s triggered it off, guilt, I feel guilt.

I also feel guilt when I lose the man, because I feel like I’m inadequate. So I’m feeling both angry and really guilty. I’m feeling almost guilty for being who I am, and what I am, that’s attracted this person to me, feeling guilty, and feeling that I don’t deserve it, you know what I mean?

I’m amazed that this person wants to share my company, sort of thing. So I’m feeling guilty because I feel like I’ve got a sense of inadequacy, right. So I feel like I don’t deserve to receive affection, and I’m receiving affection, and it’s making me feel guilty.”

“So what’s your higher-self want you to release?”

(Shelly) “These connections. Well, I have to forgive the women in the past who have taken away the man I love, which created anger.

I release my anger I felt towards women in past lives, who have been more attractive to men that I’ve loved.

I release the anger and feeling of inadequacy, because he likes that woman better, that I must be bad, sort of thing, and then release the guilt, the guilt of feeling like...

I release the guilt of feeling that my very nature...

I release the guilt of being alive, because I release the guilt concerned with my identity, which I think is like a pile of shit, and that I don't deserve to be alive, therefore I don't deserve any affection.

I release that guilt and I release the guilt of all this feeling of fear at hurting somebody else in a situation where I am happy, that's all."

"Indira, did your higher-self say you need to release anything, or can you release anything?"

(Indira) "I think I should release this feeling of anger towards other women who take the men that I deeply care for, and I release feelings of possessiveness which..."

(Shelly) "I've got to release that, too. I release possessiveness."

(Indira) "I release feelings of insecurity, feelings of anger, and feelings of jealousy that I get, if men that I care about love another woman."

"These have been coming up with Philip in this lifetime."

(Indira) "Yeah, I release this feeling that if people care about me, but their time is their own, and they can spend it with whoever they wish, and it doesn't mean that they care for me any less.

So I release the condition that I put on people that they have to spend time with me, to show how much they care for me."

(Shelly) "I just got told to release the guilt at getting what I want and like. I release the guilt of getting what I want and like.

I'm getting that Indira is angry as anything with me, and I'm feeling guilty, but I'm feeling happy with this guy, and I'm feeling confused. Shall I tell him to go away, so that Indira will feel good, or will I stick around so that I will feel good?"

"But you still feel guilty if you stick around."

(Shelly) "Yeah, exactly, but it's still giving me something I haven't had, attention and affection, right. I'm getting that Indira and I are really alike. And I'm getting that we've been through a few cycles of lifetimes together.

They're showing me that where we've fought over one man, and sometimes you've won out, and sometimes I've won out."

"Well, it's easier for you to release this, where you both are not in a relationship with the person that's causing the conditioning, do you follow?"

(Shelly) "Yeah."

“You recognise the reaction to me, but I’m not that person, so it’s not a full-on reaction, it’s just the conditioned reaction, and not say any reaction from a great desire for that person, which was Philip.”

(Shelly) “So you are feeling the angry, I can feel the anger.”

(Indira) “Yeah, I can feel it, too.” **“Indira released that before while you were in the toilet, but it’s okay because you are being shown the sequence of events, even if the emotions have been released from your conditioning.**

They still would have been recorded to show you the events as they unfold, because it’s leading up to other things that may need releasing, so carry on.”

(Shelly) “I’m seeing a scene of a confrontation between Indira and I. Indira get’s really angry, and I’m feeling really guilty.

I’m saying, ‘I’m sorry, do you want me to drop out of the relationship?’ and I can recognise your anger, it’s like the same anger that I get, that’s like, doesn’t want to listen to reason. And so you’re saying you hate me and I’m a bitch, and I’m agreeing.”

(Indira) “I think I’m angry because you broke a date with me to actually see Philip, and you lied about it, and you didn’t tell me, and that you said you weren’t going to meet Philip...”

(Shelly) “I can identify with that, that’s a pattern that’s...”

(Indira) “And you said you were going to go and see someone else, and we were going to do something together, and I was really angry, and I said, ‘If you want to see Philip, that’s fine, but at least be honest, and I can cope with it, but don’t lie to me, and don’t tell me...””

(Shelly) “That’s interesting.”

(Indira) “...that you are going to see someone else when you are going to see Philip.”

(Shelly) “Gosh, that’s interesting, that’s how I... I have patterns of that in this life, it’s so strong because of the guilt, right, and not wanting to upset somebody, and wanting to have what I need, because I’m a weak person.

It’s like an easy option, where I resort to a lie, it’s happened. That’s happened a lot in my life, and it’s screwed up, and it always comes out. I always get caught out, and people are always angry at me.”

“And then you feel guilty again...”

(Shelly) “Yeah, I feel guilty again, but it’s sort of like a strange warped attempt to try and reconcile all these conflicting elements, which can’t ever be reconciled because honesty is needed, but I feel like I have to be dishonest. It’s like I’m a starved child stealing a cake.”

“So, what needs releasing, ask your higher-self?”

(Shelly) “I affirm that I will take responsibility for my actions increasingly, and feel secure enough not to have to lie, to get what I need.”

“Yeah, well I’ve known times when you’ve lied to me, but I don’t do anything about it, I know it can’t be helped because of conditioning, fears, and stuff like that, and it’s not important to make an issue of it, anyway.”

I just accept you as the way you are, but trying to stop you lying just does not work. I just know always go to the cause, and let spirit release the causes, and then you automatically stop and don’t need to, or having the weakness to lie will be gone. Stopping the person from lying doesn’t stop the person lying.”

(Shelly) “That’s the reason I hate myself.”

“Well, that’s a side-effect of this whole thing, isn’t it?”

(Shelly) “No, it’s the core, because I see myself as such a horrible person that the only way I can get what I need, often is to lie.”

“Well, it’s a catch 22 anyway, isn’t it? You’re damned if you do, and you’re damned if you don’t, situation. But so long as you release it, now that you’ve found out where one of the causes of maybe saying lies, because it’s only fears, isn’t it? Fears of hurting someone else, fears of getting hurt yourself.”

So that’s okay. Ask your higher-self if you’ve released that.”

(Shelly) “No, it has to be worked on. I release any need to lie, and know that I am growing to a point where I won’t need to lie, because I like myself.”

(Indira) “I’ve got to release my love for Philip, and set him free. I release my love for Philip and set him free. She says that Philip loses touch with me in that lifetime. And I’ve got to release that anger that he does lose touch with me.”

“That’s very much in connection with what’s coming up with Philip, if you do lose touch with him, if he goes off and marries his girl-friend, or whatever. So you don’t want that triggered off, do you?”

(Indira) “No.”

“Or in any relationship, come to that. If you are in a relationship and this kind of thing happens again, you have to release the anger and not hold it, not have it affecting you.”

(Indira) “So, I release the anger I feel towards Philip for preferring other women to me, on a certain level. But it does not change his love for me, but it gives him the ability to love others, besides me. And I release the obligation to spend time with him.” **“Good.”**

(Shelly) “You said you lost touch with him in that lifetime, I got that. What I got was also a common manifestation in my life, it’s like when I get what I want, I don’t want it anymore, I feel guilty.

The fight to get it, and then get it, it’s decreased in worth, How I get love is by appealing to men, flirting with them, flattering, teasing them. And it’s done in a subtle way, and once I bag the catch, so to speak, I think I didn’t really want him in the first place.

Now I’ve got him what am I going to do? It’s just like seeking approval, and the only means of approval that I seem to have, is that of attracting men, because I’m afraid of women and of speaking to women, because I can’t use my sexual wiles to be accepted.

It’s like I feel so inadequate talking to women, because I’ve got no ammunition with which to gain approval, and also there’s still father figure stuff from the past. So it’s men’s approval that I seek.

So I release the belief that I can only gain approval by using my sexuality, and manipulating to get approval. And I recognise the fact that it’s not that what I’m trying to get, is not always what I do get. So I now open my mind to spirit, to communicate to me what I do want.

And I release my fear of women, and affirm that I am a nice person at heart, and just have to develop skills, and get more self-esteem in order to enjoy their company.” **“There’s a lot there, it’s like pulling a root and finding it’s connected to five more roots, isn’t it?”**

(Shelly) “Mmm.”

“And it goes into all these branches.”

(Shelly) “I’ve known of this pattern in my life, and Martin is pleased that...” **“You’ve found the cause?”**

(Shelly) “Yeah, he’s going to help me release a lot of it.”

“Were you still with Philip, or did you marry him?”

(Shelly) “No, he ended up leaving me, anyway.”

“Because of the way you felt about yourself?”

(Shelly) “Yeah.” **“And you were unhappy?”**

(Shelly) “Yeah, I hated myself, but as I said, I could put on the mask of being a charming woman, and he didn’t detect the mask at first, then he got to know that I was really insecure and dependant, and he regretted having broken up with Indira, because that was the first scene I was shown, of you two having fun together, because Indira had accepted herself for who she was.”

“Not me an Indira having fun together, Philip and Indira having fun together.”

(Shelly) “Oh, right.” **“Remember.”**

(Shelly) “Yeah.”

“But this is also helping you understand that the way you react in relationships can really mess up someone who really likes you, and they might not understand and not like the situation, and drop out, and then you have no relationship.”

(Shelly) “Yeah, I’ve had that happen heaps of times.”

“They’re trying to explain to you as well, that if you don’t overcome your problems, going back into relationships, relationships won’t cure your problem, they will respond in very similar ways, and walk away and find someone else.”

(Shelly) “Yep.” **“That’s why it’s not going to happen between you and me, because I’m not in a relationship with you for the same reasons as the guys that want to have a relationship with you outside, do you follow?”**

(Shelly) “Yep.” **“I’m quite happy, I don’t have any insecurities or drives that they (Boyfriends) have, that they need fulfilling, that you can’t fulfil, do you know what I am saying?”**

(Shelly) “Yeah.”

“That you can’t fulfil their needs. I don’t have those needs; you know that, don’t you?”

(Shelly) “Yep.” “You know that I’m a lot more advanced, so I’m happy, it doesn’t bug me.”

(Shelly) “Yeah.”

“It would bug them, and they would drop out of a relationship with you.”

(Shelly) “It also works in the opposite direction. That with me there are guys that I don’t really want, but I fall for their attraction for me. When they like me I feel good because I’m gaining approval, but there are things I don’t really like about the relationship that much. Like with Tony, that was a typical one, and he just can’t understand why I don’t want to be with him.”

“So, Indira, ask your higher-self that unless you overcome these conditionings will similar things happen, where you can’t feed the man with the things that they need, and that they could drop out?”

You know this is a western society, you know they won’t stay with something they are not happy with?”

(Indira) “Yes, she says that’s true.” “And that your reaction to that rejection will be a negative emotional reaction, that won’t help you but make it worse, won’t it?”

(Indira) “Yeah, it would.” “Does your higher-self say that you have been somewhat protected from that happening, and setting up the reaction of feeling worse about yourself?”

(Indira) “She says I have been protected a great deal from unhappy relationships.”

“That’s right, and you’re here to release all that stuff. I mean you see lots of little past lives normally because it works, because it’s like relating with what you know.

You don’t have reactions as different as Shelly’s, because Shelly’s had past life relationships with different situations, different people, and she’s experienced more conditioning on all different types of levels, where you have always been relating to the same guys, again and again and again, and they are very similar conditionings.”

(Shelly) "I've got to release anger towards both of you. So I release anger towards both of you, because I felt angry and threatened when you were talking about lying." **"Oh, tonight, you mean?"**

(Shelly) "Yeah."

"Well, I knew that was going to happen when I said it."

(Shelly) "Yep, and I feel angry about it. So, I release the anger and realize that lying is futile, and I release anger towards Indira, actually Indira was a lot more honest in that life, and a nicer person, basically, and I guess I feel guilty."

"The reason you were angry with me was again you felt caught out, then you felt guilty, and once you feel that guilt the secondary conditioning comes in, and you feel angry."

(Shelly) "Yeah, oh I knew that, yeah."

"So it's a defence mechanism."

(Shelly) "It's like. Well, you get angry because people don't understand that's the way you survive, it's now redundant, you get rid of it, good. But like I said it's like a starving kid stealing a cake."

"I understand, even when I explained that I understood the reason for the lying, and I accepted you, and it didn't bother me, you still reacted when I told you, with your own feelings of guilt and anger towards me."

(Shelly) "It wasn't towards you, it was towards me." **"Well, you got angry and you said you had to release the anger towards me?"**

(Shelly) "Yeah, well, I released the anger that I projected onto you, but more than anything it was anger towards myself. I release the anger towards myself and the guilt towards myself because of the self hatred.

I release the self hatred then the anger at having to be devious in order to survive, because otherwise I'll perish, because no one will be there to look after me, or give a stuff, anyway. So I have to be devious and underhand in order to try and..." **"Had to be?"**

(Shelly) "Had to be, to get what I wanted, and the guilt that goes along with that, and the anger, I release all that."

(Indira) "I think I've got to release anger towards Shelly for spending time with Philip, and giving her the fact that she must have had something nice about her, for Philip to want to spend time with her."

“It had all been set up by your Guides and higher-selves, because of the nature of the way you relate to the opposite sex, that needed to be brought to your attention, maybe.”

(Shelly) “I release the feeling of responsibility of having hurt both Indira and Philip.

I release feelings or belief that my existence has bugged things up again.

I release the belief that my existence always buggers things up wherever I go.

I release the belief that wherever I go I’ll create tension and chaos, and conflict. So I can now go out without fear, without the expectation of being rejected.”

(Indira) “I’m seeing me being happy without Philip, and finding a really nice man who I spend time with, but I never get married.”

“Why didn’t you get married to this guy that you find you liked? Is it because you made a vow that you wouldn’t, ask your higher-self?”

(Indira) “I didn’t get married because obviously I didn’t want to, and because my soul in the past had made a vow to marry my true love, Philip.”

“Have you got to release that?”

(Indira) “Yeah, I release the vow to love Philip.”

“You can understand why people get obsessed with certain individuals in this lifetime when they’ve had so many lifetimes making these vows.”

(Shelly) “I haven’t had any obsessions yet with certain people.”

“Father?”

(Shelly) “Father and Steve, yeah.”

(Her brother)

“That’s right, but not to this extent. The trouble is with that kind of thing it limits your whole growth and experience.”

(Shelly) “Maybe she might learn in great detail about this one thing?”

“Well, that’s right she learnt about love.”

(Shelly) “Yeah, and love is a really powerful tool in love, I think love has its own innate knowledge,”

(Indira) “I find myself extremely happy without him, and I have this deep friendship with this other man who I learn a lot by.

We're sort of like a couple, but we never ever get married."

"Do you ever have sex with him?"

(Indira) "Yeah, I do."

"Are you happy, do you enjoy the sex with him?"

(Indira) "Yeah, I do."

"That's good; you didn't block any of that because of the vow you made, then?"

(Indira) "No, I didn't. He doesn't want to get married, and he suggested it to me once, but I said, 'Let's just forget it and continue the way we are at the moment.'"

"What was the vow entailing, was it a vow entailing marriage with Philip?"

(Indira) "Yeah, and we made it when we were really young."

"So find out what it was, and then release it."

(Indira) "The vow was that we would marry each other when we grew up. So from that lifetime I release the vow that I would marry Philip when we grew up."

(Shelly) "What about the feelings when that didn't happen in that lifetime?"

(Indira) "I felt really angry towards Shelly, because I thought..."

(Shelly) "Yep, that's what I was getting."

(Indira) "... she had..."

"Taken him away and prevented him from marrying you."

(Shelly) "And also lied, and done it in an underhand way."

"I thought you'd released those feelings?"

(Indira) "Yes, she (Higher-self) says there is more. She says there is feeling of almost hatred towards Shelly, because she ruined our childhood vows, but it wasn't her fault.

She says I should release this blame, because it was partly Philips' fault, because Philip got attracted towards her..."

"He broke the vow as well."

(Indira) "Yes." **"You were putting all the blame on the woman."**

(Indira) "Yeah, so it wasn't her fault."

(Shelly) "I'm picking up here that it was supposed to happen that way, because I hated myself so much that this situation was created so that your hatred would confirm my opinion about myself.

So actually it was not a bad thing because now I'm in this life. I've had all these complicated past lives where there's been hatred and bla, bla, and all this, and it's hard to cope with, but they give you a lot of tools, so to speak, to grow. So it's almost like it doesn't matter that you hated me because it's helping me now."

"But you still had to release things, because it's not the whole truth, the ammunition for the hatred or guilt's are faulty, because like it was said, he's just as to blame because he broke the vow, he didn't have to. He could have stuck to his vow that he made.

Vows are crazy, anyway, any vows are crazy because we change, and we find other people attractive, and we don't find the other person attractive anymore, just like the marriage vow. We make the marriage vow and people grow out of love with each other.

They change and one partner feels they should be married to the other, and the other wants a divorce, and they don't accept the fact that they can change and lose their interest, all they see is that vow that they made, that they've got to stick to that vow, otherwise they are at fault, and are excluded from heaven, you know what I mean?

So, have you released the hatred towards Shelly?"

(Indira) "Yeah, I have. The hatred I felt towards Shelly was unfounded, because it was not her fault, because Philip actually wanted to spend time with her. She never manipulated him in any way, to actually spend time with her. But this attraction to her was his responsibility."

(Shelly at this stage wanted to leave the room because she was getting upset.)

"Indira can channel first because she's not going through any emotional situation. Shelly, ask Martin to give you some healing, you've still got stuff to release if you're still reacting, Shelly. Just ask Martin what needs releasing and Indira can channel."

INDIRA AS THE CHANNEL FOR AMETHYST, HER H-S

“Shelly’s feeling really tired because of her guilt, and she shouldn’t be so hard upon herself because she lied, but it was partly Philip’s fault, and everyone lies occasionally.”

“The lie was also to protect Indira, to stop her getting hurt if Shelly had told her the truth.”

“Yes, so don’t worry about it and just take things as they come in these therapy sessions, and to reassure Indira that she will find the right person at the right time. And if Philip is meant for her in this lifetime then he will come to her. And if he is not meant for her he will stay away, and at the moment he is staying away.

So she should take that as a no, he’s not going to spend time with her in this lifetime, and also she should plan her life without Philip. And the fact that she, by spending so much time in lifetimes with Philip, she has learnt a lot about one person. And she’s learnt about one person in different lifetimes, and that she has learnt a lot about what love is, and it was her choice. It’s a path that one can take. That’s it.”

“That’s good, Shelly doesn’t have to channel, my higher-self’s saying, but what they want you to do, Shelly, is take your etheric body and put it in the bed next to the bed that you are lying in, in the temple, and let the spirit Guides do healing on you, do you follow?”

(Shelly) “Yeah.”

“And relax and tell your etheric body it’s okay, and the healing Guides will bring through soothing healing energies. You’ll pick up the colours that they are going to bring through, to calm you and stroke you.

Let them speak to you, and you communicate with them, and listen to them, and let them sooth you, and Indira can ask her healing Guides what they have been doing with her bodies, while she’s been seeing the past lifetime.

And while Shelly is receiving the healing you can let me know what you were told by your healing Guides.”

(Indira) “They are saying that I was badly hurt because of Glen, because I saw Glen at Glebe on Sunday night.”

“In what way was Indira hurt

“In her etheric body.”

“So there was a reaction there?”

(Indira) “Yeah, they were healing a lot of pain, and they were healing a lot of the anger and disgust that I felt when I saw him, and my emotional body reacted, and my Guides were healing it up.”

“Shelly, what did you experience?”

(Shelly) “Yeah, they came over and started telling me jokes and made me laugh, and I forgot all about it, lot’s of yellow energy.”

“And that helped take away the feelings?”

(Shelly) “Yep, the most important medicine for me was to be able to laugh. I take it all too seriously.”

Indira skipped the next class night, but returned the following class-night.

When I was guided to choose inserts and chapters to add to the first volumes I chose the next class night, and because the recorded transcripts of the new student in the class I changed her name to Jacqueline, and going through my name lists of changed names I found the same student’s first name and had already got a changed name picked out for it.

But as I eventually came to retype all these transcripts I found I had already used the name Jacqueline for the previous student’s chapters, so I will change the name Jacqueline to Justine for the only two classes she attended, but I used the name Jacqueline for volume 1.

Oh, there are sections I left out of the first volume insert because they were connected with Shelly’s previous classes, so I would advise you to reread this short chapter, as you are now aware of Shelly’s previous classes.

(45)

**HEALING CLASS 5/11/91 JUSTINE AND SHELLY
MEETING HIGHER-SELF AND GUIDE MEDITATION**

“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 your higher-self, 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 higher-self 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? (Brief pause)

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. (Brief pause)

As you see more of your higher-self, you now start seeing the middle of your higher-self, the midriff. Is the person fat or thin, large or small; is the person an adult or a child? What kind of clothes are they wearing? (Brief pause)

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. (Brief pause)

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? (Brief pause)

Say hello to your higher-self, you can talk to them mentally, ask questions if you like. You can ask your higher-self, why they appear in this form? They will not look like

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you; they usually appear very different from you, so you can feel the difference later.

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 higher-self 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. (Brief pause)

After a while they will step out of your body, and you can go for a walk with your higher-self, if you want to ask if your higher-self has a name? Find out the name, so that you can speak to him or her, at another time.

If you look above your higher-self, you may see the Halo, it could be any colour at this point, and coloured rays coming out of our from it, as well as the aura of, your higher-self. Ask your higher-self, if your contact with him or her is going to get stronger?"

(Approximately ten to fifteen minutes silence)

"Now I want you to thank your higher-self, and I want you to come back now, your higher-self is still with you.

Come back to this reality, take three deep breaths, stretch out if you want."

JUSTINE'S MEDITATION EXPERIENCE

(Justine) "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."

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 lifetimes, 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.”

SHELLY AS THE CHANNEL

Justine didn’t want to channel, so Shelly channelled a 30-year-old woman, who didn't want to give her name at this time.

“I came with Justine. I'm looking after Justine. 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.

“Are you happy with Shelly’s latest development?”

“Oh yes.”

“It was all planned?”

“Yes, it was. It’s jolly, yep, it’s all planned, and we all know what’s happening, it’s fine. It’s all been planned. 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. So she’s not going to be channelling anybody of Master status tonight, but...”

“Not until she gets more detached.”

“Yeah.”

“And stops reacting emotionally?”

“Yeah, but that won’t be too long now. Now that she’s got this new Guide, and all’s well, and all will end well.”

“Any advice for Shelly in the future?”

“She’s alright, she’s persisting. She’s a persistent little bugger, so there’s no worries there. Shelly’s not going to let go, you know. She’s lazy as hell, but once she’s put all this effort into something, she’s not going to drop it by the wayside.”

“The laziness is connected with past life conditioning.”

“She’s lazy because she conserves her energy for things she thinks need a lot of energy, to be...”

“But you don’t need a lot of energy...”

“Well, this does for her, this therapy. So basically she’s channelling her energies into this development. But later on when she gets stronger she’ll have excess energy to be able to utilise it in other ways.”

(2014 INSERT. If ever you readers think that my meditations, beliefs, guidance or advice is coming from my imagination, check out Shelly’s meditation experience in the next class-night, highlighted in pink.)

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HEALING CLASS 12/11/91 INDIRA, JUSTINE AND SHELLY
SHANGRI-LA MEDITATION

“Tonight I want you to visualise a large river set in the forest. In the distance is the Himalayan mountain range. On the banks of the River are Indian temples and ashrams. We are now travelling towards the mountains, leaving the river behind. As we climb into the mountains we put on warm ski clothing.

We are now approaching a narrow pass, high in the mountains. There are ropes fastened on to the walls of the pass, as it is very windy up here. As we walk around the bend in the pass, it widens into a beautiful green valley where pink cherry blossom trees are scattered across the rich green grass.

As we walk down the path, into the valley, children and animals are playing under the trees. In the distance, atop a hill, surrounded by terraces of hanging Gardens, is a beautiful shining temple, with a gold dome roof, reflecting the Sun.

We climb the steps up through the hanging gardens and through the gates into the temple, where we see rows of seats facing a stage. Find a seat and sit down.

On the stage a bright light is going to appear, and as your eyes get accustomed to it, a Master is appearing in it. He's going to speak to us individually about the changes in the future for ourselves and the world. We will leave you in silence so you can hear what he says to you.”

(Approximately ten to fifteen minutes silence)

“I wanted you to now thank the Master for what you have learned and leave the temple, and outside in the gardens, is a large magic flying carpet, waiting for you all to climb on board. Now it is rising and flying over the Himalayas, and now across the city, and back to this room.

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INDIRA'S MEDITATION EXPERIENCE

(Indira) "I asked the Master about my job, and my career, and he said that next year would be a really happy year for me, and I said I get periods of severe loneliness, and he actually touched me in places and would actually take care of that, and he said not to worry about anything, and he said I'll be working next year. But the next two months would be a bit difficult, but they could be pleasant, depending on my attitude to them, and that I relax and don't push myself too hard."

JUSTINE'S MEDITATION EXPERIENCE

(Justine) "Thought's were going through my mind about surrendering my will, and things like that."

(Shelly) "When you talk about surrendering your will, you were consciously thinking about trying to do that."

(Justine) "Yes."

(Shelly) "So, you feel your will was against seeing these things?"

(Justine) "Probably, I may be wrong."

(Shelly) "I'm getting that it's just a matter of going along for the ride, and don't worry about what you see, because if you just free your mind and just go along for the ride, that's what they're saying. They're saying don't take it overly seriously, let your mind create images, and be creative. You're higher-self will choose to use whatever symbols that will mean something to you, and that's what I'm getting from spirit."

SHELLY'S MEDITATION EXPERIENCE

(Shelly) "I saw us going up the mountain pass and my Guides and higher-self was there, and I was really straining to get up the hill, and Yukia was walking in front of me, and he was walking in a really relaxed way, conserving his energy, and he showed me how to do it, and I was grumbling, and he was saying,

'Look, just relax and walk up the hill, and don't even think of it as a big steep hill.'

You see he was just walking up, and not even thinking of it as a hill.

It's part of the journey to get wherever you're going. Anyway I got to the gateway which was quite beautiful, and went through the gateway, and I noticed this field of opium poppies, and I noticed that Yukia bowed to them, and I asked him why, and he said he would explain to me later why he bowed to them, but first come to the temple.

I sat down in the temple and this Master appeared in the light, and he was like an Egyptian healer. He had a Jackal-head mask on, and he came down and put his hand into my heart and pulled out a thorn. I was picking up why he was doing it, he was psychically communicating that it had just been lodged there, and it was blocking the flows of energy throughout the body, it was a symbolic thorn."

“Did he tell you where it came from?”

(Shelly) “From me, it's been there through a few lives, through sadness and pain, and I had created a thought-form of this thorn. Then he put in this seed, and this pink flower grew, pink blossom, and he communicated that it was for love, that which was really blocked because of this thorn having been there, or I hadn't been able to express it.

And he pressed all these points around my body, more than four points through which the love could flow outward, and then others through which the love could flow inwards, because it was like a pressure cooker, he was saying like it was all stored up and it was going haywire, and it was making me overly emotional because the channels were bugged up, or meridians, or whatever they are.

And I felt a lot lighter, and I could see these pink rays coming out from the points that he'd manipulated. Then he manipulated my temples, and all this hot air came out of my head, because I was feeling the love, but I was still feeling sort of serious, and why not let them do what they are doing, and there's heaviness in my brain, it was like fetid air, a breath of fresh air in the brain, so that I would have a fresh outlook on things, because I tend to have that streak of cynicism.”

“Like a jaded outlook?”

(Shelly) “Yeah, jaded. So I thanked him and I felt a lot lighter, I still feel a lot lighter, actually. Then I asked Yukia, ‘Why did you bow to the poppies?’ and he said,

'I'm just acknowledging a beautiful gift of God.' So I said, 'Do you use opium or advocate the use of it?' and he was saying,

'No, it's just like anything else in life it can be used or abused, and if used and respected it can teach, but you have to be quite developed for that. Too many people don't respect it, you have to respect the power of this.'

It's got a power that you have to understand before you can use it, and you have to respect it otherwise it will backlash.' Like it is only to be used in certain circumstances, and not everyone should use it, but he'd used it in small doses for certain reasons, like he had been guided to use it.

That was interesting because I've experimented a little bit with drugs, and he was just showing that they are powerful things, that can really be damaging,"

“And not to be used for escapism?”

(Shelly) “No, that's what he was saying; they're to be used for wisdom.”

“Advancement, consciousness expansion?”

(Shelly) “Yeah, it's been a long time since I have, but I just wanted to know about drugs, and about their role, because I've read about wise men that have used drugs as an aid to... but he was saying that it's a very small factor in growth, it's a tool.”

“That's right, but there aren't many people who actually use drugs for that purpose, anyway. Ninety-nine percent of people use it for escapism, it's like any other addiction, like alcohol for the highs.”

(Shelly) “Yeah, Jacob was saying I have to learn to laugh, because he was laughing away, having a good time, and I was up there still serious. I have to learn to laugh.”

SHELLY AS THE CHANNEL

Shelly first channelled Toby who said he was 25 and came with Shelly, who he had known quite a while, but he had only been with Shelly a day. He had known her from only this lifetime. He had been in spirit for ten years and died an unpleasant death. No-one had ever spoken to him since his death.

“I got in through a hole in her chest.”

“Why did you want to come to Shelly?”

“She’ll look after me.”

He was rescued by his Aunt in the white light, and he said,

“Shelly can’t help me, but if I go with her there’s people who can help. She says I’ve been lost and this is the place I’m meant to go, in the white light with her.”

He then went with his Aunt. The next spirit Shelly channelled was Shelly’s higher-self, Martin.

“Her emotions have created a hole there. She’s still misusing her emotions, wasting a lot of them. She’s not learnt to be, meaning to be cruel is to be kind, and she’s still sending out a lot of emotion to negative people, who she’s not strong enough to help yet.”

“Is there any backlash on her?”

“Yes, so she has to learn, well, it’s painful for her, so this is the way we, that she learns. I’d teach her in a way that wasn’t painful if I could, when she visited Michael yesterday, he’s got a lot of negativity and attached spirits.”

“Did Toby come from Michael?”

“Yes, and if she continues to do that just more and more spirits will keep on coming in, and the hole will just remain there, and she won’t progress. She has to learn to be sparing with what she gives out.”

“Did any of her Guides warn her, or try to stop her, like Yukia or Jacob?”

“They tried, it’s just this emotion is still...” **“Strong?”**

“...too... Yes, it’s a vicious circle here. That’s why she got this healing this evening. It’s redirected emotional energies, and hopefully this will help, because we can keep over and over trying to help in that area, but she fails to listen, and she only feels.”

“It’s like the principal of the nurse that gets too emotional when she’s treating a patient, isn’t it, in a way?”

“Yes, it’s a large issue; she’s got to come to terms with, instead of taking responsibility and carrying her own burden.”

“What was the strongest emotion that Toby had, which affected Shelly?”

“Dependence on a figure, anybody who would give him... allow him to be there and receive... feed off.”

“Would that have affected Shelly and made her feel dependent on someone else?”

“No, she didn’t really notice it. She did have a feeling of a bit of weight on her chest, but she’s used to this feeling, anyway. She’s got to start honing these psychic senses so that she knows more when there are spirits attached.”

“When the sensations in her body changes she should be consulting her Guides to find out what the change is.”

“Yes.”

“Remember the three questions, is it a spirit, a thought-form, or past life conditioning.”

“Yep.”

“And when you get the answer you can deal with it, but she did good, tonight.”

“Yes, she’s improving. It’s going along at her own rate, we’re happy.”

“Going along at your speed, I hope.”

“Yeah, well, I’d like to go a bit faster but I’m happy that she’s going along at all, put it that way.”

“She’s going along fast enough for all concerned, if you know what I’m talking about?”

“Yes, well, yes, if she stopped we’d push her, and keep her going. I mean she’s not stopping at all, so it’s good.”

JUSTINE AS THE CHANNEL, FIRST TIME

Justine channelled a spirit called Sally who was 20. Sally said that Justine brought her here tonight. She said that she had been in spirit 6 months. I felt that Sally had been scared when she became a spirit, which was confirmed by Sally.

She said she ran when white lights came near her. I told her that I was between her and the white light, and it was her mother that Sally perceived in the white light, she went with her mother.

“You see your Guides and the class Guides brought the spirit to you, to get used to you, because they knew you were coming to this class to practice channelling, and at the same time while you were practising channelling you were helping rescue a spirit.

Her mother’s body was still alive, but her mother’s spirit or higher-self would have come through the white light and helped her. Her mother will be with her in the spirit worlds as long as she needs her.”

INDIRA AS THE CHANNEL

Indira first channelled Timothy who was 28. He was brought here tonight by a friend of Indira’s, Tim, from way back. So Tim is also a spirit attached to Indira with Timothy. So Timothy was rescued by a friend of from school.

“I’ve been affecting Indira in a negative way, and she’s been telling me to stop it. I’ve been giving her really pessimistic thoughts, that she would have a horrible life, and she won’t know what to do with the rest of her life, and giving her thoughts that affect her in a negative way.”

“And why are you sending these thoughts to her, did you have a horrible life?”

“Yes, I did.”

“And you believe that everyone has a horrible life?”

“Yes, I do.”

“Has Tim been affecting Indira as well?”

Timothy was rescued, but Indira’s higher-self wanted Tim to stay and look after Indira. Tim channelled from now on.

“He’s been trying to counteract the spirit, but he’s been getting too powerful for him.”

“How did that last on get into Indira?”

“It got in through her brain. She’s just particularly weak at the moment, so spirits can get in or out.”

“What has caused the weakness?”

“Lack of faith.”

“What breaks down the barrier to let them in?”

“It’s the negativity in herself that she’s... It’s just her general pessimistic outlook towards life that lets them in.”

“Are you trying to protect her from these spirits getting in?”

“Yes, I am.” “Are you working with Indira’s higher-self?”

“Yes, I am.” “You talk to her higher-self?”

“Yes, I have.” “How long have you been with Indira, Tim?”

“For the past three or four weeks.”

“What attracted you to come back to Indira?”

“Because I am the parallel life of a guy, Tim, who she met at work, and because they met, but they couldn’t talk to each other very much, he wanted me to look after her, which I am doing.

I come from a planet called Atlantis.”

“All parallel lives are in communication with each other, aren’t they?”

“Yes, they are.”

“Because you are more free to help Indira...”

“Yes.” “...because you are more advanced...?”

“Yes.” “...to be able to travel like that...”

“Yes.”

“...to help her? Is there any connection with Indira from past lifetimes?”

“No, not directly, but I’ve know her because Tim talks about her a lot. My name’s Timothy.”

“Who was the one who just got rescued?”

“That was a Timothy as well.”

“How come her Guide doesn’t deal with these spirits?”

“The Guides want her to become strong enough to deal with these spirits.”

“Are you interfering and stopping her becoming stronger?”

“No, I’m just here to help her until she gets stronger.”

“You can help because your vibration is of a similar vibration to these spirits that try to mess her up, and they can see you and in a way prevent them, and influence them, is this true?”

“Yes, it’s true.”

“And her Guides are of a higher vibration, like white lights, and they can’t really interfere much, can they?”

“No, they can’t.”

“Because the reaction from the attached spirits would be to hide and not communicate with these white lights, but if they see someone like you, a normal person not surrounded by a glowing white light, you can relate to them at their level, is this true?”

“Yes, that’s true.”

“It doesn’t mean to say that you are a lower vibration because of negativity, or anything like that.”

“Yes.”

“Like we communicate with spirits on lower levels to rescue them, but our spirit vibrations are higher, it’s just that our vibrations go through lots of different levels, don’t they?”

“Yes, they do.”

“Because we have a physical body, we’re interconnected through the different levels of vibrations, whereas a Guide is a higher level and not interconnected through the levels as much, are they?”

“No.”

“The same with relatives who come through the white light to rescue them, they are of a higher vibration.”

“Yes.” “How long are you staying with Indira?”

“Till the end of the year.” “Are you learning from this?”

“Yeah I am, I’m learning a lot.”

“You’re learning about past life therapy I suppose?”

“Yes, I am.” “Being sort of seconded, is the word?”

“Yes, that’s right.” “Like a Guide’s helper?”

“Yes.” “Do her Guides guide you in what to do?”

“Yes, that’s true.”

“What’s this planet Atlantis you come from like?”

“It’s in another Galaxy, and it’s next to a planet which Indira spends a lot of time, and I used to spend a lot of time there, and it’s a neighbouring planet.”

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Indira and Shelly took their holidays and came back in February, but over the Christmas holidays I met three new students Rachel, Lucy and Paula, who would start at the end of January. These new students were about Shelly's age, and I would find that they were also old souls in young bodies, as you will see with the kind of meditations that my Guides get them to go on. Paula would also come for a few private past life therapy sessions, but they weren't recorded.

Only about 25% of this class-night has been inserted in volume 1, and you haven't read any of the students channelling yet so I won't mark the used passages as these three students had many past lives together, including the Ice-skating race in Holland, and you should re-get to know them all from the beginning.

**HEALING CLASS 28/1/92 RACHEL, PAULA AND LUCY
MEETING YOUR HIGHER-SELF MEDITATION
THEN SHANGRI-LA MEDITATION**

“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 your higher-self, 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 higher-self 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?

(Brief pause)

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.

(Brief pause)

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As you see more of your higher-self, you now start seeing the middle of your higher-self, the midriff. Is the person fat or thin, large or small, is the person an adult or a child? What kind of clothes are they wearing?

(Brief pause)

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.

(Brief pause)

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?

(Brief pause)

Say hello to your higher-self, you can talk to them mentally, ask questions if you like. You can ask your higher-self, why they appear in this form? They will not look like you, they usually appear very different from you, so you can feel the difference later.

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 higher-self 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.

(Brief pause)

After a while they will step out of your body, and you can go for a walk with your higher-self, if you want to ask if your higher-self has a name? Find out the name, so that you can speak to him or her, at another time.

If you look above your higher-self, you may see the Halo, it could be any colour at this point, and coloured rays coming out of our from it, as well as the aura of, your higher-self. Ask your higher-self, if your contact with him or her is going to get stronger?”

(Approximately ten to fifteen minutes silence)

“Now I want you to thank your higher-self, and I want you to come back now, your higher-self is still with you.

Come back to this reality, take three deep breaths, stretch out if you want.”

RACHEL'S MEDITATION EXPERIENCE

(Rachel) “I did get a tingling in my mouth and my head dropped.”

PAULA'S MEDITATION EXPERIENCE

(Paula) “I felt a presence in my hands and my lower back. I thought I was seeing an old Indian, and then I thought I was seeing an old Maori Chief.”

LUCY'S MEDITATION EXPERIENCE

(Lucy) “The chest was naked, it was a male, dark skinned, very serious, no smile. When you got to the forehead he had lines on his face. Deep set probing eyes, and in the transfiguration I felt tingling in my arms and hands, and I asked him whether I was doing the right thing, in coming here tonight, and I got a,

‘Yes.’ And whether I had done something like this before, and he said that I had, and I asked how far I got, and he said that I lacked courage at the time that I tried before, and he would be my courage, or he would be my strength.

He was really muscular, too, that's what I felt in the transfiguration, that he was quite strong, and that he was sending me strength.”

SHANGRI-LA MEDITATION

“Tonight I want you to visualise a large river set in the forest. In the distance is the Himalayan mountain range. On the banks of the River are Indian temples and ashrams. We are now travelling towards the mountains, leaving the river behind. As we climb into the mountains we put on warm ski clothing.

We are now approaching a narrow pass, high in the mountains. There are a ropes fastened on to the walls of the pass, as it is very windy up here. As we walk around the bend in the past, it widens into a beautiful green valley where pink cherry blossom trees are scattered across the rich green grass.

As we walk down the path, into the valley, children and animals are playing under the trees. In the distance, atop a hill, surrounded by terraces of hanging Gardens, is a beautiful shining temple, with a gold dome roof, reflecting the Sun.

We climb the steps up through the hanging gardens and through the gates into the temple, where we see rows of seats facing a stage. Find a seat and sit down.

On the stage a bright light is going to appear, and as your eyes get accustomed to it, a Master is appearing in it. He's going to speak to us individually about the changes in the future for ourselves and the world. We will leave you in silence so you can hear what he says to you.”

(Approximately ten to fifteen minutes silence)

“I wanted you to now thank the Master for what you have learned and leave the temple, and outside in the gardens, is a large magic flying carpet, waiting for you all to climb on board. Now it is rising and flying over the Himalayas, and now across the city, and back to this room. Come back now.

Take three deep breaths, have a stretch if you want to.”

LUCY'S MEDITATION EXPERIENCE

(Lucy) “When you said to put the ski gear on, it was big fur coats and hats that we were wearing. I could see the cherry blossoms and the kids, and the Deer’s came right up with the kids. They were really placid, like they weren't scared of us, at all; I even had a pat of one.

When we got to the Temple I could only see one Guide, and I wanted him to hold my hand, he seemed really gentle, really nice. I got scared when I went in the Temple. I didn't know why at that stage, so my Guide held my hand for me, and we both sat down.

Then when you said that we were going to meet a master, I got excited like some little kid, and said, ‘Oh, good.’ And when you said, he is going to meet each one of us in turn, then I got really excited, and said, ‘Oh, I can't wait, I want to meet him.’ And my Guide told me that I had to learn patience, and there wasn't just us there, the Temple was full, there were a lot of people that the Master saw.

Then he got to me, he put his hand on my shoulder, and said that it's good that I had an eager mind for learning, but not to rush myself, or others in trying to attain learning, and then he said I was doing well, but to slowdown. Then I said thank you. And he walked over to Paula.

After I said thank you to the master, which was long before you said to say, thank you, I was really attracted to the back of the Temple. There was a doorway there, and there were lots of colours coming from the doorway, and I had a hold of my Guide’s hand, and I was like a little kid, jumping up and down, and saying, ‘I want to go in there.’ And he was saying,

‘No, no, you've just got to sit here and wait for everybody else to finish.’ But I was attracted to go into the back of the Temple, there, but I didn't go.”

PAULA'S MEDITATION EXPERIENCE

(Paula) “That's funny, I knew you were having your turn, and I was waiting. Then he came to me, and I was sitting there, and my Guides were there, and I really did feel like my great grandmother was there as well, beside me. As she was saying,

'Sit down,' and he took my face in his hands, like this, and I said, 'I'm lost.' But I can't remember what he said to me, but I know at the time that it meant something. Basically, I was looking at my great grandmother, and she was going,

'Well, listen, listen.' We had three or four exchanges of things, but it's gone. I said, 'I'm lost,' and he said, *'You're on the right path.'*

LUCY AS THE CHANNEL, FIRST TIME

Lucy channelled an old man with white hair, called Aithius, who said he was from Atlantis.

“Do you know any of these students in the class, Aithius?”

(Lucy) “He knows Raymond.”

“I thought he would, I’ve had two lifetimes or more in Atlantis. Did you know me from a lifetime in Atlantis, when I was a past life therapist?”

(Lucy) “Yes, you healed him.”

“Was I a man or a woman?”

“A man.”

“That’s right; I’ve had another lifetime in Atlantis as a woman. But when I was doing past life therapy it was at its height of civilization, wasn’t it?”

“Yes.”

“Do you know anyone else in this room from Atlantis?”

“Is it Rachel? I think she was a healer, too. This person’s blocking.”

“Can you see anyone else here in spirit?”

“There’s other spirits here, heaps.”

“It’s like we’re surrounded by an amphitheatre, isn’t it?”

“Yes.”

“Are you helping Lucy to practise?”

“Yes.”

“Are you getting her used to the vibration, with channelling?”

“Relaxing. I can feel lots of support.”

“From Guides?”

“And from people in the room, energies. Can I go now?”

“Yes, if you want.”

(Lucy) “I could feel energies in the whole room, boosting me up and more or less saying to me, *‘Relax and go with it.’* It was good. That Guide, or whoever I just contacted, said that you, Rachel, healed with crystals in Atlantis.”

(Rachel) "I've got this name Miriam coming up."

(Lucy) "I got a lot about you, actually."

(Rachel) "So I was healing there with crystals?"

(Lucy) "Yeah, colours and crystals."

(Rachel) "Yes, I've healed with colours."

PAULA AS THE CHANNEL, FIRST TIME

Paula first channelled a 40 year old man who had been lost, who was rescued by his mother in the white light, who said,

'It's alright, come with me.'

(Paula) "Gosh, what a quiet person, it was a quiet bald man."

(Lucy) "I got his mother before Paula said it was."

(Rachel) "I got Charles, and then when you said,

'What age?' I got 40, and then she said, '40.'

(Paula) "I saw the mother."

Paula then channelled an 18 year old called Michael, who said he knew Paula. He said he had been with Paula for years, since when Paula was a child. He used to play with Paula. His grandmother came through the white light and said to him,

'It is time to go.' I told him he could come another time, so that he would leave Paula easier. I asked him to ask his grandmother to confirm this, and his grandmother said,

'Yes, another time, leave Paula alone.' He then went with his grandmother. I then felt Paula's higher-self wanted to explain about Michael, so I asked if Paula's higher-self wanted to channel.

"Yes," **"Did that spirit who was attached to Paula, did he have a positive or negative effect on Paula?"**

"Negative." **"In what way did he influence her?"**

"Thoughts, sexual thoughts, deviate, bad. My eyes are feeling very strange." **"Are you affecting Paula's eyes?"**

"Yes." **"Even though he might have been negative, and had these thoughts been affecting Paula, it will help her grow, won't it, the experience of this spirit?"**

"Yes."

“It was meant to be.”

“Yes.”

“To give Paula certain strengths, to learn in new areas, didn’t it?”

“Yes.”

“But it’s now time for those to move on because she’s growing into new growth, a new area, isn’t she?”

“Yes.” “It’s not needed anymore?”

“It will be easier for her now. That’s a long time attachment.”

“Was the attachment karmic, or just because she doesn’t know how to stop those attachments?”

“Lack of ability. Paula’s trauma as a child.”

“This allowed him to get in, did it?”

“Yes.” “Because of the damaged aura?”

“Mmm.” “Do you feel any different?”

(Paula) “I do feel different, yes. I always knew that they weren’t my deviant thoughts, because I’ve actually been to see a psychic healer before, who told me this, that I had an entity attached onto me.”

(Lucy) “Did you feel hesitant letting it go, at first?”

(Paula) “No, it wasn’t me that was hesitant, it felt like he was.”

“He didn’t want to go, I knew.”

(Lucy) “I felt heaps of hesitation, like a tug-of-war sort of thing.”

“Because if he thought that he couldn’t come back he might not have gone. So I had to let him know that he could come back, so that he could learn and not be pressured into leaving.”

(Paula) “Yes I could actually, I felt a bit of glee when he thought that he could come back again.”

“But once he goes he will be re-educated. His grandmother will take him and teach him things, she’ll tell him off.

You see he was attached inside your aura. Now he’s out we can heal the damaged aura, then you can key the aura to not allow him in, so if he comes close to your aura, your aura will electrocute him, give him a zap to keep him away, keyed to that entity.

We always use love first to rescue a spirit, then enticements, then we use what they fear, and only as a last resort, pain, and there is no karmic backlash because they are messing with your health, and it is self defence.”

RACHEL AS THE CHANNEL, FIRST TIME

Rachel channelled an entity that at first I felt was a child, but because he couldn't answer hardly any questions I became suspicious and asked my Guides if this was a spirit, because I was intuitively feeling that it was a thought-form, which was confirmed by my Guides.

But removing thought-forms is very similar to rescuing spirits. At one point the spirit boy said,

'I'm not sure if I have a mummy.' After he was rescued I found out that Rachel in a past life had unconsciously created a thought-form of a son who had died, So that thought-form would have been programmed to recognise it's mother's vibration, but now that Rachel doesn't look like that mother he wouldn't be sure if he had a mother, but his programming would still be drawn to attach to Rachel's basic vibrational signature.

Consequently if I had know all this I would have been able to describe to the thought-form that his original mother would be in the white light, to attract him away from Rachel into the white light, where it would have dissolved with the original-mother-thought-form, which would have been created by Rachel's higher-self, to lure the thought-form to the right place, as Rachel's higher-self would have had the memory of the appearance and vibration of the original mother, who created the thought-form to cope with the loss of her real son.

It might have been healthier for that mother in that life to have that thought-form, which I have no-doubt that the mother felt it's presence while she was alive in her physical body. I have typed all this up so that you can know what to do next time any of you come across an attached spirit, which turns out to be a thought-form of a deceased mother's child.

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**HEALING CLASS 4/2/92 RACHEL, PAULA, LUCY & SHELLY
ATLANTEAN HEALING TEMPLE BY THE NILE MEDITATION**

“We are going to go back in time tonight, go back thousands and thousands of years to just after the fall of Atlantis, the last great cataclysm. We are going to go to Egypt.

We are walking along beside the Nile. Children are playing in the villages and there are dhow’s sailing on the River. This is a time before the pyramids and the sphinx.

We are visiting an outpost of the great civilisation of Atlantis. In the distance beside the river, on the other side of the village, we can see a beautiful healing Temple which was built by the Atlanteans. As we walk through the village we see that the people are happy, and are used to visitors to the temple.

As we get closer to the temple you can see that the building is constructed with a kind of pink marble. As we go up the steps, we see our guides waiting at the entrance, waving to us. We now all put on white robes.

The halls and courtyards are all open to the sky. Its midday, the sun is directly overhead. As we walk down the corridors, we can see the priests and priestesses ministering to visitors of the temple.

There are rooms off the corridors, with couches in them, we look in through the doorways, and we see that they are each illuminated by a different colour, because there are coloured crystals embedded in the ceilings, with each room having a different coloured crystal, one color for each room.

Now, I want you to choose a coloured room that takes your fancy, go to the healer waiting at the door and ask if you can be shown the healing cure that is appropriate for that coloured room.

(5)

If the healer indicates, ‘No.’ Maybe your guides or higher-self want you to try a different colour for your development. I will leave you now, to talk to the healers.”

(Approximately ten to fifteen minutes silence)

“I want you to now thank the temple healer who you have been learning from, and leave the temple. Walk down the temple steps to a large boat moored to the steps, and when we all get on board the boat leaves the dock and starts going faster and faster, until it starts to rise and flies us all back to this room. Resume your seat, come back now, take three deep breaths, have stretch if you want to.”

PAULA’S MEDITATION EXPERIENCE

(Paula) “On my left was this purple room, and I really wanted to go in there, but then it was like, ‘No,’ I have to go into this blue room, first, and I don’t actually really like blue, anyway, like dark blue. I pretty much said, ‘Blue is dark blue, anyway.’ Well, I went in there and I got shown different shades of blue, really, and not really dark blue at all, like blue like your necklace, and that.

Then I wanted to go into the purple room, and I asked my Guide, ‘Why did I want to go in the purple room?’ and basically I felt that the purple was good for me, to raise my vibrations, and I needed to go in there, but after seeing this other room first.”

LUCY’S MEDITATION EXPERIENCE

(Lucy) “I wanted to go into the blue room, but my Guide told me to go to the green one at the end of the corridor. I asked whether I should go into the blue room, and he said,

‘*No, come down.*’ Well, actually the healer standing outside the blue room also said,

‘*No, go that way, go down there.*’ So I went into the green room and lay down on the couch, and I asked what they were doing, and they said they were clearing my base spine chakra.

Then I went into the pink room, and there were patients in there, there were young kids. One boy was about 8 years old, and he had sores all over his legs, and I got a real fear that I was going to have to heal him, and I said, 'I'm not doing that, I'm not healing him.' But my Guide or the healer said,

'No, you don't have to do it, you can just watch, you don't have to heal.' And I watched this guy move a pink colour over his body, and I asked what the boy had, and I was told that it was a skin disease that we don't have now.

Then I went into the blue room where I wanted to go, and I asked when I came out of the pink room, 'Is it okay if I go in there?' and I went in there and I got a really nice feeling, like the blue surrounded me. And I asked my Guide why I felt so good in this colour, and he said because it was a colour that I once healed with, that I was very good with that colour, and I just hung around in the blue room until you told us to come back.

I've never thought of myself as a healer, and I've always held back a bit, as far as anything, learning about healing, too, and reading, and things like that. So there must be something that needs to be undone, I don't know. I've got a fear of actually healing people, in case I have this feeling, that, I don't know, maybe I've healed somebody and done the wrong thing, I don't know, I can't explain it.

But when I went into that (Green) room I had fear grip me, that I was going to have to heal this child, and I was backing away, saying, 'No, no, I don't want to do this.'

(2014 INSERT. My Guide's again want me to highlight in pink the reality of the events Shelly was seeing on her meditation, and how even her opposite desires weren't imagining or creating what she was seeing.)

SHELLY'S MEDITATION EXPERIENCE

(Shelly) "The colour orange entered my head immediately; usually I procrastinate and think, 'What colour do I like?' But orange I don't particularly like, but my favourite colour's green, and orange is the opposite colour of green.

So I said, ‘Why do I have to go in there?’ and they said,

‘The colour of your heart chakra is green, and we have to do some healing on the heart chakra with this orange, the opposite colour because the green has gone black on the edges.’

So I lay down on the couch and from the orange ceiling came down in the shape of a big drill, orange light, and they drilled away the black edges that was around the green with the orange.

They kept on saying the opposite colour, and it pried lose all this solidification of gunk that had been building up around the chakra, but it didn’t hurt, thank God. I was expecting extreme pain. I asked them about why I had to go into this orange room, such a pukie colour, but straight away the first door on my left was the orange room, and they ushered me in.

They left my chakra a clean green, got rid of all that gunk. My higher-self and Guides were all there in the room. The healers were women wearing flimsy apricot flowing robes.”

RACHEL’S MEDITATION EXPERIENCE

(Rachel) “I really wanted to go into the purple room like I always do, and I got,

‘No,’ I’ve got to face the green tonight, which is like a very bright green, which I have a problem with. I decided to go into the bright green room, and basically I got this thing saying that the green was for my heart, so I just need a bit of healing there. Then I flew out of that room as soon as I could. Well, it was a bright green; it’s too much for me.

So I went into the red, and that was for strength.” **“What’s the first feeling you get when you are confronted with that green?”**

(Rachel) “Love.”

RACHEL AS THE CHANNEL

Rachel channelled a young girl called Kerry that Rachel received her age as 12, which was confirmed by Shelly. Kerry had log red hair and had been playing with other children in a forest.

She was rescued through a doorway into a higher spirit realm.

(Rachel) “When I first shut my eyes I got a ring of white.”

PAULA AS THE CHANNEL

Paula channelled John, who knew me from many lifetimes ago.

“What would you like to tell Paula?”

“Insecurity, she is too insecure, not trusting.”

“This will be worked on, John.”

“Yes, it will take a long time.”

“Are Paula’s Guides here, John?”

“Yes, she can’t see them.”

“Did they want you to channel, John?”

“Mmm, yes, she needs to come back more to the classes. That’s all, that’s all.”

(This sounds like Paula has had a history of missing other classes.)

“I’m being told by spirit that some of the things you have read in volume 2 has triggered off stuff in yourself, that you’ve indentified with, and it’s been churned to the surface, and you are being affected by the reaction to what you have read in volume 2.”

(Paula) “Yeah, I’ve had a highly emotional week, actually, the last three days.”

LUCY AS THE CHANNEL

Lucy channelled Jonathan who said he was 18, who had been hanging around Lucy since she was a little girl. He liked Lucy for her positive vibes, very open. He liked to cause mischief to experience a reaction in others. He admitted that he was sure that he had an influence on Lucy. He didn’t know that he was a spirit. He didn’t care that Lucy had never spoken to him.

“When was the last time someone spoke to you, Jonathan?”

“My parents.”

“Do you miss your parents?”

“No, I don’t like them; they never showed me any love.”

“How long have you not been able to communicate with Lucy?”

“When she was a little girl I talked to her a lot, then. She doesn’t remember, I feel like I’ve done something wrong.”

He didn’t believe in heaven but I got him to see an Angel who had come for him, who he took a fancy to, because she was his type, to attract him.

(Lucy) “I saw the Angel when you said,

‘Have you got a girl friend?’ I got, *‘Me,’* but then I realised I wasn’t the girlfriend, I was the young girl. I got a glimpse of me when I was a young girl.

He was definitely a cheeky bugger, perverting at the Angel. I got a picture of his parent and they looked like they hated him, too. He wasn’t lying, that’s for sure, they looked like awful parents.

I felt he was really happy when he saw the Angel, I could just feel it. When Jonathan was saying he talked to me when I was younger, I was thinking like I had an imaginary friend when I was younger, it was so full on that my parents had to set another place at the table every night at dinner.

I can remember my parents telling people Lucy’s got an imaginary friend, but I can’t actually remember talking to it or seeing anything. It was quite weird when he said that, straight away I thought of my imaginary friend. I know I’m a mischievous little bugger sometimes, to my own detriment.”

SHELLY AS THE CHANNEL FOR HER HIGHER-SELF

“It’s good that you persuaded Shelly to come this evening, she’s been reminded that she’s not the only one who has insecurity, and it’s a positive thing, but it sounds like a paradox.”

“Like two negatives make a positive?”

“Yeah.”

“Do you want to give any advice to the students?”

“Yeah, I treat Shelly in a way that she deserves to be treated, and she’s only just realized that. I don’t give her a lot of attention because then she would come to rely on me too much, and wouldn’t work hard enough.”

So I say to the other students that their higher-selves are like a mirror of the way you perceive yourselves, intellectually, emotionally, and if you can look into that mirror then you can often pick up a lot of information about yourself. Examine the way that you relate to your higher-self.

I’ve deliberately been ignoring Shelly until today, actually, because she was ready to be lead by my hand. Before that she had been rebelling, so I allowed her to rebel until she could look in the mirror and perceive that she was rebelling, and it may be the same, a similar case with other students.

We all know what we’re up to, your higher-selves, and we will treat you in the way that’s best for you, whether you like it or not, I’m afraid. The more you make an effort towards us, the more we will reach out to you. So don’t give up on us, and we won’t give up on you.

We never do give up on you but you give up on us and we can’t really do much.”

“What’s my role, what’s my purpose as the Teacher?”

“Yours is to hold the mirror. More than that you are doing a great job, you’re doing it...”

“I don’t want to hear the platitudes, I want them to understand the way I work with spirit.”

“Well, you are doing a great job, in that you are one of the few people who can do the job in saying the hard things that perhaps people don’t really want to hear.

There are so many things that we like to hear, that send us away feeling happy and warm, and feel like we’ve achieved something because we’ve heard what we’ve wanted to hear, but in fact we’ve not progressed, and your role is to help us to progress as students.

And you have to be hard sometimes, which students have to understand, because, well, if you are not hard, you're soft, aren't you, it doesn't really get anyone anywhere, but you also have the humanity that's required."

"I've grown with Shelly, anyway."

"Yeah, well, we're working her into shape. Anyway she's progressing and gradual as it seems to her, we know better. Gradual as it seems to everyone, imperceptible as it seems to everyone, every effort will take you forward, and it doesn't really matter if you do not achieve what you desire in a class, the very fact that you're here is taking you forward, that's positive. The effort you've made to come here in the face of fears, doubts, is positive, and that's about it."

(49)**HEALING CLASS 11/2/92 RACHEL, PAULA, LUCY & SHELLY
BASIC CHAKRA MEDITATION EXERCISE, THEN
SPIRIT HOSPITAL MEDITATION**

“I want you to imagine you are outside in the beautiful countryside, where the sun is shining down, and cherry blossoms are in the fields. The road lined by cherry blossom trees goes through the meadows, and the blossoms are falling off the trees like snow over the carpet of green.

In the distance, on a hill is a huge beautiful building, all in white. We are getting closer now, and we find out that it is a hospital, a hospital in spirit. Your guides meet you at the entrance, and we all walk down the corridor inside.

Off the corridor there are doors in to wards. Each one of you will find a ward with your name on the door, and a teacher standing outside. The teacher will go with you into the ward with your guides, if you want, and they will show you the patients on the beds.

They will explain to you, what's wrong with the patient's, and how to do certain healing on each individually. Keep walking down the corridor until you find the door with your name on, and the teacher will meet you.

I will leave you now with your teachers and guides, who will teach you how to do the healing on these patients.”

(Approximately ten to fifteen minutes silence.)

“I want you to now thank and say goodbye to the teachers and guides who have been showing you the healing techniques, and now leave the ward. Come back past the cherry trees along the road, and back to this class.

Come back now, take three deep breaths, have stretch if you want to.”

(Remember in last week's chapter where Lucy had such a strong fear reaction to thinking she had to heal the two boys in the temple, well on this meditation Lucy was shown her past life of where this strong reaction came from, highlighted in pink.)

I had no idea this was coming up for Lucy when I was told the meditations for this night, and when Lucy was describing her past life because she was never told its name she called her past life "I," so to be able recognise the difference between Lucy and her past life I will indicate when she means her past life.

I will place "inverted commas," around the words describing her past life to save on confusion.)

LUCY'S MEDITATION EXPERIENCE

(Lucy) "When I went into the hospital I went to the left, and they said,

'You come with me down this corridor,' and I wouldn't go at first, I didn't know why, but I didn't want to go. So I went over and had a look at all the other patients in the beds, and this Teacher-healer hospital person kept calling me back, and he took me up the hallway, and I got apprehensive again, and I said, 'Where's my Guide? I want my Guide.'

So we went back down the hallway and I met my Guide, and I said, 'I want you to come with me before I go in this room.' So we went into this room, a separate room, away from all the rest, which was explained to me later, and I looked at this person on the bed, who was a lady probably in her late twenties, and I just had a feeling that it was me. So I asked my higher-self if this was me, and they said,

'Yes,' and I left the room again, and my Guide came out into the hallway and put his hands on my shoulders and he said,

'While I have my hands on your shoulders I'll be sending you an energy that will help you cope with this, let's go back into the room.'

So we went back in and I was standing by the bed and there were two healers that were healing with colour and talking.

But I couldn't hear what they were saying, and I was saying what was wrong with "me," I couldn't understand, but all I got was that "I" was dying, but they weren't going to be able to heal "me".

And "I" was really cranky, I mean "I" didn't look that sick on the bed, she looked like "I" was fine. "I" looked a pit pale but it didn't seem like "I" was in agony or anything. But whatever they were doing wasn't working, and "I" was really bitter at them, and "I" sat up in bed and started screaming at them.

And I asked why wouldn't "I" just lay there and be healed, and apparently "I" had been getting this healing for some time, but to no avail, and "I" in that lifetime was a healer, and could not understand why everything that "I" had done for a lifetime wasn't working on "me", and "I" was getting nasty to these doctors, or whatever, she was screaming,

'I've wasted my life spending all this time healing, for something that's not even going to keep me alive,' and all sorts of horrible things, and while this patient was screaming I was talking to my Guide, and saying, 'But doesn't she remember everybody that she healed? I mean surely she must realize all those that she's helped?' and my Guides said,

'At the moment on her death-bed she's not really interested, she's forgotten, she's decided just to be resentful at the fact that she's going to die, and she's not remembering all the wonderful things that she's done to heal. She's just bitter about the fact that it's not working for her.' Then I said, 'Do I have to stay here while this patient dies?' and the Guide said,

'No, you don't have to, but it will be of benefit to you.' So I said, 'Okay, I think I can cope with that, we'll see how I go.' Then I felt like I was above everything, I was still talking to my Guide all this time, and I asked if this patient needed to release anything.

Was it going to go into the spirit-world with an attitude, basically? You know, with a hang-up about this? And the Guide said,

'Yes,' that "I" did need some releasing, that "I" left with basically bitterness towards everything that that lifetime stood for within itself."

(Shelly) “Was there any ego there, in having others healed, and “you” not being healed?”

(Lucy) “Oh there was, I mean “I” was swearing at them, and everything, and she was just saying,

‘I’ve taught you everything I know, why can’t you do it back to me, you stupid people?’”

“Close your eyes and your higher-self will put up a blackboard to tell you what things you have to release, what words you have to release, so that you can say them out loud.”

(Shelly) “It doesn’t always work on a blackboard, I get mine differently.”

“Well, wait and see if it does, because a lot of the time it does work. We’ll see if it does work first, and see what comes up. If it doesn’t work then we try something else, because it’s more detailed when it’s on a blackboard.”

(Lucy) “I get acceptance.” “Things to release, usually.”

(Shelly) “Or you can affirm things.”

(If the underlying negative emotional conditioning is too strong that an affirmation will not work, then isn’t it better to release the cause than tidying up the effect. It’s a bit like healing the effect, but not healing the cause.)

(Lucy) “No, I can’t get anything.

‘Acceptance for all that you have learnt, not necessarily for your own benefit.’”

“Are you allowed to know why you died young in that lifetime, what was the reason of why you died?”

“Lucy was using her healing to the benefit of herself, like placing herself on a pedestal above others, including the students that she taught.

She believed that she had an ultimate healing power that could heal all, including herself. She died young for her higher-self to show herself that this is not the correct way of healing.

Yet you are given these things for the benefit of all, and not just self. She will remember this in this life now."

"Did the method of healing have anything to do with the cause of her death, like the energy used from herself and not from spirit?"

"No, to begin with her energy was from spirit, it was distorted along the way by her own ego, her own greed, needing affirmation from everybody, and getting it only boosted her higher in her ego."

"What was the cause or reason for her death?"

"Like a cancer, not very painful, but she was not meant to experience physical pain, rather mental, spiritual."

"Yes, well, now she can release it, if she wants to release it."

"Yeah."

(Shelly) "Just things like, I release the belief that I was superior to other healers, and things like that, basic things."

(Lucy) "I just go ahead and say what I feel?"

(Shelly) "Yeah, it comes into your head."

"Your higher-self will help you if you are willing to release, then the words will pop in."

(Lucy) "I release all feelings of feeling above everyone."

I release all feelings that healing is the ultimate power, and that I can create a following with that power.

I release all ego associated with healing, so that I may use it in the correct method."

"What about, I release the fear of facing healing to bring up all this, because that's what the problem was, not wanting to face it, because you feel guilty about the way you reacted to the death, and stuff like that."

(Lucy) "I release all fear of healing, and the guilt associated with that lifetime."

(Paula) "Resentment."

(Lucy) "There's a lot to do, isn't there?"

"Well, you're in a class where the Teacher believes more than anything else, that the patient cures themselves."

(Shelly) “The vibrations of what you say go through your body and that’s how you release. Your vocal chords, the words you utter...”

“Vibrate through your etheric, through your mental...”

(Lucy) “I’d like to release the fear of resentment I felt towards students and other Teachers at the time of my illness and death in that lifetime, realising now that it’s not their fault.”

(Shelly) “Forgive yourself too.”

“Yes, ask your higher-self if you have got to forgive yourself.”

(Lucy) “Yes, oh yes. I forgive myself of having these power thoughts of healing and feeling that it puts me above all.”

“Now if your higher-self wants to show you some more, it will take you back to the time when you left your physical body, and you can ask your higher-self if you made any curses or vows against healing, because if you did any of that. That’s got to be undone as well, so all you are going to do is observe your spirits actions after death.”

(Lucy) “I’m sure something like that came out, too.”

“Well, you’ve got to see what it is so you can release it. So let your higher-self show you any curse or vow.”

(Lucy) “No, no vows, just guilt which has already been released. What I couldn’t believe, what I kept saying to the Guide, is, ‘Doesn’t she remember all the good that she’s done,’ but now I understand, after my higher-self said that, because she felt she was on a pedestal. I got the feeling when as soon as you said what the meditation was about, I was thinking, ‘Oh no,’

Those healers were doing the right thing, and I got from my Guides that it was a karmic thing, and, no, I was not going to be healed, not that they were doing anything wrong, it was just what “I” was meant to go through.”

SHELLY’S MEDITATION EXPERIENCE

(Shelly) “There was this bald dude there called John, he was a healer and he was wearing bell-bottom trousers, and he said,

'You're coming with me,' and my Guides and higher-self were hanging in the background, and he took me to this little room which was full of kids, and I asked him what was wrong with them.

And I got that they'd all been orphans or abandoned, or died of diseases, or died in misery.

His method of healing was tap-dancing, it was healing their spirit's, and that was giving them happiness, and I can tap-dance a little bit, and it really raises your whole system, it energizes it, and this healer tap-dancing apparently affecting their chakras, the heart chakras, and just giving them happiness. It was like a rest because they all had horrible lifetimes.

PAULA'S MEDITATION EXPERIENCE

(Paula) "I raced into the ward and I thought, 'Where are my Guides, where is everyone?' and I just raced in without them, really. So I went back for them, and we went in and I was just looking at people really. I wasn't really getting anything from them, but then I got growled off by my grandmother, who told me,

'Look, you're not even listening, you're not even aware.' And basically she's here to tell me that I should go home and do some practising, just to get in touch, and then she said,

'Well, come and have a look at this one man.' So we had a look at him, and all his mouth was all falling away, and his throat, and I said, 'Oh, gross, what's the matter with him, then?' and he had these tissues dabbing at his mouth, and it was all coming off, and she said,

'He hates himself,' and I said, 'What do you mean, he hates himself?' and she said,

'Well, look what he's done to himself,' well, he had cancer, she said,

'When you go home do some practise.' Then I had an argument with her, and said, 'I don't have any time,' and she said,

'I'll tell you when you have the time, you've heard me say it to you this week, when you've had the time, but you haven't gone and done it.'

So really I just got told off, and I do remember too, her telling me,

'Go and do it now, go and do it now.' I listened but I had something else to do.

Then on the way out I saw this baby crying, and I asked what was wrong with the baby, and she said,

'He's got very sore ears,' and I said, 'What can we do for him?' and she said,

'Well, what do you think?' and I said, 'I'll pick him up,' and she said,

'Oh, very good.' **“When your grandmother said, ‘Take note,’ was she referring to you? Is she trying to imply...?”**

(Paula) “Well, I gave up smoking only three weeks ago, you see, and I've often been tempted to smoke.”

(Rachel) “Do you think that was from smoking? He had that cancer”

(Paula) “Oh yes, she said to me,

'He was crass to his body,' you know, and I got this picture that he smoked, he sat in a chair and smoked all the time.”

RACHEL'S MEDITATION EXPERIENCE

(Rachel) “I didn't want to go up, I could see up, but I didn't want to go up, instead I saw a lot's of purple, and I was asking for help, and I kind of got a flash of children, just a row of children, but they didn't seem sick, I didn't go to the hospital.”

(Shelly) “How old were they?”

(Rachel) “Probably four.”

(Shelly) “That's funny because my children were four year olds.”

(Rachel) “Later on I got a man's head, like a Breughel head.”

SHELLY AS THE CHANNEL

“Who am I speaking to?”

“An unoccupied Guide.” **“You mean you are not guiding anyone specifically in this room?”**

“No.”

“What would you like to tell us?”

“You’ve taken me by surprise. I was just sitting back, listening in.”

“How do you like the class?”

“It’s very interesting.”

“What’s your purpose my friend?”

“I collect information on what’s happening. I’m like a Guide coordinator, and I come to where Guides are operating, and I just see how it’s all progressing, and return to spirit.”

“And how is it progressing?”

“Well, very well. It’s progressing, that’s what we want, progression. It’s been stagnant for a long time.”

“Where, what?”

“People’s development, and now that there’s so many more people developing, Guides are being retrained, and so that’s what I observe.”

“Who’s retraining them?”

“There’s a committee, it’s just sort of...”

“We have a classroom of Guides around the class, have we?”

“Yeah.”

“Observing how our Guides interact with each of us, to learn how Guides work?”

“That’s right.”

“And the way my Guides interact with me will be different to the Guides interacting with the other students.”

“Yes.”

“Are there any Masters here tonight?”

“Yes, there’s one Master here tonight.”

“Watching over everything, I suppose?”

“Yep, that’s what Masters do, but we are very pleased, as I said, progression. I came to see how things were proceeding and progressing, and the very word progression implies something positive, and everyone is doing it at their own pace, and that’s the way it’s meant to be, and your Guides know it’s useless to apply pressure when it will be ignored.”

But we are just happy to see this sort of thing is happening increasingly, and increasingly all over the world there are groups like these that we visit, small groups.”

“They are not the same, though, they are run differently?”

“Yes, but that doesn’t mean that they are better or worse. In other countries there are groups like these who’s culture and background lead the groups into a different direction, which is just as valid.

So we are all pleased, and yeah, I’m basically here to observe and say a few words of encouragement.”

“Good, thank you for coming.”

“That’s alright.”

“Does anyone else want to speak through Shelly?”

“Martin. Since I’ve been giving Shelly a lot more meditations at home, she’s getting a lot more, and this is the way it works. She’s surprised at herself.

She didn’t think she had the capability to be open to things that are coming through, and has stopped imposing self-censorship upon what she says.

It doesn’t even matter what come out anyway, yep. So she is progressing as is everybody in this room.”

“What about the Teacher?”

“The Teacher’s higher-self is well known to me, and the Teacher’s higher-self knows that the Teacher has to sit through these classes, experience all these things, experience and learn. And as others learn and reach the threshold of becoming Teachers, then the Teacher will be able to release a lot. That’s enough for now.”

PAULA AS THE CHANNEL FOR HER HIGHER-SELF

“Firstly I would like to tell her (Paula) to relax, and to let me come through. Channelling, she needs to stop worrying about it so much, and we can’t get through, I can’t get through if she’s worrying.

(Paula) “He also said,

‘We can’t get through if you smoke dope.’

“I’m not surprised.”

“Yes, if she didn’t do this at night then I could speak to her more often. It’s about the only time she gets to be quiet. Also it would be good for her to go and see a clear channel, ask questions.

Not to take it all too seriously, and Karen is a good example for her, Karen’s quite very pure, there’s no ego problem with Karen, she knows that.”

“No distortion?”

“There may be a little, but she also knows to... like Raymond said, take it with a grain of salt, not all of the channelling, some of it, yes.”

“What comes through the channeller has to be accepted by the channeller, usually, doesn’t it?”

“Yes.”

“So only in full trance, where stuff can come through that the channeller doesn’t agree with, will come through, won’t it?”

“Yes, then I’ll be with her of course, and enjoy it, and to listen to what your grandmother said. Go home and wait for her to tap you on the shoulder and tell you it’s time to go and be quiet for a while, and listen for us. That’s all.”

LUCY AS THE CHANNEL

“I’m just a Guide.”

“Are you a Guide of anyone in this room?”

“No, I have been listening all night to Shelly’s Guide.”

“The one that was channelling, you mean?”

“Yes. It’s very hard to speak through this person. I would like to talk more about channelling, releasing a lot of fears, or perhaps putting aside a lot of fears that these students in this class have.

Channelling is of great importance, but also to be taken lightly when receiving information from others. Your higher-self is ultimately the important connection to you, and you can always receive information from this.

Even when someone else is channelling you may ask your higher-self if what they have said is correct or incorrect. You will receive the right answer from your higher-self.

These students need to get rid of a lot of misconceptions from other things that they have learnt or read, or heard from people who perhaps weren't that aware themselves. Don't take everything that everybody says to you as correct, as they are only learning like you, including Raymond.

As he says he is no guru, and to start asking yourself more than him and others. This is basically what I'm trying to say, that your higher-self is the important link. You may channel many spirits, and you will channel many, many Guides and maybe Masters, these are not all perfect, there is always distortion. It takes a long time to be pure, and even then the conscious sometimes slips back and distorts what we are channelling. So always get confirmation, this is very important.

Try to release a lot of your fear for channelling, it is not a bad thing, it is quite useful, as you can tell tonight. You don't very often channel personal details because of the fact of distortion, and the channel not being completely clear. Quite often you will receive knowledge, such as you have tonight. You may not understand all this knowledge straight away, but as you get better at channelling it all becomes a lot clearer to you.

You're doing very well, and you should remember that, and stop having doubts. Stop worrying about what you channel so much, just remember the fact that you are doing it, and that is always a step forward, thank you."

(50)**HEALING CLASS 18/2/92****RACHEL, PAULA, LUCY, SHELLY & INDIRA****EARTH-PLANE HOSPITAL MEDITATION****THEN MEDIEVAL EUROPE MEDITATION**

“I want you to imagine that you are getting lighter and lighter in your chairs, floating away from your chairs up higher and higher. Going through the ceiling and up into the sky, you can see the cars and the lights of the city coming on.

We are now taking you across the city to a hospital in one of the suburbs. Your guides are with you and we are getting closer to the hospital now.

When you arrive at the hospital, healing guides will meet you and take you inside. You are now walking down the corridors, with ward rooms off the corridors. We are going to show you the healing being done on the patients in the hospital, and we may ask you to participate.

There are teachers and patients in the large ward rooms. Go over to one of them and watch the healing being performed. Ask questions if you want, ask if you can help. You will be able to see inside the patient, what you are doing. I will now leave you with your teachers and guides doing the healing.”

(Approximately ten to fifteen minutes silence)

“I want you to now thank and say goodbye to the teachers and guides, who have been showing you the healing techniques, and now leave the hospital and fly back across the city to this room.

Come back now, take three deep breaths, have stretch if you want to.”

(5)

INDIRA'S MEDITATION EXPERIENCE

(Indira) "I was told to put my intellectual (mental) body in one bed and my emotional body in another bed, and I got some healing from the Guides. I'm not working at the moment, so there's a lot of frustration in my mental body, which they healed. I just found out that someone I knew last year was married, (Philip) which was a bit of a shock, so they sent some healing to my emotional body for that."

SHELLY'S MEDITATION EXPERIENCE

(Shelly) "I was taken by a healer who specialises in obstetrics, and shown two examples of pregnant women. He told me that worry lowers the body's vibrations and can create negativity in the etheric bodies of both mother and child.

He showed me two etheric bodies, one woman who was affected by worry and another which wasn't. The unaffected body looked like its surface was made of glass or metal; its vibrations were really smooth and tight, while the others were all haywire with lots of gaps and holes. Its form was really irregular, and the healer pointed out that obviously this body was more prone to the influence of the negativity of others, attached spirits and the like, while the strength of the other's would not allow for any such influence. He said,

'One way or another worry is pointless, anyway, so there is no point in worrying, as you see by these two bodies it can only bring harm.'"

LUCY'S MEDITATION EXPERIENCE

(Lucy) "A doctor walked over to me and said,

'So I hear you are ready for healing now?' Which made me laugh, and for a while we just walked around the ward, looking at patients. Nothing was really said, and we stopped by the bed of an old lady who didn't look sick, had a real sparkle in her eye, but she looked very old, like she wouldn't have lived much longer, and I asked what was wrong with her, and they said,

'Well, basically she's just dying, and she's just here so that we can make it easier for her, more relaxed,' and she seemed really happy, so that gave me that answer, and we walked over to another bed where there was a negro guy who was thrashing about on the bed, very contorted, looked like he was in a lot of pain, sweating, fever.

I asked if he had a type of fever, and he did, but I couldn't work out what it was, I couldn't hear properly. And there were two doctors at the end of the bed, and I asked the doctor who was showing me around, what they were doing, and he said,

'There was a spirit attached to him, and that they were trying to coerce the spirit away,' and I asked if I could go over closer and give them a hand, and they said,

'Yes, sure,' and they seemed really keen. So he, through me in between these two doctors, and then when I went round to that side of the bed I saw the spirit that was attached, and it was another male, and I got the message that it was his brother, and this man was sick, beforehand, and his brother has come to help him, has attached himself to him, thinking that he's going to be able to help his brother get better.

But in fact he was doing more damage, this man had started to hallucinate, and his fever had got worse. So these doctors were trying to tell him that he was doing more harm than good, and to go back again.

So all three of us formed the white light behind us, and then I started talking to him, explaining that he wasn't healing him at all, and I said, 'Look how long you've been here and there's no change,' and doing what we do when we rescue, just saying can you see the white light, and the doctors were doing that, too, and I couldn't find anything to draw him to it, but one of the doctors said,

'Your parents are waiting there for you.' And I looked behind and I could see them both waiting, they were both standing side by side, and they had their hand out, and the doctor said,

'Your parents know that you shouldn't be here, too. Don't you think that if they could have helped their son, that they'd be here as well?'

and basically he was pleased with that, and as soon as the spirit calmed and lost his anxiety about his brother, his brother was instantly calm, absolutely exhausted but stopped having these muscle-spasms.

And so the spirit left and went up to his parents, and this man instantly fell asleep, he had completely had it, and the two doctors started sending out a purple colour to him, and I asked why, and they said,

‘Well, now we can begin healing him, but his brother was stopping him from being healed properly.’ And they were repairing his aura so that his brother couldn’t come back again. So I was pleased with that so I walked away again, and before I went to that man in the bed I asked if I could have some healing on my emotional body.

I think I’ve mentioned before that I feel a friend is subconsciously messing around with me, but they didn’t let me then, they waited till I had walked through the hospital, then I asked again, and they said,

‘Yeah, sure.’ So I detached my emotional body, which was quite weird because it just looked like me, but I was standing up, and my body was lying in the bed, and they had a blue liquid that they were dripping down my forehead, and then wiping it in. There was another guy there sitting on the bed with a sponge, and I couldn’t work out what they were doing, and I asked but it didn’t really sink in, because I didn’t understand the blue liquid.

And I was told that it was up to me to stop this person from interfering, and that some part of this person recognises a part of me from another time, and they were attracted to that, and that’s why they were attracted to me, and that I’m actually letting them a lot of the times, spiritually I’m letting them in without realising it physically, and that I have to arm myself, and defend myself against letting that person in, and then I got a bit confused and said,

‘Well, this person is a friend and that’s not fair. Do you mean that I’m not meant to associate or avoid this person?’ and they said,

‘No, no, not at all, that’s the physical plane; it’s nothing to do with this. It just means that you’ve got to arm yourself spiritually, and use a bit of your own spiritual willpower, and not be so easy, don’t let them in so easily.’

They basically just told me that it was my own fault that he was affecting me, and if I didn't like it, to stop it, then I came back.

I did get quite a shock when they said it's me as well, you know, don't put the sole blame on this person because it's not just him, it's me as well."

PAULA'S MEDITATION EXPERIENCE

(Paula) "I got to the hospital and my grandmother was there, and I said I've come to get some healing done to me, and it was like they had something like bleach, or something, and they did the inside of my physical body, and he said,

'Stay there, now we are going to deal with the mental body,' and because my mother went insane my grandmother said to me,

'You know you've got this fear that you're going to go insane as well.' And I said, 'I've just felt confused a lot, I don't really know what I'm doing.' And she said,

'We're going to heal you with blue to give you clarity.' So they did that, and then I have the same problem as Lucy, where I'm being like attacked in the astral body, by an old boyfriend, and she said to me,

'Oh well, what we are going to do is...' and she had this gold, and painted me with gold, and said,

'I'm just encasing you in gold until you can combat and deal with it,' and that was it."

(Shelly) "I had an ex-boyfriend who was coming astrally, and they said,

'We are going to construct a replica of you, like a blow-up doll...'"

"And put a mirror around you, to bend space so he couldn't see you..."

(Shelly) "And eventually he would get what he wanted from the blow-up doll."

"They made a thought-form of her body, so that the ex-boyfriend would screw the thought-form instead of Shelly."

(If Shelly had just hid herself behind the mirror then his frustration might have made him bother Shelly physically, but doing it this way he would still be satisfying his needs, and not be affecting Shelly.)

RACHEL'S MEDITATION EXPERIENCE

(Rachel) “As soon as you said what the meditation was I lost interest for some reason. I can't go into a healing place for some reason. I'm just not interested, but I got very watery eyes, and my feet went very hot.”

MEDIEVAL EUROPE MEDITATION

“Tonight's, meditation is going to be a bit different, in that you can wander wherever you want, within the area that I'm taking you, so that you may be drawn to different things in the overall picture.

I want you to imagine you are walking down a country lane, and the countryside is set somewhere in Europe. As you walk down the country lane, in the distance, you can see a mediaeval village. As we come to the village, we see market stalls, public houses and all the life in the village going on around you. If ever you feel drawn to any area, just go and explore wherever you want to and just ignore the rest of the meditation.

As we walk through the village, we see in the distance that the village is a suburb of a large city, and you can see a large cathedral in the city, set in the mediaeval time. As we walk between the houses we see the peasants and soldiers walking in the streets.

If you feel drawn to the large cathedral, go to it. As we go past the cathedral, in the distance we see a castle on a hill. We will go up to the castle. There are guards stationed at the entrance to the castle, where there is a moat and drawbridge. You can go inside, if you want.

Inside the castle is a big hall, where people are feasting and drinking at long tables. A Jester is clowning around in the centre, and everyone is dressed in period costumes. There's a king and his Queen.

If you feel like wandering around the castle, into the rooms, you may do so. I leave you now to wander around, Medieval Europe.”

(Approximately ten to fifteen minutes silence)

“I want you to now return from wherever you have been wandering in mediaeval Europe. Come back through the village, and back down the country lane, and come back to this room. Come back now, take three deep breaths, have stretch if you want.”

SHELLY'S MEDITATION EXPERIENCE

(Shelly) “It was set in a monastery, and I was the head monk, and I saw myself in a real austere office writing something, and I asked my higher-self what it was, and it was a death sentence for a witch to be burned, and the monk seemed quite happy, and he liked having power over people.

He didn't like people and that's what had taken him to live in a monastery. He had not had a happy life, up until the time he joined the monastery.

He'd been really disliked and became bitter towards humanity. He didn't like them at all but he had some sort of charisma that enabled him to suck his way up to become head monk. He was a good actor, anyway, so he was zealous in killing people, denouncing them.

I got to the point of seeing that there were a lot of people that didn't like him. Everyone was in awe of him because he was a proficient leader. He was really a strong capable leader, he had a really sharp mind, but it was a twisted mind.

And there was some faction in the church who didn't like him, and were trying to get rid of him, and they'd found out something about this liaison he'd been having with a woman, and she was really the only source of love he had ever experienced.

And because he'd been so zealous in denouncing witches this person set this woman up and denounced her as a witch, and announced that by putting it forward in front of a crowd that this head monk should be doing something about it.

So he was in this quandary of having to kill the only source of love that he'd ever experienced. And feeling trapped and guilty, and that's all I got up to. I can see her being led up to the pyre, and he's there officiating, and the woman's screaming out to him,

"I love you, how can you do this to me?" He's in this position of trying to keep face, and yet fighting his official position of his emotions, because he does love. So in a way she's a light in this world of bitter black darkness.

He decides, okay, and just lets her be burnt, because he decides his power is... if he was to stay with her... he couldn't really. His overwhelming motivation is to have power over people, and the hatred outweighs the love. Pretty awful, yuck, and he just goes on being head monk."

"Does your higher-self want you to release anything before showing you any further? You couldn't help the situation because if you'd have saved her life, you'd have ended up on the fire with her."

(Shelly) "Yes, well, his enemies were there ready to pounce on the situation. I felt utterly weak and disgusted with myself when I realised what situation I was in."

"Well, there are emotions you've got to release, you know that. You've got to realise that then you couldn't have done anything differently."

It was a hard lesson for you to learn, and that was, that what you were learning was that someone else might have loved a woman that was burnt in the flames."

(Shelly) “Yes, well. that’s what I was thinking, but then when the woman was burnt I put all compassion out of my mind, out of his mind, and he became even more bitter, and he was thinking about his enemies, ‘Okay, you’ve forced my hand now, I’m really going to go to town, now.’”

“Seeking revenge for his hurt?”

(Shelly) “Yeah, I release the sadness of a childhood which lacked love, which turned to anger.

I release the anger I experienced towards individuals who didn’t acknowledge me.

I release the bitterness towards people who I believe were cruel by nature.

I release the belief that people are cruel by nature.

I release the belief that in order to survive in a world where people are cruel, you have to be cruel.

I release the desire to get vengeance upon people for the pain they caused me early in life.

I release the desire to isolate myself from people.

I release the desire to have power over people, and be able to control them, to give me a feeling of satisfaction.

I release the feeling of power I gained from making others suffer.

I release the desire to make others suffer.

I release my inability to see people as anything other than cruel.”

“Ask your higher-self if you’ve got to release the belief that when you love a person, that you have to make them suffer?”

(Shelly) “Yeah, I release the belief that when I love a person I have to make them suffer.

I release the belief that it’s not safe to love somebody.

I forgive myself for the actions of that lifetime.

I release the feeling of being guilty

I release the desire to prove myself, somehow, and the only way in that life that occurred to me was in a negative way.

I release the belief that I need to be in power to prove myself, to have myself acknowledged.

I release the desire for revenge.

I forgive the other priests for using my own tactics.
I release my self-hatred from that lifetime.”

INDIRA’S MEDITATION EXPERIENCE

(Indira) “I saw two past lifetimes with Philip, and one was to do with work, and one was to do with relationship. Not a relationship, but somebody whose astral body has been visiting me.

I went to the cathedral in which we were married in, and then into the castle, and that’s where we lived with the King and Queen at that time, as one of the court people.

It was right after he had got divorced and he got married again, and so what I’ve got to do is just release the belief that I’m going to be involved with Philip. He was married all last year, and he separated a couple of months ago.

So I release the belief that I’m going to get involved with Philip again in this lifetime.”

“Because it’s triggered off the memory in the emotional body of hoping that you’ll end up marrying him, because it happened similar in that lifetime after he divorced his pervious wife.”

(Indira) “Yeah.” **“What did your higher-self say about that, did he say that it’s not going to happen?”**

(Indira) “No, it’s not going to happen.” **“And did she say that you have to release this belief from your emotional body, imprinted from that time, do you follow that?”**

(Indira) “Yeah, I release the belief that that’s going to happen in this lifetime. I release the desire for it to happen.” **“Because you’ve had about 50 lifetimes together that you know about.”**

(Indira) “Yes, it’s getting a bit much, actually. The other life was one about looking for a job all around Europe, everywhere, and I just couldn’t find one, and my talents were really undeveloped.

And I didn’t know what my talents were, and I was thinking whether I should compromise in my work and apply for a job that I don’t really want, and I did, and I didn’t compromise, and I got a job that I wanted.

So from that lifetime I release the belief that I should compromise in my work, and apply for a job that I don't really want. But what my higher-self is saying to me is that I should actually apply for jobs which I'm interested in and want to do, and not jobs that I don't really want.

So my higher-self is saying I shouldn't compromise and I should believe that I'll get a job which I'm interested in, and not one that doesn't interest me.

So from that lifetime it can happen, that I do think about compromising, but I was just shown that if I don't compromise I can get a job which I want."

“It was positive conditioning from seeing that lifetime, to help you stick to... you know, not compromise.”

LUCY'S MEDITATION EXPERIENCE

(Lucy) “I was attracted to these ladies in the courtyard, and I got in my head that they were considered Witches, but they were just herbalist ladies. I must have known them because I went over to this lady with wild red hair. She looked like a whore, actually.

I suppose they were considered like that, who I spoke to and had a bit of a laugh, and I was with like guards or something like that, and I was walking through the market, and I went to the church but I was advised not to go in there.

But I didn't understand because it looked quite nice, actually. I asked my higher-self, ‘Should I go in here or is it necessary for me to go in here, and they said,

‘Well, you could go in there, but it's not advisable.’ So I said, ‘Okay,’ and went up the road to the castle. All of a sudden it was like I had transported into a different person.

So I realised then that I was seeing a past life of a lady in a black-green velvet gown, and that sort of confirmed it when I went over the drawbridge and into the courtyard, that I wasn't stopped and asked who I was or anything. So I thought, ‘Wow, I'm obviously meant to be here.’

So this lady went in and sat down, and there was a huge big feasting table, things happening everywhere, obviously middle-class over here watching the higher-class eating, and went almost to the head of the table, and sat down next to a lady. And all the men seemed pretty drunk, and there was a king at the head of the table, who was a completely horrible man.

And I asked my higher-self what association I had in this castle, and I was told I was the Queen's sister. Then I sat down at the table and the King was very drunk, and he stood up and said something about me, and was calling me a Witch, and I have this real hang-up about being called a Witch, because I've been called a Witch a few times in this life, and have never taken to it kindly.

So that sort of made me smile. I thought, 'Now I understand why I really take offence to being called a Witch,' and this person sat there, and the King was drunk and abusive, and he said,

'You're nothing but a Witch, and I don't want a Witch in my court.' And this lady's sister stuck up for me and said,

'She's my sister, and as long as I'm queen she stays,' and "she" basically stood up, this Witch, whatever, and thought in her mind,

'I'm not going to take this anymore,' and went up this stone stairway to her room. Then it sort of flicked to a rendezvous with some lover in this room, some guy, and they were both very intimate at the time, just standing and kissing and all the rest of it, and whispering sweet nothings.

Obviously still the same night because there was still heaps of noise downstairs, feasting and what have you, and we had the door closed and it was hushed talking, and I said to this man,

'You know we're going to get caught if we keep meeting like this.' Then it flashed to a servant, then coming down into the feast room, there was no feast, it must have been a different time, where the servant, I knew, because I asked, that this servant had given us up and said something to the King about this rendezvous.

And this man who I was having this affair with, was the King's loyal adviser, and the King didn't like me, as it was because he considered me a Witch.

Because I was well known in herb law, and I associated with the Witches in the village.

So that just did it for him, obviously because he was standing there abusing me, and I was like banished from the castle, and so was the loyal adviser. And the loyal adviser wanted to come with me, but I didn't know why at this stage, and I said,

'No, no, I've just ruined your life, basically, and because of me you now have nothing and have been banished from the castle, and I could never go and live this type of life with you. This isn't my type of life, you know, we have to part ways,' and there was a vow made that we'll meet again. I don't know who this person was, I asked but never got it, but he was making that vow, not me. I was basically saying,

'No it's not a good idea, I don't live the same way you do, it would always cause trouble no matter where we go.' And he was basically vowing that we will meet again, and he rode off on his horse, and I walked down through the village, down through the courtyard and in to these bushes, and there was this little house there.

And I went into this house and just started fluffing around, and doing all sorts of things. I had little jars and bowls and made a camp fire outside. Then I was sitting down and I asked my higher-self, 'Why did I have another house if I was the queen's sister and lived at the castle?' And I was told that I didn't tolerate the King's attitude very often, only in short spaces I could tolerate his attitude.

I had this place as my own hideaway, where I could do my own thing and not be scorned. Then as I was sitting by this camp fire and the last thought as this person was,

'Fancy the King being so... you know, banishing me, and I healed him of something a couple of years ago. I sat by his bedside and practically saved his life, and this is his gratitude.'

I didn't seem that stressed about the whole thing, at all. Then the last thought I had before I came out of the meditation, was,

'Next thing you know there'll be burning Witches.' "Did you find out who that person was, did you ask you higher-self whether it was this person in this lifetime or not?"

(Lucy) “I did, but I can’t remember the answer, so maybe I wasn’t meant to know, I asked a couple of times, I was asking who it was, I didn’t ask if it was this guy, no.” **“Well, ask specifically if it was this guy, or is it because you don’t want to ask?”**

(Lucy) “No.” **“So ask.”**

(Lucy) “Should I ask now, ask my higher-self?” **“Yes.”**

(Lucy) “Ah, yeah it was.”

“That’s right, because I asked, but I wasn’t going to tell you. I’m not going to do the work for you.”

(Shelly) “I got that it was, too, actually.”

“Did you release the emotion you felt when you were called a Witch, that has carried on into this lifetime, where it has bothered you when you’ve been called a Witch?”

Ask you higher-self if you have to release the negative emotion that you felt when you were called a Witch?”

(Lucy) “Yes, I didn’t feel any hate towards the King, he was a stupid insignificant idiot, and I was thinking this in my mind at this camp fire, like he isn’t aware that we are just healing people, we’re not doing any harm, we’re not Witches.

I release the paranoia of being called a Witch, or being associated with Witchcraft.”

“They want you to go over to his spirit now and get his attention. Show him the big magic mirror, and say look at this lifetime we had together, and you are not creating it, but you can project it, of what all occurred, so that you can explain,

‘Look, we are not living in that time anymore, will you release this vow?’ Confront him with that.”

(Lucy) “Just do it now?”

“Yes, and you can let us know how he responds to it”

(Lucy) “I’m showing him the mirror now; I’m showing him what happened. He’s not accepting it very well at all.

He’s saying that we weren’t given an opportunity in that lifetime to be together, like we should be. I’ve just told him that its centuries ago and what counts then, doesn’t count now.

“Let your higher-self speak through you to get the right words to say. Tell him that he is programmed by that vow.”

(Lucy) “My higher-self says that this person doesn’t understand the past lives, doesn’t relate to a past life being so far away, or won’t accept that he ever lived in that time.

Although he just looked in the mirror and saw that he did, and saw the vow. It seems he doesn’t want it unbroken.”

“What does your higher-self want you to do?”

(Lucy) “I’ll just have to work at this, undo it. It’s a lot more complicated than reversing the vow, or releasing the vow.”

“Anyway, you’ve shown him that lifetime, and every time you see a lifetime where he’s connected with you, you can show him that one, and keep bombarding him with these lifetimes in the mirror, until he... you know.”

(Lucy) “Yes, my higher-self said that would work.”

PAULA’S MEDITATION EXPERIENCE

(Paula) “I went into the castle and everyone was feasting away. I was there with my higher-self, who is a guy, and quite young, and I was asking, ‘What’s the connection with me being here?’ and he said,

‘You had a past life here; you were that scullery-maid.’ And I said, ‘Oh great, I’ve already done that.’”

“He must have wanted to show you something else.”

(Paula) “Well, he did.” **“This is a past life that Paula had in her past life therapy session.”**

(Paula) “He said,

‘Come into the kitchen.’ And I said, ‘Oh look, you know I’ve already been there and done that, and I ended up killing a woman.’ Anyway, I just wouldn’t go because I already felt that I’d already done it all.” **“Right.”**

(Paula) “And then we went and sat down, and we were just looking at everybody, and just thinking, ‘What a vulgar display of wealth that it was,’ and there was this King, pissed and being rude to everyone, and I’m saying, ‘I can’t see this King anymore,’ and he said,

'No, no, so we'll go down and check out the dungeons.' And I said, 'You want to go and check out the dungeons?' and he said,

'Come down.'” **“You see you don't go where you want to go, you go where your higher-self wants you to go.”**

(Paula) “Well, you know, we got down to the dungeons, and there was this man, and he was chained up to the wall looking quite mad, really, because, I mean, you know, mentally he must have been driven around the bend.”

(Shelly) “Probably a bit cranky, too.”

(Paula) “Yeah, yeah, and there was a few others, but for some reason he was showing me this one, and I didn't get it. I said, 'If this is anything to do with that past life? Well, you know, we did it with Raymond,' and then you said,

'Come back.' So I didn't go any further into it.”

(Lucy) “How old was the man?”

(Paula) “Well, I actually got the feeling that it was my husband.”

(Lucy) “I was just about to say that.”

(Paula) “But I thought that we'd worked it out that...”

“I got that about five minutes ago.”

(Paula) “...he had run off with someone, but then also, as you guys were talking I asked my higher-self, and he was saying to me,

'You weren't listening when I was telling you that night, that's why I took you down there,' and I know that there was a few there.

But the other night I didn't say what first came into my head, because I thought, 'That can't be right,' well, I thought he'd run off with another woman, but then when I was a maid in the kitchen, I always knew that he was downstairs in the dungeon.”

(Lucy) “Well, I just got that it was your husband then, when you were telling us.”

(Paula) “But I thought it was all a bit weird, and I didn't want to go any further, and actually my higher-self didn't seem to mind that I didn't. He just sort of showed me; I think it was more like,

'Listen, listen.' What's coming through to me, the first time, is what I'm hearing, and I should go with that.”

“Well, we can always go and release more stuff connected with that lifetime, that you weren’t shown. They were only showing you stuff pertaining to you, and releasing stuff that you were experiencing, which was important.

But now you may have to go and release other stuff that was blocked out in connection with your husband. So we’ll just wait and see what they are going to bring up, because they weren’t going to show you...

They structure what they want you to release in your emotions and your conditioning, and if they want to release things at the tail end of a past life, they will do, and then if they want you to go back earlier in that past life to release stuff that you are suffering from, or affected by.

Remember it’s all in context with your own situation at home, your situation in the class at this point of time.

So they’re not going to show you stuff that you can’t handle, until you’ve become stronger by releasing other stuff, then they may take you back.

This is very unusual, I haven’t come across this very often, where you will go back to a past lifetime to tidy up stuff when you are stronger, but you can do that. It is possible to do that. Ask your higher-self if what I’m saying is true.”

(Paula) “Yeah, yeah.”

“So don’t fret, does your higher-self just want you to be aware that this will happen, and you will see it later?”

(Paula) “Yes.”

RACHEL’S MEDITATION EXPERIENCE

(Rachel) “I wanted to zoom off to southern Italy and a village scene, I wanted to be enjoying the town, but I got a jail, so obviously I was a prisoner.”

“Well I didn’t suggest any jails, so you ended up in one?”

(Rachel) “Yeah, it was there, it just sort of came slap bang in front of me.

It's quite funny there was a friend of mine, who's in Canada, she was there with me. I didn't see her there, but she was in that lifetime with me. I have a very strong connection with her in this life. Definitely I was in jail, and I was a man.

I was asking my higher-self what was the purpose, and all I could get was to observe others. Then I got thin pointed mountains, the landscape was full of them, it's just like stone. There were guards and when I wanted to go up to the castle, there were guards all around, that's why I didn't want to go up there, I stayed in my prison instead."

"Is your higher-self showing you a past lifetime, or is he showing you this, because it's symbolic of something? I mean he didn't have to show you a lifetime in jail."

(Rachel) "Yes, there is."

"What's the first thought that came into you head when you asked that?"

(Rachel) "I got a lion."

"What does the lion represent to being in jail?"

(Rachel) "The jail thing was funny, I didn't feel that badly about being in jail, but I was well and truly embedded in it."

"Ask your higher-self if he's trying to get a message over to you, symbolically representing in connection with your development?"

(Rachel) "I've got lots of blocks there, Raymond, that I'm not even aware of, I don't think."

"Ask your higher-self if the lion represents your spirit, and the cage represents your female body, is there a connection?"

(Rachel) "Yeah, I think so. I think that's the big one. I think you might have hit the old jackpot, there."

"Is your higher-self saying that your spirit feels as though its trapped, encased and jailed in a female body, and it wants to be free, like a lion?"

(Rachel) "Yes, I think that's it."

"Is anyone else picking up on this, because I don't want Rachel to think it's my imagination?"

(Everyone said they were also receiving a yes about this.)

"Because I don't usually interpret..."

(Lucy) “Well, I asked the same questions, and I got the same answers.”
 “So someone else can tell Rachel how to get her spirit... how to let go and release, maybe it’s made a vow that it doesn’t like women, or doesn’t like a woman’s body. Maybe it was coerced into this female incarnation by its higher-self.”

(Rachel) “That’s interesting, because as a child I always felt being a girl was funny, and even from birth my father said. Because I was the fourth daughter,

‘This child either has to be a boy or have red hair.’ And I had red hair, and I remember always saying, ‘I’d rather be a boy than a girl.’”

“You’ve either conditioned yourself, or its past life conditioning from your spirit, we don’t know all the details, it’s something to think about, and you’ll release more when you do past life therapy, if it works.”

RACHEL AS THE CHANNEL FOR HER HIGHER-SELF

“What do you think of what was explained to Rachel?”

(Rachel) “It was good. I think I’m getting the picture strong that I’ve really trapped myself in this body.”

“No, your higher-self sort of arranged the incarnation, and you have to accept that you are not trapped, you’ve not got to believe that you’re trapped.

Let go and release the desire to be male, let go of the memory of being male, and let go of the hatred of being female. You’ve got to do a lot of letting go. I’d advise you to think up things to say like that, to release.

It’s like you are having a rejection from a transplant, so you’ve got to release all that, basically. Or try anyway at this stage, and get your higher-self to help you.

If you want to progress it’s got to be done, you know that, to harmonise your spirit with your body, because it’s no good your spirit being pissed off, we’ve got to get it to stop being pissed off because we can’t take away the physical body and swap it for a man’s.

So we are going to have to fix up the being pissed off part, and then you'll be able to settle down, and you higher-self will get through more with your development, that type of thing.

But I don't know the whole situation. I don't know what it's all about. But I don't want to suggest all this, but you've got to get more confirmation about this from your higher-self, or through other channels."

(Rachel) "Should I release some of those things now, or just during the week?"

"We'll get some more feedback by the end of the class, and then you can get more reassurance that what I'm saying is maybe needed, but I may be wrong."

(Here's a little snippet, Rachel's real first name is a female version of a male name, but Rachel has shortened it so it is pronounced in the male version, here are a few examples, Pauline, can be shortened to the male version of Paul, but Rachel has shortened her name so that a 'ie' is added like Paulie, or Jacqueline being shortened to Jackie, or Roberta to Robbie.)

LUCY AS THE CHANNEL FOR HER HIGHER-SELF

"Gabriel, (Higher-self) Lucy's visit on her meditation tonight was reintroducing her into the healing methods. Now she's lost her fear which helps her to continue developing in this area.

I'd like to talk about Rachel. Rachel's male spirit is blocking these development classes, because he feels that they are inadequate for him being a male, and considers this type of thing a feminine trait, which would make him feel weak, and considers women of lower supremacy, and does not plan to lower himself to this.

Rachel's higher-self has had a very hard task for a long time bringing Rachel to these classes.

It has been a good move and Rachel will develop quite well when we have sorted this male spirit out.

Rachel has to be prepared to release the anxieties this male spirit has towards female, before her development begins strongly, but she will do it as long as she keeps coming and definitely past life therapies.”

“Any advice for Paula, sometime sits hard to get channelling about your own situation.”

“This was Paula’s husband that she was shown in that lifetime as she knows now, and she will be taken back later to fill in the gaps, so to speak.”

“They are not going to tell you anymore about that because you need to see it, Paula. This is not the way therapy works by telling the person too much.

(Gabriel didn’t channel advice to Shelly because Shelly will accept her own higher-self’s evaluation or advice, more than another student channelling, in case of any rebellion or rejection by Shelly to any outside advice, causes her to reject the truth.)

SHELLY AS THE CHANNEL FOR HER GUIDE, JACOB

“It seems that the more proof and assurance that Shelly gets, the more rebellious she becomes. She’s in a cage as well and she’s got the key. In a way it applies to everyone, the subconscious mind is not completely available because of people’s reluctance to open the door of the subconscious mind.

Belief that there is something fearful out there when in fact there are many wonderful things to be learnt and discovered, and one shouldn’t view this therapy as a painful process, but one of adventure and discovery.

Let your imaginations run loose instead of keeping them fettered, because that’s the food for this therapy, your imagination. Trust, and that’s about all.”

“What rebelliousness do you feel, Shelly, in what way?”

(My Guides say that Jacob continued to channel but couched the channelling so that Shelly would think the analysis came from her own mind, so that she would more accept what was said.)

“It’s really perverse. It’s to do with power. It’s to do with feeling that I don’t have any power, except the power I’ve got over my own mind. I must realize that I have to let go of the power. Just being threatened by a threat of that power being taken away, and there be nothing else.” **“It could be the tail endings of that lifetime that Shelly’s got more to release, the fears and stuff like that. I think that’s what it could be.”**

“It’s a similar feeling of grim determination not to let go that that priest had.”

“Well, that’s what I mean, the memories have been brought to the surface, but they haven’t been released yet.”

(I was guided to type this next insert for Shelly to be able to read, as remember Shelly’s private therapy sessions were not recorded and she would very soon forget what most of the session was about.)

(Later on in the next private session Shelly released a large conditioning connected with the head monk life. It seems that whenever Shelly did or said something that pleased another person, subconsciously this was perceived as the other person having power over Shelly.

Even just giving praise to Shelly made her subconscious think that Shelly had done something that someone else wanted her to do, which implied that Shelly had submitted herself to the wishes of another, and as soon as Shelly’s subconscious believed this then Shelly would dig her heels in, or rebel against doing anything that someone else wanted her to do, even if it was for her own benefit.

You see Shelly had been getting really uptight about doing any past life therapy with me, and had been avoiding or blocking it with me, but Shelly’s higher-self arranged for Shelly to see this lifetime in a class situation, which was the cause of this strong blocking conditioning, to weaken this rebellion.

So now you understand another reason why a past life therapist is guided to get his patients to come to classes as well as their private therapy sessions. All through my books I try to explain the reason for my actions so that you can understand the importance of following your spirit-guidance if you ever become a Teacher or therapist.

You may not know how to treat or teach your patient/students, or may only perceive a little on a class or therapy night, but your Guides and your student/patient's Guides can see many class or therapy nights ahead that make up a big picture which always makes a lot more sense than our view of just one class night.

Remember the student who had the trouble with purple around her head, it took three class nights to set her up to firstly become aware of how much the purple was affecting her, so that she would be psychologically prepared to be willing to release the cause, which then was shown to her at the right time, because a person cannot release what they don't believe or accept, and we all know how hard it was centuries ago to accept or believe that the world is round and not flat.

You could say that to help a person to believe the world is round, you could show them how a sailing ship appears to sink as it goes further away, and rise out of the water as it comes back to you. Then the person is prepared to accept that the world is round. So you see spirit Guide you all in the correct type of preparation, or experiences in your classes, to help you grow in the best possible way for you all individually. Which sometimes is very different to one another.

This is why a ships crow's nest was the eyes for the navy, so that they could see the enemy over the horizon, because they could see the ships before the sailors on the deck could.)

INDIRA AS THE CHANNEL FOR HER GUIDE, CHARLIE

"I haven't been here before. I am here to say that Shelly will be alright, I know she says that she gets rebellious, but I just want to reassure her again and to tell her not to worry, and that it is good to use the guidance from spirit as well as to increase one's faith in one's own self, that's important as well.

A job will come for Indira at the right time, and try not to worry about it, and it won't be too far away, but I'm not giving her the date or time because that's what she's worried about, and the point to see is this time for self-development, and do as many courses and different meditations as she can."

This was the last time I saw Indira, and I still have her copy of this night's class transcript.

(51)**HEALING CLASS 25/2/92 PAULA, LUCY & SHELLY
SEEING THROUGH THE EYE'S OF JESUS MEDITATION
THEN ELIMINATING THOUGHT-FORMS MEDITATION**

This first meditation my Guides got me to modify the original meditation slightly, to focus the students on experiencing Jesus healing someone, anyone, because he did have a lot of other experiences that the students may have wanted to see.

So the meditation on this page is only the one from my files, to give you a reference point of what the meditation was all about.

“I want you to take three deep breaths and relax; I will roughly guide you in visualising a few scenes, to make it easier for your guides to plug you in to the recorded events.

I want you to picture a blue sky and a sandy desert, and we are flying across this desert and coming to the end of it where we see more vegetation, and the terrain is becoming rolling hills and exposed rock. We swoop down to a beautiful lake, and along the bank in the distance, we see fishing boats pulled up on the sand, and a small village, where we can see people and fishermen mending their nets.

Or you can be shown his death and resurrection, he did many miracles, he was also taught many things in India, Tibet and Egypt, or whatever record your higher-self wants to show you.

I will leave you now to be taken to where Jesus is, to learn something for your development.”

(Approximately ten to fifteen minutes silence)

“Your guides will show you to the end of what you are seeing and then the scenes will start to fade, and I want you to come back slowly, take three deep breaths and stretch out if you want to, come back now.”

PAULA'S MEDITATION EXPERIENCE

(Paula) "There was Jesus, I saw by the sea, and basically he had heaps of people queuing up, and through his eyes he seemed like he was pressed for time, he could do * more but he was pressed for time.

And all the children were at the front, and one particular one was twisted, bones and that, and he was looking at their auras and he almost seemed to like feel their pain briefly, so that he could understand it.

Then he just seemed to do the healing with his hands, and he prayed for the healing and he got it, and that's what he was going to do for the rest of the queue.

An old man he did, he looked at the aura, and he knew by the aura what was wrong with the person, and he would feel their pain briefly, and ask for the power to do the healing. Then I knew he was going to do * all these people, the same.

I asked what exactly is he doing, and where does he get it from, and I was told he prays for it, he's worked at getting to this position."

(2014 INSERT. You've all heard of the expression reading between the lines, well here's an exercise for you in the same vein, but to make it easier I have underlined and high-lighted what I noticed, and notice an aversion to even saying the word heal in connection with Jesus, but would rather use the word "do", check out the do *'s.

I would love to know how much our conscious or subconscious mind arranges which appropriate words to use when we are describing seeing and feeling Jesus's emotions while he is healing.

Or maybe if our negative emotional conditioned beliefs have too strong an influence, which are reacting to the external events around Jesus, are having a subconscious influence in which words we choose to describe what we are seeing.

I'll let you figure out why I think "There was Jesus is a negative way of describing seeing Jesus by the sea. And when a person describes something as basically, it is an adjective reducing something to its base description.

Congregations of people shouldn't be categorized as heaps, which is a dehumanising adjective.

Choosing the word seemed three times in context with what Jesus is seeing or healing, is implying that what Jesus was described as in the words almost "look as if" or "appearing" *to do the healing with his hands*. Doesn't Paula believe that Jesus was the instrument for healing these people?

And what part of the subconscious is so conditioned that a person would rather say the word did than the word healed? I quote,

*"An old man he did," or "Then I knew he was going to do * all these people, the same."* Instead of heal all these people. There are more examples from the transcript, but you can figure them out.

Now I am no psychologist, but if I can recognise conditioning from a student's choice of words, other student's may also recognise this occurring in their own classes. And I came bottom of my school class at English.

LUCY'S MEDITATION EXPERIENCE

(Lucy) "I asked my higher-self why aren't I seeing this picture, and I was told that I didn't need to see it, but I was going to have the emotions that Jesus was going through at the scene, just feel them and have then explained at a healing scene.

I was told as he looked through the crowd, looking around he felt a lot of pain within himself. Looking at these people and seeing that a lot of what was wrong with them was because of themselves, and how they treated themselves, and not always confidence, looking around he felt that there should be more people like me doing this, and not just me, like pressed for time.

Like how could I possibly do all this on my own? And also feelings of elation when he spotted somebody in a group of people at a healing, that he saw when he looked in their eyes, that they looked within and sought, and that made him feel elated that they had discovered the truth, or had looked within to seek the truth. I was just getting all these emotions and having them explained to me, saying,

"These are the emotions that Jesus felt at that time."

SHELLY'S MEDITATION EXPERIENCE

(Shelly) “I was told to experience the emotions as well, and it wasn't really at a healing scene, it was him out in the middle of nowhere, just meditating. He had needed to walk off and meditate, like you were saying, he was pressed for time. He would realise that he would have to go and commune with God on his own, without any duties pressing on him. It was a strange peaceful feeling, not a feeling of sadness, tranquillity with a hard edge sort of thing. He had knowledge of good and bad, but it transcended the definition of those states.

But he just had this feeling of equilibrium, balance, knowing. He was really in tune with spirit, just on the razors edge sort of thing.”

“Has it helped you by feeling that?”

(Shelly) “Yeah, yeah, it's a good feeling of... because I sway from emotion to emotion, trough to trough, and he knew he had the knowledge and wisdom, and special power to have realised that emotions are illusion, and just to follow spirit and do what had led him to do.

It's a weird feeling of strength and no fear of what has to come, just living in the now, an inner peace, not jubilation or anything like that, just a very tranquil strong state.”

(Paula) “I got the same thing. One of the people he healed had spirits attached, and he was being fed information, he was just like an open channel. It just came in his head and out his hands, and as each person came over he just looked at their aura and without any judgement of how they happened to get like that, or anything.

Particularly I got that with the one who he was casting out the spirits from, but didn't really worry about how they got there, or anything, he just looked at their aura and got the information that he needed, and he just did the healing.”

(Lucy) “Something I picked up was that he seemed really accepting within himself, like all those emotions that he had. I was basically getting shown that he was human. He did have emotions but he accepted them all without any of them bringing him down, or bringing him up, like a real detached observation.

(Shelly) “Yeah, he could feel for others, like Paula said he could feel the pain, but he wouldn’t let it affect him. He was just showing me the contrasts of the feeling of ups and downs, and the futility of attaching yourself to the ups and downs, and the tremendous peace that there is in detachment. So it was almost a healing experience, in that that state replaced my emotional state for that meditation.

And I feel calmer now than before I did the meditation.”

ELIMINATING THOUGHT-FORMS MEDITATION

“I want you to now imagine that you are putting on a costume with large angel wings, about six foot long on your back, and they look real. When you put them on, you can flex the angel wings, and they do move. You don’t have to flap them. They've all got feathers on, just like real angel wings.

You can put a golden halo above the top of your head, and beams of coloured lights are coming out of the halo in all directions, all the colours of the rainbow, if you want.

Now, each one of you are still surrounded by a ball white energy, which you performed at the beginning of the class. You are now getting lighter and lighter, floating out of this room. We are all together, and we're going to fly across the world to Europe. Our guides are with us. We are going to go to Rome, and we are going to land at the Vatican. We are going to come in through the walls and ceilings of the buildings, into the corridors and the halls.

Tonight we are seeking out the thought-forms of satans, devils, and demons, or whatever the priests, cardinals, deacons, or nuns have created, because they believe in them. And these thought-forms are very often attached to the people who work in the Vatican.

Now we are going to go down the corridors, and through these halls, seeking out the people who work there, while we come near them, the thought-forms will see us. And they

will see it as great opportunity to attack us, and they will come at us, but we will dissolve them as they hit our Shields, our white balls of energy.

Now you can wander anywhere in the buildings, seeking out these thought-forms, which are creations of the mind, and we will dissolve them. Your guides are with you all the time. I leave you to wander around now, and see how many thought-forms, you can destroy. Of course it's only temporary, but it helps to take away some of the influences on the people working in the buildings. Good hunting.”

(Approximately ten to fifteen minutes silence.)

“I want you to now fly back across the world from Rome, back to this building, back into this room, back into your chair. Take off, the angel wings, come back now, take three deep breaths, stretch out if you want to. Now each of you can sit in the chair, in the centre of the circle, for few seconds.”

SHELLY'S MEDITATION EXPERIENCE

(Shelly) “I saw this nun kneeling at the foot of a really stern looking statue of Christ, and there was this thought-form hovering around her head, saying,

‘You’re wicked, you’re wicked, prostrate yourself, you can’t stand in the presence of Christ, you’re too base, wicked.’

And this thought-form was saying the same thing to me, and the nun was prostrating herself.”

“Was this a modern day nun, or a nun in the past?”

(Shelly) “It was a modern day nun, and I asked my Guides about it, and they said,

‘This thought-form is deceiving, because it’s based on beliefs from the past, that Christ was all powerful, and that Christ was to be prostrated, and you were meant to prostrate yourself in front of him, and regard him as all powerful, and you as an ant in the face of his power.’

And this thought-form was a handicap, and was really debilitating, because what Christ wanted was us to get off our knees and start doing what he was doing, instead of us being on our knees and prostrating.

We should get on our feet and follow Christ's example instead of being told we're weak, or Christ's state should never be contemplated to be attainable. We should try and strive to attain that Christ like state.'

So I just blasted that one away, and it became part of her thought-form, too.” **“It had become attracted to her because she believed it, anyway.”**

(Shelly) “Yes, then I saw a group of old Catholic priests walking through, in robes, they were really judgemental, saying,

‘You’re wicked,’ and just making sweeping judgements and saying, *‘You’ll toss on pitch-forks in the lava of hell.’* I asked if they were the spirits of the priests, but they weren’t. The energy generated from these really intense priests, that even after they had died there was an imprint of them and all that they’d believed in.

These dudes were just walking through the Vatican, just instilling the wrath of God and the devil. And if anyone passed by they’d say something in their ear, you know,

‘Submit to fear or you’ll...’ and *‘Grovel or you’ll be tossed for eternity in lakes of lava.’*

And they were just walking through the hallways looking for people to say things like that to. So I got a pin and popped them, and lots of hot air came out, and they blew away like balloons.”

LUCY’S MEDITATION EXPERIENCE

(Lucy) “Well, I thought it was quite a lot of fun, actually. I had two Guides this time, my normal one and another on the other side of me, and we linked arms and I was in this joyous mood, and I thought, ‘This is going to be fun, burst a few thought-forms’

It must have been back in time for a while there, because everything seemed pretty old, the hallways and everything.

I went into this room and there was a lady who was hand-washing, so that confirmed that it was a long time ago.

Then this contorted face thing came flying at me, and at first I was a bit taken back, like, ‘God, what is that?’ and it was screaming and tortured, I don’t know what it was, it was just a head, it didn’t even have a body, but it came flying off this lady and I laughed at it, I just thought it was really funny, you know that this thing came flying at me, and it just disappeared in front of me.

It was really ugly and I thought it was quite funny, you know because I don’t have things like that in my imagination, so it just disappeared, anyway.

Then we went along another corridor, and I opened this door and there was this old priest lying on this bed, and there were hundreds of these things, the same like that came off that lady, all these contorted faces and bodies, and they looked awful, and I quickly shut the door, and I said, ‘Shit, there’s too many of them for me,’ and I asked my Guides,

‘Why does he have a room full of these things?’ and my Guides said that this priest just goes through life feeling that there’s evil everywhere, and so he’s just created all this evil around him, because that’s what he believes there is, and I thought, ‘Poor man, well I think I’m going to need a bit of protection.’ So they said to me,

‘Just go into the middle of the room and beam off as much white light as you can, You’ve already got it around you, make it really intense, and if you feel you need to just bring your arms up and just twirl around as if you’re pointing at them, like shooting them with your fingers,’

So that’s what I did, I went in there and a lot of them weren’t attacking, but a few of them were venturing in closer, and I said, ‘Is it okay if I keep laughing?’ because for some reason I found the whole thing really funny, and they said,

‘Yeah, you can keep laughing.’

So I was just spinning round in a circle with my hands out like this, laughing, and they were all just disappearing, and I noticed before I left the room, that the priest, his whole inside emotions changed.

Then all of a sudden he got of the bed and looked out the window, and he was having thought-forms like, ‘What a beautiful day it is,’ you know, and I was going, ‘Wow.’

Then it must have changed into a present time because we walked outside, and across a courtyard into another area, and it looked really modern, and so I asked if we’d changed times, and that we had, we were in the present time, and I asked where were we going.

And we were going into a nunnery where they slept, and there were a lot of thought-forms from the nuns, about men, that men were evil, and men were all sorts of things, except for the priests. I got that, because I thought, ‘Well, what about the priests, don’t the nuns realise the priests are men?’

‘Oh, but they’re different in the nuns eyes,’ and then I asked, ‘Why these women felt that?’ and my Guides told me,

‘A lot of the time nuns will go into a nunnery because they’re insecure about their sexuality, and that’s a solution, then, so they create these thought-forms that men are evil, and men just want women for one thing, and that’s the thing,’

I don’t know if I got rid of those thought-forms or not. I think there were a few that I brought back, but I was too busy talking to my Guides, asking why these nuns had to create these...

I did destroy one, this brutish looking man who was in their showers, who was obviously someone’s thought-form, of the most horrible man she could think of, and this is what all men are like...”

“Was he clothed?”

(Lucy) “No, no, and he was quite well endowed too, and very lustful.”

“Well, they’re frustrated as well. You see it’s what they want as well as what they fear, you know what I mean?”

(Lucy) “Yeah, yeah, but I just found the whole thing really amusing, except for that whole room full, I got a bit of a shock then, I thought, ‘My God, look at them all.’”

“You can ask your Guides about why you brought them back.”

(Lucy) “Because that’s where I was when you called me back. I think I forgot to destroy it, but I destroyed the one in the shower, that big brute.”

“You can ask your higher-self if you were removing thought-forms from one of your past lives, if you had one there.”

(Lucy) “I asked that all the way through, and I wasn’t at all.”

PAULA’S MEDITATION EXPERIENCE

(Paula) “I knew that there were all these little rooms where the priests had their own little rooms, basically.”

“Cells?”

(Paula) “Yes, cells, and we had this one corridor to do, and at the door were little devils with pitchforks, and I had to go in there with this shield that I put in front of me, like a mirror, and it just melted them and dissolved, and we did a few like that, and then there was another one with a priest, and he had a room full of snakes. And I asked, ‘Why would he have a room full of snakes?’ and he said,

‘Because it was like your one, but they were women.’ He had thought-forms of women, like the Adam and Eve thing, like you know how there was the snake? Basically all of these snakes were writhing around in the room, and I had to do the same with the shield, for them. Some of them have women’s heads, not all of them. But basically all the ones that I saw were priests that hated women.”

“Well, that’s okay because you are being shown the reality. I mean I’m only giving you a guide-line of what you may come across, but they are just proving to you that you are not seeing what I suggest.

You are actually seeing very different things to help you understand its right what you saw, and the nuns fearing men that they were frustrated about, and they hated or were hurt by in the past, say, and you were seeing the snakes...”

(Paula) “Well, the priests in these cells, with rooms full of thoughts that they’d conjured up about women being basically evil, and the tempters of men, you know. Because in the next room I went into were all these thought-forms of insane-looking women with really contorted looking faces.”

“Because that’s what they programmed these thought-forms to be like.”

(Paula) “I asked why these women were looking like that, and they just said,

‘Well, once again this one is what he thought women were like. The images that he had drawn up of them, and he had lots of them in his room, too.’

So I just went in with this shield and they were running off down the hall, and then you said, to come back, and that’s when I saw one hadn’t got away, I hadn’t dealt with him, and that’s why I thought I’d brought a little devil back.”

(Lucy) “I picked up something on the way from this old dormitory when it was back in time, going over to the nunnery. I passed this room where all these men were doing this service or something, and there was someone in there speaking.

And I picked up this feeling or thought-form, whatever, that a lot of the people in that room felt that eastern religions were overpowering western religions, and that they didn’t like it, and I asked if they had a fear of that, and I was told,

‘Yes.’”

(Paula) “I think I had a past life in that, too, as a nun, because I did ask, but then I didn’t want to see the picture, because it was pretty horrendous, that they were actually giving the nun an abortion, and I asked is this a past life, and I got,

‘Yes,’ and I just went, ‘Ooooh.’ I just saw a flash. It didn’t seem like I had to do it then, anyway.”

“No, but if you don’t deal with the lifetime that you are shown they’ll accumulate, and you will have that many lifetimes you haven’t dealt with.”

(Paula) “I wasn’t all that sure, but I asked and I got,

‘Yes,’ but it was kind of like, you know, **‘Later.’”**

(Shelly) “The repercussions if you don’t release, is that you would still be carrying around the scars and emotions of that nun.”

“Or the person who did it if you were connected with that experience, then anything could be needed to be released.”

(Lucy) “Especially now that it’s been brought to the surface, because now you’ve had a glimpse of it, it’s going to nag at you.”

“That’s right, and it could be opening an emotional sore, but the purpose of bringing it up to release it, is to make you whole, so that in the future this emotional sore will not come to the surface at the wrong time, and be triggered off by something happening in the world, where you won’t know it’s a past lifetime.”

But you’ll be thinking it’s because of what has happened to someone else, but you won’t know it’s a past lifetime conditioning, because you don’t know whether it was you.”

(Paula) “That’s right, I don’t know if it was me, I may have been actually one of those priests who actually got that nun pregnant, and was cursing all of those women, I think, might be more to the point.”

“But there are still guilt’s, it doesn’t matter which emotional sore it was, if there is a thing to be released, then they will bring it up.”

(Lucy) “So now if you don’t release it you’ll be wondering about that, until it comes up again.”

(Shelly) “Paula would have to see the lifetime...”

(Lucy) “To know what to release.”

(Shelly) “Yeah,”

“You see it’s not my suggestion, like your higher-self showed it to you.”

(Paula) “Why didn’t my higher-self say, ‘Okay, let’s go in there,’ then?”

(Lucy) “But you didn’t want to; you’ve got your own will.”

(Paula) “Yeah, but I actually felt that maybe the story was a bit further down the corridor, because I said later, ‘Is this it?’ because I went down to the priest with the snakes.”

“Well, you are picking up more, like I said you are not going to be doing these meditations solely for these purposes. If there is a past life connected with it then we bring it up, if it’s necessary for you to do at this time.”

But this is an accumulation of two past lifetimes now,

of not feeling good about the opposite sex, there's a theme there, it doesn't matter what sex you are."

(Shelly) "You were then condemning the women other than face the guilt, was it?"

(Paula) "Yeah, yeah, it sounds like the case, doesn't it?"

"They didn't have to show you a past life, they could have shown you normal thought-forms like the other students, but your higher-self and Guides are turning up the heat, you're the kettle on the stove.

In other words they are pushing you to do the right thing, and get rid of those lifetime conditionings, finish them off. I don't make people have past lifetimes, do I? In class it occurs. I do get themes though; Shelly knows that, don't you?"

(Shelly) "Mmm, mmm."

"I might get a load of students with very similar problems, past life conditionings in the class where it needs to be dealt with and released."

(Bringing student/patients together with similar problems helps the student/patients to believe and feel less embarrassed in revealing the conditioning, and the empathy felt from the others also helps the student/patient feel loved by the others, thus increasing trust which breaks down barriers or masks that are sometimes the results of our past life conditioning, because a barrier works both ways.

Like a student/patient's barrier is like preventing anyone else finding out about our feelings from a past life, either conscious or subconscious, like feelings of guilt, shame, worthless, or fearing judgment, humiliation, laughter, or ridicule.

And the other way a barrier works, is preventing your love or positive emotions from flowing out to others, which definitely has a positive effect on the way others interact with us in the class.

Also our barrier prevents us feeling love from others getting through to be felt by ourselves, which could help us feel more self-worth.

A person with a barrier may need more signs or actions of affection or verbal assurance.

But as our barriers fall we feel loved, and thus don't need to know that we are loved, by constantly asking, 'Do you love me?' or manipulating, testing our lover to initiate a response, so that we can recognise if the person loves us by their actions.

Of course I must mention complications to what I have just said. What if your lover also has barriers? So now you can understand why some relationships are like battle-grounds of manipulation and counter manipulation.

Or a couple may seem overly affectionate and seem like a perfect relationship, but they both may feel insecure about the other's love for them.

Everything is not always as it seems, and to become a better healer our barriers or blocks need to come down, remember, they showed you how Jesus felt the pain and suffering of others, because he had released his own barriers or the cause of them from his own past lives.

The reason I am guided to teach you not to tune in to others is basically because you need to be taught by Guides and teachers on the other side, of the causes of emotional reactions in others, not assume that a negative emotion is the reason when the cause may be something else from the past.

But tuning in and just telling a person they have a negative emotion is like laying judgement on them, and may cause more harm to the person you are telling.

In some cases student/patients are not even aware of conditioning modifying their personality or interaction with others, because in some cases a strong conditioning will subconsciously affect the person by avoiding those situations that trigger off the negative emotion.

So your higher-selves give me the meditations which take you into these areas so that your conscious minds and emotions can become aware of these blind areas that have been avoided all your life, so you become aware by being shown the cause, whether it is childhood, in the womb, or a past life.)

LUCY AS THE CHANNEL FOR GABRIEL (H-S)

“I’d like to talk about releasing conditionings from past lives, as you were all just talking about. Confronting all fears and conditionings that are from a past life is only giving you more acceptance of yourself, so therefore you can only benefit.

Holding back releasing your conditionings is going to give you unacceptance of yourself in the long run, as you are aware that these are there, and so you nag yourself to death with them.

To release it means that its gone, that you no longer have to worry about it, that you can go onto other things without having that, as Shelly says, ‘Extra baggage.’

So it’s of benefit to yourself, it makes you accept a part of yourself as you, and let it go. Knowing about something, knowing about anything and not dealing with it is quite silly, really, even practically. It’s not something that you do day to day, so therefore why do you not feel it’s something that you should do, life to life?

If you know that you have something to deal with, you deal with it, and the same goes from life to life.

If you don’t, ultimately you’re the only one that suffers by having these feelings of guilt, fear, anger, whatever it may be. Knowing that you have them, and then being afraid to let go of them, doesn’t make much sense, does it.

It is better to face them because then you truly accept them, so therefore you are truly accepting yourself.”

“Do the higher-selves of the students choose them to have these past lives brought to the surface?”

“Well, of course.”

“And why is it that they have to go through the process again and again and again?”

“The process of eliminating these conditionings is that what you mean?”

“Yeah, I mean they don’t have to do them week after week, they could give them a break and let them do other things,

but their higher-selves must think it's necessary to do it as soon as possible, for reasons that the higher-self knows, is this true?"

"Yes."

"Because the conditioning is affecting their meditations wherever they go with their Guides, their own self-worth because of these conditionings, are affecting their own ability to communicate and do things on these meditations."

"Yes, we only bring forward a life for you to see, or a part of it to make you aware that something that's happened, or some feeling or conditioning in this life that you are going through now, whether you know it or not.

Whether you know that you have this fear or phobia, or anger or guilt, or whatever it may be. It is happening to you now, and it is stopping you from progressing spiritually.

So we bring it to the surface so that you can deal with it, and that's a step forward for you. We're not bringing you any problem that you didn't already have there.

Maybe you weren't aware of it, maybe others were. Maybe it's something you are aware of and don't want to admit to yourself. So we just sort of nudge you along to recognise that, and release whatever that conditioning may be, by giving you a past life.

We are not going to give you a past life that has no relevance to your attainment now; obviously it would be of no use. The only reason a past life triggers off an emotion in you is because that emotion was already there, we're just triggering it to the surface."

"And if it doesn't get released is it sort of sitting there, like an open emotional sore that's been opened up...?"

"And you will suffer because it is there, because you're aware of it now. You know that's a stepping stone. What we're asking you to do, by making you aware, is to progress along and release it. If you don't release it then all we have done is left you with this wound that you want to keep, and there's no reason to keep them. The idea is to get rid of them.

We would never give you something that you are meant to store away, because there's just no point. The idea of giving you a past life is to open a wound that you can release, not to open it so that you can hang on to it, and worry and suffer about it, that's not the idea at all.

We're trying to cleanse your conditioning; if we can cleanse your conditioning then we can do a lot more with you. We can help you to progress a lot further, without having these conditionings and hang-ups from past lives that have no relevance to the here and now.

“I observe the affects of these conditionings and hang-ups on how a student goes on their meditation. It stands out a lot, doesn't it? One's without the hang-ups, without the fears, tend to enjoy the meditations a lot more, and do more.”

“Yes, normally a student will know when the meditation is being explained, they will instantly have feelings of apprehension.

Lucy knows this from a past one that she had. All the other students know this as well because they've had those feelings. They can refuse and ignore them of course, but ultimately it will be brought out somewhere along the line.

So Raymond you would pick up, know that, looking around a class going in to a meditation you should be able to tell who's going to have a past life, and who isn't, not always, but quite often the person reacts without even realising, without even being aware that they had a life in that time, or whatever, they will react.”

“I used to go down to the shore and lift up rocks to see what's underneath, is that what I'm doing now?”

“Yes, I don't have anything more to say.”

“Anything about protection? Was everything I said in the kitchen, right? I don't think I was wrong in any of those things I said.”

“No, no. I don’t think Lucy still fully understands, but she protected herself well enough in that meditation. The good thing is that she didn’t have a fear there, that’s not to say that she doesn’t have them.”

“The more we do, the less fears we’ll have, because we realise that we’ve seen all different situations, and nothing ever happens bad, and they don’t fear it anymore, do they?”

“Yes, we create bad. That’s all.”

SHELLY AS THE CHANNEL

Shelly didn’t feel like doing it but I was guided to persuade her. She then channelled a male spirit, Mark, who lied a lot, but he had attached himself to Shelly recently, this very afternoon.

He was an angry spirit and I knew that he would not leave Shelly by any of my persuasion, so I drew him out into revealing his nature so that Shelly would be psychologically turned against him, and increase her desire to get rid of him, so that she would with the aid of her Guides get rid of him.

Because Shelly stopped channelling, when Paula channelled next my guided questions were still for Shelly’s benefit as the attached spirit was still attached to Shelly.

In the process of drawing him out, we found out he had a problem with mirrors, and later after the other students left Shelly got the idea to surround him in a barrel of mirrors with only one exit through the white light, and she spun the barrel which caused him to run into the white light.”

PAULA AS THE CHANNEL FOR A GUIDE

“Who’s Guide, Paula’s or a class Guide?”

“Paula’s and the class Guide. Shelly’s sad and depressed. She’s angry, this negative thinking will attract negative energies, negative entities.”

“Was this entity Mark, one of them?”

“Yes.”

“Do you know how long he’s been with Shelly? Because he’s been telling lies all the way through, I felt.”

“Yes, yes, he’s not been long... he’s very recent, as recent as this afternoon.”

“Did he come from anyone she met this afternoon?”

“Yes.”

“What’s going to be the effect on Shelly if she doesn’t get rid of him?”

“Oh, negative. Shelly will stay depressed and negative for as long as she wants to harbour him. She has this open channel; her auric field is very able to pick up these negative influences. She needs to shut down and get a bit more control of her aura.”

“But when a person gets upset the aura opens, doesn’t it?”

“Yes, yes.”

“Was I guided by my Guides to make Shelly channel, so that she could become aware of this, they wanted her to become aware of this Mark, didn’t they?”

“Yes.”

“Even though Mark didn’t want to channel, and was influencing Shelly not to channel, wasn’t he?”

“Yes.”

“There is only one person that can get rid of Mark, isn’t there?”

“Yes.”

“I can’t reach in and grab him by the scruff of the neck and drag him out, why can’t I do it?”

“Because she is feeling depressed and vulnerable. She didn’t deliberately attract this entity, it saw her coming. She’s the only person that can send him off.”

“And she can do that, she’s done it plenty of times.”

“Oh yes.”

“She knows how to do it.”

“Shelly’s just a bit depressed and she’s vulnerable to this sort of thing, and that’s alright.” “We all love Shelly, don’t we?”

“Yes, yes.”

“But she has to fight this battle herself?”

“Yes.”

“And truth hurts; it’s only hurting the spirit, Mark?”

“Yes.”

“And the idea was to get him to... The motivation behind my conversation was to get him to reveal himself, so that it would give more motivation for Shelly to get rid of him, wasn’t it?”

“Yes, yes.”

“I wasn’t stirring up Shelly; I was stirring up the spirit...”

“No.” “...so that she could become aware of him.”

“Yes, *this is what you were doing; this is what was shown to her.*”

“She’ll feel a lot better once she gets rid of him, won’t she?”

“*Absolutely.*”

“Spirit can do some healing on her and take away the depression.”

“Yes.”

“And heal her aura?”

“Yes.”

“But spirit can’t do anything while he’s there, dragging her down.”

“*This is right.*”

“This doesn’t happen with to every student or patient, does it?”

“No.”

“Why does it happen to Shelly, being at the wrong place at the...”

“*Yeah, the wrong place at the wrong time, feeling negative, being grilled as she has put it.*”

“Grilled?”

“*Yes, and feeling low, feeling at an all time low, entities see this and attach, and they can therefore live out their own negative emotions.*”

“Everything is going to be okay, isn’t it?”

“*Oh yes, everything is okay.*”

“Is there anything you want to say to Shelly directly?”

“Chin up, Shelly, it’s not as bad as it is, nowhere near as bad as you think it is.”

“Thank you very much, you’ve been a great help to clarify things, and set things straight when it comes to the way I was speaking to Mark.”

“You’re welcome.”

(Lucy) “I actually got, really early on, when you were asking how he died, I got,

‘Of a drug overdose.’” (Paula) “Yes, so did I.”

(Lucy) “It was just, bang, straight away, and I knew straight away, and I was thinking, ‘Oh God, it must have been today.’”

“You have to remember as a Teacher my role is to ask questions, even though I know the answers, for you to get the answers. Because Mark not answering was a dead give-away.”

(Also the students will pick up the answers not spoken, telepathically, which will boost the students’ confidence in their own development.)

These next two class nights I was guided to insert in volume 1, but I am sure when you reread them you will understand the students more, now that you have read all their development up to this point.

In the next chapter I inserted a 2014 comment about Shelly’s Angel mission back in time, in connection to her previous past lives as priests, so I would advise you to read it as it is an insight in how Guides and higher-selves organise our meditation experiences for multiple reasons

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**HEALING CLASS 3/3/92 RACHEL, PAULA, LUCY & SHELLY
BASIC AND ADVANCED ROTATION CHAKRA MEDITATION
THEN W.W.I. FIELD HOSPITAL RESCUE MEDITATION**

For this class-night my class Guides must have thought they were sufficiently developed to go on a rescue mission through time. They first performed the basic and advanced chakra exercise, and then they had to put on white spirit robes with huge white Angel wings attached to them, before their spirits were to fly back through time.

I then described them flying back through time to a WWI field hospital, in a European village church, without specifying which nation they would be going to.

In the past I had given this meditation to other students, but without the Angel wings, and they were practising healing with their Guides, on most of the victims who were going to physically live.

But this time the students were to practise guiding the spirits of the recently departed into the white light, I also explained if their Guides took them somewhere else, go along with it, and that my description was just to get them to the theatre of action, but their Guides and higher-selves will be the ones helping them learn things.

PAULA'S MEDITATION EXPERIENCE

(Paula) "I was having trouble with the colours, but I remembered when I was little, colouring yellow, I remember thinking, 'What a beautiful yellow it was.'"

"Your higher-self keys in these memories to help you."

(Paula) "Yeah, and I got that for orange, too. I remember drawing something with a crayon when I was little.

Anyway, I got to the church, and I saw that most of them had their legs or arms blown off, but the healing wasn't for me, but it was to do the spirits. I got to do one, and I had my grandmother there with me,

and there was this spirit whose name was John, and he was staying next to his body, like a vigil, and he just wants to stay there, and I was at the foot of the bed, and I said to him, 'There's not much point staying around here.' And he said,

'Oh, you're an Angel.' So I said, 'You don't have to stay around here, you can go and have another life.' And he thought that was great, and I said to my grandmother, 'Now what do I say?' And she said,

'Oh well, you know, tell him that the light is behind you.' And I told him, and he said,

'Oh yes,' and that he could see it, and it was fine. Then I said, 'Your wife's there.' And he goes,

'She's not there, that's not my wife.' And I thought, 'Oh no, I've stuffed that up.' and my grandmother said,

'He's far too young, it's his mother.' And I said, 'Oh sorry, your mother is there,' and he said,

'Oh yes, yes.' And I said, 'Bye John.' And off he went quite happily, and my grandmother gave me a big hug, and said,

'Oh well, that was the first one together.'"

"You'll get confident, the more you do these things, you're doing fine, even if you do one, you did well."

LUCY'S MEDITATION EXPERIENCE

(Lucy) "I could feel a sensation when we got to the crown chakra, like all tingly, and I also felt it when we were projecting, as well.

When I got to the church I met that same Guide, I looked around the church hospital, and actually saw Paula down near a bed, like you said, standing at the end of a bed, and I thought, 'Oh, there's Paula, down there doing her thing.' And I asked my Guide, 'Are we going to walk around the hospital?' And he said,

'No, we are going to go for a walk to the front line.' And we walked all the way there, and it seemed like no distance at all, even though I couldn't hear any noise when we were there, and he was talking to me on the way there, saying,

'You can't come to any harm here, you're an Angel. Nothing is going to happen to you.' So we were like walking along these trenches, and I saw this mine or something, some explosion, and this man's body, just went in all different directions, and it was like his body went, but then his spirit jumped up, was there, and was like looking around frantically, trying to run somewhere, to get away from..."

“He thought he was still in the war.”

(Lucy) “Yeah ...from the gunfire, and I just walked over to this tree, and I said, ‘Hello, can you see me?’ And he turned around, and he could see me, and I said, ‘Come over here.’ And he came a little bit closer, and I told him that I was an Angel, and I said, ‘Do you realise that you're dead?’ And he said he did, and he said,

'I just want to get away from all this fighting.' Like he felt unprotected, because there was still gunfire and things happening, and I just did the white light, and I said, ‘Can you see this white light behind me?’ And he said,

'Yes.' And I said, ‘Well you don't have to hang around here anymore, you can get away from all this fighting.’ I just kept it broad, because I wasn't getting anything like your mother, or your wife.

So I just said, ‘There are friends and relatives in the white light, and Angels that will look after you. If you want to get away from the fighting, just go into the white light.’ And he said,

'Thank you.' And off he went. Then we walked down a bit further, and there was a big canopy tent, and there was a guy, who I was told was a General, and he had all these entities attached to him, a lot of them, and I asked why? I said, ‘My God, look at them all.’ And he had led a troop who thought of him as father, confident, General. They had a lot of respect for him, obviously, and they died in some combat, a lot of them died together.

And because they clung to him, because he was their hero, so they stayed there. So, I was sort of talking to them all, collectively.

I got a bit scared, because they were really angry about the war, you know, still wanting to fight, and all this sort of thing. And I started talking to a couple of them, and I asked them, once again, did they realise that they were dead? And they said,

‘Yes.’ And I said, ‘Well, this General is doing fine without you here. When you weren't here before he even met you, he was doing fine, in his job. You've got no reason to protect him, he's a good man, and he knows what he's doing.’ And they were basically telling me that they were there for his protection, and they were going to help him out, because he was their hero, and they didn't want him to die.

And I was saying, ‘Well, he didn't die before he met you, and he's not going to die now, even if you're here, or not.’

Obviously, he didn't die in the war, because I seemed pretty sure that he wasn't going to die. Anyway, I sort of got a bit overwhelmed, because there were so many. So I used my Guide for backup, and I was saying, ‘What do I do now?’ Because they were arguing with me, and he said,

‘Just build a big white light behind you,’ and it had to be a huge one, and I sort of could feel it. And it was bigger than one I've ever done before, and I was talking to them a bit more, saying, ‘He's a wonderful man, I know he's like a father to you, but he doesn't really need your help.

You know, you're dead, there's not much that you can do, you're not alive anymore, and he's got men that are alive, who will look after him, and there's no need for you to be here,’ and they were okay about that.

So I told them all to hold hands, and basically to leave. I didn't say that there was anyone in the light, and I said, ‘You can all go together, you can all hold hands, and just go into the white light.’ And they all did.

Then we were walking back to the hospital, and I was waiting at the door for everyone else to finish what they were doing, and then came back.

I gained a bit of confidence, because I was at wits end, I thought, ‘They're not listening to me, what am I going to do now?’ And he just said,

‘Just put the white light behind you, and they will see it.’ So I got quite a lot of confidence when I did. I envision the white light, and it was just huge, and I thought, ‘Well, I did that.’

So that boosted my confidence. I knew then that I was going to be able to get them into the white light, by the size of it.”

Rachel didn't see anything on her meditation, so it was Shelly's turn.

SHELLY'S MEDITATION EXPERIENCE

(Shelly) “In the meditation I ended up in Spain, or Mexico. Mexico I think, and it was totally divorced from the whole meditation. I tried to go on the meditation, but I kept on getting dragged back to this scene. I was still wearing these Angel wings, and I could see a church as well, but it was one of those lime-washed churches. It was about 50 years in the past, and wearing these Angel wings I descended through the church ceiling into the body of this priest.”

(See how your higher-self brought you in through the ceiling, straight into the body of the priest, before, you can say no to it happening.)

(Shelly) “It was all confused, it was quite confusing, but what happened, happened. Then this young woman ran into the church, to see the priest, and I think the priest was temporarily changed, or something, his mentality, to help the woman.”

“You were doing Transfiguration.”

(I should have said, possession, but I didn't know at this stage)

(Shelly) “Because she was in crisis, and she needed his help. She murdered her husband, stabbed him, when she caught him in bed with a lover.

It was a Catholic Church, and I tried to get her to forgive herself, and get rid of the sin concept, you see that the sin concept was something that she'd carry through to the next life, if she held onto it, and it was like that was the job that had to be done, because the priest would have condemned her. She was going to go to jail, anyway, but it was trying to get rid of this whole thing, before it got a hold on her, and I've realised releasing anger towards men in general, it's like a past life therapy, the priest and this woman.”

“You mean you are releasing anger towards men...?”

(Your Guides knew you had learnt about the conditioning of guilt in your own life, coming from your own past life experiences, and the process of helping this woman, explaining how guilt will affect her was in a way helping you to seal any cracks in your own acceptance of the strength of your releasing of your own guilt conditionings.)

You helping this woman, is like having the effect of you inserting, reinforcing steel in wet concrete, to make it stronger, in helping you release any lingering unacceptance, of the conditioning of guilt from your own past lifetimes.)

(Shelly) “The woman, I asked who it was, and they said it was a parallel life.”

“Of your own?”

(Shelly) “Yeah, she had to release the anger and the guilt. It's just like a past life therapy session, but instead of the priest giving her a big guilt trip, and then she'd go to jail, and then be even more angry at men, and hateful towards men, and mistrustful, she'd get that out of the way, so she wouldn't carry it on, as baggage, or something. It's quite strange, but that's what happened.”

“How did the priest take it?”

(Shelly) “Well, the priest sort of vacated, he wasn't aware of what was happening.”

“Ah, he was shunted out, like in a trance-medium?”

(Shelly) “Yeah, temporarily.”

(Lucy) “Did she accept everything that you were saying?”

(Shelly) “Yes, I told her that it was my parallel life, and that there were psychic links there, which enabled her to release the stuff. I was wondering why she'd be able to do that, as well, if she was a staunch Catholic. So there was a psychic communication going on.”

“Did your higher-self say anything about it?”

(Shelly) “Yeah, it's a parallel life, and I had to just learn the technique of helping, of being able to release, that sort of thing. And I was helping myself in a way, in helping this other person.”

SHELLY AS THE CHANNEL FOR HER GUIDE

“The opportunity was taken this evening, because a lot of blocks had been removed by assuming the guise of an Angel, and taking on the service of rescue. It was an opportunity to help this part of the spirit, so it was a demonstration of the possibilities.

In fact, the possibilities are pretty well unlimited, and if the topic is appropriate for the subject to learn and accept something, then we'll take them to that situation, while we can.

The theme of this experience coincides with themes that have to be dealt with in the life of this person.”

“What are those themes?”

“Being some resentment towards men, and guilt, and...”

“And what did that have to do with Shelly being an Angel, using a priest to save her parallel life of guilt’s?”

“It showed her that she had the power to help someone else, and had to demonstrate that she had the power to help herself, that's all. In assuming the guise of an Angel, it de-personified the experienced, to a degree, which allowed her to accept the experience as valid. It would have been more difficult if she was to do that in her own identity.”

“It will have a more positive effect on Shelly, the self-esteem of being an Angel doing this, you mean?”

“In terms of confidence, of what can be done, and what she can do to help herself, it will give her a boost.”

“Does that mean that she could do this Angel bit with anyone, or was it only allowed because it was a priest?”

“Yeah, the priest had been... The priest was open to the experience, because it was communicated to him that he was not being invaded by anything that would harm, but it was the force of God, because he was open to... The priest's higher-self was spoken to.”

“Did the priest remember what you said, when you were channelling through the priest to the woman?”

“Yes, he did remember.”

“Did that go against his own beliefs, which he would have said to her?”

“He believed in forgiveness, but not in the case of an individual forgiving themselves. So it was along the same themes as his beliefs, so it didn't go against the grain of what he fundamentally believed.”

“It just expanded on it?”

“Yes.”

“Will she have to go back again later, because the priest is going to visit this woman again, isn't he?”

“Shelly might have to go and talk to the priest.”

(2014 INSERT. My questions were giving her Guide the option of whether he wanted to refer to Shelly's past lives in the priesthood, and all that conditioning, or maybe this exercise was to assess if any of her priest conditioning was still lingering, but she passed with flying colours by what she said and did. So I never referred to them in case her Guides didn't want me to go there, so to speak.)

(Shelly) “It made sense the bit about and assuming another identity, not relating to it being me actually doing the thing... having on the costume, and the guise, and the mission. So it wasn't me actually doing it, they grasp the opportunity of me being... It was like dress-ups, sort of playing dress-ups. They took the opportunity of me being off-guard, with no self-consciousness to do that, it makes sense.”

“But it will rub off on you, the positive effect on you, confidence wise.”

(They were also showing you the importance of the purpose of releasing guilt at the same time as showing you what you can do in a meditative state, even though you were assisted by your higher-self.)

Don't just think you were a passenger in this mission, this was as much for your benefit, as the parallel life of yours, the way you have just described it, is like someone else did all the work, in a way you are denying your own help in the situation.)

LUCY AS THE CHANNEL FOR AN APPRENTICE GUIDE

“Nobody’s Guide in particular, just listening. I noticed that it was easier for everybody to take the guise of an Angel. As Shelly's Guide says, taking the costume of an Angel can almost make you feel like one, in these meditations. So it is boosting confidence, but we all have to remember that it was you in the costume, not an Angel, in the sense.

Lucy left out a piece of her meditation. When she was taken back to the hospital she helped a spirit go to the light, who was on an operating table. She didn't have to do anything special here. She was guided to sit by a patient, and to take the spirits hand, and lead him to the light.

So, you see, you don't have to perform miracles in saving or helping spirits to the light. Sometimes just a gentle word, or holding a hand of the spirit, can be enough to reassure them.”

“The costume is very important, though, to help with the convincing. It's no good going in the clothes we wear now; they would wonder who we were.”

“Oh yes, yes, that's right. Some people in the hospital meditation, some of the soldiers saw Angels. One of them even thought he was going to die, because he was seeing an Angel.”

“Whose Angels were they, our Angels or real Angels?”

“No, no, it was the students. He was reassured by this Angel, who told him, no, you're not going to die, not yet, anyway.”

“Was I there?”

“Yes, you were there.

I think at this stage of the students’ development, they are focusing on what they are there to do, more than looking around for their classmates.”

“But Lucy sees Paula quite often.”

“Yes, twice now.”

“Yes, Paula needs your confirmation that it's not her imagination, to help her know that she was actually there.”

“Yes, that's right. It's not important whether you see your classmates in a meditation or not.”

“I just wondered if I was there doing anything, because I don't see anything.”

“Yes, you walked around. You stayed in the church. You were healing, many patients, no rescues, just healing.”

“Did Rachel get there?”

“No, Rachel didn't get there.”

“She might have had to do something else with her development.”

“Yes, Rachel's Guides tried, I actually helped to take Rachel on another meditation, to release her will a little, but to no avail, but we'll keep trying. As long as Rachel keeps coming, we'll keep trying, that's okay.”

“There's plenty of time. There are lifetimes ahead of you. Time is unlimited.”

“Rachel should stop trying so hard, thinking that she has to compete, maybe with other people in the class, it is not important. What's important is yourself, and what you gain, and how far you go, not what everybody else is doing. We all reach our levels at our own time, there's no rush for anybody.”

“Just because you don't see on meditations, it doesn't stop you growing and developing. Look at me, I'm a prime example. Tell them about me, I mean, I didn't see on meditations, or anything like this.”

Yes. Rachel's learnt a lot already, she knows that. She just feels inadequate, because she can't teach others what she's learning from them, but she will, she will one day.”

“A person teaching with all the knowledge from my volumes doesn't mean to say that they're going to be in tune with spirit, to be able to teach straight away.”

“No, you need to have wisdom, not just knowledge. Knowledge is always an advantage, but there are people that are knowledgeable, but are not wise with the knowledge. Not aware of what they are meant to do with the knowledge.”

So for these people, it's useless. *“So Rachel has to wait.”*

“Yes.” *“Get wise.”*

“Yes.”

“Getting the knowledge doesn't get you the wisdom, either. You can read the books in a few weeks, but it won't give you the wisdom, will it?”

“No, she should just relax.”

“Lucy is doing fine channelling.”

“Yes, not so well tonight.”

“It's alright. The meditation was good.”

“I was very interested in this meditation, which is why I'm here tonight. As I was in World War I, that's why I'm here, the subject interests me. I was interested to see what you are going to do.”

“How did you know I was going to do a World War I meditation? Was it on the grapevine?”

“Oh, we are guided, too.” *“So, you were guided to be here, because I was guided to do that?”*

“That's right. I was one of the men attached to the General in Lucy's meditation.”

“So, you came back after you'd been rescued, you came back to hear this meditation.”

“Yes.” *“Learnt a bit, did you?”*

“Yes, definitely.”

“You've learnt a lot, then, to be a Guide, or are you still learning to be a Guide?”

“Yes, I have a long way to go.”

“And this is part of your apprenticeship.”

“Yes, I was guided to come here.”

“Well, there aren't many people who do this, even if you are a Guide of someone, a person may never come in contact with these kinds of classes. So, what would the purpose be of coming to learn about these classes, because they're pretty rare, but maybe you have been working with someone else, who is going to be in classes like this?”

"I was guided here to become aware that spirit rescues take place in the past as well as the future and now, a concept that I hadn't related to well. Now I understand. I saw, so I understand."

"And you may have thought that Lucy was an Angel, and you found out that she wasn't, that she was just a human being."

"Oh yes, I did, we all did, we all thought she was an Angel."

"And now you found out that she was just posing as an Angel."

"Oh, yes, yes, I understand now."

(Lucy) "My higher-self told me that he was the one who was arguing with me the most, and he was the one who eventually got the rest to hold hands, and go into the light."

PAULA AS THE CHANNEL

Paula channelled her Guide, a very old woman who claimed to have known everyone present in various past lifetimes.

"It makes me happy to see people coming to these classes, doing work on their souls. They are all old souls."

"I don't think some of them knew that, did they?"

"No."

"What's the difference between an old soul, and a young soul?"

"Experience of lives and higher vibrations."

"I suppose we've all had a lot of lifetimes?"

"Yes, aspired to different levels."

"We've been higher?"

"Yes, and it's nice to see you all together again."

(Paula) "I'm getting where I met this soul before, in that past life we did in New Zealand. She's showing me that she was singing-cursor."

"Like a shaman?"

(Paula) "Anyway, I think she just came to say it was nice to see everyone together."

RACHEL AS THE CHANNEL FOR HER HIGHER-SELF

“Rachel tends to lose the plot quite easily. She's actually going through bigger changes than she realises, at the moment. She's feeling a lot of support here, and that's why she's going to keep coming every week.”

“Yeah, I'm getting a lot of support from Rachel.”

“How do you mean, Raymond?”

“Financially, I made her pay for the notes.”

(I make all the students pay for the class transcripts)

“Yes, she didn't mind that, though. No, she actually wants to support you a lot, Raymond. You are doing wonderful work, and it hasn't gone unnoticed. It's appreciated by everyone.”

“The hardest work is the typing; it's not hard work doing the classes, not for me now, not after six years.”

“Rachel hasn't offered her services there, because she used to do a lot of typing, and that was probably one of the reasons why she's here, because she wanted a change in life, something to complement her, rather than oppose her reasons for being here.”

“It looks like Rachel is on a special path, where she is not being allowed to develop with seeing, and stuff like this. Is it part of Rachel's way of development, where she has to accept the way things are?”

“Yes, I think she has to feel her way through things. She's always been too impetuous; she wants everything to happen at once. She doesn't understand what waiting means.”

I don't think she should look too far ahead, but it certainly is encouraging for her to be here, to be around people who have a lot of love and time. She just needs to have faith.”

(Lucy) *“I got something for Rachel, then, from my higher-self, while she was channelling. That you should let go of your physical body, a lot more than you are, start recognising the sensations in your physical body, and start recognising them in your spiritual body, and then you'd have a better communication.”*

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HEALING CLASS 10/3/92 RACHEL, PAULA, LUCY & SHELLY

“On tonight’s meditation you are going to be shown scenes of a past lifetime event, some of you may have had a past life there, and some of you may only be shown the scenes to be a neutral observer, to help clarify the events, and maybe help the other students, who had a past life then.

Remember the akashic records of which you will be shown, are a combination of memories of the past lives, and camera views from outside, as if they were filmed from the spirit world, which can record other peoples thoughts and emotions, also any visiting spirits are filmed for you, if they have any influence on the recorded scenes of the event.

We are going to go back in time, metaphorically, because you don't go there really, but you see it like as if you are going there. So, you are going back in time, across the world to Europe, going back about one hundred years. We are going to come down in the winter-time, its daylight and we are going to arrive in Holland, and it's an outer lying village, it's not a big town, but you can see the windmills on the canals.

When we arrive at this village, there is a lot of festivity, feasts and celebrations, and it’s an event they hold every year. It's connected with the racing on the ice, skating races around the canals and all these skaters are all gathering at the starting line, and they have to skate around this course, along these canals. And they set off, and start skating like mad, racing, and everyone is cheering on the banks, banging things and making noises.

I’ll leave you now to see if you have a past life connected to it. If anyone starts to recognise that they have a lifetime, speak up and start describing what you are seeing and experiencing, and others will come in on that.”

(5)

(Lucy) "I'm seeing that I've been pushed over, I'm skating, and I've been pushed over by Paula and I broke my neck, but I'm not dead, and I've got a sore neck at the moment, here in the class, I could feel it, and Paula's past-life is very upset." **"Are you either boys or girls racing?"**

(Lucy) "No, Paula is a girl; I'm not sure what I am."

"There were girls in this race."

(Lucy found out later that she was a boy, and Paula found her past life was a girl who was the boy's girlfriend.)

(Lucy) "But anyway, she's not feeling very good about it all, but I know that she didn't deliberately mean to break my neck, she was just eager to beat me. So, she sort of nudged me out of the way, but I've fallen and broken my neck.

There are all these people around me, and Paula's stopped, she standing over me. She's quite hysterical."

"What do you feel Paula, or see anything?"

(Paula) "I'm not seeing anything like that."

"Ask your higher-self, Paula, if this happened? Shelly, are you seeing anything connected with the scene?"

(Shelly) "I actually thought it was me that had pushed someone over."

"What, before Lucy said it?"

(Shelly) "Yes."

"Everyone can check with their higher-selves, to find out."

(Shelly) "Paula is there, and she's hysterical, because I'm seeing that Paula is a girl, and Lucy's girlfriend, and I'm a Boy."

"Are you another person there, a third person?"

(Shelly) "Yes, I think so. I could see there was a big tangle."

"Are you one of the skaters?"

(Shelly) "Yes." **"And you just observed it?"**

(Shelly) "I think it was a big tangle, when everyone at the beginning was rushing to start, and I'm not sure who pushed, but somehow someone in the tangle, Lucy, just got pushed over. I'm not sure who it was, but there are people around who seemed to... I'm feeling guilty, but I don't know if I did it or not, and everyone's... there are some people still skating on."

“And you stopped as well, Shelly?”

(Shelly) “Yes.” **“How are you feeling if you don't see anything, Paula, are you feeling any emotions?”**

(Paula) “I don't think it was me.”

“Did you ask your higher-self, whether it was you or not?”

(Paula) “I'm not even at that scene. I'm seeing something completely different, which I had been seeing from the beginning, which is that the ice gave way.”

(2010 INSERT. To make it easier for you to read, we found out that Paula's higher-self was breaking this past life to Paula gently, by first showing Paula a scene where she went through the ice.

I have noticed in other students death scenes, that spirit show the scene of the death with no emotional memory attached to the death, if that is the best way psychologically, to sequence the revealing of the events, and then showing the scenes leading up to the death, it takes away the shock in this way.

But of course the students then will try to help the death scene student, but their imaginations sometimes get it wrong, as they subconsciously want the student to have died accidentally, because many people have a dislike of the thought of suicide, maybe they have had many past lifetimes as Catholics, if you get my drift.

But no matter what the other students imagined, Paula's past life jumped through the ice and committed suicide. I will expound more about this later.)

“Ask your higher-self if what you visualised, is a superimpose memory of something you've read, or something you've seen?”

(The reason I asked the students to ask their higher-self this question, was because I was receiving the message from spirit that this was a suicide.)

(Shelly) “Well, I got that at the beginning, too, that the ice gave way.”

(Shelly didn't ask her higher-self, so she was still under the belief that Paula died accidentally.)

(Lucy) “So did I, it wasn't like it was deliberate, because I'm seeing it again, and we take off, and there's a whole lot of us in the race, and the first corner of the canal is quite narrow, because there's so many of us that have started, we've all got to sort of squeeze in, to get round the first corner, and that there's a heap of collisions, and I wasn't the only one that fell over, I just happened to break my neck.”

(2010 INSERT. The reason Lucy's higher-self is showing her the same scene again, is so Lucy will describe it in detail, to help break down not only Paula's past-life trauma and conditioning, but also for Lucy and other spirits who were present in the classroom on that night.

The question of who caused, pushed or pulled Lucy down, to break his neck, is not important, but for all those that feel guilty, or thought this person or that person caused the injury, they have to release their own feelings, beliefs, or blame, this is important.

Which includes everyone who had a life there, including the relatives, who were in spirit, listening to this past-life? But let's face it; Lucy's higher-self engineered his accident for the purposes of growth. I will explain more about the reasons in another insert.

Sometimes a student patient's higher-self will show the death scene at first, to take away some fear, and then show what leads up to it, but because the emotions that Paula was feeling, leading up to the death scene memory, were so traumatic for Paula, there was a large degree of blocking happening, as the hysterical and guilt belief emotions were the most traumatic, which made it too hard for Paula to see most of the cause of her distress.

This I feel was the reason that all your higher-selves agreed with each other, to review this lifetime together, so you can help each other, because even Lucy's higher-self is only showing Lucy the scenes in the right sequence to help the most traumatized past-life first, which was Paula's.)

(Shelly) “I keep on getting the vision of Paula, this girl, going to pieces over Lucy, and they are in a relationship or something, and I'm a young man, and I'm feeling guilty.

I don't think I pushed Lucy in this tangle, but I'm feeling guilty because I think I have an attachment, or hope for a romantic... hopes towards Paula, and feeling like..."

“Well, it's more than guilt; it's something else then, isn't it? What would the emotion be, disappointment, loss?”

(Shelly) “Sorry?”

“The loss of not being able to have that relationship, because you found out that that the person might have been more emotionally involved with Lucy’s past life?”

(Shelly) “Yes.” **“Do you feel a loss connected with guilt?”**

(Shelly) “Yes, I feel like I've done my dash.”

“You can ask your higher-self, if the guilt feeling, is conditioning from past lifetimes?”

(Shelly) “Yes.”

“That’s welling up again in this situation, that you always feel guilty if anything bad happens to anyone around you?”

(Shelly) “I suppose my responsibility for whatever goes wrong, in any given situation, it's always my fault, and the repercussions will always come down on my head. I’ll always suffer, like I’ll miss out, or lose out, and that's my own fault.”

“It’s like setting up a lifetime to suffer in advance, isn't it?”

(Shelly) “Yes.”

“So, you subconsciously choose the person to come in contact with, who is going to go through these experiences.”

(Shelly) “Yep, I'm feeling like retched human being.”

“Well, now you know what you've got to release, because you weren’t the cause, it was your choice of incarnation to see the events. It doesn't mean to say that you’ve caused the events, just by being there.

So, you know that you can release that, can't you?”

(Shelly) “Yes.”

“Now, what's happening with Lucy?”

(Lucy) “They've taken me to an ambulance, and Paula is in there with me. I think I'm a male, I keep getting that I'm a male, anyway.”

(Paula) “I get that as well.”

(Lucy) “Yeah, but Paula and I seem close, I don't know if we are together, but we seem close, anyway, friends, and they are talking around me, the ambulance people, and they're saying, I've punched something in my spine, and I won't be able to use the left side of my body, which is freaking me out a bit.

Well, I'm not handling in very well at all, I think skating was my life, was my outlet. I'm thinking, I can't do it again, and I don't really want to live, if I can't use my body.”

“Paula, I did ask, and I got, ‘Yes,’ you did have a lifetime in connection with this, if you don't see it, maybe it can't get through. Maybe you can't see it because it is too painful for you to see it, but maybe for Lucy to speak it out, will help you, do you understand, Paula?”

(Paula) “Yes.”

(Lucy) “This is really upsetting me; I don't really see the relevance.”

“Oh yeah, there is stuff to be released, alright, and forgiven, and misunderstandings. Because you've got to remember that maybe not what's been said, while the event happened, and the other person may have all these emotions of guilt's, all the negative emotions, conditioning there.

Maybe just the explanation of what the person was feeling, and going through, might help release the... you ask your higher-self, if what I'm saying is right?”

(Lucy) “I'm not feeling... I don't feel any anger towards Paula, at all; I know that it wasn't deliberate. I just don't really feel that I can live without the use of my body, I don't want...”

“You see Paula was hysterical, and going to pieces, and I don't think she would have heard anything you said at the time of those events, because she would have been so wrapped up in her own emotions, of which she was going through, that it blocks out what anyone else is saying, anyway.

But now Paula is not going through those emotions, and she can hear what you said, or what you have felt, and that may help Paula to release the trauma from that lifetime. This is a very strange meditation, but this is what I get told from spirit.

So you're doing fine, Lucy, your job is to explain exactly what you felt, what you saw, for Paula to hear, that's okay. Sometimes therapy works like this, isn't this right, Shelly?"

(Shelly) "Yes."

"And Shelly can help, Shelly's doing fine, Shelly is releasing stuff herself, aren't you?"

(Shelly) "Yep."

"I said, didn't I? That there'd be a few in the class that..."

(Lucy) "Well, they're taking me to some hospital now. I've been in the ambulance for a while, and it must have been quite a way away, and I'm going to the spinal unit, and I just don't feel like I'm coping with this news very well.

They've strapped me in some sort of framed bed, and they're telling me that there's nothing that they can do to make me walk again, move my left side again."

"Is Paula around, does she visit you or is she by your side?"

(The reason I asked this question was because I had this feeling from spirit, that Paula's past-life had already died, and I was trying to see if Lucy would find this out, that Paula's past-life spirit was by his side, at the hospital.)

(Lucy) "No, no, I don't know where she is."

"Shelly might have been around at that time, knowing what was happening with Paula. Are you seeing anything, Shelly?"

(Shelly) "I just got a glimpse of a figure jumping through a hole in the ice."

"Right."

(Shelly) "It looked like a female."

(2010 INSERT. The purpose of the meditation is to help the students accept the truth, so then they can release what they believe. It would have been no good me telling the students that Paula had committed suicide, if they had already imagined that she had accidentally gone through the ice, and with me not being allowed to see the events, and not having a lifetime there, how much would they have believed me, even though I had accepted what I had been shown, after confirming it, by asking my Guides many minutes before.

So, knowing the way the Guides work, I waited until the students started seeing the suicide, sometimes there is wisdom in keeping my mouth shut, until the right time, like now.)

“Yeah, my Guides say that's true. So, what Paula was getting, was the death first, which sometimes happens to take away... It sometimes helps to release the trauma, by seeing the end of the life, before actually going back to find out what caused the person to do that.

And you can all ask your higher-selves, if it's true, that she did jump through the ice, committed suicide, and Lucy can find out from the past life memory, if he found out that his girlfriend jumped through the ice.”

(Lucy) “Yes, yes, I know.” “So it wasn't imagination.”

(Lucy) “I know, well, I'm angry, because I'm thinking that... You know, she got her life and her body, and she should have lived, and it should be me that dies, because I can't use my body anyway. I'm just getting this feeling that I felt it should have been me, and not her, since my body is useless, and hers wasn't, that she just threw it away.”

“You have to forgive Paula, Lucy, for the emotional upset that she felt, guilt's of you being paralysed, and the devastating effect it had on her, that made her do that.

You've got to be in their shoes to understand it, and then you can release it easier, release this anger and stuff like that.

You are now in the twentieth century, and understand what drives people to do things, and you can forgive them.

Can you forgive Paula for not being able to cope with....?”

(Shelly) “She thought responsible.” “Yes.”

(Lucy) “I forgive her, because I understand that she felt it was her fault that I was left a cripple.”

“And I think she might have felt anger from you, she might have, it may not be true, but she might have felt (imagined) your blame, or hatred, yes, she loved you at the same time, and that's very difficult to handle, to feel rejection, maybe there wasn't.

But we don't know how the mind works, in what it believes, do you understand what I mean? I can't say for Paula, because Paula is not seeing the past lifetime.”

(Lucy) “She saw my anger, but it wasn't directed at her, it was directed at...”
“The situation you were in.”

(Lucy) “Yes, I felt that life had given me a rough deal, so that every time she visited me, I was angry, and she thought I was angry because of her.”

(While Lucy was explaining his anger, while his past life girl-friend was visiting the crippled boy-friend, I was also shown a scene of the girl-friends spirit visiting her boy-friend, immediately after her suicide, but before her boy-friend and parents knew that she had died.

Also in the scene I was shown, the crippled boy's parents were visiting him, and while his girl-friends spirit was by his bed, she was picking up the thoughts and emotions coming from these parents, blaming her for his injury, which my Guides were telling me had created powerful beliefs and guilt conditionings coming through to this life.

I was told not to ask Paula but wait until later when it was the right time for Paula to find out about this scene I was shown.)

“And what's the other emotion you felt, when you found she had committed suicide? There might have been anger at first, but there might have been a little niggling thought, that you might have been responsible, by being angry, that you might feel guilty for her committing suicide?”

(Lucy) “Yes, I do. I seem to have this hang-up, that because I'm a cripple, and so angry about it, that I caused her death. By directing my anger at her, when that was really not who I was angry at.”

“And you've got to forgive yourself, as well, for the way you reacted, and not feel guilty; you need to release the feeling of guilt. There's a lot to be released in this lifetime you are seeing, isn't there, between the two of you?”

(Lucy) “Yes.”
“It starts with a simple lifetime, but it can get really complex, can't it?”

(Lucy) “It sure can.”

(Shelly) "Do you see any of this, Paula?"

(Paula) "Some of it, yep, yep. I'm seeing that I did actually grab hold of him, going around the corner, and pulled him down, and everyone falling on top of each other.

And after he's been seen to by the people, and they know it's a spinal thing, I've felt that I had jumped through the ice then, not later."

(Shelly) "That's what I got."

(Paula) "That I've done it, like immediately."

(Shelly) "I got that she'd done it, pretty well immediately."

(Paula) "Yeah, yeah." **"You may have also imagined that he was angry with you, and blamed you, do you follow what I'm saying? Even-though he might not have? You've got to ask your higher-self about that, whether you felt (imagined) those feelings as well, if you actually imagined those feelings.**

Sorry, I'll get the context right, do you follow? We do sometimes imagine what other people feel, but it may not be true, isn't that right?"

(Paula) "Yeah." **"So that might contribute to causing you to committing suicide, as well."**

(Paula) "Yes." **"And also Lucy might imagine that his anger was the cause of Paula's suicide, which may not be true, either. There may not be any connection there, so you can't blame..."**

Well, Paula's got to release the belief that Lucy was angry at her, and Lucy's got to release a feeling that she is guilty of her knowing that he's angry, and mistaking it as anger towards her.

It gets complicated, but life is complicated, like that. Is this a bit heavy for both of you?"

(Lucy) "Yes. I get the vision that I remained in a wheelchair, and I was really bitter at myself, and at the fact of Paula's suicide, relating to my anger, which was directed at nothing, but that I felt even more bitter, because I'm just getting this thought pattern, that I'm not even capable of killing myself, because I can't use my body to do it.

That's what I want to do, though, but for some reason I don't do it, a bit of cowardice, I don't know."

“Are there any fears connected with this lifetime, coming through? Fears of racing a person?”

(Lucy) “I don't like cars, I know that.”

“Like fears of competition? Sometimes they have to be released.”

(Lucy) “When I asked my higher-self, I got a, ‘Yes.’ But I've never really been a competitive person, but maybe that's why.”

“Well, this is what they are saying, if you see a situation where it may seem to you like competition, you may hold back and not go for it, but it may not be a competition at all, but it (the conditioning) will prevent you from succeeding in certain areas that you feel is a competition, like an exam, or something like that, do you follow?”

(Lucy) “Well, I've sort of set myself up with the belief that I don't like competitiveness, I think it breeds superiority and inferiority.”

“We can choose reasons to label our feelings towards, or against certain things, but they may not be our true reasons, those are reasons that we choose, (or rationalise our dislike of competing.) the actual underlying feelings of maybe fears, may be connected with angers. You've got to ask your higher-self this.”

(Lucy) “Well, I'm being told that I should release some of these things now. So I release the feelings of anger that I directed at Paula, in that lifetime. I release the feelings of bitterness and inadequacy of my physical body in that lifetime.”

“Release the fear of competing, and fear of being crippled, being hurt, for being severely restricted.”

(Lucy) “I release the fear of feeling that physical disabilities means an end to life, not wanting to live any more, I release that.”

“Release the fear of being crippled.”

(Lucy) “Yes, I release the fear of being crippled. I release the anger directed at medical professions, for their lack of knowledge and cures.”

“I'm getting anger towards God, as well.”

(Lucy) “Oh yeah, I release the anger directed to God, for dealing me this hand, in this lifetime.”

“God didn't deal it, you've got to release the belief that he dealt it to you, in the first place, as well, because he didn't. So re-phrase that, you know better than that.”

(Lucy) “I'm trying to get out of it. I release the belief that I was dealt this hand by God, and the anger associated with that belief. I release my grief towards Paula, my guilt towards Paula's suicide, in that lifetime.”

“Ask your higher-self if you made any emotional vows, or vows to repay in debt type repayments?”

(Lucy) “In my bitterness I made a vow to myself, that if I was ever to be disabled in a wheelchair, that I would kill myself, rather than live out that life. God, I know this, because I've said this, in this lifetime.”

“This is what I was talking about before, that very often you will recognise the beliefs or fears we have, directly related to what caused them, from the past lifetime you are seeing.”

(Lucy) “I don't know how many times I've said that.”

(Paula) “What about thinking that crippled people are half people, or something, because you obviously thought that about yourself, that you were like half a person?”

“How did you react to the presence of a crippled person, in an elevator, say, in a wheelchair?”

(Lucy) “Mostly, what it brought up was the thought pattern that I couldn't live if I was like that. I didn't feel that they were any less a person, I just felt that if I was in that situation, I wouldn't be strong enough to live.”

“Yeah, because you know what it feels like?”

(Lucy) “Yes.” **“Good, you released that. Now, did you make any vows in connection with Paula, that need to be released, vows of wanting to get back together, to help repay a debt. Well, you know what I mean, anything like that?”**

(Lucy) “No.”

(Rachel) “You didn't release the fear of competing.”

(Lucy) “I don't feel like I have a fear of competing, I don't know, because I've never been competitive.”

“Well, you ask your higher-self, if it's working?”

(Lucy) “No, my higher-self says that I don't fear competitiveness, I just don't feel a need to be part of it.”

“Well, that's good, maybe it's a growth. Maybe that was the purpose of the actual event. Maybe you were too competitive a person, and every lifetime you were competing at the expense of others, and maybe it was a way of curtailing it.

You ask your higher-self if it was a way of curtailing your too competitive nature.”

(Lucy) “Yes, they're saying, ‘Yes,’ the whole time.”

“We do have these lifetimes for purposes, not just to suffer, don't we? We choose the incarnations, or your higher-self, or guides will choose the incarnations, so that you will... it's like a bonsai tree, another twist of wire to get you straight, and the lifetimes are like a twist a wire, to get you back onto the straight and narrow. Paula, do you have anything to release?”

(Paula) “Yeah, the trauma. So I now release the feelings of trauma in this life-time, with this accident, and I release the feelings of guilt over Lucy's disability, that it was my fault.”

“You have to realise that the actual break in the spine was arranged to happen, not by you, Paula, because lots of people can pull people over, and they don't get broken necks, but it was arranged for it to happen for a reason. So you are not wholly responsible for what Lucy's higher-self wanted to arrange to happen to Lucy.”

(Paula) “I release the responsibility for her death.”

(Shelly) “Do you feel responsibility in this life, for other people's misfortune?”

(Paula) “Oh, yeah, yeah, I do, I do.”

“You have to release this belief that you are responsible for other people's misfortunes.”

(Paula) “Okay, I now release the belief of feeling responsible for other people's misfortunes.”

(Lucy) “How do you feel in this lifetime, when you see people who are disabled in wheelchairs?”

(Paula) “Well, I'm an adult really, I see them as people, I feel like I want to help them, but I also think that they think, ‘*We don't want to be helped.*’ They're probably fine without me interfering, I do feel pity for them, I'm glad it's not me.”

“The best thing to do, is ask your higher-self if there is any conditioning affecting the way you react in the presence of crippled people, if there is none, there is none, it's alright.”

(Paula) “No.”

“Some conditionings don't occur, and some get released in other lifetimes, we can never know which one sticks...”

(Lucy) “Well I got, ‘No,’ for that too, but I thought I could be wrong, that's why I asked, because I was asking my higher-self, if I had carried over, and given Paula any sort of conditioning, where she'd feel guilt, when she saw somebody in that situation again, but I got, ‘No,’ as well, so that's good, I feel better about that.”

“Did you make any vows? I think you were too upset...”

(Paula) “Yeah, I was very rash, very impulsive.”

(Lucy) “I had the feeling that Paula was visiting me in hospital, could that have been in spirit?”

“Yeah, I'm just getting... No wait a minute, you're jumping the gun here...”

(The reason I said, you're jumping the gun, is because for a student or patient to believe what they will do. It is better that we don't suggest what spirit have revealed to the therapist, or if another student is also picking it up.

At the same time, you Lucy, were picking up that Paula's spirit was visiting you, in hospital, I was also being shown the same thing, and much more, like a scene of Lucy's past life and her relatives, not only speaking their opinions about his girl friend, but also their feelings and emotions, and seeing them upsetting the girl-friend, who was in spirit, hovering in the room with them.

And I know that to help Paula believe in what she experienced, she has to see it unfold, to know that it is not her imagination, creating what I or another student describes. Again knowledge isn't wisdom, but how you use the knowledge, separates the wise, from just a recording of knowledge.)

“...I'm afraid you've got to see it, they want you to see what happened to you in spirit, after you died, after you have gone through the ice and died.

And now you find yourself in spirit, but on the Earth.

Whereabouts are you, and whereabouts do you go? You have to see this, because there is stuff to release.”

(Paula) “I went through the ice, and I'm in darkness, black. I'm beside Lucy, him.”

“What are you picking up while you are standing by Lucy? Are you picking up her emotions?”

(Paula) “Yes, well really, everybody's...”

“So you were picking up other people's feelings about...?”

(Paula) “The whole...”

“...situation?”

(Paula) “...horrible situation. Yes, the family, they are all ice-skaters.”

“Aha, so they are the ones that blamed you, I mean Lucy didn't blame you, but they were blaming you. Ask your higher-self, well, your higher-self would know if you were picking up their feelings, and how it affected you.”

(Paula) “Oh yeah, they're (Parents) not saying it, but that's what they're thinking.”

“And how did you feel about that, that's even stronger conditioning?”

(Paula) “Well, I feel like I want to sort of get through to them, but it's a bit late, they don't, they can't hear me, or... I wanted to defend myself, but I don't really think that...”

I was still feeling like it was my fault, as well, because I've just got this vision of my hand grabbing him, and pulling him down. So I do kind of feel like it's my fault, and the whole family are bitterly disappointed at...”

“In spirit, you relive the thoughts that you are remembering, even stronger I'm afraid; and sort of condemning yourself, by reliving them. The memory of the pulling down is coming back into your mind, isn't it?”

(Paula) “Yes.”

“When you were in spirit?”

(Paula) “Yes.”

“And of course all these other people may have seen it from different angles, of what they had seen, you might be picking up on their thoughts as well.”

(Paula) “Well, they can all say it was me, now, because now I’m dead, really.”

(Shelly) “I’m feeling guilty on both your parts; I’m feeling responsible for you being crippled, and your death.” **“That’s because you chose to incarnate into situations like that.”**

(Lucy) “And I’m feeling anger, actually I felt this before, but I let it ride, because I didn’t actually see my family, but I felt anger towards my family for not listening to me, and blaming...”

(Shelly) “It was going around that it was Paula’s fault...”

(Lucy) “You see I was blaming life for what had been dealt to me, I wasn’t blaming anyone in particular, and they were choosing to blame Paula, rather than life itself.”

(Shelly) “I’m picking up, that it’s going around, everyone is saying, ‘Paula, Paula.’ I was a coward, and I’m feeling...”

(Paula) “And it’s made them feel even worse, now that she’s died. This is going to ruin them, even more.”

“Well, that’s what I mean, your conditioning has got it even stronger, since you were there picking up all these thoughts coming from people, because in spirit you will pick up on their thoughts, (And emotions) and that’s more conditioning to be released, coming from after the death.”

(Shelly) “I’m feeling like a skulking skunk, who... I feel like going forward and telling the family it was my fault, but I don’t.”

“You’ve got to release all this, you know that. You’ve got to do some releasing as well.”

(Shelly) “Yeah, I don’t go forward to the family.”

“We’ll do some releasing...”

(Shelly) “I’ll do it later.”

“We’ll do that with you later. Yeah, there may be a lot to release, with you. I can spend that time with Shelly, because she will be coming round on her own, to work on it.”

(Shelly) “Same old themes.”

“But we’ll work on the ones who are only going to be here tonight.”

(Shelly) “Yeah, I just want to put that in that in context.”

(Paula) “Yes, yeah, yeah. I've seen you there, too. So I need to release the going back and seeing them all hating me, I really heard that the family does. So what do I do?”

“Ask your higher-self, if you've got to release the belief that they had about you, which isn't true at all, they're all distorted, about... you know...”

(Paula) “Yes.” **“You were a good person, you didn't intend to do all this, it was an accident, you've got to believe this and release these beliefs that they are laying on you, their thoughts, can you understand that?”**

You see bringing to the subconscious these truths, of it being an accident, will help release the feelings caused by that conditioning, from that lifetime, won't they?”

(Shelly) “Sorry, when you were saying before, when you saw your hand pulling down, pulling someone down, do you get the feeling that you pull people down, metaphorically? That's what I was getting from spirit, that you got the feeling that you pull people down.”

(Paula) “No, I think I go around trying to prop people up all the time.”

(Lucy) “That's what I got, too.”

(Shelly) “But would that be a...”

(Paula) “Yeah, a natural (Countering) reaction to... Yeah I feel I should, yeah.”

“Yes, well, there are positive things that come out of these things, and they don't need releasing, the positives of helping prop people up.”

(Shelly) “But if you feel compelled to prop people in...”

(Lucy) “Because you feel you've pulled them down.”

(Shelly) “...in, sort of above yourself, then maybe that's a problem.”

“Maybe it's just your conditioning from that lifetime, Shelly, that you feel...”

(Shelly) “It could well be my conditioning...” **“...that...”**

(Shelly) “Yeah...”

“...that you may feel that way, and you're mistaking it as...”

(Shelly) “Yeah.” **“I'm sitting on the fence here.”**

(Shelly) “I think I heard spirit say something about, Paula feeling like she feels she pulls people down, but it could have been me.”

“Yeah, I'll ask her (Higher-self) about this. What I'm being told, and you can ask your higher-self, I've been told, that the spirits of those individuals, of the family, have been brought here, whether they have a physical body or not, but they've still been brought here, to experience and hear all this, and to have things released, that they have to release, and what we're picking up, is their thoughts as well.”

(Lucy) “So we're helping release these, through us?”

“Yeah, you releasing this, is also to help the spirits of the relatives, that have been brought here, you can ask your higher-self if this is true, that they have to hear all this, so that they can release their beliefs, which are also erroneous, and they've got to forgive themselves, for the blame that they laid on Paula, that affected Paula in spirit.”

(Lucy) “And the way that they treated me in that lifetime, which was like I didn't have a brain anymore, because I was a cripple. They sort of treated me like a child, and I still have...”

(Paula) “The same brain.”

(Lucy) “That's right.”

“Well, you've got to release stuff, and their spirits are here as well, they may have reincarnated, or they may be in spirit, I don't really know. You can ask your higher-selves about that.

I just got the concept of why Shelly might have been picking up a pulling down, she may have been picking up the spirit parents beliefs, who are here, of, “*But she pulled her down,*” that type of thing, that Shelly might have picked up on the tail end of, “*pulled me down.*””

(Shelly) “Something clicked really, when Paula was mentioning about pulling down.”

“Yeah, but what do you get about the spirits of the relatives being here, are they here, ask your higher-self?”

(Shelly) “Yeah, yeah, yeah...”

(Paula) “Yeah, they are here.”

(Rachel) “Well, I get they've got heaps to release.”

(Paula) “Yeah.”

“Ah well, not as much as the ones that were going through the whole trauma, like Paula did go through that trauma...”

(Shelly) “They're just being shown, what actually happened here.”

“...and then was so distressed. Oh yeah, their spirits are being shown the emotional trauma that Paula went through,

(I had just been shown that these relative's spirits, were also being shown, how their thoughts emotions or words, while they were physically visiting him, mentally and emotionally affected the deceased girl-friends spirit, while she was visiting their son in the hospital.)

...they are being shown the feelings and emotions that Lucy went through, so that they can release their own...”

(Paula) “Well, yeah, but they were part of the reason that I killed myself, because I couldn't stand to think of living with them, or...”

(Rachel) “Facing them?”

(Paula) “Yeah.”

(Rachel) “Living it every day of your life.” **“Anyway, have you release the beliefs, of their beliefs laid on you, when you were by the bed, in spirit, and they were all there.”**

(Paula) “Okay, I release the beliefs that I had in spirit, that these relatives had the belief that I was to blame.” **“That's good. Is your higher-self showing you what happened after that? Did someone come for you, a spirit Guide, or Angel, or whatever?”**

(Paula) “Yeah, yeah.”

“Some relative, maybe?”

(Paula) “Yep, some elderly lady.”

“Did she come over and say, ‘Come with me, deary?’”

(Paula) “Yeah.”

(Lucy) “All these visiting relatives.”

(Shelly) “Yeah, I can feel them.”

“Spirits?”

(Shelly) “Oh, yeah.”

“Well, ask your higher-selves, if there is anything else to be released, other than what Shelly is going to do tomorrow morning, most likely.”

(Paula) “No.”

(Lucy) “My neck was really sore, right from the beginning.”

(Rachel) “You had it leaning to the left a lot.”

(Lucy) “I know, because it started on the meditation, and I thought, ‘Oh my neck’s hurting,’ and I had my head leaning on the side. That was so weird, I knew something was...”

(Rachel) “And your whole left side was different to the whole of your right side, sorry, I had to have a look.”

SHELLY AS THE CHANNEL FOR HER GUIDE JACOB

“This delving into the past is full of surprises. Out of this meditation was basically shown that a lot of growth can come from negative... perceived negative circumstances in life, because both of you in this meditation, have emerged to a large degree, unscathed, and have grown in understanding.

What you did release, was basically what hadn’t been dealt with, in-between lives, in spirit. There wasn’t very much there, but he demonstrated to you, that past-lives can occur between people who least suspect it, that they had a life together, in that particular form of relationship.

Relatives from that past life have listened to this meditation this evening, and have been greatly enlightened, and when they release, will realise their misconceptions, a lot of energy that they have been pouring out, in their beliefs towards Paula and Lucy, that energy will dissipate and won’t have any bearing upon future lives, future, and it will free them too. That’s about all.”

(Lucy) “I’ve got my higher-self here, dying to talk. He’s been telling me things all through Shelly talking, and I can’t remember a lot of them.”

“That’s alright, they’ll bring them up again, sometimes they run it through, and then channel it through later.”

(Lucy) “I was saying, ‘Can’t you wait?’”

LUCY AS THE CHANNEL FOR HER HIGHER-SELF

“Lucy’s not feeling very comfortable, she’s created a headache for herself, which makes it harder.”

“Why?”

“She's trying to block out something that I was telling her, while Shelly was speaking, channelling. Lucy has built up a belief system, because of the parents in that lifetime.”

She has a lot to release as far as parents go. She creates or incarnates into lifetimes, and as we all do, takes the parents to suit the lifetime, but because of Lucy's belief system, she takes parents that do not treat her like a child.”

“Do not treat her like a child?”

“Yes, that's right, ‘do not treat her like a child.’ The parents in that lifetime continued to treat this invalid, like a child, rather than an adult mind, that he was. This has affected Lucy's conditioning.”

“To choose parents that treat her like a little adult, from childhood?”

“That's right.” **“That also causes conditioning, doesn't it?”**

“Yes, for this lifetime, particularly this lifetime, where she chose to grow up very fast, feeling that she's already been treated like a child long enough.”

So she chose the situation, a lifetime, a family unit that would make her grow a lot faster than she was meant to, so of course this creates a lot of confusion now in her adult life.

She feels that she is more the mother figure in her family, than her mother is, that there's some type of role reversal going on. And of course Lucy's mother in this lifetime chose to have a strong child. She needed a strong child; she felt she needed a strong child to guide her through this lifetime, to help her in this lifetime.

This creates a lot of anger in Lucy, towards her parents, and mother in particular, feeling that she's always being the mother, and not the daughter. Lucy feels that sometimes it would be nice to be the daughter, to gain the help, and guidance, and support of her mother, that she gives to her mother.” **“She needs it back to her, to Lucy you mean, from her mother?”**

“Yes, and because she created this situation for her-self, she's not getting it, so it is then of course going on to create more conditioning, where she feels that she is not loved enough, from her parents.”

“Which needs releasing as well, doesn't it?”

“That's right, also this feeling of independence started to condition in this lifetime, from growing up so fast, from not really letting anybody support her in childhood, has passed over into a feeling that she can stand on her own two feet, and does not really need anybody.

At the moment she's trying to isolate herself from the people around her, that want to help her, this is just a conditioning that she doesn't want to be treated like a child again, such as that lifetime.”

“So every time someone tries to help her, she feels like she's being treated like a child, so she pushes them away?”

“Yes, that's right, or normally leaves the situation, so she's running away. She doesn't rebuff them, she just quietly drop's out of the picture.

We can't all be independent, to some extent, of course, but we are put here, in these lifetimes, on this Earth, to learn about humanity, love of the people, love of thy neighbour, so that we can have continued support and friendship, which helps us to strive for harmony, and for Lucy to continue on this path, she will be a very lonely person. She does not let people in, does not let people help her.”

“Well, she has to let Guides and people like me, and other students in the class to help her grow, isn't this true?”

“Well, in fact at the moment she's doing well with her Guides, and her higher-self, but the more she's tuning in to us, the less she's tuning into those around her, that are only there for support and friendship. She's backing away from being friends.”

“Is it because of this lifetime coming to the surface to be released, and she was feeling the strong affects of it more strongly now, than before?”

“Yes, that's part of it.”

“Usually, when the memory comes close to the time that it's going to be released, the person starts behaving like as if the conditioning is stronger than ever.”

“Yes, another is ego, where she feels that listening to her own higher-self, and her own Guides, and getting the support that she needs from them, is enough for her, that other people's opinion about her life and where she is heading, or support, or things they choose to say to her, do not really have any relevance, unless they are coming from herself.

This is not a deliberate ego thing; this is just caused through the conditioning, where she feels that the person to trust most in this life, is her and nobody else.”

“It was a pretty heavy past lifetime, and certainly had a big effect into this one. Was it Lucy's immediate last lifetime?”

“Yes, not immediate, but close, and Lucy felt this in the meditation, that it was in a hundred years ago, as the meditation was led.”

(I misheard her, and thought she said it wasn't a hundred years ago, but later on, her higher-self told us that it was a hundred years ago. But I continued the conversation under the misapprehension)

“I get things wrong, I'm not perfect.”

“Yes, that's okay, yes, definitely a closer lifetime than that, to this one.”

“Was I guided to say a hundred years ago, or did I think a hundred years ago?”

(Lucy) “I don't know. That's all, I can't get anything else. My headache has gone.”

(If Lucy's higher-self can't get through, then Lucy may respond with, ‘I don't know.’ I feel that Lucy's higher-self stopped channelling, because maybe Lucy's mind was stirring too strongly with Lucy's own thoughts and beliefs, at this point of time.)

PAULA AS THE CHANNEL

Paula channelled a Guide called Stephen, but no one's Guide in particular.

“Everything went well for the other spirits, who came in for the relatives.”

“Had they incarnated again, or are they still in spirit?”

“They are still in spirit, but they are a lot happier now, and that's all.”

“Are you allowed to tell Rachel anything, about what or how she's supposed to develop, or why she is not involved in this tonight? Or what her path is, to give her some reassurance.”

“Yes, Rachel is learning through listening, and other people's experiences, listening, that's all.”

(Shelly) “I was just being told, that Rachel’s spirit needs, or Rachel’s conscious mind, needs to see to believe, at the moment, and the more she comes, the more she experiences, and learns about other people, and sees them releasing, she will feel more secure, without doing the same thing herself.”

“And Shelly needed re-affirmation about past-life-therapy tonight, to help you, didn't it?”

(Shelly) “Yeah.”

(Lucy) “I was just picking up then, from my higher-self, that Rachel's Guides were not giving her anything, because she wasn't giving them anything, and until she allowed herself the freedom of seeing, then you wouldn't be shown, if that makes sense.”

(Rachel) “A bit of a vicious circle?”

(Lucy) “When you are ready to accept what you are seeing, then you will be shown.”

“Do I have that problem, or is mine something totally different, why I don't see? You can ask.”

(Lucy) “No, yours is deliberate. You have a deliberate block, because other areas are more important for your development, at this time.”

“That’s right.”

RACHEL AS THE CHANNEL

“It's actually for Lucy, just to tell her that it's okay to listen to what others have to say, she doesn't have to feel that she is on her own. If she opens up to hear that other people have other suggestions, that it may actually help her, and she won't feel lonely.”

But in fact there's a lot of love out there for Lucy, and yes, her higher-self has a lot of very good information, but she must listen too, learn to listen to others, and she can sort out what she will accept. That's really all I wanted to say."

(2010 INSERT. While re-typing this chapter onto this disc, my Guides have told me that over many previous lifetimes, both Paula and Lucy were so much emotionally involved with each other, that their spirits both attached themselves to the other, if one of them had died, and the other was still alive, and because their higher-selves wanted to stop this, because this behaviour was retarding their spiritual progress.

So Paula and Lucy's higher-selves chose a lifetime where the experiences would not only break this behaviour pattern, but the fall-out conditioning would so affect them, that their higher-selves could use that to help them with a great leap in spiritual progress, by them both being so impressed by my classes, that they would continue and release much more, and develop their own group.

But if they hadn't become aware of so much conditioning, as well as being so impressed by Lucy channelling her higher-self's in-depth explanation, of more conditioning affecting her choice of parents, then suffering the ice skating lifetime was of great benefit.

I only hope that they eventually get hold of one of these discs, as they have only read volume one and their class-nights, without the 2010 inserts.

One more thing my Guides tell me that Paula's past life paralysis was no accident, but Lucy's actions were accidental in nature. What I mean is spirit had much to do with the depth of the injury.)

(54)**HEALING CLASS 24/3/92 RACHEL, LUCY & SHELLY
ROME BURNING MEDITATION**

Over the years because I have been aware of a few cases of students, patients and even myself having past lives on parallel Earths, and in some cases I or my students have had past lives as the same person.

So when I was shown the scenes of this meditation I accepted that more students may have past lives as the same person as a previous student may have lived, but when it came to light that one of this class students was a certain past life character, at the same time it hit me, that these three new students spirits, are parallel lives of Tim, Diane and Gail, so I asked for confirmation,

But when it was confirmed, my Guides told me I wasn't allowed to tell the students, in they are a long way from being ready to learn this, but when I came to retype these records I had forgotten this knowledge, but I soon remembered when I retyped these latest chapters. But my Guides now say that it is okay to include this knowledge in these volumes.

Rachel, Paula and Lucy are from the same parallel groups as Tim, Diane and Gail, but I will let you figure out which goes with which.

I didn't include them on the tree of students as there wouldn't have been room to fit them in, and it would have been no point mentioning them, as these students are a lot harder to recognise that they are related.

I was guided to take them back in time to the burning of Rome by Nero, and explained that he wanted to destroy most of the city and his plan was to rebuild it to his own grand plan.

So he used the persecution of the Christians to cover the blame for the fire, when it was his own men who fired the slums.

(Lucy who is a close friend of Rachel, was shown scenes of Rachel's past life in Rome, so that Lucy can help Rachel to go through this past life at home, to help her with past life therapy, as Lucy's Guides must think she is competent to do that, and this will give her confidence as she practises.)

(Lucy) "I'm getting this picture of a man that's setting fire to a house that Rachel. Rachel's there, she's got children and I'm being told that her husband isn't there; I think he might be at war. He's at war."

"He may be in the army."

(Lucy) "Mmm, so he's not there, and this man has deliberately picked out Rachel's house. I feel that he's trying to make advances to her while her husband was away, and she's turned him down.

So he's deliberately picked out this house, and he's quite enjoying setting fire to it. I just get this picture of Rachel grabbing her kids and trying to get out of there, and this house is in flames, and there's other people running past her house, and they can see her in there trying to get her kids together, but it's like there's men helping their families, and she doesn't have a man there to help her. Nobody else is helping her. He's like watching with glee, he's just standing back.

I'm getting this picture now, like it's beforehand, before all this. When Rachel's husband's gone to war this man was like a friend to both Rachel and her husband, and he's this adoring charming sort of person.

Then after her husband's left he makes very heavy sexual advances to Rachel, and he's turned up at her house drunk and getting very violent about wanting sex from her, and she's kicking him out of the house, and she's quite blown away that this is the type of man he is, after knowing him for so long. And he's been this charming sweet sort of person, and my higher-self says that I'm just an observer, that I'm not part of..."

"You're just helping Rachel see what was happening to her in that past lifetime that she had."

(Lucy) "It just keeps going back to this house engulfed in flames, and it seems like she can't get out.

She's got her kids huddled with her but nobody's helping her. Everyone is just running for their lives, and they're not helping her."

"You can get from spirit the conditioning it caused from Rachel's higher-self, if there was any conditioning caused by that, otherwise they wouldn't be showing you it."

(Lucy) "Yeah."

"It's not a self-esteem boosting thing to see, it's more of things that need releasing type of memory."

(Lucy) "I think she's thinking at this time that if she didn't have so many children she'd be able to save herself. That she would be able to get out, but she doesn't want to take the children through the fire, but if she was on her own she would go on her own."

"Shelly can help with this as well. Shelly is good at recognising conditioning now, aren't you Shelly?"

(Shelly) "Mmm."

"I don't want to do all the work here; I want you to practise so that you can intuitively understand the conditioning involved. This is how you practise to be therapists."

(Lucy) "I'm getting this entrapment from family type conditioning, where Rachel continually blames her family from holding her back from things that she would otherwise be doing."

"Does Rachel recognise this?"

(Rachel) "Mmm."

"Any conditioning towards men, them not being around, or in the way that he hassled her, connection with sexuality, or whatever? Any vows made, death vows?"

(Lucy) "No. My higher-self says that Rachel doesn't trust men with the same charming personality as this person; even if it's genuine she feels that it's somebody she can see through, when that's not always the case.

So therefore she is attracted to the opposite end of the scale, where even if the male is aggressive and shows his bad side, she feels more comfortable with that, because she feels that it's an honest approach."

"Yeah, but the person could be bad, anyway."

(Lucy) "Mmm."

“She needs to release that, then, so that she can be guided by spirit, and not by past life fears and conditioning from that lifetime.”

(Lucy) “Yeah.” **“When it comes to the type of personality of the opposite sex, you should always go by your higher-self and intuition, and not by the baggage from the past-life feelings. Did you recognise that Rachel?”**

(Rachel) “Yes.” **“What about these smooth talking guys who try to crack onto you?”**

(Rachel) “Mmm, so right, that’s why I always go for the guttersnipes.” **“You’d rather be not painted into a corner, would you? You’ve got the choice of releasing this; you have to release this, not Lucy.”**

(Rachel) “Yeah, I’ve been saying, releasing things.” **“Well, you can release it, once you read it up.”**

(Shelly) “I started to see something actually, at the beginning, but it’s totally contradictory to what Lucy’s seeing, so I won’t say anything.”

“Well, you might be seeing someone else’s lifetime, or a parallel life, or a parallel Earth, I don’t know.”

(Shelly) “No.” **“You can’t deny what you get.”**

(Shelly) “No, I’d rather not say.”

“Well, if you don’t say what you are seeing on this meditation, then they can’t bring it up again another time, can they, because you’ll think you didn’t see anything.”

(Shelly) “Well, I think I’d rather not say.”

(Lucy) “That’s how I felt last week, when Paula was seeing something completely different to me but it ended up moulding them anyway.”

“Have you asked your higher-self?”

(Shelly) “I don’t trust my higher-self at the moment very much, anyway.” **“Well, if you’re seeing it...”**

(Shelly) “Well, it was at the same time, and it was Rachel again, in totally different circumstances, a completely different story.”

“What, you are saying it was a fire situation with children?”

(Shelly) “No, she’s in the Palace with Nero.” **“Well, she could have had a parallel life; it still would have been Rachel.”**

(Shelly) “No.”

“What do you mean, no?”

(Shelly) “I can’t, I don’t know, I’m not going to...”

“What about your lifetime?”

(Shelly) “I haven’t got any.”

“Well, all you’ve got to do is describe what you are seeing, you don’t have to label who’s who, or until you get a certain feeling, or get more of the picture. You see more, you grasp more, you understand more, and just relate what you are seeing, and don’t try to label it too soon, that’s all I can say.

You don’t want to describe what you’re seeing which isn’t normal.”

(Lucy) “This might help, but my higher-self told me that Rachel didn’t die in the fire at all. That she did get out, but one of the children ran back for his father’s medals, or something of his father’s and didn’t come out again. So maybe she went on from there.”

“Well, like I said it could be a parallel life of Rachel’s, of two different situations in Rome, it’s quite possible. It’s happened before with other parallel lives. Lucy, you ask your higher-self if Rachel had more than one lifetime in Rome at that time.”

(Lucy) “She had three, that’s what I got.”

“What does your higher-self say about what Shelly should do with what she’s seeing?”

(Lucy) “Continue on, it will become clearer.”

“Of course she will, the more you give out what you see, the more you will get. Denying it, you are blocking it, just because you don’t want to describe the life. It may not be pleasant.”

(Rachel) “I feel that I have quite an affinity with Italy and Rome. I guess I was drawn to certain places when I went overseas, and I had funny feelings about Rome. So I do feel that a lot did happen there.”

“What’s the first feeling you feel at the name Nero?”

(Rachel) “Oh, it was believable, definitely.”

“I didn’t ask that, I said ‘what’s the first feeling you feel at the name ‘Nero,’ within you?’ What feeling do you get,

memory feeling, affection, hatred, desire? I don't know?"

(Rachel) "When I heard the name, first, I don't know, it just felt normal, acceptable."

(Lucy) "My higher-self said before, when Rachel was talking, that her Guides and higher-self had been preparing her for hoping that she would see this, by taking her to Italy, in the meditations, and I remember that, I remember a couple, I've heard Rachel say,

"I was really attracted to Italy."

(Rachel) "Mmm. I just couldn't go there, for some reason. I didn't see a thing, tonight."

(Lucy) "Mmm. This meditation was important to the conditionings that you have in this lifetime. These lives have carried on the conditionings in this lifetime."

(Rachel) "I wonder if the family I have now were there."

"Ask them?"

(Rachel) "And some of the men that are around me now, were there. Because it is very... quite big issues around me at the moment."

(Lucy) "I just asked my higher-self if I could see the lifetime Rachel had with Nero, and I was told that they want Shelly to see it. So I really can't do anything."

(Shelly) "Well, I'm having problems getting my own lifetime at the moment. I don't trust what I'm getting. I don't want to say anything that could be harmful, if it's not right."

(Rachel) "It won't be harmful don't worry."

"It won't be because I can monitor anything you say, I can ask spirit, and Lucy can get stuff to know whether it's correct or not. Don't worry about that.

I mean we've all been bad in past lifetimes, and it's some of the bad things that need to be released. The good things don't usually need releasing."

(Lucy) "I was worried too, don't worry, it's fine to talk about someone else's lifetime."

"They chose you for a reason, Shelly; they could have chosen Lucy to bring this up, so they must have chosen you for a specific reason."

(Shelly) “Well, I just got a glimpse, but I shut it off. I got a glimpse of a sumptuous palace, languishing on a lounge. I don’t know if it’s Nero’s wife, or what.”

“He had more than one wife, didn’t he?”

(Shelly) “Yeah, well, it’s a lover or a wife. A clinically ambitious individual, anyway. And she’s with Nero enjoying the power that goes with being the emperor’s consort, knowing that the city is burning.”

“Lucy can you get confirmation from her Guides and higher-self about this. I can ask, but I get you lot to work as well.”

(Lucy) “Mmm, it’s not a parallel life, I don’t think. I was told the lifetime that I described was after the one that Shelly described, but in the same time-span.”

“So you reincarnated back in time after your death,

(With Nero) reincarnated back in time and had another lifetime in the same time period.”

(Rachel) “Where I was affected by the fire.”

(Lucy) “At the opposite end of the scale, that’s right, with no power, no strength, no man, like a karmic sort of thing.”

“Does that make sense, Shelly?”

(Shelly) “Yeah, I’m just getting feelings of getting personal satisfaction out of the destruction and the deaths. I don’t see why I was shown that, I can’t see any conditioning.”

(Lucy) “Maybe it makes Rachel understand why she had such a bad life in that period, like to balance out the one where she was the charmer, and she was the person that enjoyed vengeance.”

“But you’re feeling bad about saying all that?”

(Shelly) “Yeah.” **“But you are taking it too personally.”**

(Shelly) “I have a problem with taking responsibility for speaking out someone else’s...”

(Lucy) “I know what you mean.”

(Rachel) “No, that’s fine, because I just try and put the pieces together and learn the lesson.”

(Lucy) “I had a lifetime in that time, but not relevant to this lifetime.”

“To this meditation?”

(Lucy) “Yes, yes.”

(Shelly) “I can’t see any life that I had.”

LUCY AS THE CHANNEL FOR RACHEL’S GUIDE

“We were hoping that Rachel would come with us on this meditation tonight because we’ve been preparing her way for some time. There’s a lot to undo with the lifetimes that she was described. And without undoing and releasing these conditionings it will be hard for her to progress in the way that she wants to.

We have been sending Rachel a lot of dreams that will help her through the next few weeks, and she will be confronted with a lot of bad conditionings. Rachel has progressed quite a lot, we have noticed in the last 6 to 8 months, also. More than she realises her day to day actions and associations with people.

Her reactions to people have mellowed somewhat. She will notice that she doesn’t feel as erratic in her moods as she used to, and that she takes a calmer approach to things that confront her.

Her path has been laid out for her, now all she needs to do is follow it. It’s like stepping stones at the moment, but eventually it will all join to a higher state of progression. It will help Rachel to keep a lot of her dreams that we send her.

Always remembering that the ones that you remember clearly, are the ones with the most relevance, and not try too hard to remember irrelevant things.

We are slowly seeping into your consciousness the things that are important for you to remember for your development. We are doing this when you are asleep, as you are a lot easier to communicate to in this state, but the things that you remember you could do well be writing them down, as we will be giving you more and more, and you will forget things that were given some time ago, and they all eventually will link up an form a pattern.

We feel that she is doing nicely, and that she should read the book of Nero, as this will help to surface a lot of things from that particular lifetime.”

“Was Rachel prevented from reading the book by her Guides and higher-self, before?”

“Yes, she would not have noticed the connection without having learnt what she’s learnt lately. So it would have been to no avail, like a fiction story to her.”

“It wouldn’t have had any emotional affect on her?”

“No, reading it now definitely will. So I am letting her know so that she is prepared for a little bit of emotional turmoil, but as her reactions lately have been calm and in good stead, she will cope with this very well.”

“Was it necessary to bring this up between Shelly and Lucy, about the lifetime that Rachel had with Nero, because she wouldn’t have accepted it if I had just told her? Which I wouldn’t have done anyway.”

“Yes.”

“What about Lucy’s and Shelly’s development tonight, what have they learnt, or what was the purpose of their development tonight?”

“They are here for the reason of spiritual healing, and they cannot always play patient. Sometimes they must play Teacher.”

“And healer.”

“Healer.”

“To help Rachel, you mean?”

“Yes, yes, and by doing it in a class situation they will gain confidence, so that if they want to continue through this lifetime using what they have learnt in these classes they will have the confidence to bring forward people’s past life conditionings, and so forth, and help eradicate them.”

“In the right way, of course, with spirit’s help?”

“Yes.”

“No problem there about seeing the past life if you are being shown it, if you’ve developed in the right way of past life therapy?”

“No.”

“Of course there is a lot yet about past life therapy in volume’s 3 and 4.”

“Yes, that Shelly is not feeling too well this week is understandable, and we would like to let her know that she should have confidence in herself and her abilities, as she has been doing this for a long time now, and she has learnt a lot, and can be a help to the others who have not learnt as much.

As Raymond said, she is good at recognising certain conditionings and situations that need releasing. So we would like to say that we are all with her, and that she will feel her confidence regained, very soon. That’s all. He talks like a hundred miles an hour, and I was getting all confused.”

RACHEL AS THE CHANNEL FOR HER GUIDE

Rachel’s Guide told Rachel that he is guiding Rachel in the questions and answers to the universe, he said,

‘To find the path and she will find the answers. The path she’s on.’”

(Lucy) “Is Rachel stopping herself from seeing meditations, or are you stopping her from seeing them for some type of protection?”

“There’s a bit of both, she’ll see when she needs to see.”

RAYMOND AS THE CHANNEL

“Greeting’s my children. Tonight you have been having a little difficulty in your meditation. You have been practising something different tonight. That of seeing another person’s past lives, and having to describe them. You needed to feel confident that you were doing the right thing, and Lucy helped to give confidence to Shelly, so that Shelly could describe another life of Rachel’s to her.

Shelly should know better about students past lives in connection with well known characters from the past, and should be more accepting of the students having a lifetime with them, as the other students aren’t that familiar with students having past lives of well known characters.

You are all not here because you are mister average, mister ordinary. You are here because you are more advanced. Your advanced nature is the prerequisite for incarnations with characters that have a large impact on many people on the Earth or other planets.

The life you lived is teaching ‘the more the merry,’ you could say, whether it is teaching injustice by being bad, or teaching the other end of the scale, by being good. Living your lives is teaching, not necessarily communicating what you know, and of course a Teacher is a healer, not necessarily the other way around, a healer is not always a Teacher, as your medical profession can show you that.

A Teacher heals by helping people understand right from wrong, good and bad, not to cause people to feel guilty, but just so people understand what is nice and what is hurtful and painful.

You are developing at the pace that you can adjust to your development. If you were developed too fast you would not be able to adjust, you would drop out, maybe, would not believe, would not accept.

You need to study more about human nature, and not judge so much the brief knowledge you have about an individual, whether they are good or bad, because they have been bad and good at different times in their lives, and also the characters that have made great impacts on the world have only made impacts at certain times in their lives, not all their life. We have said enough, thank you, God bless.”

(At the beginning of volume 2, part 6 I explained that our team of spirit’s previous incarnations, where we became aware of our past lives with each other, mostly spending many years together in each of these group past life scenarios.

Where I, Moira, Tim, Diane, Gail and her son, Paul would see many class-nights past life therapy sessions, where the amount of words we spoke ranged from 30 to 50 pages per night.

In which most of these classes were recorded in volume 3, 1360 pages in content.

Over the years because I have so much awareness of so many of our past lives, it has been easy to recognise very quickly, when a new group of students are parallel lives of the same core group mission-student's where we saw in great detail the connections from lifetime to follow on lifetimes, recorded in volume 3.

Our past and parallel lives range from the highest good person, to the worst bad person. But my Guide's and higher-self want to explain with this analogy why our past lives ranged from both extremes.

All of you are aware of all the different applications of the internal combustion engine in all the varieties of vehicles. Well, we want you to imagine for this analogy, that the larger the engine, the higher the octane fuel is needed for the engine to make the vehicle do its job.

And you could say that an armoured tank or stealth bomber represent the worst bad person's incarnation, and an ambulance or hospital ship represent the highest good person's incarnation.

Each vehicle is designed or programmed to work in its area of expertise. But all these vehicles only perform properly when they receive the highest octane fuel, irrespective of whether they are going to end lives or save lives, and to most extent the same high octane fuel will work in all these vehicles equally well.

The high octane fuel represents a spirit's qualification to be poured into the fuel tank of one of these vehicles. But every vehicle's physical body and computer programs are pretty much set in the process of its assembly, representing, a human's Astrology, culture, parents and wealth. Whereas most of these four influences, having the effect of desires, conditioning and training, are programmed into the physical human brain, and conscious mind.

Now the high octane fuel (Spirit-driver) of these high achieving programmed lives are like formula 1 racing cars, where a lower octane Spirit-driver's fear's or lack of fast reflex's, training and experience, will either drive too slowly or crash the racing car.

As it is, even when the right high-octane Spirit-driver is in the driving seat, they may still crash the car and die.

But that doesn't always mean that the car isn't repairable, because the car is not necessarily dead, so when its body is repaired and the computer programs are rebooted, representing the body's conscious mind, then a new Spirit-driver may sit in the driver seat, representing a Walk-in spirit.

And sometimes a Spirit-mechanic has spent many months sitting in the driving seat refining and tuning, by driving and modifying the racing car, before the racing Spirit-driver takes over to win some races. Meaning the previous mechanic Spirit-driver is not failing in his mission to get the racing car up to specs for the next Spirit-driver.

If a spirit's will and courage is very strong, but has not learnt wisdom and patience from its previous lifetimes, then his or her incarnations will reflect their desires and choices through living the life, for example a Napoleon or Alexander the Great.

Both had the same spirit incarnate into them, where they might choose a physical body which has the opportunity and arranged childhood position to achieve power or fame, if they are wise and experienced they might do some good, as the saying goes.

But if he or she is driven by lower based drives, usually from desires of the material world, then most of the time they're influence in the world will cause great suffering, but there are many shades of grey in what kind of influence a powerful incarnation will bring about.

Lifetimes which have a large influence on millions of humans are like a cake mixer's stirring blades, the cake mix represents those humans coming into contact with the blades, but it is the choice of the spirit's whether they incarnate into those humans to go for the ride that the blades are going to put them through.

For example if you have in this cake mix human's who are Nazi's and Jew's, then many of the spirit's of the Nazi's will incarnate into babies who grew up to be European Jew's, who are also in the cake mix being stirred up by the Hitler mixing blades.

Or you might join another cake mix being stirred by the blades of Napoleon or a founder of a religion.

Now here's a thought for you, the long term influence of the life expectancy of human's influenced by the event's that Hitler and Napoleon put Europe through fifty years after their deaths, was beneficial to the western world.

But the long term influence on the life expectancy of human's influenced by the events that Jesus influenced, fifteen hundred years after his death, was abysmal, and if reformers hadn't stood up to Catholicism, we would all be even worse off.

So you see the long term effect can be the opposite to the events of what each famous person did.

Any famous past life which has a great influence in the world, good or bad, has the effect of setting up an army training ground of an obstacle course, and just as the obstacle course is designed to put a recruit through every imaginable exercise, working every muscle group, after he has been on it a few weeks, he will end up fitter, healthier and stronger.

Meaning that human's through suffering or being inspired, or just being made to change, like Henry's and Elizabeth's laws through two generation's of making the majority of their population to attend the Church of England, which by the end of Elizabeth's reign there was Presbyterians, Calvinists, and of course the Anglicans, allowing many branches of Protestantism to flourish, are providing opportunities for spiritual growth.

My definition of spiritual growth, is any interaction of mental physical, emotional experience, living life, but living life without being able to choose what we want to do, is the slowest path of spiritual growth.

A normal healthy mental, physical and emotional childhood, is also the slowest path of spiritual growth, as the normal uneventful childhood allows the brainwashing of the child, to accept and not question or figure things out for themselves. There would be no cause or trauma to stimulate an emotional or mental obstacle course to develop mental muscles and new ways of thinking, or becoming aware of emotions stirred up, where a child or teenager can learn about them, and thus learn emotional control or detachment.

So if you had shitty childhoods, the effects are helping you to be free of conforming to what everyone else believes, or likes doing. You will be freer to pursue your dreams than the child with the normal childhood.

Simply because you are free of fear, belief, emotional attachment, cultural attachment in some cases, if you incarnate into a country where the way of life is either self imposed or governmental restrictions of individuality or growth, but you see another country with higher freedoms, or a more compassionate friendly population, emigrate so that you achieve more freedom.

The biggest difference I noticed emigrating from England to New Zealand and Australia in the 70s was the huge percentage of my working class wage I had left over after affording to rent a nice flat, the price of food and electricity, affording a lot more on even just food items I couldn't afford in England, like Meat.

In England 90% of my wage after tax was spent on living costs, where in New Zealand and Australia my living costs were only 50% of my wage, and even in the 1980s I was living quite comfortably on an income of working only 3 days a week.

That gives you a lot of freedom for spiritual growth, or just having the time to experience or study new hobbies or interests, which can cost money and time.

(55)

HEALING CLASS 31/3/92**RACHEL, PAULA, TATIANA & SHELLY****MEETING HIGHER-SELF AND GUIDE MEDITATION
THEN THE FIRST PASSOVER MEDITATION**

Before we started the first meditation spirit told me to tell Rachel Paula and Tatiana that they would be meeting their higher-selves, but Shelly would be meeting a new Guide.

I will leave out most of the **high-lighted** text of this meditation, as I think you know most of it by heart, now, and just leave you the meeting Guide part of it.

MEETING HIGHER-SELF AND GUIDE MEDITATION

Now I want you to imagine yourself on a beach, or in a field, or in a void, it doesn't matter. I want you to imagine that there is a person in the distance walking towards you, this person is one of your guides.

As they come closer they are getting larger. The closer they come, the clearer they become, and you can see what they are wearing, what sex they are, or what nationality they are, or what race they are, it is just for identification purposes, to help you identify them.

They are coming and greeting you, they are smiling, waving, saying hello. You can ask them their name, if you wish, maybe they'll give it, and maybe they won't.

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 lifetime. 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.

(Brief pause)

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, feel their essence.

(Brief pause)

Ask them if they can transfigure over you, if they say 'No,' it may be because their vibration is too high, and may be too uncomfortable for you. If they say they can, allow them to, and notice all the same things you did with your higher-self.

(Brief pause)

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. Now, I'll leave you in silence, to talk to your higher-self, or guide, and you will receive the answers."

RACHEL'S MEDITATION EXPERIENCE

(Rachel) "Before we went into the meditation I saw my eye again, the beautiful female eye. Which I've just started seeing a little bit more of in the last few days, again. But the eye's been there since I started meditating last year.

Then I felt I saw like Ethiopian's, a group of people. As soon as I felt myself opening up I started thinking about materialistic things, and all those things that could distract me, this has happened a lot, where I'm nearly ready to relax and see something, suddenly I'll think of a daily event that's happened, and I go, 'Go away, go away, concentrate again, concentrate again.' It's almost like part of me is fighting so hard."

(Paula) "What sort of things do you get from the eye?"

(Rachel) "Oh, really loving."

PAULA'S MEDITATION EXPERIENCE

(Paula) "I saw the feet, and on the feet were like these big gold shoes, that came up in big curls, and then there was this silvery blue gold suit with a big black cloak over the top of that.

Then going up about here there was this long beard. I wizard, because when I got to the head there was like a big cone hat, and he had this smile on his face, and these really twinkling blue eyes, and he was holding this really huge thick book.

And when we had to exchange places he always held onto his book, and I could feel the book. That was pretty amazing. I was trying to get his name, but it was a very strange name, something starting with H."

"What you did you get when you did this meditation before?"

(Paula) "Well, before I was doing that meditation, where we were in Medieval England, and I came into that room and everyone was sitting around, and Lucy was there, and the King was there, and I was sitting with my higher-self, and well he was like a blonde surfy type guy. He was like that, and later on I thought, 'Yeah, that was him.'

But I don't know if I was seeing him as he was, maybe that's just how I wanted to see him that day, or something."

(Shelly) "Mine's changed, like mine used to look like an inner city drop out, but he's changed into a tall skinny wise looking man."

(Paula) "And I've been since trying to contact that sort of person, but I couldn't make any contact with him. You know, I was trying to see him like that, but I felt like he'd gone somewhere.

And on my way over here I was thinking, 'If I don't see something tonight, you know, what is it, why can't I see, what am I doing?'"

"You got a lot tonight."

(Paula) "And I got heaps."

"Yeah, well, your higher-self changes as you develop, change and grow, then he will appear like that. I mean, how would you have liked it when you first came to classes if your higher-self appeared like this guy? You'd have freaked out.

But now you've been in classes quite a bit, your state of consciousness and mind and strength, type of thing, you've most likely been a wizard.

He's most likely appearing as one of your past lifetimes, but now he's dressing up as what he's been, he's telling you what you've been, so there would be more purpose behind his appearance this time."

(Higher-selves sometimes appear in costume to reassure a beginner, but as a general rule they appear as what they have worn or looked like in a past life of yours and his.)

(Shelly) "Like they appear in everyday guise at first, so they don't freak you out."

(Paula) "Yeah, that's right, like when I was with that surfy higher-self, it didn't think weird at all, you know, I could handle that."

TATIANA'S MEDITATION EXPERIENCE

(Tatiana) "What I saw were shoes very similar to Paula's, but they were not as curly, and the pants were very loose, and a loose top and round neck. And it was definitely a man, very slim, like fit, and very wiry. I think he had very dark eye-brows, dark eyes and dark hair, perhaps oriental.

And when you asked for him to come and sit with me I felt myself blocking. I felt my body really tense, so I tried to relax and then I did it, and I felt this warm sensation, then he went back into the mirror."

SHELLY'S MEDITATION EXPERIENCE

(Shelly) "I got a female Guide, this time."

"Oh, is this a first?"

(Shelly) "Yeah. Well she appeared in three different guises, but she ended up being one. First she was a Maori, then she turned into an Indian, the she turned into an Indonesian, Javanese."

“Did you recognise any feelings of past life recognition, because sometimes your Guides have been with you in past lifetimes?”

(Shelly) “Yeah, the last one, the Javanese one was like a past life, and she was very graceful, she was a dancer.”

“Would she be the Javanese Guide who helped you with Indonesian dancing in this life? Did you ask her?”

(Shelly) “Yeah, I was sort of lead there, just... Anyway she transfigured and I just asked her why all these guises of different women had appeared to me, and she said,

‘No, they’re all elements of different types of femininity.’ I asked her, ‘How come I have a problem with women?’ She said,

‘You fear their inner strength.’ Because most of my Guides and higher-self are male, and she said she’s come to help me overcome the fear of femininity, and come to terms with inner strength that goes with that.

From past life conditioning I’ve come to be conditioned to believe that women are weak, and that men have a better... It’s not so much that women are weak, but that you can succeed extensively in life as a man, with bluff and bravado, and appearance. And with women it’s a mystery, it’s not all that clear.

She said that she contained all the elements of those other women that were there, like the first one was a Maori woman, she was physically strong, and then the Indian woman was... She contained the different essences of these females.

Her name was Siri, and she was just helping me to come to terms with femininity, and building strength on that, and overcoming the prejudice of thinking that males are superior, and fears of women, and all this sort of stuff that I haven’t worked out yet.

Also she’s showing that in a given individual there’s more than what appears to the eye.”

(Rachel) “What, saying that when you need it, you can draw on other strengths, that sort of thing?”

(Shelly) “Yeah I think that’s what she means.”

(This question by Rachel is ambiguous, does Rachel mean that Shelly can draw on strengths of others, or other strengths than her own? and how can she draw on these other strengths when she doesn't know what they are.

If Shelly's or any woman's past life experiences and conditioning has left a woman believing, or feeling they are weak, because they are a woman, then convincing this woman that they have strengths of their own there, that they can draw on, does not heal or take away the woman's past life experiences or conditioning, but it may convince the woman that they don't need to release any conditioning because the other person then goes on to convince her later, with the little word, *'Just.'*

So, Shelly may have interpreted this belief question of Rachel's,)

(Rachel) "What, saying that when you need it, you can draw on other strengths, that sort of thing?" By saying,

(Shelly) "Yeah I think that's what she means." So then Rachel increases her influence, by saying.)

(Rachel) "So, you've got it there, you just have to draw on it."

(Shelly) "Yeah, I think that's what she's saying, yeah."

(Fixing the opinion that Shelly is strong in saying,

"So, you've got it there, So Shelly is now convinced that, you just have to draw on it." By Shelly responding with,

(Shelly) "Yeah, I think that's what she's saying, yeah."

This is not very good advice, and is not coming from any Guides or higher-self. My Guides want to explain all this.

I want you to re-read what Shelly was told by Siri or this Javanese Guide, in relation to different females strengths, and I want you to think why didn't Shelly's Guide appear as just one female and tell her,

'You've got all the strength there, you just have to draw on it?' the reason is, Shelly at this point would not be able to draw on it, and this is why this Guide showed Shelly all the different types of female strengths embodied in these three different types of women,

to show that her Guide has come to, as Shelly described it,

'She said, she'd come to help me overcome the fear of femininity, and come to terms with inner strength that goes with that.'

Now you know why I don't give my opinion on why you were seeing your eye Rachel, and I would be much less likely to want to give my opinion when a Guide has gone into so much effort and detail to help Shelly understand that Siri is going to help Shelly.

Shelly is being guided very well by her Guides and higher-self, and Shelly, her Guide's and higher-self, and you students all know a lot more about Shelly's psychological make-up from her previous classes, so here is a short list if you have forgotten.

(1) Shelly's past life experiences and conditionings had both prejudiced Shelly's spirit against women, and also weakened her belief in the strengths that women have, affecting Shelly in how strong she feels in the area of her own femininity.

(2) Siri also showed us all the different women with strengths that Siri could draw upon to help Shelly feel strong with her femininity, a sort of lean on me type of help, because you all know that the conditionings and fears still have to be seen and released through past life therapy.

So in this way Siri's showing Shelly the strengths that Siri has, was to help Shelly relax her fear in this area while her past life therapy will be the main healing which will stiffen Shelly's back-bone, so to speak.

So when a patient/student like Shelly is unsure, and has low self-esteem in a certain area of their beliefs about themselves, then they are firstly easily persuaded by others, and secondly a physically and mentally strong individual like you Rachel can have a more persuasive affect on Shelly, but when your opinion firstly alludes to Shelly having these other strengths, and I quote,

(Rachel) *"What, saying that when you need it, you can draw on other strengths, that sort of thing?"*

Then Shelly half agrees with you, you then say,

(Rachel) *"So, you've got it there, you just have to draw on it."*

Then Shelly agrees with you again, the affect on Shelly's belief in her higher-self is further undermined, in that Shelly's higher-self has been showing Shelly her past lives which caused her weaknesses, and her new Guide, Siri coming to help give Shelly supporting strength while Shelly is going through this slow process of past life therapy in this area, at the most propitious time for Shelly's overall healing.

If your opinion is believed by Shelly, she will believe that she can draw on her own strengths in there, as you put it. This and one more word that you chose to use undermines her faith, trust and specific communication from her Guides, and also undermines Shelly's past life therapy sessions that she needed to do.

And this little word is 'just,' and the dictionary definitions are, '*correct, due, proper, right, exactly, quite, simply, decidedly, at this moment, or, a little time ago,*' but I interpret the word in a more modern context in relation to the sentence, meaning, 'only.'

I know you are eager to help and heal students and patients, Rachel, but my job is also to show you the negative effects of our opinions when they are wrong in a specific individual.

What you said is basically true with most of us who don't have a problem, because we have had those lifetimes of learning about our own strengths in connection with femininity.

Everyone's opinions are a mixture of what we believe from what we accept as we learn in this lifetime, but the strength of how much we believe something is sometimes influenced by our past life experiences, and then sometimes we become blind to proof or evidence which threatens our security-blanket-belief.

We are not bad or egotistical when we believe in this way, but our beliefs are not always true, or applicable to everyone. We all know the meaning of the saying,

'Me thinks she protests too much,' is a prime example of conditioning having an influence on what we try to get people to believe in an idea to maybe take away our feelings of guilt for what we have said or done.

Shelly understands more about all this because she has read of quite large cases of this phenomenon in volumes 4 and 5.

Shelly remembers reading Gloria channelling the cause of my psychic blindness in great detail, and then after the channelling Gloria tried to get me to believe what she believed was a totally different cause for it, so she should be quite familiar with students still holding on to their beliefs.

I feel that Shelly's Guides impressed me to type this long green insert so that Shelly would read it, and stay in the classes and therapy sessions.)

(2012 INSERT. I will insert an extract from chapter (50), as a reminder, Lucy channelling her higher-self, said,

"I'd like to talk about Rachel. Rachel's male spirit is blocking these development classes, because he feels that they are inadequate for him being a male, and considers this type of thing a feminine trait, which would make him feel weak, and considers women of lower supremacy, and does not plan to lower himself to this.

Rachel's higher-self has had a very hard task for a long time bringing Rachel to these classes. It has been a good move and Rachel will develop quite well when we have sorted this male spirit out.

Rachel has to be prepared to release the anxieties this male spirit has towards female, before her development begins strongly, but she will do it as long as she keeps coming and definitely past life therapies."

I put it to you, if Rachel's spirit being Male, with negative conditioning about women, would his male view of what he could do, tend to skew Rachel's beliefs about what Shelly or any woman should believe? Remember Shelly had already voiced in the class this extract, (Shelly) "Her name was Siri, and she was just helping me to come to terms with femininity, and building strength on that, and overcoming the prejudice of thinking that males are superior, and fears of women, and all this sort of stuff that I haven't worked out yet."

So, maybe Rachel's opinion about Shelly's strengths is coming from her spirit's belief in his own strength?

But if you think Rachel's opinion had no influence on Shelly, I'll leave it for you to speculate, as after this night Shelly dropped out, and didn't continue with any more classes or therapy.)

THE FIRST PASSOVER MEDITATION

“I want you to go to Egypt at the time of Moses, and its night-time when we arrive in the slave quarters of the city, Thebes, I think it was. We come to this house, and already the frame of the door has got blood around it, because this is the night of the Passover.

The door opens and we go inside, and inside there are a group of people. One of them is Moses, and he has some of his relatives with him, his eldest son and there are new friends and old relatives in this home. The door closes again, we are inside.

This being the night of the Passover, this is when the Angel of death comes around and takes the first born, but the ones with the blood of the sacrificed lamb around the frame of the door, these are protected.

You can observe what is being said in the room, and what's happening. You may jump forward in time or backwards in time and see a different scene around the time of Moses, but this is just to focal point, it doesn't have to be kept there if you Guides start showing you something else, or say you don't have to see this, or see anything here.

There is a table there with food on, bitter herbs to remind them. I'll leave you in the silence now to observe what happens. If you see or recognise a past life ask your higher-self and Guides about that, just let them show you what you need to see and learn.”

PAULA'S MEDITATION EXPERIENCE

(Paula) "I'm seeing some people have come to the door; obviously they have come to collect the first born."

"Did you hear them ask, or did you assume that."

(Paula) "They asked, the house that I'm in, it seems that there's a dilemma of who is it. I asked, I think I'm about 12 years old, boy. I'm not getting much more than that."

"What killed the first born no-one knows, but the first born would have died if they didn't have this protection around the door. The Egyptians didn't have this protection and their first born died, including the Pharaohs first born."

TATIANA'S MEDITATION EXPERIENCE

(Tatiana) "I know I was just meant to see, but I didn't know what I was meant to be. I went into the house and there were people sitting around and there was food on the table, and I felt like I was a young man in a tunic, and I was really apprehensive in a way.

I kept getting up and sitting down, I'd have something to eat then I'd sort of walk over to the front door and look outside, and it was sort of a warm balmy night, then I would walk back inside. It was like I was waiting for something. And then a woman appeared behind a cloth doorway, and when she appeared it was like,

'Oh great, she's here at last.' And I walked and followed her, and she turned to look at me and smiled, it was like she was my lover, and I followed her into the back room, where she was preparing a big jug of water, and I was flirting with her, and then we both turned back as what was supposed to...

I think Moses was in the doorway, and that was all, and it was like it was acceptable, that we were lovers."

"Did you feel like it was a past lifetime of yours?"

(Tatiana) "Yeah, I felt like I was that person. I was conscious of not asking anything, because I thought I wasn't meant to."

“That’s alright; they just wanted you to see how you see a past life, to understand it.”

(Tatiana) “I’m conscious of the fact that she’s not really allowed into the other room, it’s like that’s men’s domain, and she’s to stay in the other room, but I want to stay with her. She’s really beautiful, but Moses understands that as well. I can’t think of anything.”

“That’s alright; did you see the person from the outside, or from being that man? Did you see the man separate?”

(Tatiana) “Partly, and I felt when I was sitting down eating, I was conscious of being him.”

“That why they wanted you to become aware that it was him, your past lifetime, but usually then once you are aware that it is a past lifetime, and you have accepted that, then they can draw you back away from your memory of your life, and they can start showing you the akashic records, to see the picture of what happened, and then you will be entangled in the emotions or whatever happens.

Once you are aware of who you are they can bring you away from being that person, and watching like an observer, but really it is the akashic record, everything is recorded of what happens,

(Including thoughts, emotions, or feelings of everyone in the scene.)

So that you can see what may need to be released type of thing, anyway, but this was practise, your first time, and you did good.”

RACHEL’S MEDITATION EXPERIENCE

(Rachel) “I was seeing lots and lots and lots of purple tonight, and just like in the last meditation I’m seeing like a light, like in the distance, like a little tunnel, and there’s a light, and there’s a little bit of light coming in, trying to show me something.”

(Paula) “I think I was in the same house as you, (Tatiana) and this boy was really worried, and the whole household seemed to be really worried about this bad night.”

“As a 12 year old you wouldn’t have much of a memory of what it was all about.”

(Paula) “Yeah, well I was really quite confused about everything.”

“You see our own minds can come in and imagination can come in, and if we don’t know the story and we think some guys are coming to take you away.

Maybe the child felt that way and didn’t know what it was that was coming, and they couldn’t describe it.”

(Paula) “Yeah, it felt like that, yeah.”

“So if Moses said that the first born would be taken away, he means, ‘to die.’ I don’t know what he communicated, or how he communicated it. Did you know the story beforehand?”

(Paula) “No.” “Well, we don’t know whether it was your own imagination overlaying the past life.”

(Paula) “Yeah, I was at a loss as to how and where we were, what the situation exactly was, but I had this feeling that I as the boy had an older brother, and I felt that I would have to lie, and say that I was the oldest or something.

But then I was probably this boy who was confused and didn’t know the situation, anyway. But then I’ve got my higher-self saying,

‘Don’t worry, don’t worry.’”

PAULA AS THE CHANNEL

Paula channelled an aunt of hers.

“We are watching Paula’s progress, and hearing her wanting all the answers, and I represent a group who are looking over her, and I am here to say that she needs to have patience and faith, and to trust more what she feels, and to open up her ears to hear us. That we are there and we are here for her, and that we have helped her on several occasions, but she chooses to think it’s something else, but I’m here to tell her that we are here overlooking her progress, and helping where we can, and we do hear her, and that’s all.”

SHELLY AS THE CHANNEL FOR JOHN, A CLASS GUIDE

“Nobody’s get anything to prove. This fear that what one sees and channels is inadequate or inaccurate, or of the imagination is the very thing that stops the accurate from coming through. And so when we enter this room it’s best to just abandon your ego at the door. What we are trying to do here is strip away these exterior fixations, just to... fear, fear.

That’s interesting and refreshing for Shelly to listen to Tatiana’s first experiences, as it showed her that how much she’d built up conscious fears, which has stopped the flow of spirit, and in Tatiana’s case she’s a lot more open. And if she can avoid building up fears, and I’d advise her to do so, that’s all.”

This was the last class that Shelly attended.

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HEALING CLASS 2/4/92

RACHEL, PAULA, TATIANA & MINA

BASIC & ADVANCED CHAKRA EXERCISE, THEN
FUTURE PAST LIFE MEDITATION

After the chakra exercise I was guided to tell the students that they were going to be shown by their higher-selves one of their past lives they had lived in the future, and that some of them had a lifetime with the other students.

I also explained to them the many different reasons why they have reincarnated into the past, and the many reasons that they were being shown this future life.

I don't have the typed version of the meditation, and as the wording would have been slightly different to the normal past life recall meditation I will not insert it, but it would have been similar.

(Tatiana) "I think I can see a mother and a child in a dome, shaped very light, like a cocoon." **"Is it a home?"**

(Tatiana) "Mmm, she's leaning over him and he's writing, or... but it's in the distance."

(Paula) "I am seeing strange looking glass houses in the desert, and I asked who I was, and I saw that I was some kind of technician, or something, and working with some sort of dies, they're for like bringing out true colours. They're coming out of syringes and being put onto tissue and bringing out colours. Well, I've moved on from that."

(Mina) "I saw the head of a white horse, and a person like a King, long hair and a long moustache, and it feels like somebody's touching my right knee, and I just saw some blue lights, went in and out."

(Tatiana) "I'm standing outside a house and it's real dark, and there's a light on inside and I've gone up to the window and I've said, 'I want to go inside, to see what's inside.'

Then I was inside and there was someone lying down, and I was standing over the person, I was a woman and the person had a golden halo over the top of them, and they were lying down, it was like I was doing healing with my hands.”

“Was the person in bed a child?”

(Tatiana) “No, it was a man. I think he was really important. I felt, like he was, might have been, I don’t know, like Jesus came to mind at the time, but that seems a bit ridiculous. But I don’t know what it means.”

“You must have developed the ability to see Halo’s, aura’s, kind of thing.”

(Rachel) “I just thought I saw some animals earlier on.”

(Tatiana) “I can see darkness again, and then just a light. It’s down, it’s like it was down in the ground. The people had long dresses on, and the dresses are ruffling around and a man has just gone above me, and he’s got a big burly beard. He’s a bit like a Viking or something.”

“Maybe you’re seeing a glimpse of between lifetimes.”

(Paula) “My Guides are taking me into this strange dark tunnel, and we came into this room where this woman is sitting behind a screen with like this huge prism thing, which is whirling around, sending off light.

It’s just like lit up with these colours, and it’s in a black room, and people seem to come into there, come into this black room, and they’re with this big prism.” **“Are they coming for healing?”**

(Paula) “Yeah.”

“And the technician is manipulating the prism for the colours, is she?”

(Paula) “Yes.”

“Who is this woman?”

(Paula) “Well, it’s me.”

“What kind of problems do these people have when they came in for healing?”

(Paula) “All kinds, anything really.”

“I suppose the prism triggers off past life memories in the patients as well, doesn’t it?”

(Paula) “Mmm, yes.”

“Is Tatiana seeing any of this?”

(Tatiana) “Yeah.”

“Did you ever go there as another patient or a healer?”

(Tatiana) “I felt as though I was standing next to Paula, and that I was learning from her, and I felt like what she was holding was like a big ball, like a prism, and it’s reflecting light, flickering out from it. And people were coming through to see her, through this darkness, through a doorway.

I saw a young boy come, he had something, he was really sick. And then an old man came and he had warts all over his face and a big crony nose, and all what he needed was helping with his... the way he felt about, his attitude, and Paula helped him, and he walked away looking like a young man, but not looking like, but just, he was healed.

And when you asked her to ask her higher-self why she was being shown this, I felt as though she was being shown it to show me.”

“Why?”

(Tatiana) “So that, something to learn about it. Perhaps I’ve got things to learn from Paula, and to keep an open mind.”

“Anybody see Rachel in this past life?”

(Paula) “Yes.”

“Was she a patient or a healer?”

(Paula) “She’s a healer, she’s with us. She’s brought in some of the patients, too.”

“Does anyone see Mina? Ask your Guides or higher-self if Mina was there?”

(Paula) “Yes, she’s a patient.”

“Mina, do you see yourself as a patient?”

(Mina) “No, not really, I’m seeing a bushfire, something like that.”

“Well, your higher-self and Guides must be getting you practising in other areas, like Rachel. They must be developing Rachel in other areas she’s not seeing.”

Are you working out of a big hospital type complex, or are there other healing techniques, other healing therapy type situations in the building, other healers doing other things?”

(Paula) “Yeah.”

(I had the feeling that my past life as Claude's healer in his future past life, was also working in this hospital, and my higher-self confirmed it, but I wanted more proof so I started asking questions to see if the other students came across my healer past life with their past lives.)

“Is there a coordinator there, who Guides patients to different types of healers in the hospital, he is guided to intuitively know which healer is best suited to the patient? I wouldn't call him a boss; I would call him an administrator or coordinator.”

(Paula) “There seems to be a few of those actually. There are just so many different types of healing going on. Well, I get that you are a healer, I just haven't found you yet.”

(Tatiana) “I was seeing a pool, a bathing pool, but it was a healing pool. People were swimming in it, and people were lying around the banks. And I got a strong feeling that Rachel was one of the healers on the side of the pool, and also rubbing things on them, stroking them, like massaging them. She was a woman.”

“And you two were both women?”

(Tatiana) “I have the feeling I was a young boy.”

(Paula) “It's in Egypt.”

(Tatiana) “I was going to say that I felt really good about that.”

“Is it a long way in the future?”

(Paula) “Yeah.”

“It's not within a lifetime or two; it's a long way in the future?”

(Paula) “Mmm, not too far though about 1000 years into the future. I get Lucy here; too, she's doing some sort of sound healing.”

“Does your higher-self want you to know who I was, take you to be shown who I was?”

(Paula) “I don't know exactly what it is that you do, but you seem to be like, you've got a... beaming strange lights at people. You've got an incredibly strong aura.”

“Do I ever come in contact with patients?”

(Paula) “Yeah, yeah, you held your hands and they just sort of passed by you, and you healed with your hands.”

(Tatiana) “I can see you on top of the bank where Rachel is, and you stand, and as you sort of walk up, you stand across an open your arms out, and it’s like there’s an energy that just comes from your body over everybody.”

(Paula) “Yeah.”

(Tatiana) “It’s like you’re touching everybody at once. You seem to be like a very powerful person, or strong.”

“Do I ever help people die, who are sort of terminal. Who are not needed to live any longer, because they’ve learnt their lessons, type of thing?”

(Tatiana) “Yeah, you seem to be like someone who is really knowledgeable, and you emit peace through you that’s...”

(Paula) “Yeah, you do help people pass over.”

“Take away the pain, but help them loosen the bonds of the spiritual body, and help them to see their loved one’s before they eventually physically die?”

(Paula) “Yeah.”

(Tatiana) “Yeah.” **“But if they are meant to go, it’s right for them to go, just to educate them.”**

(Tatiana) “There seems to be a lot of people...” **“...being there. Do you know what’s causing a lot of people’s illnesses? What was the primary cause of their illnesses, Is it still the emotional reactions of the patients life...?”**

(Paula) “Yeah.” **“...causing their problems?”**

(Paula) “Yeah.”

(Tatiana) “I sort of get the feeling that there are too many people, too. That each person... yeah, the patients find it hard with their emotions, because there’s just so many people.”

(Paula) “Yeah, life isn’t very idealistic in these times, for people.”

“Well, what’s causing people to not cope with reality, different to today, what’s the difference, then?”

(Paula) “There’s a problem with people who don’t want to think and be more universal, they want to be individual.” **“I understand, you see we are just pulling out of this being like everyone else, to become more individuals in this time now.”**

But in the future they may swing the other way, once they lose their fears of needing to follow the crowd, then if they start tuning in to other people psychically to reconnect, and they start picking up on everyone's emotions, when they can't handle it so they swing back the other way to become more isolated, and want to go back to being an individual.

Do you feel that people are emotionally picking up other people's suffering, and they are like vibrating, they're reacting to the other people's sufferings, more attune to?"

(Tatiana) "Yeah."

"Because when we get to the year 2000 many people will be born without the number 1 in their dates of birth, and having everyone with a 2 in their date of birth means that they will be more empathetically attuned to other people's emotional reactions.

So if you have one person feeling distressed most of the others won't know how to block that, and they will start feeling distressed. Maybe in the future that's what many people are suffering from. In one way they are learning to be individuals.

But humanities next learning is to become more detached from other people's suffering, so that they are not affected by others, but at the same time they know that they need to help each other, but when they don't cope with this they end up becoming sick from an inability to adapt."

(Tatiana) "I can see that they are very lonely, everyone really feels alone. But when you're standing up there, and then when they're at the pool with Rachel healing and everything, I can feel like it's nearly a glow of the energy over everyone.

Whereas in the healing room where Paula is, each person that comes in is really affected with loneliness and darkness, but when they leave they seem to carry some understanding that they're not alone, and it's okay."

“Ask your higher-self if this is in the spirit world or on the physical plane?”

(Tatiana) “Well, I get the feeling that they’re people, like...”

“Physical, on the Earth-plane?”

(Tatiana) “Yeah.”

(Paula) “Yeah.”

“Ask your higher-self if what you are learning about my past life there, is also to prepare you for volumes 3 and 4?”

(Paula) “Yep.”

“Ask your higher-self if they want you to visit this place on your own, so that you can learn from that time, because you can learn a lot. You can learn about reasons for being sick, how individuals are different. Different healers like me and everyone else you know in that past life.”

(Paula) “Yeah, there’s a lot to get from that place. I think we were really just shown the scene.”

PAULA AS THE CHANNEL FOR HER GUIDE

“We took Paula to this time in the future where she and all the other students in the class were healers, to show her how she has healed in the future with colour therapy.”

“Is Paula allowed to know why she reincarnated into the past? Maybe it’s in connection with healing, or maybe it’s in connection with just growth?”

“She incarnated into the past to tap the source, that she has already used to heal the sick. She can use it in this life if she is prepared to do the work and have faith that we are helping her to be an instrument of healing.” “That future Earth that we lived on, was that a parallel Earth, and not this Earth?”

“Yes.” “Am I right in understanding intuitively that one of the reasons we have incarnated into the past on this planet, is in a way to prevent the kind of future that illnesses and sickness that mankind seems to be suffering from in that Earth.

Maybe if we went back into the past on this Earth we might make a difference, and help educate the people, so that people won't be lonely and be able to cope with the changes over the decades and hundreds of years.

Are we trying to change the future? But this Earth hasn't got a future yet, because we were on a parallel Earth where the future had occurred. Does that make sense, did you follow all that? So we came back to try to make a difference on this Earth, where on that Earth where we were healers no one went back to their past Earth to make that difference?"

"Yes, this is right, yes, yes."

"So as a team we had decided after we died that we might be able to help a lot of spirits, because all spirits reincarnate, whether it's this Earth or a parallel Earth, but we might be able to help a lot of spirits grow, by teaching humanity?"

"Yes."

"It might start small now, but it might snow-ball, say in 50 years time become very popular, this attunement to spirit, and I don't think we're alone. I think there may be a lot of groups like this, who have reincarnated onto this Earth-plane to help with this, would this be true?"

"Yes, that's right."

"So we might have gone to a coordinator in spirit, and said, 'We want to help a lot of people grow.' And they've slotted us into the right Earth-plane where a lot of people are helping in that process, anyway, would that be right?"

"Yes, yes."

"I don't like to suggest all this; I'd rather get the students getting all this from spirit, but..."

"Yes, it's serious but Paula is not a very receptive channel tonight."

"That's okay, and also at this stage Paula wouldn't be ready for what you want to tell her, anyway."

"Yes."

"She's got to be more developed otherwise her reaction to what you tell her would be negative to her development, you understand that?"

“Yes, thank you. Why don’t they show us all this stuff more clearly?” **“Which?”**

(Paula) “Well, like the channelling, is it me? It must be me because I know that that Guide had a lot to say. It’s just that, I mean you were saying what I knew that she had to say, but I couldn’t, it wouldn’t come out of me, you know.

And I knew that I was just sitting on top of her, **(Guide)** and she was having to push it out and give it to somebody else. I just felt I couldn’t... Well maybe I wasn’t meant to do this sort of Channelling stuff.”

“Ask your higher-self what is the main feeling, reason that you didn’t say it, what is it, fear, lack of belief, lack of self acceptance?”

(Paula) “Fear.”

“It’ll come, you’ll overcome it. The fears are caused from experiences that have made the fears, and I don’t know if what you have been shown tonight was your last lifetime, I doubt very much that it would have been, but you may have had 20 lifetimes between that one. You might have...”

(Paula) “I did feel I had a few, anyway, yeah.”

“This lifetime you’re in now isn’t the beginning of the mission, say your mission started thousands of years ago, and say your mission in every lifetime has been potentially there to follow through with your life, to help affect mankind by what you do, who you are.

Not because you are a goody-two-shoes and do everything perfectly, most likely because you did things imperfectly, and your affect on mankind helped mankind learn about imperfection, injustice, whatever, but the thing is sometimes when we come here **(On Earth)** to teach, but we suffer from the affects of what we taught, and we are affected by it, and then we have the baggage to be released.

Its self sacrifice in a way, Jesus did the same thing, he came to teach, but he still had to go through a lot of traumatic experiences, painful experiences, and they would have had an effect on him.

He's not going to be immune to pain, he wasn't making himself anesthetised so he wouldn't feel the lash or the thorns on his head.

He went through that, the same as we have been through our own pains and suffering in our own past lifetimes, to help the people on this planet grow.

Helping people and spirits to grow isn't always being a kind of a Jesus or Moses type; it's still helping if you are helping to teach justice and injustice."

TATIANA AS THE CHANNEL FOR MARY, A CLASS GUIDE

"I just want to give everybody hope and trust, that what they are doing is right. That tonight's meditation was to give everybody confidence, to believe that there are lots of healers, and it's a positive time."

"Is it true that we have to slowly bring these students into the light, because if we bring them in too quickly they'll be blinded, and they will react to the light in that way?"

"Yes, but it's a slow process, anyway."

"That's right, some of them don't even get that far, and some of them drop out before they even get to see the light."

"But there's enough energy for many people to be healed, and those that don't want to, that's their path, and not to worry about them, anyway."

"I have a vivid imagination, don't I, or is everything I said basically true?"

"No, it's basically true."

"I'm not here to be set up as a Guru, am I?"

"No, but you are a Teacher and a healer. No higher than anyone else, everyone's on the same plane as a healer, with as much ability as they want to heal."

"Mary, have you had any incarnations with any of us in the past?"

"No."

"Are you here to teach or learn, yourself?"

"To teach, to help you with your healing."

“Are you helping the students understand life, so that they can understand illness, in that area of teaching them?”

“No, to teach them that they are all individuals.”

“That’s right, and they’ll all heal in their own individual techniques of healing.”

“Yes, and to have confidence in that.”

“Does any other spirit want to channel through Tatiana?”

“Tatiana’s higher-self.”

“Greetings, what would you like to say to Tatiana?”

“To be humble and to trust, that she has a lot to learn, and that even if she just helps a little bit, then that’s just as important.”

“We all help teach each other as we develop.”

“And to be more relaxed, and things will come more easily, that’s all.”

RACHEL AS THE CHANNEL FOR HER HIGHER-SELF

(Rachel) “Why do I keep seeing this lion?” **“Ask your higher-self.”**

(Rachel) “Actually I got that before, that the animals were there as my friends. I don’t believe they were in that lifetime, but they are just around all the time.”

“Are they in spirit, these animals?”

(Rachel) “Yeah.”

“Where are the animals from?”

“This Earth.”

“Did they know Rachel in the past?”

“Yep, she lived with them. The animals came to show Rachel that she does have friends, she has to be kind. She does have to let go of her ego. She’s got a lot to learn. It’s good to see her amongst friends here, because she is with friends, and we can all learn from each other.”

“Is it true that these classes are a large percentage psychotherapy? In the way that the therapy is helping the psyche of each individual?”

“Yes.”

“So that they will be better equipped to be able to handle power, and then healing and helping others, whilst they sort out their...”

“Confidence must come first in order for us to learn our lessons. We do have to learn to be confident, to have faith in oneself, to be humble, to be kind, and we can heal.”

“And have a strong self-esteem?”

“Yes, definitely a low self-esteem hasn’t helped anyone.”

“We live in a society that makes our self-esteem seem to get worse, don’t we?”

“You can’t take too much notice of society.”

“This is true; even I had a low self-esteem at one stage.”

“Yeah, we must all learn to raise our vibrations.”

“Some of us have larger masks than others, then we don’t recognise that they have a self-esteem problem, because of these masks, do they?”

“Conditioning is often the cause of low self-esteem.”

“But sometimes these individuals with these masks, they don’t think they have a self-esteem problem, because they are living their masks so strongly that they believe they are the mask, but their mask is built on quicksand, or a house of cards.”

“Yep, that’s true.”

“Helping individuals to become aware of the mask, and then help build up the persons self-esteem, take away the conditioning.”

“Yeah, I welcome the new people.”

This was the last night Tatiana, Mina and Paula attended the class.

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HEALING CLASS 9/4/92 RACHEL HOSPITAL MEDITATION?

I can't remember or figure out which hospital meditation I took Rachel on, but it's not that important.

(Rachel) "I saw some yellow and a little monkey face. I left it up to my Guides and higher-self with the colours, because I kind of got a few colours flash through my mind, like orange and purple, then yellow, then blue, then green, so I let them decide.

The first body that came to mind was my etheric body, but I don't know if that's because I always wonder about that body."

RACHEL AS THE CHANNEL FOR HER GUIDE

"I help Rachel see things more clearly."

"Do you have an influence on Rachel's dreams?"

"Yeah."

"Do you want to interpret some of her dreams, what they represent?"

"Yeah, the water with the dolphin is awareness and healing. Healing the physical body. Also a friend to Rachel. The boat is escapism."

Rachel's feeling very trapped. It was only a small boat. It was a rowing boat. She can't escape yet. It was the ocean, near an island. The sea was very flat."

"Were there any oars in the boat?"

"No." **"Does she have a desire to get to the island?"**

"No, away from the island, but also going away from a large boat. The island represents people, and the large boat represents her fear." **"Was the larger boat a threat to the little boat?"**

"Yep, the fear was Rachel's lack of stability. There were too many people in this boat, which represents shame."

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“Does Rachel recognise any of the people in the boat?”

“Yes, her sister, one of her sisters was there.”

“Does she think that the larger boat is more powerful?”

“It’s not going anywhere, I think it’s anchored. She wants to go a long way.”

“Do you know why she wants to go?”

“She’s upset about life, people.”

“What do they do or say to upset her?”

“Lack of justice in society. Lots of things she’s holding on to, that she can’t release.”

“What can she release, what’s on the edge that she can start releasing?”

“I give her sanity. No, she fears not being loved and too much rejection.”

“Has she experienced too much rejection, you mean?”

“Mmm.”

“And how much subconscious conditioning has caused that rejection, is it a small degree or a large degree, the cause of the rejection?”

Is there a reason like that, like her subconscious actions or words that will get her rejected, is this a factor?”

“Yes.”

“And where is this subconscious conditioning coming from, childhood or a past life?”

“Both.”

“When I guy shows interest in her, what does she fear?”

“Rejection.”

“What kind of relationship does she... parental love or lovers love?”

“No, mother’s love, but eternal.”

“Is it loss of status?”

“It’s connected with children.”

“Did she lose her children with the rejection?”

“Mmm, she has lost children.”

“Are they connected with rejection?”

“Yeah, I think so.”

“Who got the children, her lover, husband, or whatever?”

“Her parents.”

“In the past lifetime?”

“Yep.” “How come she didn’t have the children herself?”

“Too young.”

“So she had children very young was rejected by her lover or husband, and the parents took the children off her. Did the parents reject Rachel?”

“Yes.”

“Why?”

“She wasn’t capable of looking after the children.”

“Would the parent’s let Rachel go near the children?”

“No.”

“Did they prevent her living at their house?”

“They lived apart, separately.”

“Was Rachel and her parents wealthy or poor?”

“They had more than her.”

“What country was this in?”

“Europe.”

“Was she ostracized by her parents because the person she was in love with, the wrong person, prejudiced type of thing?”

“He wasn’t around.”

“Did this have a conditioning effect on Rachel, that she’s afraid that if she gets involved with a man, that the parents in this life will disapprove, and there’s fear of rejection, and all the things that go with it, if she has children does she that the same thing could happen again?”

“She has fear of the person that she might become attached to, is definitely not going to be...”

“Accepted by her parents in this lifetime, you mean?”

“Not just that, it’s like her own ideals are pretty high, there’s something there about royalty.”

“You mean that Rachel was royalty in a past lifetime, and that kind of conditioning has made her feel on a pedestal type situation, and no-one’s going to live up to that, is that what you mean?”

“She wants her children to definitely have the best in life.”

“So she still hasn’t found the right guy that has the wealth financially, to be able to give her children the right childhood? Is this what she’s waiting or looking for?”

“*Yep, that’s correct.*”

“What’s this got to do with the fear of rejection?”

“*Rachel rejects people as much as they reject her.*”

“Does this mean Rachel has to go through life and experience the hard way before she mellows out a bit when it comes to relationships?”

Because I know what that’s like, I’ve done it myself. I’ve gone through my own perfection-seeking-state in the past. We all have to tread our own path and knock off the rough bits of the diamond, isn’t that true?

Compromise is what we have to do when it comes to relationships, because if you are seeking the perfect relationship you can go a long time without finding any relationship, isn’t this right?”

“*Yep.*”

“And if her higher-self and Guides want Rachel to change in this area, then the likelihood of finding the perfect partner is infinitesimally small, because if she were to get the right partner she wouldn’t overcome this, and she wouldn’t change.

So what they are saying to Rachel, are they saying they are going to allow her to have the right perfect partner, and everything will fall into place, and she will live happily ever after, or are they saying that until she compromises she’s not going to get any relationship type situation?

And has she got to learn from each relationship she has, even though some are not meant to last, but she will learn from being in those relationships? But Rachel won’t learn anything if she says,

“*No, I’m not going to go out with this guy because he’s not got this, he’s not got that, he’s not this, he’s not that,*’ isn’t this true?”

“*Yeah, she’s definitely a bit confused, though.*”

“Yeah, well if she finds the guy attractive and he’s fun, go for it. It doesn’t matter if it’s not going to last, you sort of enjoy it while you can. Don’t go looking for the negatives, like saying,

‘I can’t go out with this man because he has this negative thing.’ Say he’s poor or from the wrong class. Say he’s working class, he could be anyone.”

“Don’t worry; she’s had plenty of variety.”

“What’s her Guides say about all this?”

“Her Guides are getting clouded by Rachel’s thoughts now, unfortunately. She shut’s out lots of people.”

“Look at it this way, if you have a guy that’s so fussy about himself, so fussy about his work, the way he lives his life, and so fussy about the time he spends on this and that, he’s going to be just as fussy about women.

So, what if you like someone like that, who’s just as fussy as you are...”

(Rachel) “I don’t think I’d want someone like that, anyway. Actually it’s quite funny when you say it like that, because with that ‘Prince,’ it’s funny how I’ve been talking about ‘Prince,’ lately, and how he’s awful because he doesn’t think anyone is as perfect as he is himself.

He just thinks that he’s got no-one out there to match him, and he’d hate to have their kids in case they don’t come out as well as he’d like them to.”

This was also Rachel’s last class night.

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HEALING CLASS 2/6/92 LUCY
VISITING A U.F.O. MEDITATION

I had no student's for nearly two months when Lucy called for a class night, and before the class I had been told by my Guides that Lucy had had a past life with the same race of extraterrestrials who are visiting the Earth in spaceships that are vibrating on a frequency that cannot be detected by our scientists.

And the Guides said that one of the crew on one of their spaceships was available to be visited by Lucy. So when Lucy arrived my Guide's told me I had to help her believe what I had been told.

So I explained a lot about the Visiting a U.F.O. Meditation, and I was guided to get Lucy to ask her higher-self if she had a past life as one the same race as on the spaceship, that she was going to visit, which was confirmed and the visit was agreed by Lucy's higher-self, this was to help take away her fears or disbelief about the meditation.

But I think you will be just as amazed as I was at Lucy's meditation experience, by the amount of information and communication she had with them.

VISITING A U.F.O. MEDITATION

“You are feeling lighter and lighter, as your state of consciousness changes, and part of you is going to float towards the column of white light, in the centre of the class.

And the white light is like an antigravity beam, coming down from above the city, from a spaceship, and on this spaceship are friendly extraterrestrials, and maybe one of them is a parallel life of yours, you can find out if this is true or not. You are floating closer to the white light, in the centre.

When we go into the white light, we float gently at first, then getting faster and faster. You see the city below now,

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the street-lights on the cars. We look up and see the beautiful lights of the spaceship, beautiful and soft lights. As we go up the beam, the lights of the spaceship get bigger. We are going to go into the spaceship and arrive.

We feel the friendly atmosphere, the love and warmth coming from our friends from another galaxy. You feel at home in this spaceship.

You look out through the windows of the spaceship, and see the lights of the city below.

The atoms of this spaceship, and all who are in it, are vibrating in a dimension, similar to what earth-bound spirits use, so they are invisible to the earth dimension.

You may be drawn to one of individuals more than any other. Ask you higher-self if they are a parallel or past life of yours. They may appear human, they may appear whatever you wish. You may merge with one of them, and see out, through their eyes. You can ask them questions, think up questions.

Your guides will help you with the questions to ask, and the answers you will receive, from the crew, or passengers. They may take you on a tour of the spaceship, and explain to you how they operate. Your guides are always with you, so you can ask them to help you if you feel lost, but you won't. They may take you for a ride in the spaceship to other planets, or other galaxies. Ask them questions, and try and remember everything you experience, and see. I'll leave you now.” (Ten to fifteen minutes silence.)

“I want you to now say goodbye, and thank your new friends, unless one of them is coming back to channel through one of the students.

Make your way back to the beam of light, and float down through the spaceship, down through the sky and back into this building, into this room, and then float back to your chairs. Come back now, take three deep breaths, have stretch, if you want.”

(Lucy) “They actually opened a hatch for me in the bottom of the spaceship before you said,

‘Go up through the floor.’ So they definitely knew I was coming, and it just sort of closed as I got there, so my feet were firm, and I turned around and I saw this cute alien looking thing, about so high, like blue skin and an elongated forehead, and big head, really short but looked really passive looking, and I just giggled. I thought it was really funny.

I could see others but they were all working on these desks and screens and things. He seemed to be expecting me, he just jumped up and waddled over, and he was wearing this long white gown with this big hard thing here. I don’t know what they were for, part of the gown, you know. And he was obviously expecting me; he obviously knew who I was.

I think I said, ‘What do you do, what’s your purpose?’ and I noticed when I looked out of the window, that they were looking at Earth. They had all these screens with different parts of Earth on there, like the country, the terrain. And their job was to monitor what the human race was doing to the world, as far as gasses, oils and pollution, and you know basically destroying it.

And they were monitoring what pace it was going at, and what things man had discovered that they could use as alternatives, but have refused to, and all different things like that, and I asked, ‘What I did when I’ you know, I asked, ‘Was I one of you once?’ and they said,

‘Yes.’ And I said, ‘Well, what was my role, what did I do?’ and they said I was part of the fleet that did this type of thing, that monitored the Earth and the damage, and things like that. Then he took me over to all the screens and showed me things that were happening.

Like they had a picture on the screen of the Antarctic, they had a like before and after, pictures like that. Like showing it 30 and 50 years ago, and then down to what it is now, to show me how much it was melting, and they showed that America was just covered in this huge smog, and that the actual country, even though they haven’t noticed yet, is like tilting to one angle, and that a lot of it is going to

be underwater soon.

And he said that at the moment on Earth there is a lot of people that have had lifetimes with us, and they're the people like the greenies, the people that are really pushing for this conservation movement.”

“They’re not going to get far I’m afraid.”

(Lucy) “No, well, he seemed to be aware of that too, he seemed to realise. Because I said, ‘Well, why don’t you do things, like help man find alternatives?’ and he said,

‘Well, man has alternatives and refuses to use them.’”

“That’s right, the multinational corporations, and the people with the money are not going to change things so they lose money.”

(Lucy) “And he also said that the people that are on Earth now, who have been any type of extraterrestrial before, are here now, and he said to me,

‘Haven’t you ever noticed that you’ve never thought it strange, even as a young child, that U.F.O.s existed?’ and I said, ‘Yeah, yeah, because that to me, I’ve never thought twice about it.’ and he said,

‘Well, obviously that’s why, because you’ve been one. You know it’s not exactly normal for an 8 year old child to say, ‘Oh, that’s normal,’ and he said that the people who were on Earth now, who had been E.T.s are going to help awaken people to the fact that we are out here. And if we do come knocking, or come visiting, he said,

‘You’ll be part of a group that defends our purpose, and make people aware that we are not here to hurt, we’re here to help,’ because there are going to be a lot of people that would like to pull out guns and annihilate them I suppose. He said,

‘We’ve visited you twice when you were a child.’ And I said, ‘I don’t remember.’ So they took me back to one time which I did remember, which I thought was a nightmare at my grandparents place, of these lights shining through the window, and I was having a nightmare at the same time, and I woke up and saw these lights shining through the window, and it absolutely terrified me.

And I remember running in to my grandmother, and she lives on a quite busy road, and she said,

'It's just traffic lights shining through.' But as a kid I thought they were exaggerated because I woken up in the middle of the night, but they showed me that scene again, saying that they were just checking in on me, because they knew that I was once one of them, and they do that. And that's why these people who have U.F.O. sightings, that's basically why, *'because we are just coming to visit them, because we've known them in other lives.'*

And another time when I was younger, they took me back a bit further to some place I didn't recognise, the house or anything. I was very young, I picked up 3 years old, and I got frightened, so they blanked it out of my memory so I wouldn't remember, but they practically landed in the front yard, and sent this all this full-on bright light in, and I must have been too young to comprehend, and just got terrified, so they blanked that out of my memory so I wouldn't remember it.

Then they said they wanted to give me a physical examination, and I was actually asking about that movie, 'Communion,' because I said, 'Not all aliens are friendly, obviously, because these people had rectal probes, and everything done to them.' And he said,

'Well, they weren't really put to any harm, there was no damage done, they were brought back. They were a group of aliens that look after the body side of humans, and study that, rather than we look after the planetary side of things.' And they asked me if they could do a once over medical examination.

So I let them, and it was just like standing up against all these machines, and they were taking internal photographs and things, and he pulled out this slide and showed me my lungs, and said,

'Give up smoking, not only does it ruin the ozone layer, look what it's doing to your lungs.' They didn't touch me, themselves. It was quite big inside this spaceship and we went for a walk into another room, and they had all these animals there, like animals off Earth, and plant matter, and I looked at these animals in cages, but obviously well looked after, and I said,

‘Why do you have all these animals from Earth?’ and they said,

‘Well, most of them are extinct ones.’ And they were like little marsupials and birds, and things, and he said,

‘Because your race has decided to wipe out animals for their own progress, we’ve done our best to try and keep the ones that we can, until we can find a world suitable enough for them to live and breed again, or to put them back on yours when it’s at a state that they can go back without being extinct.’

And there was all these people working at this bench, and this female alien turned around and she had this big amethyst stone lodged in her head, and I said, Oh, how come she’s got that stone lodged in her head?’ because he didn’t have one, and he said,

‘She does healing on plants, would you like her to show you?’ all of this was no mouth movement, either. That’s something else I picked up straight away, and he said,

‘Notice we’re not using our mouths, we’re all telepathic.’ So this lady swung round and looked at this plant which was about this high, and just sent a beam from her forehead to this plant, and it all radiated around it, and you could see the plant was just loving it, and the little alien was saying to me,

‘The vibrations she’s sending out, not so much the colour but the vibration is love to the plant, in a plant way, in a way that a plant can understand love is what she’s sending out.’

‘That’s why when some spaceships come down to Earth, and people say they see all different coloured light, what we’re actually doing, is healing nature. And that by sending out a vibration of light to different areas and stuff like that.’ He said quite a lot but I can’t remember it’ll come later.

I asked if he was the alien that spoke to me in my previous meditation at home, and he said,

‘No, no, but that was one of us, one from our planet.’ Same sort of alien that had known me quite well in that lifetime; just basically he was saying that people like me have to reach people on an individual level, and just to educate. He was saying,

‘Mankind is just annihilating themselves and Earth, and it’s very sad to sit back and watch, it’s put aside, we send thought patterns to people, to invent alternatives to things, and then they are cut down by companies, or they choose to ignore it and go on with something else.’

And I said, ‘Are you saying that we’re all going to die?’ and he said,
‘No, you won’t all die, but it doesn’t matter anyway.’”

LUCY AS THE CHANNEL FOR GABRIEL (H-S)

“Lucy always felt an affinity with U.F.O.s, has always believed from a rather young age, naturally she was once among them. We just wanted to affirm that for her.”

“Had there been a scar left from the childhood frightening experiences with U.F.O.s, which needed to be released? And this might have helped release it?”

“Yeah, in both instances that Lucy was visited by these E.T.s. The second incident her grandmother told her it was a car, she said. The second incident, once again to her young mind, was like car lights coming through the window, this is what frightened her.

I think she felt that the car was going to come through the bedroom wall. And because of this she has a very nervous reaction about cars, other people driving.” **“So that needed to be released, the belief that cars are dangerous.”**

“It’s definitely got better as she’s got older and driving herself. But as a child she was absolutely terrified to go in cars, and get car sickness. Although the memory of the U.F.O. was wiped from her memory, the conditioning wasn’t.”

“The emotions generated by it?”

“Yes, yes.” **“And of course what she was told was remembered to connect it up with the scar?”**

“Yes, that’s right. Without having been given that suggestion...” **“She would have been alright.”**

“Yes.”

“It’s labelling what she fears, so she can recognise things that have been labelled. The fear had been labelled by her grandmother.”

“Yes, Lucy also tried to contact an alien life-form. Something she was directed to do, from a book called, ‘Aliens among us.’ And was given a frightful demonstration of how strong an alien mind can be, telepathically.

Where it got to the extent that Lucy had screaming in her head. He was yelling at her, telling her that she was not ready for this type of communication, and to back off, basically. And so this frightened Lucy, and she decided that she would not try again.

So this is showing her an easier way to contact that which she is interested in. Books can be very misleading to the unwise mind. I quite often read the books Lucy reads, if it interests me.”

“Did you read my book?”

“Some of it, mostly to confirm if Lucy had asked me a question while she was reading. You know I have to read it as well, to confirm whether I felt it was right or not.”

“Do you still want Lucy to come to classes?”

“Oh yeah, we keep sending her.”

“Obviously you must think that I’m pretty well clued in with what they want to help Lucy to find out about?”

“Yes, a lot of these classes that are run can instil fear with the unknown, where you teach the students to take it in their stride.”

“I prepare them well.”

“Yes, and to what they can’t accept now, to let it go, and it would probably be accepted later. Nine times out of ten this is right. Lucy’s doing very well at home on her own, but because of confidence she works better having someone else, the more the merrier to her.” **“I don’t know why I don’t see, with all these years I’ve been doing this, and I still don’t get to see any meditations or past life stuff that is going on in the classes.”**

“Yes, it does not affect your progress, or hamper it in any way, so I wouldn’t worry.

You still learn and benefit, and maybe one day you will."

"It's like as if I'm making up these classes as I go along, instead of somebody teaching me. I don't have that Teacher teaching my type situation."

"Yeah, you know of a lifetime that you could see all, they're not telling me which one it is."

"No, there's more than one as well."

(Lucy) "Oh, right."

"He's talking about a lifetime that I'm aware of, that you're not, and he's not going to let you become aware of."

"That's right."

"What does he say about that?"

"You needed to progress in other areas, spiritually; you know, with your clairaudience, with guided direction, meditations. It's sort of a way to prove to you that you don't have to see to learn in this field, and it is not an area that you needed help in, as far as lifetime progression goes."

You needed to have that shut down; otherwise you would never have focussed on other areas. Being able to see all, came too easy. That's all."

"Maybe it helps the students accept their development, if they realise a person grows whether they have psychic abilities or not. Being involved in this area, a person can still grow in wisdom?"

"Yes, yes, of course."

"And when the students get disheartened and think they're struggling, and finding it difficult..."

"Yeah, you're making them feel that they're not inadequate, having a disadvantage yourself. But I mean you know yourself that's not really a disadvantage that you're not lacking anything anybody else has."

"And they can't use me as a Guru, as well."

"Yes, they can't ask for future lives, predictions."

"I'm just glad the students are having experiences in the class, that's the main thing."

