

THE
AWAKENING
OF AN ANGEL

VOL 2

PART 1

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.

So copyright of all volumes 2,3,4,5, and 6, and the complete Meditations and exercises book is re-established. And I only give permission for print copies of only the Exercises and Meditations books, files, to be printed, but not sold, and volumes 2,3,4,5, and 6 are not to be copied on to other websites.

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

In this volume it is even more important that a reader reads every page in chronological order, as if you skip many chapters, and you find you don't understand what I or the students are talking about, in the class setting of the chapter you are reading, it's because those concepts or terms have been explained in those chapters which weren't read.

But there are so many interconnecting new concepts of the meaning of life, that each chapter is like a three dimensional jig-saw puzzle, and pieces you learn about in early chapters fit into other pieces to make a larger understanding of a chapter later in the book, this is why it is essential that chapters are not skipped.

VOLUME 2 FOREWORD

“Following the same theme as volume 1, in this and subsequent volumes, the author delves more deeply into past-life conditioning and karma, and attempts often quite successfully to release during classes, the conditioning of student patients, thus relieving many of their present life symptoms.

Student teachers will find these volumes, very enlightening on this comparatively new subject and should find the material advanced in its treatment of subjects considered taboo by present society.

The volumes also explain how people often have similar past-life memories, because of the connection of parallel lives a long way back in history, and also the discovery of spirits called ‘Walk-ins,’ which exchange places with the original incarnated spirit during this present life-time. I hope you find the volumes interesting reading.”

Editor

THANKS & ACKNOWLEDGEMENTS

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

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

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

INTRODUCTION

Because the introduction in the first volume covers most of what will be in this volume, we have decided to not repeat them here. Also this will be another reason for those who thought they don't need to read the first volume, and decided to start reading this one instead.

This second volume should be read after reading the first volume, where the terms used and the way spirit and the students develop are all explained. Everything that is new in the second volume will be explained, but concepts and terminology that have been explained in the first volume will not be re-explained in this second volume.

In the first volume I gave you mostly examples of student's experiences of their development, which I would say are mostly beginners, or young souls, except for the inserted examples from years later. But the students that began to arrive in the classes that I now held at home, after the first volume was being prepared to be produced and printed by me, were mostly what spirit would call more advanced, or old souls, and we found that we had worked as a group in many life-times. This book and those to come are to help all the other older souls to find themselves, and to raise the self-esteem of the future leaders of humanity.

When I came to compile these books in 2009, I originally was only going to send out disc copies to the world, but now that I am also releasing them gradually over the web until these books are completely out there on the web, and so any reference to discs, and how they are entering the world, is only referring to each volume of the book, so as every quote connected with the discs are too many to modify, sorry.

Also because when I sent out the first disc to approximately 1700 addresses, my Guides and I decided for various reasons to gradually release these books slowly on the web, a certain organisation in America decided to post my whole book on the web, one month after I had released the first 11 chapters, without consulting me, so there will be no more mail-out releases of the following volumes, now, only on my website, **TheAwakeningOfAnAngel.Com**

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STUDENT'S ATTENDANCE LOCATION

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

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

My Guides have recommended me not to list Julie's and Caroline's attendance records, as I extracted many themes from Julie's class-night, to create theme chapters for the first printed volume, and I cannot scan my old different discs to find the class nights.

Also most of Julie's channelling was so full of a subliminal negative agenda, to not only try to affect me, but also the other students, that studying Julie's development will be interpreted differently by nearly every reader of these discs.

Also if you study Caroline's development, was Caroline's development from her own work with her own Guides, or from Julie's channelling, and Julie's personality and beliefs.

MARION (53/56/57/59/62/63/1/2/3/27) **DANIELLE** (5/11)

ARTHUR (1/3/4/5/7/9/16/18) **STEVEN** (7) **BEATRICE** (9)

BETTY (1/2/3/4/5/6/7/8/9/11/13/15/16/18/19/20/22/24

/30/33/35/38/41/43/45/49/55/56) **IRENE** (12/14/16/17)

NATHAN (1/2/3/4/5/6/7/8/11/13/15/16/18/19) **BREE** (7)

VICKY (9) **LYNETTE** (14/17) **PAULINE** (16) **SERENA** (16)

LYDIA (18/19/20/24/28/33/35/42/44/49/53/54/56/57/60/76)

BRIAN (44/46/49/53/57/59/62/63/69/18/19/20/24/42/54/56
 /57/60/76) **BERNADETTE** (12) **VICTOR** (20/21/23/25/29)
JOAN (30/31/32/34/36/37/38/40/42/43/46/48/50/51/53/54
 /55/56/57/58/59/60/62/64/67/75) **REBECCA** (33/35/42/44)
SARAH (30/31) **ALAN** (43/46/48/49/52/53) **CAROL** (34)
STANLEY (31/34/38/41/43/45/51/53) **ERICA** (53/65/67)
KAREN (39/42/44/46/48/49/52/53) **RUSSELL** (45/49)
SAMANTHA (53) **NANDI** (60/64) **SARA** (60) **BENNY** (60)
ELTON (69/71/73/74/78/79/80) **HELENA** (66) **KEVIN** (68)
KATE (73/74/78/79/80) **MONICA** (76) **LESLIE** (65/67)
AVALON (73/74/77) **ALEX** (73)
JOHN (23/26/29/41/47/69/12/14/16/19/20/24/26/30/31
 /34/38/41/74) **JANE** (20/23/25/26/28/29/34/41/1)

You will find all the students transcripts complete in this volume, except the students who were also in the last volume, where some of their class recordings are lost.

Also due to the changing of names and the fact that I never listed a students' attendance record in my original printed volumes, and the length of time since I ran these classes, I missed that John was the same individual who came back to classes after many months, and also Jane came back for one class at the beginning of this volume.

So I have included all Jane's attendance from the last volume.

(1)

After I recovered from Julie and Caroline's attempt at stopping me, I advertised that I was running classes again from home, and attracted three new students. Betty, Nathan and Arthur, which I inserted a few extracts of their classes, at the end of volume one. So remember these new students hadn't read volume one, because it hadn't been compiled yet.

On their first class night I only recorded what I channelled, as the student's didn't experience anything on the meditation.

HEALING CLASS 29/9/87.**BETTY, NATHAN, ARTHUR, MARION.
RAYMOND AS THE CHANNEL**

“Greetings my children, tonight you have started your first development class, even though you are small in numbers. But we'll get some more to come to your classes. We would rather have the right people come to your classes, than the wrong type of person. Your workshops here will increase in size, when you attune yourselves. We told you that we will send more people to your classes. Do not feel bad about the small turnout. We need you to practice more channelling, before we start bringing the correct students for your classes.

We would like Nathan to develop the channelling, for he is also clairaudience. He will be able to hear the thoughts for channelling purposes.

We welcome, Marion again, I hope she will enjoy these classes. Your liver is in need of purification, you have an imbalance that is affecting your liver.”

(I missed this next class-night of Jane's participation for the last volume student attendance record, but Jane was reassured about her colour purple phobia, on her meditation. Also this was the last night Jane attended my classes.)

HEALING CLASS 6/10/87.**MARION, BETTY, ARTHUR, NATHAN, JANE.****PYRAMID MEDITATION**

“I want you to imagine a desert scene where there is an oasis. In the distance is the great Pyramid of Cheops. We are going on a trip; we’ll go past the oasis with its palm trees and pool. We’ll go over to the pyramid... I'll lead the way. We are going into the pyramid... there's a doorway at the bottom.

We climb the steps leading up inside the pyramid; all the cool stone surrounds us. In the distance, we can see at the top of the steps, a beautiful purple light, and it’s flickering inside the pyramid, high in the King's chamber.

As we climb the stairs we get closer, and as we get closer we see that it's a beautiful purple flame. It's moving all the time, and it looks so cool. As we get closer we see that it is in the main chamber, it's the size of a man, about six feet high, beautiful purple, and yet we don't feel any heat coming from it, we see it lighting up the chamber.

It's not a large chamber, is not a small one... it's just the right size. Around the chamber are many stone seats surrounding the flame. Now, each one of us will step into the cool flame, one at a time, and stand in the flame of purification for a few seconds. When we step out of it, we will be putting on white robes, and then we can sit on one of the stone seats.

I'll go first; I'm coming out of the other side of the flame, and sitting down. Everyone can now go through the flame, put on your robes and sit down. Now that we are all sitting around the flame, I want you to focus on the flame and observe; things will be revealed to us...things will start to happen. Maybe a Guide or Master will appear in the flame, to talk to you. I'll leave you to your meditation now, focusing on the flame.”

(Approximately ten to fifteen minutes silence)

“I want you all to stand up now, and walk out of the pyramid, walk past the oasis, and walk back into this room,

and sit down. Come back now, take three deep breaths, have stretch if you want to.”

MARION’S MEDITATION EXPERIENCE

(Marion) “I saw the lights in the centre of the pyramid, like Crystal rays, like a many pointed star. I stayed for a while, and that was nice, and from that picture came a picture of a white dove, and that's all I saw.”

BETTY’S MEDITATION EXPERIENCE

(Betty) “I just felt very relaxed and peaceful, and had the feeling of a purple flame; I didn't actually see it very clearly.”

ARTHUR’S MEDITATION EXPERIENCE

(Arthur) “I was in the air watching the flame, and then I heard this voice behind me, and it was sort of saying things like,

‘Dear hearts, and the children of Earth, we need your energy to help heal the Earth-plane problems. We need your energy all the time, so please send it.’ Something like that, but I thought, ‘This isn't happening.’ So, it faded into the background.”

“It was happening, accept everything that is said to you. You know if you deny it, it's sort of goes. That's the way it goes, I'm afraid.”

JANE’S MEDITATION EXPERIENCE

(Jane) “I felt the flame, rather than saw it, I could see it, but it was a bit too much, and then it faded away and became like a pulsating sensation, of different shades of purple. I got a comforting feeling, like everything is okay,

‘There, there, dear,’ that sort of thing.

‘It's safe, come home, it's okay.’”

NATHAN'S MEDITATION EXPERIENCE

(Nathan) "I saw a purple white laser light in the middle, and I saw my lady all dressed in twenties clothes, and things. And I saw my Guides, and I feel them."

RAYMOND AS THE CHANNEL

"Greetings, my children tonight you were taken to the great pyramid of Cheops, to a secret chamber in another dimension. The power of the pyramid has infused you with the cosmic energy, to allow you to travel to many places in your spirit bodies. This energy will give you the strength and the protection, for where you will go to learn and heal the many souls that are in distress and torment. You are all chosen for your abilities and strengths, in proportion to where you will be working and helping.

As Raymond has said, you will do much healing work beyond your Earth-plane, in areas where spirit healers and Guides cannot venture with the same effect, that you can. You are connected to the Earth-plane, and so you can work more effectively in all the other planes which are close to the Earth-plane. When you are working in these planes, your psychic perceptions will get practise, and stronger, so that you can perceive the effects on your physical patients, with greater clarity, when you are healing.

The notes that Raymond will give you, will expand your awareness and knowledge of what is possible, and what has happened in the past. So there will be no fear of failure, or disbelief. We wish you all the best in your development, and please have patience with your own development. We now wish that Nathan will practise more with his channelling, and he must speak up louder. God bless you all."

NATHAN AS THE CHANNEL

"Love and peace, be with you all. This evening we meet in favour of us all, and I am happy that you are all here. There is

much learning and development can come about in the times to come. But all enjoy in happiness and love, for we wish you all good tidings, as you grow in your development, in your path in which you lay out for yourselves. Have faith and believe in yourself, for you are the answer. You are the question and the answer. We are always about, we are always in you. The answer is there, it is plain to see. The answer lies within you. Good to see you, and I wish you all happiness and love and peace.”

ARTHUR AS THE CHANNEL

“Dear hearts of light. Thank you for coming together in a group, because group energy is much more powerful, and we are able to use it more readily. We do need your energy in the coming times. Not in the times of cataclysm, as the people who would wish to make you fear. The coming of the future can be beautiful, but we need energy.

Like a desert needs water, to make this planet bloom. But there are coming famines and earthquakes, in some places, and a dryness of the spirit. And this is where, when the energy of the people of the earth vibration. The spirits of this planet Earth, decided to take embodiment here, to bring the vibration down to this level. So that the people here can be blessed, the spirits here can be blessed and freed from the bondage that they have got themselves into. And as Raymond gave you the purple flame tonight, the purple flame is the flame of purification, and upliftment, it's all disappearing, I can't see any more.”

JANE AS THE CHANNEL

“Allow yourself to let go, Avoid stumbling always on your lower-self. Trust in your Guide. You see, the outpourings from your Guides allow yourself the freedom, and their love. Enabling you then to heal and pour love on an ailing planet. Focus always on the powers of love.”

(2)

HEALING CLASS 13/10/87

NATHAN, BETTY, MARION.

BASIC CHAKRA +SHANGRI-LA MEDITATION

“I want you to imagine the colour red, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright red. Now open the base chakra, this located and attached to the base of the spine, it’s in the shape of a flower bud, open the bud, and it has approximately 4 large petals. Infuse the flower with all the colour **red** from the inside of your body, so it is glowing bright **red**.”

(Ten to fifteen second pause)

“Now I want you to imagine the colour orange, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright **orange**, except the base chakra. Now open the spleen chakra, this is located on a stalk, attached to the spine, half way between your belly button and the base chakra, it’s in the shape of a flower bud, open the bud, and it has approximately 8 large petals. Infuse the flower with all the colour **orange** from the inside of your body, so it is glowing bright **orange**.”

(Ten to fifteen second pause)

“Now I want you to imagine the colour yellow, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright **yellow**, except the two chakras that are open already. Now open the solar-plexus chakra, this is located on a stalk attached to the spine, approximately where your belly button is, it’s in the shape of a flower bud, open the bud, and it has approximately 16 petals. Infuse the flower with all the **yellow** from the inside of your body, so it is glowing bright **yellow**.”

(2)

(Ten to fifteen second pause)

“Now I want you to imagine the colour green, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright green, except the chakras that are open already. Now open the heart chakra, this is located on a stalk attached to the spine behind your heart, it’s in the shape of a flower bud, open the bud, and it has approximately 32 petals. Infuse the flower with all the green from the inside of your body, so it is glowing bright green.”

(Ten to fifteen second pause)

“Now I want you to imagine the colour blue, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright blue, except the chakras that are open already. Now open the throat chakra, this is located on a stalk attached to the spine behind your throat, it’s in the shape of a flower bud, open the bud, and it has approximately 64 petals. Infuse the flower with all the blue from the inside of your body, so it is glowing bright blue.”

(Ten to fifteen second pause)

“Now I want you to imagine the colour amethyst, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright amethyst, except the chakras that are open already. Now open the forehead chakra, this is located on a stalk attached to the top of the spine, it’s in the shape of a flower bud, open the bud, and it has approximately 128 petals. Infuse the flower with all the amethyst from the inside of your body, so it is glowing bright amethyst.”

(Ten to fifteen second pause)

“Now I want you to imagine the colour purple, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in purple, except the chakras that are open already. Now open

the crown chakra, this is located right across the top of your head, like a huge sunflower, on a stalk attached to the top of your spine, it's in the shape of a flower bud, open the bud and it has approximately 256 petals, but some think there are a 1000 petals. Infuse the flower with all the purple from the inside of your body, so it is glowing bright purple."

(Ten to fifteen second pause)

"Now your higher-self or Guides will start to spin your chakras, for technical reasons, the ones they want to, at the speed they want to, just allow them to spin, and we can go to the next meditation."

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 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 want 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.”

NATHAN’S MEDITATION EXPERIENCE

(Nathan) “When the chakras were spinning, I felt heaps, as soon as they started to spin. As soon as I felt the 1000 petaled chakra, on the top of my head, I felt a real lot of energy, a real great sensation there, and then when it started to spin, it was more of a subtle feeling, not really an intense sensation, like a tingling, it wasn't a tingling. I felt a lot more in the head, on the Crown chakra.

Well, I went out over the city, and I came to Tibet, and I went through the pass, and I came out into a beautiful valley, with cherry orchards, and came across a stone path, and I saw the children and the animals. I saw a kangaroo as well as a lion, and all the children playing.

And a child came up to me, like a little Arthur, and he looked up, like this, you know his head up, and a big smile on his face, and I said, ‘Hello.’ I tried to hold his hand, but he would like to keep his hand there, and he just walked up with me, and we went up the stairs, and then up to the auditorium, and I couldn't get myself to sit down into the thing, and there was this entrance, that went down into the auditorium, and I thought, ‘Right, I'll just sit in this entrance section.

Then the little boy went away, or I wasn't aware of his presence, there, then. Then the Master came out, and said,

‘Accept. I have come to give you a teaching for us to learn, I will teach you much, accept and acknowledge others. You're asthma is because you are not really accepting and

acknowledging, others' ideas properly, fully, you are not really doing it.' Although I'm doing it more now, but I'm not really doing it. Then he said,

'Have faith, and trust in yourself, and believe, but for you Nathan, know.' Then he came over, right up to where I was, and he came over like, 'Zap,' very fast, smiling, and said,

'Come with me, I'll take you somewhere.' So I went with him, but he still stayed in their teaching, and my body was still there. I sort of split up into two people, you know, he was still there, and we went off, and we went up into the clouds, and then we came to a cloud palace, like the Taj-Mahal, like a gold coloured dome, with four towers, with a city around it, I went to the gates, and it said,

"YE SHALL NOT ENTER HERE UNTIL YE ARE PREPARED, BE PREPARED."

Then he started to take me up to somewhere else, I had started to come back, and I said, 'Oh, alright, I'll come up and see what else this is.' Then we came to one of the towers, and then I said, 'Shouldn't I decide which one to go to?' It was actually me, who decided which want to go to.

So I went above the tower, and I floated around it a lot. Finally, I just went in, I appeared in, and was sitting down next to the Master, with his eyes closed. He was an old guy, eventually he opened his eyes. I don't remember what he had to say, but the last thing he said, just before I was about to leave, was,

'Laugh a lot more.' And he looked up at me as I was leaving. Then I flew off, and had my free time, then, and I was floating around, and I decided to go back to the auditorium, and just before I got there, you said, 'Start to come back now.' So I didn't actually see myself enter my body, just suddenly, I was walking down the stairs, and then the little boy in the garden, said, 'no,' and then we just came back."

MARION'S MEDITATION EXPERIENCE

(Marion) "The chakra one, I just followed some of the colours, and that was quite nice. I felt some energy, not very strong, as usual, like before in your other classes. You know, the energy that makes my

head spin, and then I settled down. Then at the Temple one, I didn't hear any masters, but I got an image of a rollercoaster. So I thought that must mean something to me. So it's up to me now to interpret what it means, something to do with all my ups and downs, I think. How to get used to all my ups and downs, how to ride with it. Yes, the rollercoaster of my life.”

BETTY'S MEDITATION EXPERIENCE

(Betty) “Well, the chakra meditation was very nice. I could see all these beautiful flowers, one after another. Had a very nice trip on the magic carpet, the wisps of cloud flying past, and then we got to the Valley, and I could see a lot of animals there, and children. I think a Siamese cat and an Apso, came up to me, and said,

‘Hello.’ Then they sort of walked on either side of me, up to the Temple, and then they went inside and sat down beside me. We were all sitting in the auditorium, and I could sort of hear somebody speaking, but I didn't know what they were saying, and so I think that they were speaking Tibetan, or something, you know, just to annoy me, or something. I think I must have gone to sleep, and when I woke up, the cat and the dog had disappeared, and it was time for us all to go home.”

RAYMOND AS THE CHANNEL

“Greetings, my children, tonight we helped you to experience a beautiful place in the ether. We have been using this place for a long time, and many students have visited. We love you all very much, and hope you will have the patience to keep developing. So that your link with your own higher-self get's stronger, and your meditations will then become clearer to you, as you go on them.

Nathan is coming on very well, and we will help you all to perceive many more experiences and teachings, in the coming weeks. Your vibrations have been raised again tonight, with the chakra meditation, and our Guides in Shangri-La have also been adjusting your spiritual body's vibrations, while you were in

Shangri-La. Your psychic sensitivities will slowly increase as you develop, and you will be able to understand much more of your teachings, that you will receive.

When you don't hear your teachings, it is not wasted, as you will hear them on another level, other than this one. Your help is needed for many reasons. We would now like Nathan to have a practice.”

NATHAN AS THE CHANNEL

“Greetings, children of God the light is within you all, accept and love it, cherishing it. For this is all you have, but it is most dear to you all. What you are learning, may be new to you, but trust, have persistence and patience, for the answers will be made clear to you, if you allow them to.

All is on its way, all is near. Trust and allow, it will be made clear to you. More specific information will be received in times to come. Just know that it is on its way. Do not fear, fear will stop it all, but love and know, love and know. Goodnight dear children.”

BETTY AS THE CHANNEL

“Good evening, brothers and sisters. Do not be discouraged if one does not receive anything. It is good, no matter what your experience may be, whether something appears to be happening or not. It is only necessary that you love all your experiences, both the boring and empty ones, as well as the exciting a meaningful one.

Know that you are learning; even when you do not think you are learning. And do not be afraid to share your feelings, no matter how meaningless, or unimportant they seem to be.

We are very happy to see you all here; we know that you are all striving to learn, and to add your energies to the one great whole. Peace be with you, brothers and sisters, goodnight.”

(3)

HEALING CLASS 20/10/87**NATHAN, BETTY, ARTHUR, MARION.**

When you are being shown, and trying to find out from your Guides what a meditation is all about, on the one hand a Teacher wants the security of all the facts of the meditation, so that he can present the meditation, and desires to have 100% success rate for his students.

But I was to learn that having the past-life knowledge of your students before the meditation, for my own security, and my naive belief that the students would believe and accept what I had been told by my Guides.

I think I messed it up a bit with my eagerness to get them to believe, stemming from my own insecurity about all this.

Remember my psychic seeing ability is very bad, I have never seen a spirit Guide or Master to talk to, or anything on any meditation in any class meditation, or at home before the class night.

I do not hear a voice explaining the meditation to me, to explain what I need to know about the meditation, and what I am supposed to reveal to the students before I describe the meditation.

There were no past-life therapy classes to learn all these things at university, so I am learning the hard way, and you will see that Marion is also learning an even harder lesson, as you will find out later in the disc.

(This is why individual studies of one student's progress, from the start to the finish of their attendance in the classes, will help you learn so much more.)

But the Guides knew all this, so I misunderstood that we all had a past-life who had died in the scene, but I have double checked now, and have found out that Arthur and I didn't have a past-life who died in this meditation scene.

So my lesson was, that I had to learn that when my Guides inform me about students past lives, it's to be used as an emergency backup, or confirmation if a student, thinks it's his imagination. But not tell them in advance that they have all had a past-life in the meditation scene, which is

(2)

what I did.

I also was very nervous about running classes again so close after the Julie experience, so when the questions of what to ask the students, came into my mind, I tended to ask them before the student had finished speaking, as you will see.

Over the years of doing mostly past-life therapy, I got better at it, as you may have noticed from a few class and therapy experiences from months and years in the future, that which I was guided to insert for other reasons, in different places on this and the last disc.

When I started running classes again, after compiling my first volume, some of the new students suffered with asthma, and I was told by my Guides that we would have a special night to help these students. This was the day spirit gave me the meditation, and what I had to explain.

“Tonight’s meditation is set about a hundred years ago in Wales, back in Britain, I have been told that we all have had a past-life, connected with the events that your Guides and higher-self want to show you.

The meditation is partly for healing purposes, and partly on an individual basis. I want you to contact your higher-self and ask if it is there, and the answer will be “Yes.” Now, if you hear the “Yes,” that’s good, if you don't, and if your head is relaxed, and your head nods downwards, it’s your higher-self nodding your head.

So if anyone wants to practice asking a question, like, “Will you indicate that you are going to answer me?” You will either get a “Yes,” or your head will nod, because on our meditation tonight I will be guided to get you to ask your higher-selves a few questions.

I want you to relax and take three deep breaths; I want you to imagine a cloudy sky. You are looking up into the sky, and it’s very cloudy and stormy, and the rain is pouring down. As you take your gaze from the sky, and look down to the ground, you see railway lines, buildings, and a mine pit-head,

a coal mine.

You are little children, about thirteen or fourteen years told, and you are going to work. We are all together and we are going to go into the lift of the coal mine. We all get in, and we are going down in the lift now, going down into the bowels of the earth. We are all wet and miserable from the rain, but it's getting warmer, we are going down to the bottom.

We get out at the bottom, and trudge along the corridors, where there are railway lines in the middle of the corridor, and there are ponies pulling carts with coal in them, coming towards us, and we go past the ponies and the carts. We go to work at the coal seam face, there is water everywhere, while we are working down there in one of the galleries of the coal mine, we hear a sound like thunder. There is a cave-in back down the corridor, the rainwater is trickling in, and we are all trapped.

I want you to ask your higher-self to show you the scenes as they unfold.”

NATHAN'S MEDITATION EXPERIENCE

“Nathan, you are in this mine as well. I want you to describe what you see, or what is happening.”

(Nathan) “I see water up to our waists, slowly filling.”

“How are you feeling?”

(Nathan) “I'm not too happy about being stuck in this thing, but strangely enough I am feeling relaxed, there is not much I can do.”

“I want you to go forward in time to when the end comes, and what is happening to you?”

(Nathan) “All the water has risen much more, and the water is above my head, and I am holding my breath, but I think I am holding my breath for ever, I'm not dying or anything.”

“I want you to go through that until where you have left your body. What do you see?”

(Nathan) “I see pink.”

“How do you feel?”

(Nathan) "At ease."

"I want you to ask your higher-self whether you have to release this memory from your subconscious mind, and allow it to leave, does the higher self say, 'yes,' or 'no?'"

(Nathan) "No."

"Did your higher-self say you have to learn anything from this experience?"

(Nathan) "Yes, there is much to be learned from..."

"Is there anything you have to release?"

(Nathan) "Yes, there is."

"What does the higher-self that say you have to release?"

(Nathan) "My fear, my scaredom." (This word is what a child would say.)

"Has this been in your subconscious mind? Does the higher-self say it's been buried in the subconscious?"

(Nathan) "Yes, it does."

"And now will you release it? Does your higher-self want you to release it?"

(Nathan) "Yes."

"Now, you have to say I release this fear from the subconscious mind, and let it go. You have to say it, and mean it."

(Nathan) "I release this fear from the subconscious mind, and let it go."

"Does your higher-self say that there is anything else that you need to be aware of?"

(Nathan) "Yes."

"Ask your higher-self, what it is."

(Nathan) "It's my worry."

"Worry of what?"

(Nathan) "Worry of war and blood."

"Does your higher-self want you to become aware of what happened after you died?"

(Nathan) "No."

"Does it want you to be aware of anything before you were born into that life?"

(Nathan) "Yes."

"Right, I want to go to the time before you were born into that life, where you died in the coal mine, and find out from the Guides why you chose that life. Your higher-self will tell you."

(Nathan) “It was an experience for my learning, but then I suffocated. I had to learn to release the fear, it's important.”

“And did you learn to release the fear?”

(Nathan) “Yes, I did.”

“Now, ask your higher-self, if this has helped release the subconscious effect in your physical body, which is causing your asthma.”

(Nathan) “Yes, it has.”

“So is there anything else the higher-self wants you to be aware of, at this time?”

(Nathan) “No, not at this time.”

“Right, now you can go off onto another meditation if you want, or you can listen to the others.”

BETTY'S MEDITATION EXPERIENCE

“Betty, the water is coming into the chamber in the mine; can you describe what is happening to you?”

(Betty) “Black.”

“I want you to go through that to the next stage, what are you seeing now?”

(Betty) “I'm clinging to something, it's slippery.”

“I want you to go past that now, to when it's the end, and you are leaving your body. Describe to me what you're seeing, it's okay, you can breathe.”

(Betty) “The water is above my head, and I'm holding my breath, and then I think, ‘Well, the longer I hold my breath, the longer I suffer,’ I open my mouth, and the water rushes in.”

“I want you to go through, so that you have left the body now, and died. Can you describe, who was with you, or where you are, or what you are seeing?”

(Betty) “I seem to be separating from the scene below.”

“Where are you going now?”

(Betty) “I seem to be drifting upwards.”

“Is anyone there to meet you?”

(Betty) “Yes, it seems like a very old man, not very tall, the face looks rather like a very old...”

“I want you to ask your higher-self, if you have to release anything from your subconscious memory, or has it been released with this memory? Is there any more?”

(Betty) “The fear of being trapped in darkness.”

“If you say, ‘I release this fear of being trapped in darkness from my subconscious memory, which is affecting my body.’ And ask your higher-self if this will help, by saying this.”

(Betty) “I release this memory of this fear of being trapped in darkness from my subconscious.”

“What does your higher-self say as to whether this will help you in this life, by releasing this memory?”

(Betty) “Yes.”

“Does your higher-self say that there is anything else that you have to do, or say, or release?”

(Betty) “Yes, “One day you will have to physically confront this fear, but not yet.””

“But this is helping the physical body, though, isn't it?”

(Betty) “Yes”

ARTHUR'S MEDITATION EXPERIENCE

“Arthur, I want you to describe what you are now seeing in the chamber.”

(Arthur) “Right, well, first I was watching the coal being churned up, as it was falling down little bodies were being churned up with it. Then the water came spilling out from somewhere or other, it came down from other places as well. There must have been tanks in there or an underground stream, because it filled up very quickly.

I was just sort of resigned as to whether all this pain could be taken away. Some of the little ones were struggling, swimming and crying, and as the water gradually built up its sort of receiving them, and then the little bodies seemed to get lighter, as they became very peaceful.

Then I must have got out of my body and saw these little ones moving upwards towards what seemed to be people in long white robes, but I

don't think they were, I think they were just sort of butterflies.”
“They could have been Angels.”

(Arthur) “Well, I suppose they're the Angels, yeah, and then continuing on up...”

“Ask your higher-self, is there any residue from that memory that has been affecting you in this life, whether it's an emotion or a reaction like that.”

(Arthur) “When you asked that question of the others, my over-soul said,
‘This is only an academic exercise,’ and in all the embodiments that I have lived, my body said that he has never died in a cave in, in all his lives. He has been walled up in temples and jails, and fallen from heights, but never in a cave-in. At one stage, he had a fear of falling, but now it's just a healthy respect for heights.”

“So is the higher-self saying there is nothing that you have to release?”

(Arthur) “No, nothing else comes to mind for the moment.”

MARION'S MEDITATION EXPERIENCE

(Marion) “I went down into the chamber, but I can't really continue. There's not much to see or experience, but all I know is, you know how I don't like to stay in a dark room, so there is an associated emotion there, but I can't see anything in this picture. I can't relate to this particular scene.”

“Ask your higher-self, if there is any emotion you have to release, connected with this visualised scene.”

(Marion) “It has something to do with not liking being closed in the dark small space.”

“Does your higher-self say that you have to release this feeling?”

(Marion) “It would be nice to release it.”

“Well, it's up to you whether you want to release that or you want to keep it, it is your decision, the opportunity was here tonight.”

(Marion) “Well, it would be helpful to release it, if I'm going to spend

more days, in that room, isn't it?"

(I don't know what Marion's referring to when she mentions, that room.)

“So will you say, ‘I release this emotional reaction,’ or whatever it is that you feel towards the dark place? Ask your higher-self.”

(Marion) “Yes, well, is not so easy, I think I'll have to actually find out what actually happened, that created the discomfort in the situation.”

“Yes, well, I was told tonight that everyone here died together as a group of souls, in that cave-in, including me. As you see, some went with more fear than others, and for Arthur it was just academic. He experienced it, but we didn't have anything that affected his body, or his emotions.”

(I'm sorry Arthur if I don't refer to you, but say the word ‘He,’ when I am describing what you have said, when I am talking to another student, as it can be very confusing when you read this as you and the reader would not know who I would be looking at if I was to look at a student and say the word you, and not mention the name Arthur.)

(2010 update, Over the next ten years I was to become aware of the many past life-times I had written many hundred plays, books, biographies, and autobiographies, and when I am running classes and know that what is said, has to be understood by me later, and the reader, then my higher-self switches my mind into like the auto-pilot for writing books, when any words come into my mind to speak, it's like I'm unconsciously speaking written English, I'm not saying grammatical English, far from it, but understandable English. So with all these past life writing experiences, it must be a piece of pie to speak the words like it would be written.)

“You were there, Marion, I asked this afternoon who was in the cave-in.”

(Marion) “But that's your word against mine, isn't it?” **“That's okay.”**

(Marion) “I mean, it doesn't matter... maybe I was, and maybe I wasn't. I have had dreams of going down into the earth, but in my dreams, I actually remember going down in a lift with other children of about my age, months and months ago.

But it was more like a modern scene, the lift was modern. I don't remember dying in it, and picturing this, I don't. When I picture going down, I can sort of picture up to a point of being in the chamber, and I'm quite familiar with those trolleys that go on the tracks, but I can't remember anything beyond that, maybe I died before that.”

“I have just been told that you died in the cave in. So you didn't go through the trauma of the water, but you did die in the cave in, pretty quickly.”

(Marion) “So, before the water came in.”

“Yes.”

(Marion) “Because I can't see any more.”

“I release from my body, any emotional or physical reaction from being trapped in this mine, from my subconscious mind-body.”

(2010 UPDATE. I did something new on this night, I asked the students to relate their feelings and impressions of the exercise and its benefits on their development, as they described their impressions, one at a time.

I have decided to title, who is speaking at the beginning of each student's impression. With my very advanced, younger students in the second disc, volume, when they are seeing their past lives together, it is like their higher selves, showing a student, a little more of the events. And then pressing the pause button, while a student describes what he is being shown, then another student will be shown a little more. And then his visions are put on hold, until they have described what they see.

So then, I have to put their names in brackets in front of when they speak. At this stage in this disc I cannot explain the multiple reasons why their higher-selves choose to do it this way, as the explanations would lead to having to explain more and more concepts which need many chapters to explain, which are further in these discs, then these reasons will be explained and you will understand.)

NATHAN'S IMPRESSIONS

(Nathan) “As soon as you started speaking, at the very first syllable, I felt my Guide immediately, with his hands on my shoulders comforting me,

to help me through.

Then you stopped talking, and then it went away, and he sort of backed off a bit. But the very next syllable you spoke, he was there again. I found it hard keeping with you, when you were going down the lift, I seemed to follow behind my body, and I'm watching it. I couldn't get myself to go down into the lift, I wanted to stay up, and I thought I could visualise things that were happening, I didn't want to go down. I actually went down and stopped, and suddenly my spirit body when vroom! Just went straight up."

"Didn't you feel better, when I said we were all together?"

(Nathan) "I couldn't even visualise that. Then we went down into the pool, and then there was the cave-in, and I get glimpses of it. I remember holding my breath for about five minutes, but it seems like much longer.

After a bit, I realise I'm not dying here, and when I did die, and released, I saw pink. I also saw all my Guides, I think. I just saw many entities, about nine or ten. Then I just asked my higher-self the questions, and got the answers."

"Yes you would, I told you."

(Nathan) "Yes, I did."

"That's why I said, in the beginning, that your higher-self would be answering your questions."

(Nathan) "Yes, at first it took longer to bring it in, but the answers came."

"Normally I wouldn't do this until about three or four months of student developing, but they wanted it now, so I had to make the best with the students..."

(Nathan) "I'll say this much... as soon as you said, 'release the fear,' my breathing came very, very beautiful. The fear just sort of released inside, but the worry and stuff was more like an outer; just gentle calmness put on me suddenly. My outside could flow with it, and not worry about what else was happening. Its fine, everything's perfect."

"The meditation was mostly for Betty and you. That's why I got you to sit in a upright chair,* in case I needed to come in close to let the energy in, in case you start panicking."

(*Instead of sitting on the modular lounge.)

(Nathan) "Yes, I realise that."

"How did you feel about the reality of the exercise? Do you

feel that it was a manufactured thing from my imagination, or...”

(Nathan) “First, I thought that this is probably something... that we all died in this thing, right? Well, because you (Arthur) couldn't remember much from it, I thought, ‘Well, perhaps even if it is a manufactured thing, it's not the point, maybe we had all died in another way together.’ But I think that was the best way to bring out the fear, perhaps, I don't know.”

And I thought, ‘Well, flow with it.’ But, because probably I did drown, or whatever there, and suffer in that way, it was much easier for me to remember it, that's why. I thought, ‘Well, these people aren't allowing it, Marion and Arthur,’ but then I thought, ‘No, that's just not accepting and allowing their thing.’”

“No, I just got told Marion had died in the cave-in, and she didn't remember much anyway.”

(Nathan) “Yes, that's right.”

“But we were all there, because I was told... so it was correct.”

(Nathan) “Yes, yes.” **“I was correct, and she was correct.”**

(Nathan) “I'll say this much... I do remember, or have for some time... like little kids' faces going in the coal-mine sort of thing, and all these little kids with like charcoal all over their faces. I can remember that vividly, they looked very tired and slave sort of thing, I thought they were.”

I don't necessarily remember the inside of the mine, I get glimpses of it, but I don't want to remember. So, it's like pictures, moving pictures, but very slowly. I remember more, just the faces of the kids, the white little English kids, mainly boys.”

(Before I started the tape-recorder, I also had been instructed by my Guides that the students would be having their vocal chords worked on, so that if their Guides wanted the student to help a patient to see a past life, then their patients higher-self would recognise the voice altered vibration of the healers voice, and allow the scenes to be released into the mind of the patient, knowing that the healer is sufficiently developed to be guided by past-life therapist Guides.

As all this has been explained in earlier chapters, I briefly mentioned this to the students, at the beginning of the session, to prepare them for the throat, side-effect.)

“How's the back of your throat?”

(Nathan) “I felt the back of my throat, about five minutes before I started. I got this thing in the back of my throat, it was like the roughness, and I haven't had that for years. It's still slightly there, but my back hurt more when I didn't accept that they (Marion and Arthur) were just not accepting it, and that's when my back started to hurt. Then I realised that...”

“Oh, you shouldn't get involved, it's okay.”

(Nathan) “That's right, yes, I realised.”

“If you get to trying something, I don't know what you are trying, but you don't know what you are trying. But you're willing something, and you can't do that. It's interfering with another person's free will, it's like I don't want to lead anyone on. It's very difficult leading anyone on to a meditation like this, but I try not to lead anyone on.”

(Nathan) “For the last couple of weeks, every time I talk to my Guides, they keep saying,

‘Accept and acknowledge.’ They have been saying that to me every time, and accepting knowledge has been coming through a lot. Just acknowledge everything else, and everyone else.”

BETTY'S IMPRESSIONS

(Betty) “It was a very vivid experience, I could hear all the sounds... awful, rattling, creaking, lift, clanging, creaking and groaning its way down. I was a very small, rather bony child. I'm not sure whether I am male or female. Anyway, I had this really black hair, rather bedraggled.”

“You don't have to remember anything if you don't want to, if it's too traumatic. Just tell us other things. There is a warning coming with this, after you go from here, spirit doesn't want you to tune into this memory, because it will bring up the physical problems stronger.”

The idea was to release and forget them, so you don't go dwelling on it. Don't go reading over it, or relating it to other people. You see, all the time, you will keep reaffirming this problem.

But it's okay, once we have got rid of it tonight, we go on with more meditations. Then we will do other exercises, and you should forget it, and it should help with your physical problems."

(Betty) "It did seem almost a dual experience. It's as if I was a child in the pit, but I wasn't sure, whether I was really the child in the pit, or whether I was the other person, somewhere outside on the surface.

I think they were dreaming it, or thought they were aware of what was happening. I think it was someone who was a healer, either a doctor or monk in a monastery, feeling great panic and anguish, because they couldn't help the children.

(2009 INSERT. As I am retyping this transcript, spirit has just told me that the other entity on the surface was A.J. Cronin, either consciously or asleep, tuning in to the mine disaster, while he was living in the area of the mine cave-in, and if his spirit went on a mission, while he was asleep. Like we go on our meditations, his spirit may have travelled to the time period of the disaster.

My Guides have just given me some more information. When A.Js spirit was asked to help with the rescue of the spirits of the children as they were dying, to be used by an Angel, to transfigure over his spirit, so the Angel could be seen by the children, A.Js conscious mind, while he was asleep, saw briefly through the eyes of his spirit, and he reacted to the scenes with great panic and anguish, just as Betty was being shown this reaction.

Over the years I have learnt more about A.J. Cronin, but that will have to wait until later in this volume.)

“Well, very often in these memories, you're not going to see the memories as it happened. You will be shown the memory by your higher self, from another viewpoint. So you won't be going through it as traumatically as the exact experience.

You can watch on what happens, and it releases the fear, because you are not tied to the physical body that was going through the experience, or feel the emotions as strongly, that you were feeling at that time. Sometimes you are outside, sometimes the person experiences looking from a high viewpoint.

In previous classes, while students are doing the meditation, and somebody in the past life scene has pointed at them, they have gotten scared, and they left the body in this scene, then they look from a viewpoint outside, looking down, and more often than not, you will be away from the body physically, if it's bad, and this was pretty bad.

In our case, it would have been too traumatic, and you wouldn't have been connected too strongly with that past life. You are all protected, so you can see it, releasing it, and it's **diffusing any subconscious affects on your body.**"

(Betty) "Yes, I had two impressions; one is a necessity of feeling these things, going through the experiences, and to know what they feel like, but not being overwhelmed by them, so that you know how people feel. Because it's amazing how easy it is to be callous about other people's sufferings, if you don't know how it feels, very easy.

I've had this experience in dreams a lot; yes, the experience of suffocating or drowning, and then sort of coming through it, and well, of dying. There was a lot in my dream life, to know what it feels like."

"I don't know why it doesn't release in a dream; I've got no idea why it works more in the class's meditation situation, with the conscious and subconscious mind being aware. I don't really know how it works, because like I said, I'm only the caretaker. I'm the Guide that takes you on the trips, but your higher-self is the teacher of your own experiences, as well as Guides and Teachers.

How's the back of your throat?"

(Betty) "Very slightly painful."

(2010 INSERT. My Guides will only tell me that when a person is dreaming a past-life memory, it is very often

the memory from the viewpoint from the eyes and the emotional body's memory of the past-life scene, and when it comes to a scene that is too traumatic for which ever body can't handle the dream, which is usually the emotional body, it leaves your physical body, until you stop dreaming the past-life traumatic dream, and then it comes back.

But my Guides say it is too complex to explain why a patient or students emotional body can be healed with the help of a past-life-therapist, as my psychic connection isn't yet strong enough for me to be shown clairvoyantly, and explained clairaudiently at the same time, as I still don't see into the spirit dimensions yet.

Sorry my Guides started to channel a lot more information.

Besides if we gave you all the answers, we would be taking away one of the greatest motivations for the readers and the students of this development, and that is "Curiosity." We would rather wet everybody's appetite, to interest people in developing, than give you all the answers.

Raymond, you have read many books, which we guided you to read, to learn the terminology of aura's and chakras and the body's other bodies. Did those kinds of books stimulate you into learning anymore about those subjects? The answer is 'No,' because they were bereft of interaction with people, also many of the authors are plagiarising much of their books content from other written works from other continents, which have a continuous historical continuity from hundreds of years in the past, for example India and China.

Also the basic motive of most author's is to impress the reader in to believing what they have written, to sell more books, and make more money, and this can mean that if they believe that their book is a little thin on the pages amount, then they sometimes make up stuff, to thicken it up, as most people cannot verify the claims of the chakras, or aura's or any of the other stuff, that cannot be seen by the naked eye of the majority of the people in the world.

This is why when you were reading these books, once you had learnt the basic infrastructure; we sent you different feelings, of different reasons, to not bother believing or taking it in, or in some cases, not bothering to finish the book.)

ARTHUR'S IMPRESSIONS

(Arthur) "I don't have the dryness in the back of the throat, I just looked in as an observer, floating around... feeling their feelings. First, there was a feeling of the fear, and then there was a sort of aggressive feeling, aggression. I don't know what they were doing, whether they were splashing around the water, all being hurt by being bumped into rocks, or whatever, I don't know. But it was a sort of an aggressive feeling. It wasn't the resignation of, 'Why me?' But it was sort of a, more of an aggressive feeling." **"Coming from you?"**

(Arthur) "Well, no, that's what I was picking up. I don't know whether it was coming from me, or coming from the people who were talking, then the release, the peace I sort of felt after.

That's when I saw the people going up, and being met by the butterfly type people."

"Because when I was asking you if there were any emotions to release, not necessarily physical, I was being told it's like a resentment of dying in that situation, or resentment of the situation that you were in, before you died, of course."

(Arthur) "It could have been me, or it could have been the other people, yes. But when I asked my over- soul, it said, that I have never died in a cave-in. But then of course, I may have died of drowning, in the thing, I may have remembered the cave-in. It was interesting, players and emotions and pictures and things, as they were wandering past. They weren't really tangible pictures; they were sort of fogs or mists, like that."

"How do you feel about the reality of what happened?"

(Arthur) "Oh, I thought it was very good, the way you did it. I thought it was quite well done."

"Do you think it was mainly factual, or was that an actual memory of a past-life in which we had all been in?"

(Arthur) "I don't know, it was realistic enough, it was something you can get your teeth into."

"But it's hard, because it's like a leading you so far. If you had come up with all this experience individually, or whatever, it would be more proof, maybe."

(Arthur) "I don't know, if it happened that we all went together, there would be a bonding, anyway."

"The throat bit...you can ask your higher-self, why you haven't got the tickle in the back of the throat, like the rest us?"

(Arthur) "All I can see is the dancing Shiva in a pool of light. I can't understand what that means."

"Oh, I do, it's related to the question. The dancing Shiva means you don't need to acquire the condition of the throat, because you were born with those abilities. You haven't got it, because you don't need to, because you were born with the ability to know how to help someone seeing a past life, without having to develop the ability, or of gaining the ability. Shiva is a God, so you are born with it."

(Like if you had a past-life working in a temple of healing, where you were a past-life-therapist, for example.)

MARION'S IMPRESSIONS

(Marion) "I sort of went along with the visualisation, and the feeling about it all, which I know from the past. I can remember having certain feelings about mines at that time. That's why it brings back this memory of reading about coal mines in Wales, and how I felt at the time of reading it, as well as my dream, months ago, about going down into the Earth, in the lift and things.

I think I've actually visited coal-mines in Australia, and I felt something about it, but I can't get in touch with the situation, in which I died. I don't really feel like any sort of feeling, as a child, or anything like that, at that time. I just have general feeling about that time, of coal-mines and things."

"I went past the situation where you died, because the cave-in happened, and you went in the cave-in, didn't you?"

(Marion) "I don't know I find I also don't like being held at gunpoint, to say, 'You have to release this fear.' I mean, I will release it."

"I asked you to ask your higher-self, if you should release it, and if your higher-self says, 'No,' that's okay, and then we go

onto the next person.”

(Marion) “But it seems very pushed... the way you go around to everyone.”

“It’s pushed, so that you can contact your own higher-self, to find out whether there is anything to release.”

(Marion) “But then I find I feel that I contact my higher-self all the time, anyway. Otherwise how would I have had the dream of all these things, I do it all the time. I'm just saying that I want to do it on my own time... I mean every individual... I mean, it might be fine here; Nathan likes to release it here, maybe; or maybe everyone likes to release it here.

A few months ago, when I was in your class, I didn't mind on the spot releasing it, but now I'm saying that I like to work things out my own way, when the right time comes. I would maybe like to find out more from my dreams or from reading this book a bit more, and finding a lot more about the whole situation of what happened, and why I don't like dark confined spaces, really get to the nitty-gritty of it.”

(Later, she remembered the name of the book and the author. ‘The Citadel,’ by A.J. Cronin.)

“We can skip you by, if you like, and you can just listen in on the meditations, and you can help with the energy.”

(Marion) “No, I'm not saying that, I'm just saying that I don't like to be pushed to say, you know, including releasing memories. I mean, it might be all true, but it might be just a very clever scenario, worked out for each of us, to release certain fears that we have.

It's a common scenario, but it's also a very clever, very practical and useful scenario. We might not have all died in that situation, but because we have had millions of lifetimes in the past, there's bound to be a lifetime where one of us died suffocating, or drowning in a hole somewhere, in millions of lifetimes.

So, you know, if you want to tune into every lifetime, everybody can tune into any lifetime, and release any fear. There are so many fears, aren't there? If you think of it, you can be afraid of anything.”

“Yes, well this exercise was meant for mostly Betty and

Nathan, remember? I told you that in the beginning.”

(Marion) “Yes, I'm just giving you my point of view, that's all. There can be so many millions and millions of fears, it's just which you choose to tune in at a certain point of your life.

You see, I could even say, ‘You are afraid of the light switch, or you are afraid of a running tap.’ Maybe next time we come together, we'll be doing a meditation on the light switch, in which lifetime, we were all electrocuted, by switching on light switches, I mean, you can go on and on and on.”

“If it works, and it helps people to develop...”

(Marion) “Yes, sure it's fine.”

“...and overcome their fears, it doesn't matter. I don't know the truth, either; I'm just told what the meditation is.

I was told in detail about the water filling up the mine, and I was told it was in Wales, and you were saying that you felt something about a Welsh mine. So I don't know... it's just beyond coincidence for me.”

(Marion) “I'm not saying that it's not a coincidence, but I'm putting in some contribution about this Welsh thing, and this author, and my feeling about mines. So I am contributing, but I'm also putting in another point of view about this sort of thing. That's all I have to say, tonight.”

(This was the last time Marion attended classes for nearly six months, when she came to me and asked me to help her to do past-life re-call, and without any guided description from me, she saw four past lifetimes in great detail, which showed her that she had been suffering from long term past-life conditioning, and the conditionings were interconnected, and affecting each life, in turn.

The conditioning of each life had taken years to be imprinted, and took a different approach to help release them.

The chapter where all these lifetimes is written up, is approximately four months ahead in this volume, to try to show the progression of the teacher in its correct chronological context, besides we sandwiched it between a few boring chapters, and we didn't want you to think that all we do in class is past-life therapy all the time, we, being my Guides and I.)

“The tickling in the throat, I've been told before, in other classes, when we have done past-recall, that the tickle in the throat is the alteration of the vibration of the voice of a student, I had it as well.

The higher-self of the patient recognises the voice-altered vibration of the therapist's voice, and thinks, 'It's okay, I can release this memory.' Because if it was just any old person trying to get you to go into past-life memories, the memories can bring up a nest of worms, and leave a person in a worse mess, by bringing that memory up.

However, a person who is being directed or helped by spirit, to get the person to release, by getting them to say, “I release this from the subconscious, etc etc,' is partly what I am supposed to say to the student, in a roundabout way.”

You, Arthur, have got it all your life, which means that if you ever do this In relation to a patient, the patient's higher-self will think, 'It's okay, he's working with spirit, I can release this memory, blah blah blah.'

The memory comes up, and you work with the patient, and help them, you can both do that now. But of course, if you miss-use it, and you leave the person in a mess, they can always take it away, and your voice won't activate, and let the higher-self of the patient know, and it wouldn't release the memory.

With another person trying to be a past-life-therapist, the patient may say, 'I'm not seeing anything.' That's because the patients' higher-self wouldn't release the memory. For the others, the throat discomfort will fade away.”

NATHAN AS THE CHANNEL

“Greetings, fair children, tonight we took you on a meditation of a little past-life. There were things to be learned, but there is more to be learned from others, that is Betty, and a bit from Nathan too. Nathan is progressing, as are all of you.

Marion, she needs a bit of a change, she needs change. She can't

stay where she is, it is not benefiting her, which is only making her angry, whether she knows this, or not. We are at peace with you, we only ever advise; you can do as you like. You can always do as you like, but please listen to yourself. Don't deny what you say, don't deny what you truly say, and you truly feel. For if you do, you are denying yourself, but you are always learning from this, you are always progressing.

Do not feel anger towards Raymond, he only does what he is told, and what he feels is right. He wants to help, and because of this we can trust him. We can trust his ways, we can trust his thoughts. He is good... a bit down, sometimes though. You've got to look on the brighter side of life Raymond, always, always.

Nothing is bad, only what you think is bad. If you think things are bad, then they will be bad. If you think there is good in everything, then there will be good in everything. Everything is good; please understand this, all of you. I'll be back later, see you later."

BETTY AS THE CHANNEL

"Good evening, brothers and sisters. Tonight, we took you on a journey through fear, to show you that there is nothing to fear. We find both fear and anger in this entity, which we call, 'Eye of the star.' She should not resist these feelings, as they only will hide within them, negative expressions.

Many religions give an incorrect view of anger, especially some such as western Christian churches. Anger in itself is not bad; it can be a great protection against evil, but it must be wisely used. If you find that you are constantly angry, go and release the anger and you will often discover fear.

This entity is often angry, because she is afraid, it is one of her tasks in this incarnation, to discover and go past many fears, but she must do this in her own time, and not allow others to force her.

We are pleased to see the progress which Nathan is making; we see that he will become a most receptive channel, if he continues to develop.

I am asked to give you an imagery that shall assist growth, dissipating some superfluous anger. I am told the rain is an image of water pouring down, and washing away the grime of small irritations.

This is all I am instructed to tell you tonight. Peace be with you all, brothers and sisters. Goodnight.”

ARTHUR AS THE CHANNEL

“Greetings, dear hearts, after last Tuesday night, I gave Arthur a word to meditate on, and the word was, ‘Love.’ I wish to speak through him tonight, just to impart a little of my idea of love, so that you may get it, in another form. Love is a magnetic vibration, which when you radiate magnetism, flows out to the entire world, and radiates to all life, both normal magnetism or gravity, or any other form, and as it flows to others, and through them. A lot of the love comes back to you, which you have sent out, magnified by the other love that you have received and sent out.

But you may think that the opposite of love, is hate, the opposite of love is not hate. The opposite of love, is non-love, as you cut off your feeling of love, the love from other people comes to you, and bounces off your aura, your wall that you have put up, and buffets you around a bit, and you consider this hate.

But as you open your hearts and allow the magnetic flow of love out from us, to go from you to the world, then all of the goodness and joy flows back to you over the same magnetic force.”

“Is this directed towards me, this talk? Am I still having trouble giving out the love from my heart, or have I overcome it?”

“One never overcomes, while one is in the physical body.”

“Or do I have a barrier like you described?”

“There is a small barrier, but as you learn to relate, it's not a problem that you have in giving love, it's a problem that you have in receiving love. You do not receive the love that people send out to you, as readily as you would. People wish to do things for you, to

please you in some way, to give you gifts, and you feel embarrassed at having to receive these gifts.

Where you would quite often prefer, and if your finances permit it, would often rather give a gift, than receive it, and it must be a two-way thing; as you learn to receive, so you learn to give. As you learn to give, so you learn to receive. By cutting off, the magnetic flow, in one way or another, you cut it off both ways. So people must learn to flow, through and around each other, and back again, and receive the good and joy and beauty, that flows to them from the love of vibration, the magnetic force that they give and receive.

The planet exhibits love all the time, by its magnetic force, its magnetic fields that holds us to it, and there are many people going around, who love the Earth, who love the trees, but not enough.

(Long pause)

I see a beautiful flower opening in the centre of this group. It radiates its life to all of you. It is not a rose, but it looks like a rose, it's not a waterlily, but it looks like one. If you can imagine a cross between a waterlily and a rose, you have this very large flower, which I see in the centre of this group, which we are giving to you, to help you to develop. As the petals slowly open, so will the efforts of this group.

We thank you for all the energy you send us ... the magnetic force of love, which is a magnetic force that drags us here, that draws us here every night. I did say drag, because a magnet drags things towards us, but it also draws things towards us, and I was using a word that you can perhaps understand a little more, and when you say that this room has heat, it has heat because of the magnetic field that surrounds you.”

(4)

HEALING CLASS 27/10/87**NATHAN, BETTY, ARTHUR.****COLOSSEUM + CHILDREN'S HOSPITAL MEDITATION.**

On the afternoon of this class night, I received a very blood-thirsty first meditation from my Guides, followed by one of my hospital meditations. I thought the first meditation was to stimulate the past life memories of maybe, one or more of my students, to help them with their development, but the reason will be shown to you, later.

When I came to type the meditation on the word processor, after the class night, my Guides told me they didn't want it recorded, for reasons I will explain later. As it was one and a half years since I did this meditation, when I wrote it into my second volume, I will roughly sketch it out.

I described a scene in the Colosseum, of gladiators fighting to the death, and the Christians being attacked by the Lions.

All the students didn't describe anything about their experiences on this first meditation, multiple reasons came into my consciousness, about the reasons for this, and they were a combination of,

- 1/ having two new students in the class.
- 2/the blood-thirstiness of the meditation.
- 3/the students negative belief of the reason for the meditation.
- 4/the meditation generating a loss of faith in the Teacher.

All these reasons came into my head in a split second, but I felt that the meditation from my Guides was correct. There were more reasons that spirit brought to the surface in the channelling, because they knew the mind-set of the two new, one time only, attendees, who didn't describe any meditation experiences or attempted channelling, hence their names weren't typed up, and I don't even remember their names, But spirit gave them advice.

This page will all make sense, after you have finished this chapter. Are you in for a surprise.

(2)

For some reason, my Guides gave me a specific Children hospital to visit, for the students second meditation, here it is.

CHILDREN'S HOSPITAL 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 out 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 Children's Hospital, in one of the suburbs. We are getting closer to the hospital now; we are going as a group. We are going to visit the ‘Alexandria Children's Hospital.’

We are now arriving at the entrance to the hospital, and your Guides will meet you and take you inside, our Teachers are here as well, to show us around. Now these Teachers are spirit Teachers, and they're going to explain and show you why these children have chosen to have these illnesses and diseases.

If the Teachers ask you to participate, it's okay, because they know what is allowed to be healed, and they will guide you. I will leave you now to be shown by these Teachers all about 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 ward and fly back across the city to this room.

Come back now, take three deep breaths, have stretch if you want to.”

NATHAN'S MEDITATION EXPERIENCE

(Nathan) “Well, I found it hard to get myself to go into the Children's Hospital. I just couldn't get myself to go into it. But from the beginning, I was getting this picture of this kid with leukaemia. He

didn't have hair, or anything, and he was learning about being unique, about believing in himself, and that he was to believe in himself more.

The second one was a girl, who had no legs, and she had some artificial legs, and she had to learn to stand on her own two feet. And then there was a little toddler, his room was full of yellow.”

ARTHUR'S MEDITATION EXPERIENCE

(Arthur) “When we moved to the hospital, we moved in and saw lots of young children, and there wasn't any fear in there, either. There was a quiet acceptance, and then I was made aware of all this swirling energy, from higher beings. There was an enormous amount of energy in there, which was giving the children the strength to face their problems; in a way adults are never able to face them. They can sort of face it with a quiet acceptance, and if they get better, and go home, that's good.

But the other children that are dying, they just gradually merge back into their spirit, back from whence they came, and it's a very much more accepted thing, with children. And as I moved in there, I could see this swirling energy, and it gave me a deeper understanding of why children can accept these things, much easier, than adults, because they haven't been here, as long, and they are not conditioned as much.”

RAYMOND AS THE CHANNEL

“Greetings, my children, tonight you are taken to a past life scene, where you were shown some of your previous lives. Your presence there, to observe what was happening, will help you become aware of the limitations that you put on your own abilities, to perceive this scene. We hope you will practice and allow more, free reign of your imagination, in the future, to allow your mind to tune into the scene that was shown to you.

In the beginning, you will find that your conscious mind, will disagree with the meditation scene, as your desire to not see a

situation, or scene, is very subtle, and sometimes imperceptible, even to your own mind.

When a newcomer, comes into a class like this, the mind is more often than not, suspicious and negative, which influences the student's perceptions of the meditations, and even regular students sometimes becomes self-conscious, with new students, also creating a barrier to their perceptions of the meditations.

So please have patience with your own development. Get to know your fellow students. This is why we wish you to arrive at 7:30 PM, to unwind, relax, and feel more trusting.

As this one has said, maybe you will not see in your meditations, but there are other ways of developing, and learning about your own barriers, illnesses and problems, and overcoming them, which will set you free-er and free-er. This then allows more perceptions of alternate realities, and other dimensions. We have said enough through this channel, and would like someone else to practice now.”

ARTHUR AS THE CHANNEL

“Greetings, dear hearts, I had thought to explain to you, a little of what I could see of the spiritual realm, and the spirit of people, because people truly are spirits. The force that animates them is the spirit, and here you are seeking to develop your spiritual awareness, your spiritual sight, into greater dimensions.

Any of you here, who have studied Hindu law, or chakra meditations, understand that there are seven chakras of the body, and many say, that there are seven bodies attached to each chakra, giving you forty-nine bodies in all. And each body overlaps the other, and you have many degrees of understanding.

I say to you, that you have a spiritual body, animating a physical body, and the spiritual body is your part of Divinity. In this, there may be compartments for past emotions, emotions yet to be experienced. Memories yet to be experienced are

compartmentalised in the spiritual body, and this is the body that you take with you, the memories of things past, and the memories of things in the future.

Many of you on this planet look towards the physical body, far too heavily, relying on the physical body, relying on the physical sense. And the physical world is a much lower vibration than the spiritual world. You tend to lock into lower vibrations, when you concentrate in the physical world, and you may bring yourself illnesses, and lower vibratory forms.

If you consider, and expand your vision to the higher spiritual worlds, where we are standing ever watchful, with open arms, to radiate to you a greater amount of love, a greater amount of healing, and to bring you up to the perfection that we hold for you, you will not be Earth-bound.

One that was taken up tonight, had been Earth-bound for many years, and now is standing in the light, and receiving much more radiation. A couple of you may have felt this person, this spirit, as we took him from this, your Earth-plane, up to our higher realms, and bathed this spirit in light. You may have felt the tremble as a spirit was taken.

This is a common thing when people come together, because the power is raised, and we raise a lot of spirit, through the power that you people give us, to raise them, and a lot of good work is done, that you do not see, or know.

Your leader said tonight, that the technicians and other spirit beings, coming down through the cone of light, would assist people, and we have been here to assist you. We are still here, many of my brothers and sisters are here, radiating to you light and energy.

Many of you may feel the heat of this room, which is much hotter than outside. The radiation of energy, raises your vibrations, and the one that was taken up tonight, is now being treated, and stripped of many of the dark, lower vibrations, that have held that one to the Earth-plane. And as we send to you, and give to you these radiations, and vibrations of love,

perfection and healing, and hold this perfection for you, that we see you as, we ask, you just hold your mind on to higher spiritual things.

I'm not saying that you shouldn't enjoy the physical world; that is why you are here, to build, to progress. In the physical world, you can learn far more quickly, because of your time-space-continuum mentality that you have here on this plane. But in a state of timelessness, which spirit is, it takes a very long time as measured on Earth, to reach the same level, which you can reach in one lifetime on Earth, if you tried.

So build your world, assist the creatures, maintain its functions, and be happy here. Remember your true self is spirit, and eternal, and not material. So, you are a dweller on two planes, as it were, but in many other rates of vibration. Yes, Raymond, we listen.”

“Did the first meditation have anything to do with the spirit that was rescued?”

“The spirit that was rescued, met an untimely end in Australia. Yet, it met a very similar fate in the Colosseum, before, and had not released the hurt and the fear, that had trapped the spirit in that embodiment. And when it passed into the second dissolution of the physical body, in a very similar form, both embodiments, in the mind of the spirit, were sort of encapsulated into the one idea, and so bound the spirit this time, to the Earth-plane.”

“Can you explain how doing that meditation helped to release the spirit?”

“This spirit has wandered in this area for many years. I don't know whether you know this spirit, or heard it, or felt it. Or heard rumours of someone who has been heard to cry in different places.

The vibration of the meditation that you gave, attracted the spirit, because it felt that it was coming home to a place that it knew many years ago, and thought, ‘This is my home,’ as the spirit came into the vibration that you people set up, because all

vibrations attract vibrations of like. Vibrations, light, music. The resonance of one instrument, standing next to another, will vibrate the other instrument of the same resonance.

I stood and watched the pictures of what many of you had produced in your minds. I stood and watched them, and was amazed and fascinated at just how clear you could produce pictures in your minds. And the spirit also saw these and came, and as the spirit came with the increase of energy that you had given, we were able to raise the vibration levels of the spirit, and the scales as it were, the two shields had fallen from his eyes, and he was able to see his hatred fear, and his, ‘Why does this have to happen to me again?’ mentality.

And with that, our technicians, and our beloved healers, raised the spirit, and the chains and shackles fell off, and he was raised to the higher level, where he is still being treated.

All the vibration of healing, that you perform on this plane, resonates on many different planes that are in existence, and may help healing multi-dimensionally.

The great purple spirit stands and says, ‘There is one here, who walked with me on Earth, 5000 years ago. It pleases me that you have returned to advance your spiritual learning... please continue.’ The person whom they say is, knows, that is sufficient, or will learn in a dream, but knows in themselves.

Thank you for the raised vibratory level, that you have given tonight, and participated in the rescue of one, and more than one spirit being, and we bless you for this activity.”

(Well, no wonder the students weren’t getting anything new from the meditation, they were being used as amplifiers of the meditations scene. Boy, did it come as a surprise to us all.

In this next communication from spirit, I feel this was the advice I mentioned earlier, which was also a contributing factor in why the students didn’t describe anything of the colosseum meditation, especially Betty, as she seems to be more sensitive to what other people are feeling, than most other students.)

BETTY AS THE CHANNEL

“Greetings children, I've got to say that those who have serious doubts about participating in a circle such as this nature, should consider carefully whether this is their intended path. There is nothing wrong with having doubts, so long as they are not serious conflicts. For example, one who is naturally extremely sceptical, or one whom is what one might call, hard-line Christian, but he may have strong inclinations towards a different type of spiritual development, may experience great conflict. It is wise if they meditate carefully upon this, and decide which path they prefer.

There is nothing wrong with any given path, if it is not causing harm, however, do not try to do two things at once, as this kind of conflict can lead, at least to an ineffectual life, can weaken the character, and in the extreme, may even lead to a loss of muscle-control, over the entities mental life.

I repeat, do not try to do two things at once, and do not waver between two extremes. If your conflict is serious enough, then do not attempt to take part in a circle such as this, because the negative vibrations, will interfere with the work going on, you will also harm your own development.

If your development is intended to take a different direction, there is nothing wrong with this, and there is nothing wrong with deciding that this type of circle is not suitable to you. And this is the message, I am asked to bring you tonight. Peace be with you, children, Goodnight.”

NATHAN AS THE CHANNEL

“Good evening, welcome to all, and especially the new ones. We welcome you with warmth. Do not fear that which you see tonight. Do not think, ‘Oh, that is weird.’ Just try to accept it, don't be too scared of it. Perhaps in your discussions, your conversations later on, more will be made clear to you about the

true feelings, true ways in which these people really are. They're not as weird as they make out to be, they really are quite normal. And in the days to come, what is normal? What will be the norm?

As time passes on, and we emphasise the word time, more will be made clear to you. More will be made clear for your development and learning, and that will be a lot of fun, you will see. Yes, there will be hard times, but then there is always the good times, too. Oh, when we lavish those ones, we love those ones. There is much to do, much to be said, much to be asked, and much to be answered. Goodnight all."

My Guides say, that because there are many trauma's and guilt's connected to the many colosseums and arena's, of the like, and that there are so many people that have had past-lives, who were at these places, unless you are a spirit guided past-life therapist, we do not want the unqualified suggesting a scene from these places, and causing more harm, than good.

But if your Guides think you are qualified to handle one of your students or patients memories of these places, being brought into their conscious mind, then you most likely won't have to describe a scene, your student/patient will start seeing them, without any suggestions from you. So this is why the colosseums meditation is not on this disc.

(5)

HEALING CLASS 3/11/87,
ARTHUR, DANIELLE, NATHAN, BETTY.
DIAMOND BALL 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.”

Betty had been suffering from nightmares, so she didn't experience anything on her meditation, and didn't feel like channelling.

(2)

ARTHUR'S MEDITATION EXPERIENCE

(Arthur) "I got on the bed, and then moved out. And then all these things started flying around the air. There were hub-caps, and there were bricks, and there were teacups and kettles. I ducked and dived, and I took a closer look, and the bed I was lying on was on a big wheel, and millions of spirits would come in this side, they would hop on a bed, and they would make one full revolution.

This crystal ball was raising their vibrations to such an extent, that all the old rubbish, and things that they had got in their souls, were spinning off, and hurtling around. It got out of the roof of the Temple, and then it just vanished into nothingness.

And then they would go out the other end, like it was a production line, and they would be so much whiter and cleaner, a bit like after the vacuum-cleaner had finished with them. And then they wandered off. The crystal was raising their vibratory levels, and that was knocking all the muck out.

They gave me a formula, but I can't remember it, it was something to do with the speed of the crystal, and the rate of the vibratory level. It was how this thing was spinning around, and that's how the bricks and the hub-caps would come flying out of their souls, and would release them. Because that was what was holding them, and once that had been released, they were led off, they were led like sheep, most of them. They didn't seem to have a lot of control over their own lives. I then went to a higher level, but I can't remember what I did."

ARTHUR AS THE CHANNEL

"Greetings, dear hearts of light; I come to you tonight, to bring you a message of hope. Hope in the future, hope for the future, and my friends. I must tell you that you are the hope of the future. You are the hope of your futures, of our futures, of the futures of the whole planet.

There are many groups around at the moment, who are giving love and energy to us. That which comes out through our bodies, is

amplified and returned to the Earth, to help bless it in numerous places, where it needs to be blessed. But I must tell you also, there are many groups around this planet that are sending out negative energies and the balance is about fifty, fifty.

The stony places in many parts of the world, are being brought forth to bring food for your people. The lush places around the Earth are being destroyed by many of your so-called modern techniques, and modern farming methods. And your people will not see the error of their ways, in many of the things that they are attempting to do.

They are pushing the land beyond which it can handle, and beyond the production that it was meant to take. Therefore your food is not as high in nutrients, as it was.

Plus your bodies are suffering, and much that was in it to start with, is being taken out, by milling and processing. And the energy levels of your bodies are suffering. Your physical bodies are not suffering to the extent where they are breaking down and getting sick, as you call it, a lower rate of vibration, because many of the preservatives used in the food, are being taken up by your bodies.

And your bodies are being better preserved in this plane. But the energy level is down, the energy level of the Earth in the bodies, is down. And unless you increase the spirit energy, to compensate, then you will become ill, and your bodies will become misshapen.

So, continue to increase your spiritual energy, by meditating upon the light of God in your heart, by speaking to your Guides, by thinking kindly of others. Because if you think unkind of others, you bring on their negative vibrations to you.

And believe you me, most of you have enough to handle with your own negative vibrations, without taking on the vibrations of another person. But if you think kind thoughts, loving thoughts, healing thoughts to people...

I compliment you people, and commend, you because you are doing a good job, in getting your lives in order.

And I would ask you to broadcast this message more, so that you bring more people here, so that they become ambassadors for us, and a great outpouring of light can happen.

Raymond gave you a meditation tonight, to take you to a crystal. Please tell him that the crystal was the crystal chalice of the Masters that spins in the heart of each of you, to raise your vibratory level, to a higher plane of existence. And we on this plane keep it spinning for you, to keep your vibrations of a higher level, so that no evil spirit, or spirit of a lower entity, can come to you. We are protecting you with our love, and this is a way that you can prove this for yourselves.

If you go within yourself, occasionally, and you feel a slight movement, you'll say, 'Ah, my Guides are still spinning the chalice for my protection, they still love me.' And we do love you, as you love us. And we wish our messages to come through to the world, to give your people hope for the future. For we are your hope of the future, and you are your hope of the future."

“Is there anything that you want to add, to help Betty, with the reason for her dreams?”

“Her sea is full of turmoil, her emotional body is full of turmoil, and her mental thoughts are rushing. If she will calm the sea, and bring peace to herself; if she would stop thinking, that people are thinking and saying things about her, in a negative fashion, they are not. We are protecting her, and loving her. We wish her progress in life, to be swift and beautiful, and have plans for her in the future. Betty could be our spokesperson on this plane, for certain groups of people here, that she understands very well. And if she will, we could use her, and she will be a great blessing to the people of this plane, and to the people of our plane, as well.”

(In the coming months, Betty became a very strong channeller of this faction in the spirit world, who wanted to lift the veil of secrecy surrounding the Vatican and Catholic church's history going back centuries, they even gave me meditations, for students to go back in time and explore, but I didn't know that these meditations were you could say piggy-backed with other reasons, than what my Guides were helping to teach the other students, a different reason for the meditations.)

(Nathan) “Would you have any messages for me, Nathan?”

“Nathan, you are as straws in the wind, but now you have taken root, and your direction is becoming clear, but still not as clear as you would want. You still have doubts. Sometimes you think, ‘I wish, if only, maybe, is it this way? Can I trust my instincts? What if I fail? I don't think my healings are working,’ but they are my boy, they are.

As you progress, with practice, and love and joy in your heart. Just look upon your own body now, and see the healings that you have brought upon it, with our help. And know that we are with you, that we are walking every step with you. There are sometimes, one of us is on each arm, and one pushing from the back, to help you, to get you moving, to get you going. Because we love you, and we see your potential. Please stop holding back.

“Danielle, you sometimes feel that the sands of time have gone past you, and left you standing wondering what's to happen next. You look in this direction, and that direction, and you think, ‘I didn't make the best of that.’ Wow! I got there, didn't I? I made the best of that. I missed that one.’ And sometimes you sit and think about the opportunities that you missed. But remember, we are helping you.

But I must say this to you; that you are your own worst enemy. Some of the people who wish to help you, you have not let help. And sometimes you have gone to those who do not want to help you, but want to help you for their own purposes.

But as wisdom is coming upon you, you can now see the ones that you thought were your friends, are proving to be not so kind, and the ones that have been standing there in the background, for many years, are more true to you.

They are showing me someone with red hair, and not green eyes, but they are sort of greeny-brown eyes. It looks like a male, about five feet nine, an impish sort of person, who was smiling, and who is saying, ‘I think I've tricked her once too often. I am hearing the name Bruce; I don't know what all that means.

Arthur, you have closed the gate and put the chain lock around it,

but you have not fixed the fence. The sooner you realise that most people who want to get in, do not only use the gate, they will climb through the fence. And if you leave holes in the fence, they will obviously come in, and eat your food, and take your energy.”

“What does that mean?”

“So, if you make your connections firm and strong, and fix the fences, so that you have firm connections between you, your Guides, your people, and your friends, you will find that your life is much, more smooth. And for goodness sake, do be a little more kind, to the people around you, they are not all fools.

(Arthur) “He reminded me of, a friend of mine that I spoke to last night, Brian. I spoke to him very sharply, I’ll have to apologise.”

“The energy that you give off, as it is being siphoned off here; it goes up the insides of the pyramid. That condenses in the top of the pyramid, like the ridge-cap, as some people call it. And the energy then is siphoned off by the spirit, and used, to return to the Earth for healing purposes. For healing the Earth, for healing the elementals, for healing the bodies of you people, who have sent it out. And we are grateful for the energy that you people have given us to use, to bless all the people in and around, and on this planet.

It’s being sent out all the time by you people, by just the act of you people sitting in a circle, in this area. Your radiations continue, are caught inside the ball, but the vibrations are higher than the people around you, and it’s taken to the top.

Remember dear ones, you are a spirit in a physical body, in a spiritual situation, raising your vibrations to spiritual planes, while sitting here in a physical body, almost inert, not using a lot of physical energy.

So, your emotional, and your mental energies, are being absorbed into the higher atmosphere, so that we can use those for the spiritual radiance, to bless life. If you were running a two mile race, while you were doing your channelling, we would get no energy whatsoever. But your body is sitting inert, so we are receiving the emotional, mental and spiritual energy, that you give us to use. Thank you, dear hearts.”

NATHAN AS THE CHANNEL

“Greetings, beloved ones, we have come here tonight, to talk to you about love. What a wondrous thought, what a wondrous energy. Love is the bird that sits on the branch, on a winter's night in a cool sky. It is not true that they suffer, as many of us are led to believe. But because it is in love, it does not perish, and it is in joy at all times.

Arthur is progressing, but as said before, needs to patch up a few holes. Be not afraid to do this, Arthur, allow it to happen, it will help you greatly. You are very strong, and your love is great. Please allow it to flow, flow into others, and flow into this group. It is much needed for this group, and much wanted. You are like a loving bear.

Betty, do not be distressed by your nightmares. We are teaching you to delve, to face your fears. Throughout life we learn to face all situations, all appointments. For how else do we learn? Yet, face them not in fear, but in joy, in love. For this way you shall face them, and you shall conquer them. You shall move on, you shall leave it behind you, and it will be there no more. Then you have new opportunities and challenges to progress. We say to you, try, go on, and do so. You will be truly amazed at the outcome, you will see.

Welcome to our new one, tonight. We are happy that you are here to join our circle. You will progress, you will learn. It will be made clear to you, please maintain faith. Do not fear and remember love. Through all our troubles and our problems, all our discomforts, the one thing that will bring you through it, that will lead you on through the path, that you truly want to be on, is love, love shows the way.

When you are in confusion, send out love everywhere, to everything, to everyone. For what you send out, you get back. If you send out this much love, you get this much love back, eventually. Maintain faith that you shall receive it, but to give love and you will receive love, even love for yourself. By just giving love to others, you will love yourself more, even if that is the way that you receive it.

Raymond, a funny one indeed, you limit yourself, Raymond. You

do not know this, but you limit yourself, you do it. You think, 'Oh, I cannot do this,' but you can. You have had the experience, you could know this, but you will learn. Know that you will. You have had these classes going on, for some time now, and it worries us, it pities us, that you do not learn more from this, from these classes, from your students.

You are very capable of learning, and you are the barrier, that does not pick this up. Anybody can pick up anything, they can do anything they want, and they can. Everybody had these barriers, these limits, when they put them there themselves.

If only we really, truly knew this, truly understood this, there would be no pain, no grief, all would be well. But we are doing this, we are all learning to do this, we are all on our way in love, as in light. Remember love, and ye shall find truth. Thank you for listening tonight, God bless you all.”

RAYMOND AS THE CHANNEL

“Greetings, my children, we are happy that you are here tonight, as you find that patience is what you all have to persevere with, in your development. For it is not always understood, when you go on your meditations, but your conscious minds are very often denied from perceiving what is happening on other levels of your vibrations.

For very often, the conscious mind reacts to certain knowledge, or scenes, which rebounds into the emotional body, and consequently interferes with the processes of your development, which is in the process of harmonising, repairing, building and growing your other bodies, and chakras.

You are still very much focused on the limitations of this physical world, and the possibilities, and strangeness of your perceptions into the spirit worlds, and other dimensions are still a barrier to your acceptance. So we employ subtle means in your development, and slowly guide the conscious mind into acceptance, while we attune the other parts of you, to perceive these other dimensions.

We adjust your physical and other bodies and chakras, slowly in the beginning, so we do not shock you, or frighten you, by your feelings the side-effects. But there are side-effects, unless you accept the strange ways that we are developing you. And you will not react to the side-effects, and make them worse.

Just as a person in an accident, suffers from shock created by the mind and the emotions. But if you were to have an accident while you were unconscious, you would not have the reaction of shock in your system.

This one is experiencing some side-effects of his development, at the moment. Raymond had suffered a psychic injury to his third-eye part of his sensing equipment, in a previous life-time. And we have been repairing the damage slowly, but the side-effects are also painful, but we are getting there.

We would like Danielle to have a practice, if she wants to. We are willing to channel through her. This is called the deep end, as you can see the other students are not off the planet. They are still consciously aware of what is happening in the room, and how they are channelling. We thank you for listening. God bless you all. ”

(This last paragraph was inserted in the end of Volume one. I eventually, over the next nine years of classes, became aware of many life-times of being blinded, which also affected my psychic vision.)

DANIELLE AS THE CHANNEL, FIRST TIME.

“Greetings, loved ones, I want to talk to you through Danielle, but she is afraid.”

Occasionally, my Guides want a student to volunteer to receive a meditation from their Guides, for the students to go on, on the following week, class night, and Betty volunteered, so the first meditation in the next chapter is Betty’s.

(6)

HEALING CLASS 10/11/87

BETTY, NATHAN.

BETTY'S BUSH WALK MEDITATION, THEN
TEMPLE ON THE LAKE MEDITATION

(Betty) "Tonight we are going to go on a special journey; you will need to be properly equipped. This week, we will be wearing our astral, bushwalking, climbing clothes.

I want you to visualise a forest, this forest is not on Earth. There are tall, dark, green trees around us, and they are somewhat like undergrowth, very large leaves, almost like umbrellas and in these trees there is a small clearing, just big enough. Just beyond this clearing, I could see rugged Mountains, and large grey rocks, somewhat like granite, with big, pale, green lichens growing on them.

And I'm sorry about this, but they tell me that it's raining, so it's a very fine drizzle, the rocks are rather wet; and rain is dripping down from the leaves. And it's drifting in grey sheets across the rocks, which you can see through the gaps in the trees.

Now hold this picture in your mind for a moment, reach out with your mind, and step into the clearing. And we are all here in a clearing, rain dripping down. I hope you all remember to wear some waterproof clothes, and remember to climb in groups, although perhaps not all of us may need to climb in groups.

One of the purposes of why we're here in this strange forest, is to be aware that we may contain the beginnings of talents, besides those which we are accustomed to.

But we are now in through this clearing, and we have to climb up the rocks, which I rather wet and slippery in places. But if you look carefully, there is actually a very narrow path, although you can't see it from below.

Some of us may have brought climbing equipment, and some of us may not need it. I want you to feel as if wherever your body was with

it, and in fact, perhaps shift your body a little, to make your body more adaptable for climbing. Perhaps you can shift your hands a little, make them into shape that's more appropriate for climbing, but if this isn't tried, then don't worry.

We have made our way up this path; it's very damp and slippery, but we've all left the small ledge and the overhanging rock, and I think we've just made it without any mishap. It's a very small overhang, which is almost invisible from outside. The area inside of the ledge is extremely small, almost a cave.

And right in front of us, is a doorway, but more precisely, there is a kind of a grill, like the kind in dungeons, I think. It was made of very thick metal, and it looks as if it has very thick rust on it, and somehow we have to get through this.

It is left to each one of us, to decide how we will enter. We will be able to shift into a shape that will get through the bars, or we can find a way of opening it. One way or the other, we'll all somehow get through.

We're now on the other side of the grill, in a very dark, dusty cabin. We're going to need some light, some of us brought our flashlights, but none of us had managed to bring some torches, from somewhere, and light them. I don't remember anybody bringing matches, but perhaps some of us are able to light fires without matches.

We are now to go down a rocky tunnel, the rocks a very rough, and slope upwards, to a kind of a narrow point above us, under our feet. It's rather sandy, and there are bat droppings and various peculiar smells, which we expect to find in tunnels. We are going to walk for some distance, downwards, when suddenly the tunnel floor starts to rise very slightly.

We can feel a very faint current of air coming from inside, so we are not going into some deep, airless cavern. As we walk on, sand on the floor gives way to hard stone, which is covered in a very thick lair of age-old dust, centuries-old, which is soft on our knuckles and fingertips.

There is an enormous cobweb on the wall, but it doesn't quite

block our passageway. It's obvious that we are now in the catacombs deep underneath the mountains. Perhaps we're in catacombs underneath a Castle, or something of the sort, but I'm not sure where we are, except that we are probably not on Earth if we are, then in a very much earlier age.

Now we have finally reached a vast area underground, which clearly has been hollowed out of the rock. There are columns on either side of us, stretching out into infinite darkness. There are sockets on the columns meant to hold torches, and dust on the floor is still deep, centuries-old. There's a very chilly and dusty smell about us. And this is where we will continue on our way, but I am instructed that you must go wherever you like.

I'd like you to take reasonable care, and you won't come to any harm. This is the part where you must do your own exploration, until I tell you to come back. Remember, that nothing here can harm you, so long as you're aware of the powers that you have in this place. So you can go off by yourself, or you can continue on together; this is entirely up to you."

(Approximately ten to fifteen minutes silence)

"Now, wherever you are, you should make your way back to the clearing where we first arrived. (Pause) We are now standing in the clearing again, and I want you to visualise this room, and the places that you are sitting in, and now hold that picture clearly in your mind, and then step back into this room, back into your bodies, back into your chairs."

RAYMOND'S MEDITATION EXPERIENCE

"I followed you along, and came to the grill, the iron grill, like a dungeon, I raised my vibrations and walked through it. And then I went a long way; before you said, the torch, I'd already made the torch. I said, 'Well, in the right setting, I'd better use the torch, light the flaming torch.' And when you said, to go off by ourselves, I saw this staircase going up by the side of the wall, so I went up it.

At the top of the stairs, was the door. I open the door; on the other side, there were stairs going up again, but these were all light; they were all brightly lit. So I went up again, and when I got to the top, there was a bearded guy there, at the top of the stairs. He said,

'I'm the guardian of the gate.' And I said, 'What gate?' He said,

'That gate.' And there was this bloody big gate, a wooden thing; it was huge. I said, 'Can I go through?' And he said,

'Yes.' So he opened the gate, and I went through. And I was out in a forestry setting, like an English type setting, English countryside type setting. And there was this cottage over there, and there was this blonde girl with pigtails. 'Who are you?' I said. I got the impression that she was Annabel. I said, 'Are you Annabel?' And she said,

'Yes, Raymond.' And I asked her, if it was her place, and she said, 'No,' so I asked her, if it was my place, and she said,

'Yes.' I went inside, and it was all bare, so I asked, 'Where's all the furniture?' And she said,

'Well, create it,' so I did. I can't remember what the furniture looked like, but I know that I filled it with furniture. And I said, 'What are you doing here?' And she said,

'I'm here to show you around, and answer your questions.' Then you called us back, and there was a funny thing, I said, 'Well, I'll see you again,' and I came back and saw the bearded fellow, and I asked, 'Can I come again?' he said,

'Yes.' I went down the stairs, and by then you were back here, so I had to fly back. (Laughter) So I came back here, then, and that was it, I need more practice at this."

NATHAN'S MEDITATION EXPERIENCE

(Nathan) "I remember we came to the grill, and did make myself small, so that I could go through it, like the square grill thing, and

then I thought, 'No, I'll stuff it.' I got the grill, and went like that, where it was close into the rocks, it all just came apart, and they all fell down.

So, I just walked over, like you said at the beginning; we should learn to blend our psychic talents, with our talents that we have got. So I thought, 'Yes, that's a talent that I've got.' I mean, it's just a natural thing to do, so why not. So I did it that way instead; I thought, 'It works, too.'

I went down, and then we came to the big cavern, with columns and stuff. Actually it was so big, that there was a ladder leading down, and the floor was about thirty or forty feet down. So we all went down this rusty ladder, and we were standing in the middle of this room, which was black and white chequered.

And then I went off; there was a ladder on the other side, another entrance. I sort of went up this a bit. As soon as I got to the top of it, only a few feet of ladder and I was out in the sky. I was at the side of the mountain. I thought, it went out into the air, and I thought, 'No, this isn't where I was meant to go,' so I came back.

I went down to where I originally was, where there were the columns at the side, and there was rubble behind them. I walked over to the rubble, and there was some sort of brick wall, which I went past. I went down a passageway that had a chequered floor, and came across the square pit, that was taking up this whole thing.

I jumped over it; I had a torch of course, I had my own torch, I had the torch, and I had my flashlight. I shone the flashlight down, and I saw that half the pit was like a ledge, and the other half, went down to that ledge. I jumped down to that ledge, and I thought it was pretty boring, and I saw there was a passageway underneath. But I thought, I won't worry about it, and I just jumped back up.

There was a door on the right; I open the door, and I was in this big room, where there was a chest. So I went over to the chest, and opened it, and there was this gold helmet, and it was like these old British helmets, with all these gems on the inside, many crystals and gems. Inside this blue, very, very thin cloak of mediaeval style, there was a cane, like a sort of wand... there was something magical about

it, I don't know what; like a wand, but a cane, but not as long as a cane.

Then I saw that there was another little hole in the ground. I had a look, but I didn't want to go there. There was a door, and I opened the door, and it went left and right. Left went downstairs, and then turned to the left; I started to go down there, but I couldn't get myself to go down, so I went back up, and went to the other one. I went back and turned left, and then I came to this cabin; before I got there, I saw this golden light. The whole place was just in gold, and I thought there's nothing in there. So I went back to the other one, I think you have to get your eyes adjusted.

I went inside there; you couldn't see the floor, because everything was just golden light. I could see a wooden table, I went over to the wooden table, and there was some spirit in here, he was standing behind a table, but I couldn't really see him very well.

I saw a gold cane on the left side, like my one, and something else that was gold, I don't remember what it was, and on the other side was a black one, and there was a crystal ball on a stand in the middle. At first I thought I had to choose one of them, so I focused on the inside of the crystal ball.

Suddenly, I was in the air, and below me there was a bit of land, and this bearded guy, who looked like Abraham Lincoln, came along, and also some other guy, but he didn't say much. He said,

'Remember,' and I thought, 'That's strange.' Anyway, I dropped down, and I landed in the water, and I was bobbing up and down, I was very floatable, half of me, was up, or maybe even more than half. This guy came back to me, and he said,

'Remember, you are the one.' So I said, 'Righto, that's the message, and whom, suddenly I was out of there. I was standing at the table, and you said to us to come back.'

BETTY'S MEDITATION EXPERIENCE

(Betty) "Well, while you boys were having lots of fun, I went downstairs in the catacombs, playing Orpheus in the underworld. And

when I came to the grill, I thought, 'Well, it's my own grill,' so to speak, I blinked, and I was on the other side. And I thought, I, 'That's very nice, I wonder if I can remember to do that when I'm coming out.'

Well, I materialised a flaming torch, and I got lost in these catacombs. And I came to these skeletons chained up on the wall, and they were rattling slightly, as if they were unhappy about something. I went and touched, each one, and they dissolve into dust. I could still hear this funny noise behind me, and I thought, 'I don't think I'll look back, just yet.'

So I kept on going through this labyrinth, and I came to some dungeon doors. I opened the first door, and it was black as pitch. I heard this flapping sound, and something flapped out. I think it was someone who had died in there, and didn't realise that they were dead. I opened one or two more of these, and the same sort of thing happened. I then started to feel a bit hungry, and tired of this, and I had this awful feeling that I was being followed.

So I turned around, and I couldn't really see anything. I went back through the dungeon doors, followed my own footsteps back in Dust, that was about six inches deep. When I came back to the big enormous cavern, I saw what it was that had been following me.

There was a lot of them, there were legions of skeletons; all these old geezers that had been buried down there for centuries. Some of them had clothes on, armour or leather on. They were all standing there, as far as the eye could see, and I didn't have any other way back, you see. So I had to go through all these skeletons.

I held my torch up, and started walking back, and the ranks parted as I walked through them. When I got back to the grill, I thought that I would change myself. I change myself into a serpent-like creature, just about the right size to get through the bars. And I just slid through the bars, out of the cave, down the hill, back to the clearing, and turned myself back into myself."

TEMPLE ON THE LAKE MEDITATION

“I want you to imagine, that we are all in a rowing boat, in the middle of a beautiful still lake. The water is like a mirror. We are slowly rowing across the lake and in the distance we can see a mist. As we get closer to the mist, we see it is slowly evaporating, and in the mist in the middle of this lake, is a beautiful green jade Temple. We pull alongside the steps that lead up into the Temple, and we all get out and climbed the steps. Our Guides are waiting, at the entrance to the Temple. As we enter the Temple, we can see many students sitting on rows of chairs. There are plenty of spare rows of chairs, so we sit down with our Guides and wait.

Tonight, a seven foot tall Teacher from another planet is going to show us, with the help of full size human models, the disease signature in the human aura, which precedes the disease in the physical body.

Also, on a screen, will be shown, the corresponding, negative thoughts, attitudes, or physical behaviour, of a person towards themselves or others, which affect the human aura, before they create the disease in their body.”

(Approximately ten to fifteen minutes silence)

“I want you to now leave your chairs, and leave the Temple, and come back across the lake, and back to this room. Come back now, take three deep breaths, have a stretch if you want to.”

NATHAN’S MEDITATION EXPERIENCE

(Nathan) “The seven foot alien, showed me about asthma, which affected the chest area. He said, that the people who get asthma, don't accept what others have to say, and realise that if they do, there is so

much to learn. Believe in yourself, but still listen to all others.

I then asked him about whether the liver ... it was something to do with people wandering aimlessly, who don't know where they are really going, and it's good to be sure where you're going, or where you want to go.

When I asked about my head, and its congestion, he said, first, stand up and be sure ... is because you are unsure of everything. Just to be totally sure of what you're doing, because when you are, that's when you get progress.”

(These reasons or causes are not definitive, because when I have had hay-fever, the mucus has triggered off an asthma condition in my chest, and in my fifties my oesophagus valve broke down, this valve stops the stomach acid flowing back up to your throat, when you are sleeping, and this also has triggered off an asthma condition at night time. So if there isn't any physical cause for the asthma, maybe they don't accept what others have to say.)

BETTY'S MEDITATION EXPERIENCE

(Betty) “Well, I could see the alien, with Jade green eyes, a cat-like being. I could see my Guides who were too young women. I was shown a tumour of the ovaries, and the tumour was a black area, surrounded by a red band, then an orange band around that.

And there was someone who had cancer of the throat, and that was surrounded by a grey area, because they had an inability to express themselves verbally, they were afraid to speak of what they felt.

Candida was shown as a kind of brown discolouration in the aura, in all the colours. Candida is one of those diseases that you get, if you want a disease that is hard to get rid of. One of the reasons is, if you want a permanent excuse for not getting things done. Also, it is a symptom of despair and hopelessness, on a very deep unconscious level. That's about all, I think.”

RAYMOND'S MEDITATION EXPERIENCE

“I didn't see the alien, too well; I was shown a fountain of green like, cabbage green, coming out of the heart. It was connected with some heart problem, and I saw the behaviour of this person; cruel thoughts, and cruel things, they were doing, and causing people emotional suffering, and that was connected with it. That's about it.”

NATHAN AS THE CHANNEL

“Isn't it a lovely gathering tonight, just the three of us, close friends, it's good to feel your warmth. I have something to teach you, it is on faith. Faith is not letting go of strength, or courage. Do not let go of those things, and no harm will come upon you. Release all fears, and replace them with faith. It is indeed a wondrous feeling, to replace them with.”

There has been much controversy about faith, with this one. He has been sure and unsure, and sure and unsure, all at different times. Now he is putting more roots in the ground, and having a bit more faith, just faith. For if you have faith, you shall be told what it is you wish to be told. You shall learn what it is you wish to learn. For with faith, you shall have, as the saying goes, when the pupil is ready, the teacher will appear, faith is needed constantly.

You need to realise, that many times throughout the day and night, you forget yourself, you forget faith you forget how important it is to keep on loving, keep yourself together, and to keep on being kind.

Even this one forgets often, it would be good to try to remember, but to have it built in, you should be kind, to love, to send love forth to all of humanity, no exceptions, and to be gentle, not to be rough. For in gentleness you will be loved, and in gentleness you will be seen and listened to, and even obeyed, if that is what you wish.

Much of it depends on you, and how you do this, and your faith in yourself, and others. But please remember to be kind, as the great one once said, do not love those only, who love you. Goodnight, dear ones."

BETTY AS THE CHANNEL

"Tonight, we took you on a meditation that was designed to help you to learn to do a particular type of visualisation. We intended you to practice clearly, visualising a place, and going to it. The exercise was also intended to help you become aware, that there are many different types of talent within human beings. But some have more than one of these talents.

If you find the beginnings of one, or another of these parallel talents, we will help you to develop them. But do not try to force your development. If you try to go too fast, you may either fail, and therefore become discouraged, because you have not achieved the results, that you think you should, or you may develop too quickly, without the moral and spiritual supports. Such talents can sometimes be used for negative purposes.

The exercise tonight was also intended to show you how to use your imagination, and how to use fantasy, to help you to overcome certain of your fears, instead of fanning and inflaming your fears. We wish to show you that there is no setting of spiritual world, which you do not have the power to overcome, because we are always there to protect you, and nothing can come within you, on the spiritual plane, without your permission.

So you would never be afraid of any spiritual manifestation, which you see. If you see something on the spiritual plane, which is frightening, you only need to send it love, and it will dissolve away into dust, as the bones which Betty touched, which dissolved into dust.

On the physical plane, things are not quite so easy. Remember, love will greatly increase your resistance, and your protection against any dangers in the physical world. Good

evening, my friends.”

RAYMOND AS THE CHANNEL

“We have been with you tonight, while you exercised your imaginations, to perform certain tasks. You are all practising your abilities in these alternate realities that we asked you to go on. We must practice and practice, until your conscious mind is at the stage of development, that is focused into the spirit world. We then can teach you what you have chosen to learn, to assist you in your work here.

We listen to your descriptions of your meditations, and are judging your performances, to know what new development is needed for each of you. We would rather use the word assessment, than judging.

This one is not very well tonight, and is in some degree of pain. We will leave you now, thank you, God bless.”

(7)

While I was photocopy-printing my first series of vol 2,3, and 4 books, I had some cards printed to explain what I was trying to achieve, if you wish to produce your own card and use some of aims that I was guided to put on the card, be my guest.

The reason I have put my Card in this chapter is because this class night was used as one of my promotional pamphlets back in the day, and also I was guided to add this card and class-night in the letter I sent to 1700 Spiritualist churches, holistic healing centres and Astrology societies around the world.

So if you have already read the letter, you can skip this chapter, and move on to the next one, if you wish.

RAYMOND SHORE

Psychic Healer, Teacher, Past-life Therapist. Author of Many Books Titled.

“SPIRITUAL HEALING DEVELOPMENT CLASSES IN AUSTRALIA”

These books are the documented experiences of beginners, healers and Teachers, who have developed, and unfolded their gifts and abilities in the many areas of healing and teaching, guided by their Guides and higher-consciousness. Here is a list of some of the abilities the students have developed.

CLAIRVOYANCE (Clear-Seeing)	SPIRITUAL HEALING (Spirit Guided)
CLAIRAUDIENCE (Clear-Hearing)	PAST-LIFE THERAPY (Spirit Guided)
CLAIRSENTIENCE (Clear-Feeling)	PAST RE-CALL (Releasing Childhood or Womb Conditioning)
CHANNELLING (Verbalized Clairaudience)	RESCUES (Rescuing Earth-Bound Spirits)

Phone Number (02)-----

HOW PAST LIFE THERAPY WORKS

Raymond Shore is a Teacher of the multi-dimensional existence of human consciousness, by helping a student to attune to their higher-consciousness, (higher-self) or God-consciousness. Which allows their higher-self to show them their interconnected life experiences in other dimensions of time and space, which have sometimes left conditioning, or you could say programming, affecting the student's present life consciousness. (These effects can range from mild phobias to physical, mental or emotional illness.)

The students higher-self will only show these conditioning experiences for the purpose of releasing the programming, as they are not needed any more, and are holding back the student from further growth, or present-day life experiences.

Their higher-self may also show the student specific forgotten previous existences, where they have learned strengths and abilities, as a super-self-esteem course, as a balancing affect to the releasing of the conditioning, shown previously.

SPIRITUAL HEALING AND CHANNELLING WORKSHOPS

WORKSHOPS ARE AT 7.30 pm WEEK NIGHTS
ARE 2-3 HOURS IN DURATION AND COST \$__ EACH.
MAXIMUM 10 STUDENTS PER WORKSHOP.

HEALING AND ALSO PAST-LFE THERAPY AVAILABLE IN
PRIVATE SESSIONS.

FOR MORE INFORMATION ABOUT BOOKS, CLASSES OR
THERAPY, PHONE RAYMOND (02)-----

All the workshops are recorded then typed up and given back to the students the following week, so that the students can keep a record of their progress, and also learn what the other students in other classes are experiencing.

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

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

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

The first four volumes are each approximately 300 pages in length, and are printed and bound by myself, and because these costs are so high, I have decided to price the books with no profit margin, to keep the book price affordable for everyone, so they are \$__ each. (Except where they are sold in bookshops with their 40% mark-up.)

PHONE RAYMOND (02)-----

My Guides want me to show you the first and second page of this pamphlet, to give you some layout ideas, if you want to produce your own promotional pamphlet, for your own classes, using your own class experiences.

SPIRITUAL HEALING & CHANNELLING WORKSHOPS

Learn how to tune yourself to universal healing energies, Guides and wisdom of, your higher-self.

Learn how to perceive past-lives, and release the no longer needed conditioning, affecting this life.

Learn how to channel telepathically, wisdom from your higher-self, Guides or Masters.

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WORKSHOPS ARE 2-3 HRS DURATION, & COST \$-- EACH

MONDAYS ===== 7.30 PM

TUESDAYS ===== 10.00 AM & ===== 7.30 PM

THURSDAYS ===== 7.30 PM

**MAXIMUM 10 PERSONS PER WORKSHOP
HEALING AVAILABLE FREE ON
MONDAY AND THURSDAY NIGHTS, AT 7-8 PM,
AND TUESDAY MORNINGS, FROM 9-10 PM**

In this introductory pamphlet, I have been instructed by my Teachers in the spirit world, to release to you an example of the experiences and channelling that happened on one night of my classes. All the student's names have been changed, as their experiences are sometimes personal. To give you an indication of how long they have been coming to classes, here is their attendance record.

**NATHAN = 8 TIMES, BETTY = 7 TIMES, ARTHUR = 6 TIMES,
BREE AND STEVEN'S FIRST NIGHT.**

In the next few pages you will find it easier to read, if you remember that I, **Raymond**, am always printed in **bold**, when I'm **talking** to the student's in the class situation, and all *channelling* is printed in *italics*. I guided the students into a Medieval Europe meditation, from countryside, through a village, into a city, past the Cathedral, and into a Castle on a Hill. I hope you find our experiences, inspiring, enlightening, and educational.

HEALING CLASS 17/11/87.

BETTY, ARTHUR, BREE, STEVEN, NATHAN.

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.”

BETTY’S MEDITATION EXPERIENCE

(Betty) “I wandered through a room where herbal waters were being distilled, and that made me decide to go down to the herb garden. I wandered through the herb garden, and I saw some white roses growing. One was glowing with this white light, and there were two silver-grey plants, nearby, which I recognised. I asked,

‘Why are they pointed out to me?’ And I was told, they would be useful herbs, for you to experiment with, and they would be safe to make tea out of. One was called, ‘Cat Time,’ and the other was called, ‘Ghost Bush.’ I think this was related to Candida, because they were both silvery-white plants.”

“In connection with the aura of Candida sufferer, you mean?” (Betty) “Yes, then you told us to come back.”

“Good, good. This will be very handy, because a lot of people have Candida, and I would like to try this tea, as well. If you can get a hold of the herbs, and grow these plants, that would be interesting.”

ARTHUR’S MEDITATION EXPERIENCE

(Arthur) “When I got to the city, I was told that it was Heidelberg. I said, ‘There's never been a castle in Heidelberg.’ And they said,

'Just keep going.' So I kept on going, and in the castle. I went to a 'fighting room,' downstairs. This person started beating me, and I was getting very angry, so I said, 'I don't feel a thing.' As soon as I said that, I didn't feel anything, the person was still beating me, and he said,

'In your invisible state, you choose whether you experience the pain, or whether you don't experience the pain. In the physical state, it is true to a far lesser degree, but you can if you wish. If your will is strong enough, you can choose not to feel the pain.'

So then I wandered out into the garden, and after looking at the plants, a voice said to me,

'Consider the creation, how beautiful it is.' I looked around for a voice, but there was nobody there. Then the voice said,

'Consider the creation of your own self, that has beauty also, the whole human race.' I was still standing there trying to work out what they meant, and then you brought us back again. But it was much clearer tonight."

"Good, because it gets clearer, the more you do it. Notice tonight, you weren't with your Guides. So, you are literally cut free to do this, without having the security of having your Guides with you; in case you start using your Guides as a security blanket, where you can't do anything without your Guides."

(Arthur) "That's probably why I felt a lot fre-er."

"That's right; it may not necessarily have been a past-life experience. It could have been that you had a similar past-life experience to other mediaeval meditations that you have had experiences with. But it doesn't matter, because you have learnt from the experience."

BREE'S MEDITATION EXPERIENCE

(Bree) "No one spoke to me at all. I just remember walking through a feasting hall. I really wanted to go upstairs, so I ran upstairs, and there was this really heavy wooden plank, I pushed it open, and I got onto

the roof of the battlements, and I could just look over. I just remember the sun, and the wind, and that's all I remember. It was a really happy feeling, I felt like there was something pulling me up there. I didn't want to come back.”

“It’s also to get you more emotionally secure in travelling, in spirit seeing, clairvoyantly.”

(Bree) “But there was no one really there, you know.”

“They didn't have to be, I never said there was.”

(Bree) “Yes, I know that, but everyone was talking to people.”

“Yes, it's okay, but they have been doing this longer. The more developed the person is, the more responsibility the student has. Then the teachers on the other side really start teaching you things, just like Betty and Arthur, so that they can actually compile it into books, so that everyone gets this information, like I give it back to you.”

You see, we go into specialist areas; this is just a curriculum for your own specialities. You develop individually, I don't develop you, they developed, you, or your own higher-self develops, you. And each one of you, have your own Teachers, like a tutor is individual. One Teacher for one student, and eventually you get more Teachers, just for you.”

STEVEN’S MEDITATION EXPERIENCE

(Steven) “I pressed my nose against the window of the feasting room, and just had a look in, and then I did see long benches. Actually, I did see knights and food, and I was actually taken back, by all the dirtiness of it; the filth, the grime, and the food, and people eating the food, even on dirty plates, and on dirty tables. There was nothing towards what I would think would have been a romantic scene, at a knights table.” **“That means it's more realistic than imagination.”**

(Steven) “Yeah, I went inside, and I saw someone who was trying to entertain. He wasn’t the court jester; he was a peasant in a raggedy moccasin thing. That's why I assumed he wasn’t the court jester. He

was not dressed gaily, and he was being accosted. People were throwing food at him and not listening to him.”

“The village idiot, or someone like that?”

(Steven) “Yeah, I got this really close affiliation with that person.”

“In way do you mean close?”

(Steven) “Well, I felt it was me.” **“And then what happened?”**

(Steven) “Then I remembered singing a song, for him to reproduce for the crowd, which he did, he mimicked. It stopped the crowd, because it was a Shakespearean song, which I'm sure no-one would have known anything about. So that proved good for him.

Then the very next thing, I was rushed out of the room, and I just saw an opening in the ground, in the floor. It was like a cellar door, that was pulled open, and it was dark. To the left, there was a burning light on the wall, and there was just enough light, to be able to look around the corner, and just to see, and that led into a stable area, with all this straw.

There was a guy and a girl, fornicating on this straw, and I thought, I'll watch, but not watch voyeuristically. I just looked, and it didn't interest me enough, to stop and look.

Then I looked into a little barned-off area, with more grass, and barned-off, meaning boards on either side, making a stable. I walked into that, and that was just about the time that you asked us to come back.”

“That's great, what I understand from that, is that you actually helped your own self, in that life. You actually travelled in time, in your spirit body, and actually communicating that song to him, to give him inspiration to sing that song. There's a link there, and it might have helped his life, which is your life.

This is the first time in my classes, where I have come across this. I have been aware that you can do this, and that in fact, the Guides we have, are very often ourselves from future lives, that are coming to help us develop in this life.

Think about that, do you follow the reasoning? I had known about this, but I hadn't actually had this happen,

with ourselves helping our own previous life. Do you agree, Arthur?" (Arthur) "Yes, I do."

(As I type this up, I couldn't help but be curious when Steven said, after he helped his other self, he was rushed away. So I asked my Guides, if you're allowed to know the reason for this, and they said, yes. So then they channelled.

"Steven's higher-self, has been visiting this other medieval self, for some time now, and Steven's higher-self has the wisdom to know when to help him, at the right time, at the right pace, for the intelligence of this past soul. But Steven's conscious mind may have a desired to help further, and mess things up.

Steven's higher-self suggested that song, to give to his past-life, at the right time in his meditation, to show Steven's conscious mind, how, by consciously helping a previous life, he ultimately helps Steven's career, and desires for this life to be fulfilled. Acting is also a way of teaching, and healing other souls on the Earth plane.")

NATHAN'S MEDITATION EXPERIENCE

(Nathan) "I was a merchant, and I tried to give the King some gifts, and a gold dish. Then the next thing I knew, I was being accused of treason. I was walking down a dungeon corridor, they opened a dungeon door, and when they threw me in, and I went sailing through the air, of the edge of the steps leading down, hit the floor and died.

I saw myself floating out of my body, and I said, 'All right, you're dead, and that's that.' That was easy; there was no hassle in that. Then I thought, 'Is that it?' And someone said,

'Help is around you.'

"What did they say to you?"

(Nathan) "They said,

'That was interesting, wasn't it?' (Laughter) It didn't happen immediately, because when I was up there, I felt I didn't consciously know all about myself. Though, sometime after the death, I suddenly knew all about my past-lives."

"Because, your memory is total, when you transfer into your

spirit body, and your vibration has risen.”

(Nathan) “I just knew all about myself, and that's why, when they said, ‘Interesting, wasn't it?’ I could relate to that. I knew about my future lives to, somehow. I knew about this one, and I said, ‘this one here, is coming along, you know?’

“Did you find out what direction you are going in, yet?”

(Nathan) “Well, what I thought they were showing me was to watch out, with what you're doing, with people in high places. You can go out, and you can be really nice, and they can spit in your face. Don't be too generous, you know.”

“Like I was a Down's syndrome child, in another life, immediately before this one, and I gave all that love. And to stop me in this life, from giving all that love, and getting really walked on, and used, I chose to experience a negative effect, to bring me back. I had swung too far one way, and had to experience a countering experience, to swing me back to the middle, and balance, which happened in my childhood.”

(Nathan) “And then I came back.”

(That Down syndrome life is explained in greater detail, later on this disc.)

ARTHUR AS THE CHANNEL

“I bring to you tonight, a message of hope, a hope for people of the one world. There is a mentality about you at the moment that is considering all humans, as one people, upon this planet. Not as nations, all peoples divided, but as people who are one. You are brothers and sisters right through the whole of the world.

This mentality of brotherly and sisterly love, should continue, as it raises the vibratory level of the Earth, to the situation and a position, where we can send forth our radiation, and the two radiations will mesh, and raise the vibrations of the Earth, to bring you eternal spring.

We are your older brothers and sisters in spirit, and if we can

be called elder brothers and sisters in spirit, then you should be able to call your own fellow human beings, brothers and sisters.

Our consciousness has expanded far greater than most of those walking the Earth, and we can see, feel, and perceive the oneness of the lighted spirit, that flows through the cosmos. Then all of you should see and feel the oneness of the spirit, of all the people of the planet.

I am not suggesting that you have one world government, that you have one system, because on your planet, and on your plane, that is not possible, without repression. I am speaking of freedom, but I am speaking of a spiritual freedom, as well, where you consider yourself one with all life.”

(Arthur) “I can't hear anything more, he didn't even say, ‘Thank you, and goodnight.’”

“Thank you, and goodnight.”

(Arthur) “I just felt hot.”

NATHAN AS THE CHANNEL

“Good evening, yes, it is good, when the group is larger. The energy is good; it is felt throughout us all. Tonight we have a message for you, from another.

‘Good evening, brothers and sisters, it is good to see you all developing well. There are many Teachers and so-called Teachers; many people offering this and that, all over the planet, at this time and I say to you, you do not need too much.

Truly, you do not need it at all, but most of you will still be looking for other, outside help. You should all learn to just trust yourself. Some of you know this, which is good. For those of you who don't practice it enough, please do so.

Please know that when you have a decision to make, and you really talk to yourself, and you really trust yourself, know that you are making the right decision.

There is nothing truly wrong, that you do. You make mistakes, but we all make mistakes, even I do. But you are all on your chosen paths, and you are all progressing quite well.

Please continue to stay in circles such as these. Not necessarily in this one, but in circles such as these, for they will help you more to develop, to learn more about yourself, through yourself, and through others, each in turn will do the same. Peace and love, God be with you all. Goodnight, see you again.”

“When Nathan was channelling the first part, saying that you can gain your help from within yourself, I asked a mental question, of the spirit who was channelling, and it was answered.

In that I was sending the message, ‘Don't give them the wrong idea. They have still to overcome conditioning. That is affecting their lives, and stopping them from following their inner voices.’ I thought,

‘If you don't advise them to come to classes, they may not go through the releasing of this conditioning.’ And they answered my question, by saying;

‘Please continue to stay circles such as these.’ You can communicate mentally with the Guide, I didn't have to verbalise it, because I didn't want to interrupt, but they pick up the thoughts that you send.”

(Nathan) “Yeah, that happens, when I do things. When I go to Olivia, (Another Teacher) I have a question, which I don't really ask, but the answer always comes out. It's happened here a lot of the times. Sometimes I have a question to ask, and I really don't like us answering questions, but the answer comes out.”

“But you can send a question mentally, sometimes it gets answered, but you are not guaranteed that it will. But in this case, it was necessary to clear up anything about developing alone, because it's very hard to develop alone.

It's like driving with blinkers on that you have fitted to your own head. So the class broadens your horizons.

In relation to channelling; the consciousness of your own mind, very often is like an individual keyboard that the spirit can use. In other words, if you have got a keyboard, that's in Chinese, then the spirit is going to communicate

through that keyboard, and it's going to be in Chinese.

Which means, that your belief systems, what you accept, very often you allow only certain knowledge through? But if you disbelieve too much, they wouldn't bring that knowledge through you. They would bring it through another student who accepts that belief system, does that makes sense?

It very often, may sound like the person, because the person believes in that. But very often we get new material through, which isn't in the books, to clear up, or to add to, the material that is already in books, on a certain subjects, whether the person is into Buddhism, or into Numerology, or Astrology. That's just an example of the fields of helping humanity grown.

I have an Astrologer friend of mine, who came to classes, and he was told by spirit, through another channel, other than me, that spirit wanted to channel Astrology through him, to compile a book, to clear up a lot of the gaps.

There are lots of gaps in Astrology, but he had other things which were more important to do, and dropped out of the class. He may come back to classes sometime in the future.” (Steven) “Can we mentally ask you a question?” “Sometimes, you can, but you are supposed to ask your higher-self, and you're supposed to tune within, and not turn to the Teacher of the class, too much.

If spirit volunteers to give you information, like sometimes, Arthur, Nathan, and Betty, channel and volunteer information to each other. It's not good to take answers from someone you have only just met, once or twice.

You may not accept the knowledge, if you believe it is too far-fetched, as much as if you had known the person who is channelling for quite a long time.

Think of it that way, you have got to figure these things out. Trusting and believing me, or another, you end up

doing what I say, and believing what I channel, and not relying on your own link, with your Guides.” (Steven) “I understand.”

(There are other reasons not to ask questions, verbally, like if the channeller believes the answer is say [A], it might come out through the channelling, as [A].

But if the channeller is wrong, but doesn't know it, then you might think the spirit has answered you, but the student who was channelling, may also honestly believe that the answer came from spirit.

And if you ask your question telepathically, then the spirit who is channelling through that student, may not answer your question, if the student who is channelling is holding too tightly to his belief of [A], then it will most likely be answered through another student, who is either neutral about the subject, or knows the right answer, and spirit can channel the right answer. So if you ask a telepathic question, have patience.

Remember if you dictate what you want to learn from spirit, then you are controlling, or interfering with your own, or other students development. Of course, if you ask a question verbally, and you know the answer, and the student who is channelling, believes it to be [A], and channels it to be [A], but you know it is [B]. Then you might lose faith in the whole process of channelling, and drop out of class.

Asking questions is a big can of worms, there are so many more reasons, but I think you get the picture. Bree and Steven, only came on this one night, and never picked up their typed transcripts.

RAYMOND AS THE CHANNEL

“We love you, as if you were our children, and we are all children at some stage in our development, just as we are children to higher evolved souls.

You will have to exercise discrimination, but also allow for the differences in the conscious mind of our channels, in the way that they channel. Little things are not important; the meat in the

sandwich is more important. This is an expression that this channel uses, do you understand?

For example, we explained the other day to him, how we develop him, with the analogy of the chisel in the forge, because he is a plumber.

These channels are all developing at different stages, and with different Teachers, who will channel through them. When you become dissatisfied with your own channelling, you are then sometimes ready for a higher Teacher, to channel through you.

You learn to discriminate, and recognise what is not good enough, after reading what you have channelled. This is when you recognise, that your channelling is not good enough for yourself. Then you will decide to want to channel more meaningful messages. The contents of the channelling can also vary, between one extreme and another. I will explain.

A person, who is an egotist, will be channelling material. That puts him on a pedestal, where students who come for advice, are taken in by the stories, predictions, or prophecies, that the channeller is channelling.

The contents of channelling are dubious, and the spirit that channelled through the physical person, are either lower spirits, or evolves souls, that are teaching a lesson to the students, who get taken in, by the channeller.

This helps the students become more discriminating, and more self-reliant, when their fingers get burnt, as we say. We, being this channel and I communicating the concept.

We would like you to learn about the failings in each other, so that you will tend to rely more on your own inner guidance, and remember, just because everybody believes in somebody, it doesn't mean that he is right.

Remember, Jim Jones, and others of his like. We're not here to make judgement, only to help you become aware of what the channelling is all about. We thank you for listening tonight. God bless you all."

(8)

HEALING CLASS 24/11/87

BETTY, NATHAN.

BASIC + ADVANCED CHAKRA,
THEN, THE SHOGUN MEDITATION.

“I want you to imagine the colour red, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright red. Now open the base chakra, this located and attached to the base of the spine, it’s in the shape of a flower bud, open the bud, and it has approximately 4 large petals. Infuse the flower with all the colour **red** from the inside of your body, so it is glowing bright **red**.”

(Ten to fifteen second pause)

“Now I want you to imagine the colour orange, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright **orange**, except the base chakra. Now open the spleen chakra, this is located on a stalk, attached to the spine, half way between your belly button and the base chakra, it’s in the shape of a flower bud, open the bud, and it has approximately 8 large petals. Infuse the flower with all the colour **orange** from the inside of your body, so it is glowing bright **orange**.”

(Ten to fifteen second pause)

“Now I want you to imagine the colour yellow, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright **yellow**, except the two chakras that are open already. Now open the solar-plexus chakra, this is located on a stalk attached to the spine, approximately where your belly button is, it’s in the shape of a flower bud, open the bud, and it has approximately 16 petals. Infuse the flower with all the **yellow**”

(2)

from the inside of your body, so it is glowing bright yellow.”

(Ten to fifteen second pause)

“Now I want you to imagine the colour green, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright green, except the chakras that are open already. Now open the heart chakra, this is located on a stalk attached to the spine behind your heart, it’s in the shape of a flower bud, open the bud, and it has approximately 32 petals. Infuse the flower with all the green from the inside of your body, so it is glowing bright green.”

(Ten to fifteen second pause)

“Now I want you to imagine the colour blue, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright blue, except the chakras that are open already. Now open the throat chakra, this is located on a stalk attached to the spine behind your throat, it’s in the shape of a flower bud, open the bud, and it has approximately 64 petals. Infuse the flower with all the blue from the inside of your body, so it is glowing bright blue.”

(Ten to fifteen second pause)

“Now I want you to imagine the colour amethyst, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright amethyst, except the chakras that are open already. Now open the forehead chakra, this is located on a stalk attached to the top of the spine, it’s in the shape of a flower bud, open the bud, and it has approximately 128 petals. Infuse the flower with all the amethyst from the inside of your body, so it is glowing bright amethyst.”

(Ten to fifteen second pause)

“Now I want you to imagine the colour purple, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in

purple, except the chakras that are open already. Now open the crown chakra, this is located right across the top of your head, like a huge sunflower, on a stalk attached to the top of your spine, it's in the shape of a flower bud, open the bud and it has approximately 256 petals, but some think there are a 1000 petals. Infuse the flower with all the purple from the inside of your body, so it is glowing bright purple.”

(Ten to fifteen second pause)

“Now your higher-self or Guides will start to spin your chakras, for technical reasons, the ones they want to, at the speed they want to, just allow them to spin, and we can go to the next meditation.”

“Now, I want you to project a beam of red light, from your base chakra to the column of white light, which is still in the centre of the circle, reaching up to the point of the cone.”

(Approximately three to five second pause)

“Follow this by projecting a beam of orange light, from your spleen chakra to the column of white light.”

(Approximately three to five second pause)

“Now, project a beam of yellow light, from your solar-plexus chakra to the white column.”

(Approximately three to five second pause)

“Now a beam of green light from your heart chakra to the white column.”

(Approximately three to five second pause)

“Now a beam of blue light from your throat chakra to the white column.”

(Approximately three to five second pause)

“Now a beam of amethyst light from your forehead chakra to the white column.”

(Approximately three to five second pause)

“Now, a beam of purple light from your crown chakra, on the top of your head, to the white column.”

(Approximately three to five second pause)

“I want you to now project a red beam from your base chakra to the base chakra of the person on your right.”

(Approximately three to five second pause)

“I want you to now project an orange beam from your spleen chakra to the spleen chakra of the person on your right.”

(Approximately three to five second pause)

“I wanted you to now project a yellow beam from your solar-plexus chakra to the solar-plexus chakra of the person on your right.”

(Approximately three to five second pause)

“I want you to now project a green beam from your heart chakra to the heart chakra of the person on your right.”

(Approximately three to five second pause)

“I want you to now project a blue beam from your throat chakra to the throat chakra of the person on your right.”

(Approximately three to five second pause)

“I want you to now project an amethyst beam from your forehead chakra to the forehead chakra of the person on your right.”

(Approximately three to five second pause)

“I want you to now project a purple beam from your crown chakra to the crown chakra of the person on your right.”

(Approximately three to five second pause)

“Now all the coloured beams, from your chakras to the column of white light will stay still and fixed. The energy will flow from the white column into each of your chakras, then the coloured beams around the circle are connecting up everyone’s chakras, like the rim of a cartwheel, and the energy will start to flow from left to right, from chakra to chakra, in a circle around, and will get faster and faster. It will continue to do this through the rest of the class-night.

Before we come back from the guided meditation, our guides will remove all the coloured beams, from the circle, leaving the correct energy within each of our chakras, for our healing practise at the end of the class-night”

On this afternoon while meditating, I received from my Guides, a

scene in ancient Japan, where my students and I, were a travelling troupe of acrobats and magicians. I asked my Guides if this was another of what I call, 'A group past re-call scenario?' Where I and my students had lived a past-life together, and I was told, it was true.

I was then shown that we were invited to perform for the district Shogun. While we were performing, we all attacked the Shogun, and assassinated him, for in reality we were ninjas in disguise. I asked if I was meant to reveal what we did to the Shogun, to my students, and I was told, 'Yes.' But I wasn't allowed to know who any of us were.

So I asked the students to observe what happened to us, after I told them that the ninjas were just about to attack the Shogun.

If my students don't describe the scenes as they are seeing them, I wait ten or fifteen minutes, before I bring them back, and I always feel from my Guides the order of who will describe the scenes of their meditation first, and the order of channelling, as it changes on every class-night. So, all the transcripts are in the order of the student's participation on the night. This meditation will not be included in the meditations chapter.

BETTY'S MEDITATION EXPERIENCE

(Betty) "I didn't see how the Shogun was assassinated... it was all a shambles. I think I died; it was as if everyone attacked me in several places at once. But I think it was me... I was wounded in the belly, and then died. The Shogun's face, kept changing, it kept looking different."

(I feel that the student's higher-selves, showed the akashic record of the events, from an outside viewpoint, because of the violent nature of the events. This is why Betty was seeing the face of the Shogun, but I don't know why the Shogun's face kept changing.)

NATHAN'S MEDITATION EXPERIENCE

(Nathan) "I sense that we were more than what we seemed; we were more intelligent, basically. I asked, 'What am I supposed to learn

from this?' And I was told,

'Strength and power.' Then I asked, 'Why did I choose this life?' I think the answer was,

'Being small, but being great,' like the first shall be last, and the last shall be first. You can be small, and yet be big. I also learned of living for eternity, of being Japanese. There was more of that concept, of not worrying, because I knew I didn't die. Then, I ask, 'Is there anything that you wish to tell me?' and they said,

'To be careful, trust yourself more.' And asked if I could have a personal Teacher, and they said,

'That will happen, don't go looking for, the Master; the Master will find you.'"

NATHAN AS THE CHANNEL

"Good evening and a blessing to you all, the circle is growing stronger, day by day. And the energies are feeling warmer, and the vibrations are rising higher.

Betty, we ask you to trust a voice in your mind, that you hear. This channel, only recently, in the past few days, has learnt that the voices in his head, are his guides and helpers, and he can ask them questions whenever he wants, and they do answer him, if he believe, so. It is just a matter of trusting your faith.

Your faith can be a very powerful thing indeed, it is there for the choosing, there for the asking; just waiting to be used, to be picked up. Your faith is strong; it can be stronger, as all can benefit from this, that is, their faith getting stronger.

What is it that we listen to? What is it that we may answer to? Big questions, you may answer, you can answer, and you can listen to yourselves. There are many who say, 'Listen to us, we know this, we know that, listen to us. And they will keep on doing it, but you cannot keep on listening to them. There are so many doing it, and there are so many, saying that we are right, and only we are right. So in that way, they are all wrong. What is right, is what is right for you, what you feel comfortable with.

We do not ask you to be stuck on some idea, and to be stuck on that forever. You must change your beliefs, your attitude, so that you can progress. And you will see that if you truly desire to progress, you will change your beliefs and your attitudes, and change much.

As an example, this channel, over the past few months, as changed his beliefs and attitudes, an astronomical number of times. And somehow, many of his old beliefs, that were a stuck, have come back in some ways, which he totally rejected at one stage, and have returned.

But enough of this one, please, all we ask, is to listen to yourselves. You are the key, you are the answer. Others help, but you are the key, you are the light. Peace be with you all.”

RAYMOND AS THE CHANNEL

“You have been much perplexed tonight, by your second meditation. We know the reasons for this meditation, and we will explain. You, Betty, were held in high regard by your people, but you chose to live a life as the Shogun, to help you progress, by repaying certain debts to the others here. We wish to help you understand, that as souls, you were all like players in a play, with different roles to act out, to set things right between you.

This is why you are friends now, as your differences were resolved in that lifetime. Your higher-self, Betty, was preventing you from knowing who you were. But now, you may channel what your own Guides wish to say, now that it has been explained. Thank you.”

BETTY AS THE CHANNEL

“Good evening, my friends. The meditation you were given tonight, was given in order to demonstrate, to show you some of the past links, between the individuals in this circle, and also to show to this being, Betty, some of her past incarnations. We wish to remind this being, although she seemed to be quite aware of

this already, she needed to be reminded that the majority of her past incarnations, were in positions of power and authority.

This is why she had chosen in her most recent incarnations, to be taught what it is like to be amongst the most powerless, the suffering, and the wretched in society. But we wish to remind her, that those in power are also human, as she now remembers, in her previous incarnation.

The most powerful man in the world, and the most helpless and wretched member of society, are both still human beings, members of the same species. One first feels that anyone undertaking spiritual development, must begin to learn to overcome the great sense of separation between different entities.

It is easy to speak glibly of being a part of the cosmos, or of being one with all beings. But you cannot start to break down the barriers, your innermost selves, until you realise, that other human beings...

(The sound of a passing plane drowned out Betty's voice)

...you are not separate. Goodnight my friends.

(9)

HEALING CLASS A.M. 1+8/12/87

VICKY

On the 1/12/87 I started another class for house-wives, you could say, or those who couldn't attend a night class, as I had found a three day a week job, as a truck driver, I arranged this class to start at 10.30 AM on Tuesdays, before my advanced night class on the same day.

This new student didn't see anything on their meditation, and I was the only one who channelled. I will put in here what was channelled, before you read the following weeks, beginners' day class, where Vicky brought a friend, and they did participate.

Greetings, my children, we have been watching you for many years now, and we have been waiting for this opportunity to help you with your life work. This is the beginning of many experiences for you, which will help you cope with this world, and help you become more at ease within yourself.

We do not wish to reveal too much to you at once, as your interest in this form of development, is sufficient, and we do not wish to upset this balance, by feeding you too much about your probable future work, as there is much practice, and development, ahead of you.

We have brought you to this one, for he will not misguide you, or push his beliefs onto you. He is like a scribe, a recorder, and it is your own mind that will have to make judgement, and discriminate what is acceptable for you, and what is not. Your guidance will come from within, and you will find that you will develop very rapidly.

You can practice channelling, if you wish, as you are sufficiently developed to receive our thoughts, but only when you feel you want to.

You will be receiving more students soon, so you will not be alone in the class. But as Raymond has said, we have to start with someone. We thank you for listening, God bless you all."

(2)

HEALING CLASS A.M. 8/12/87

VICKY, BEATRICE.

BASIC CHAKRA + PYRAMID MEDITATION.

“I want you to imagine the colour red, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright red. Now open the base chakra, this located and attached to the base of the spine, it’s in the shape of a flower bud, open the bud, and it has approximately 4 large petals. Infuse the flower with all the colour **red** from the inside of your body, so it is glowing bright **red**.”

(Ten to fifteen second pause)

“Now I want you to imagine the colour orange, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright **orange**, except the base chakra. Now open the spleen chakra, this is located on a stalk, attached to the spine, half way between your belly button and the base chakra, it’s in the shape of a flower bud, open the bud, and it has approximately 8 large petals. Infuse the flower with all the colour **orange** from the inside of your body, so it is glowing bright **orange**.”

(Ten to fifteen second pause)

“Now I want you to imagine the colour yellow, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright **yellow**, except the two chakras that are open already. Now open the solar-plexus chakra, this is located on a stalk attached to the spine, approximately where your belly button is, it’s in the shape of a flower bud, open the bud, and it has approximately 16 petals. Infuse the flower with all the **yellow** from the inside of your body, so it is glowing bright **yellow**.”

(Ten to fifteen second pause)

“Now I want you to imagine the colour green, coming down through the top of your head, travelling right the way down to

your toes, illuminating the inside of your body all in bright **green**, except the chakras that are open already. Now open the heart chakra, this is located on a stalk attached to the spine behind your heart, it's in the shape of a flower bud, open the bud, and it has approximately 32 petals. Infuse the flower with all the **green** from the inside of your body, so it is glowing bright **green**."

(Ten to fifteen second pause)

"Now I want you to imagine the colour blue, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright **blue**, except the chakras that are open already. Now open the throat chakra, this is located on a stalk attached to the spine behind your throat, it's in the shape of a flower bud, open the bud, and it has approximately 64 petals. Infuse the flower with all the **blue** from the inside of your body, so it is glowing bright **blue**."

(Ten to fifteen second pause)

"Now I want you to imagine the colour amethyst, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright **amethyst**, except the chakras that are open already. Now open the forehead chakra, this is located on a stalk attached to the top of the spine, it's in the shape of a flower bud, open the bud, and it has approximately 128 petals. Infuse the flower with all the **amethyst** from the inside of your body, so it is glowing bright **amethyst**."

(Ten to fifteen second pause)

"Now I want you to imagine the colour purple, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in **purple**, except the chakras that are open already. Now open the crown chakra, this is located right across the top of your head, like a huge sunflower, on a stalk attached to the top of your spine, it's in the shape of a flower bud, open the bud and

it has approximately 256 petals, but some think there are a 1000 petals. Infuse the flower with all the purple from the inside of your body, so it is glowing bright purple.”

(Ten to fifteen second pause)

“Now your higher-self or Guides will start to spin your chakras, for technical reasons, the ones they want to, at the speed they want to, just allow them to spin, and we can go to the next meditation.”

PYRAMID MEDITATION

“I want you to imagine a desert scene where there is an oasis. In the distance is the great Pyramid of Cheops. We are going on a trip; we’ll go past the oasis with its palm trees and pool. We’ll go over to the pyramid... I’ll lead the way.

We climb the steps leading up inside the pyramid, all the cool stone surrounds us. In the distance, we can see at the top of the steps, a beautiful purple light, and it’s flickering inside the pyramid, high in the King's chamber.

As we climb the stairs we get closer, and as we get closer we see that it's a beautiful purple flame. It's moving all the time, and it looks so cool. As we get closer we see that it is in the main chamber, it's the size of a man, about six feet high, beautiful purple, and yet we don't feel any heat coming from it, we see it lighting up the chamber.

It's not a large chamber, is not a small one... it's just the right size. Around the chamber are many stone seats surrounding the flame. Now, each one of us will step into the cool flame, one at a time, and stand in the flame of purification for a few seconds. When we step out of it, we will be putting on white robes, and then we can sit on one of the stone seats.

I'll go first; I'm coming out of the other side of the flame, and sitting down. Everyone can now go through the flame, put on your robes and sit down. Now that we are all sitting around the flame, I want you to focus on the flame and observe; things will be revealed to us...things will start to happen. Maybe a guide or master will appear in the flame, to talk to you.

I'll leave you to your meditation now, focusing on the flame.” (Approximately ten to fifteen minutes silence)

“I want you all to stand up now, and walk out of the pyramid, walk past the oasis, and walk back into this room, and sit down.

Come back now, take three deep breaths, have stretch if you want to.”

VICKY'S MEDITATION EXPERIENCE

(Vicky) “Well, I enjoyed the journey with the chakras, and I actually felt more linked in, from one place to the next, as we travelled with them, and felt the connection between them. I did feel a bit chopped off at the knees, and I thought that was interesting; it was hard to let it through to the toes.

Then at the point of reaching the flame, I sensed you, (Raymond) entering it first. And then as you came out, I felt that your hair was growing, and I felt that the same thing was happening to me. And when I came out, I felt much younger; I felt that there was in fact, some being there. A female emerged, but it didn't seem like I could really visualise her. I just sensed that she was someone very beautiful, Egyptian, and also reasonably young. She came and took my hand; it was almost like we were doing a slow dance together, to start with.

It wasn't really fully sequenced, but within this dance and movement, I saw the cat, that I saw, last time, they were sleeping on a shelf of lapis-lazuli, so it was all deep blue. It was just sleeping there, and then further from us, there seemed like a double chamber. She was going to give me a snake, I think I spent some time going up to the ceiling, and I was just going to enter another chamber, which was one of white light, and then I was called back.”

BEATRICE'S MEDITATION EXPERIENCE

(Beatrice) “I found the whole thing very easy to visualise, with the meditation of going inside the pyramid. I've done a meditation before, of trying to see a flower, and I just never could hold it. This is the first

time, I could just see it, and hold it, a beautiful flame, which just didn't fade away. Normally, whenever I try to visualise, it just goes. But it really just held there, when that went, I always see this old man in robes, in a long white beard.

And then, unfortunately, I didn't trust, and I tried to control it, instead of just letting it happen, I'm controlling then what happens in my mind. Then I asked, 'what's your purpose here, what do you want me to know?' And then I got,

'Don't rush,' which I wondered, if it was my subconscious, telling me that, or not. And then I suppose I normally try to touch and feel loved, and I had that, and then I came back."

(In the period of time I was running classes, before I wrote and printed my first volume, I feel that my Guides were only allowing events to happen in the classes, which would be appropriate for the first volume. I did a large chapter on the cases of spirit interference in our lives, but the only rescuing of individual spirits, was a very rare occurrence, accept for the rescue missions, we went on.

After I closed and started classes again, Earth-bound, or lost spirits, started being brought to the classes by the class Guides, to be linked up to the channellers, while they channelled, for us to help rescue them.)

VICKY AS THE CHANNEL

"Hello."

"Hello, my friend."

"I don't know who I am, or what I am."

"You are a spirit, my friend."

"I don't know if I am big or small."

"It doesn't matter."

"The tide rolls in, the trees grow tall. Someone very sad."

"Are you sad?"

"Yes, I'm sad."

"You are amongst friends now, we love you."

"I don't know why I was left like that."

"Well, you are not alone now; you can come here whenever you want. Are you a man or a woman?"

"I am a woman."

"What's your name?"

"Anya."

"Anya, were you married?"

"I think so."

"How old are you?"

"I seem to be very young, and very old, but not in between."

"Where do you live?"

"Near a Forest."

"Do you know what country?"

"It was a northern European country."

"Did any person bring you here, to this class?"

"I don't know, I didn't really expect to be here."

"Now, if you look behind me, there is a beautiful white light, can you see it?"

"I can see a blue light."

"A beautiful white blue light, isn't it?"

"It's like a never-ending curtain, both wide and deep."

"In that white light, as you can see taking shape now, is a person. Can you see the person appearing?"

"I can see a form."

"It's becoming clearer, it's your mother. Your mother is here, can you see her?"

"Yes, I can."

"She wants to talk to you; do you want to talk to your mother?"

"No."

"Why not? She loves you, what's your mother doing now?"

"She looks sad."

"Have you asked her, why she sad?"

"She's sad, because she had a lot of pain."

"But she doesn't have any pain now, though, does she? Has she been looking for you?"

"Yes, I think so."

"Well, why don't you go and speak to her, and go with her? She's been waiting for you, are you going to go to speak to her, and go with her? She's been waiting for you, are you going to go to your mother?"

(Couldn't hear Vicky for the noise of an overhead plane.)

"What do you want to do now, Anya?"

"I think I'm tired now."

"Do you want to go to sleep?"

"Yes."

"Will you go with your mother? She will show you where you can sleep. She's got a nice house with a bedroom, and a nice bed to sleep on."

"Okay."

"Bye, bye, you can come again, if you want to later on visit us. You go and have a nice rest."

RAYMOND AS THE CHANNEL

"Greetings, my children, today we introduced to you another reason or purpose for channelling. We bring to you lost souls that we cannot help directly. They are helped in this way, to overcome their fear, and move on to higher things.

We are watching and helping you to progress slowly. The way that each of you progress's, may be very different to each other, to maybe achieve the same degree of development. If one individual's path is different to another, it is for each individual to travel their own paths, to reach the top of the mountain, as you say.

Your own development, Beatrice, will be at the right speed, at the right time for you to develop balanced and in harmony. Some of you will be teachers of other Teachers, all depending on your courage, and your desires, when you feel stronger and more capable.

You will be very happy, the more developed you become, by becoming freer of the trials and tribulations of the Earth plane. You have our blessing, and our care watching over you. God bless you all, goodbye."

This was the last time Vicky and Beatrice attended my classes.

(10)**HEALING CLASSES 1/12/87 BETTY, ARTHUR.
POLAR CITY + HOLLOW EARTH MEDITATION**

“I want you to imagine that we are going on a journey, far overseas. As we travel, it gets colder and colder, we put on warm fur clothes. We are getting further and further. We can see land in the distance, but its white, big white cliffs. As you get closer across the Green Sea, you can see that these white cliffs are ice cliffs, crumbling into the sea, crashing into the sea, melting.

You are now flying closer, over the tops of the cliffs, inland now across the ice. As you're flying over the ice, you can see polar bears gambling away and penguins by the sea.

In the distance, you can see a beautiful sparkling ice city, getting closer, and getting larger, all in white. As you look at the stars above, the sky is black but the ice is brightly lit, it's glowing white. You can see the beautiful colours of the Aurora Borealis, reaching up into the sky to the stars above the city. As you get closer, you see many coloured beams, like laser-beams, being beamed across the city and around. There are many people in the city, going to and fro.

As we get closer, your guides are waving to you and they're all dressed in nice warm clothes. You don't feel cold, and the city is all brightly lit, white glowing. There are many beautiful structures, buildings of all shapes and sizes. Look around; see the domes, the spires and the pyramids. Talk to your guide and wander through the streets into the different buildings, where you will learn fantastic things about life, the world, and city.

You could learn about healing, libraries, colleges, teaching situations, hospitals of all kinds. Wander down the broad Street, there are no cars. I wanted you to go with

your Guide wherever you wish to go and you will see what you are supposed to see. I will leave you now.”

(Approximately ten to fifteen minutes silence)

“I want you to say goodbye to your Guides now and leave the buildings. I want you to fly back across the ice, and then across the sea, back to this room. Come back now, take three deep breaths, have stretch if you want to.”

BETTY'S MEDITATION EXPERIENCE

(Betty) “I didn't understand a lot of what they told me, it was all technical, about superconductors, and I didn't understand it. I was shown these great green caverns. I can't remember very much else.”

ARTHUR'S MEDITATION EXPERIENCE

(Arthur) “I went to this big room, and like you, I saw the green. It was an Agate-like green, and they were playing around with that; they were spinning it, and doing all sorts of different things, making refractions of light come off it, and hurtling it around. I thought, ‘You can't do that, with Jade.’ Then they showed me how you could, and they were using laser-beams, to mould it into different shapes. They were standing there watching this, and I got sick of watching that.

So I moved along a bit further, and they were using another material, but they were still using laser-beams. They were making seahorses, and I said, ‘You can't make seahorses, how do you make seahorses?’ And they said,

‘It's very simple, you get the plastic model of the DNA, and the RNA of the stuff, and you belt it into shape with a laser-beam, because the laser cuts and seals, and fixes it all up.’ Then they had a process, whereby they used the prana energy of life, and drove the life force into them, and after a certain period of time, they created a living thing. They said,

‘That's how we formed a lot of the living things, that are on the Earth, over a period of time, and there are only a couple of

rules that you have to abide by.' It had to have a purpose, within itself, and functional purpose for itself. It wasn't allowed to be made for mankind. It was allowed to be made to serve any other animal, or any other creature. It had to have a purpose of its own, and that was the only rule they had to work by.

And then a thousand things went through my head; what are the purposes of mosquitoes? Were they just sent here to annoy us? like flies, ants, and bees? And they said,

'They all have their own purpose; they don't have to have any other purpose, but one, to serve themselves, by experiencing through themselves, the life force which they are experiencing and portraying.' And then I moved on, and stood in front of what looked like a TV screen, but it wasn't. They have been using this plastic stuff again, but it had the shape of the person's face; trying to create a perfect face, and the nose was changing, like an identikit picture, only the thing was changing very, very fast. They kept altering different parts of the face. I said, 'What are you doing that for? And they said,

'There is another being, coming through. You people think he's going to be khaki, because of all the melding of all the races. It's not going to be khaki; it's going to be a more orange colour.' I thought, 'Oooaah,' and it's an orangey-brown, and gold colour. I asked, 'what's the purpose of all this?'

'The purpose, is that energy descends from a level, or goes through the Earth,' but they have with their refractions, a way of trapping the energy, and using it to manufacture all different things, that they think would be interesting manifestations on this plane. And I said, 'Well you've made too many.' And they said,

'There are still more to come, the infinite variety that can be created, can never be finished, until everything has been obliterated, and drawn back to the Almighty.' In other words, until the city itself slowly descends again, and apparently the whole thing will start all over again. The city maintains the life forces, which it has created.

There was another city that had created enormous animals, but a

larger time, and gradually the city sank. The animals that were here, all disappeared at the same rate, that the city evaporated, or dissolved, they were just no more. That will happen again, as one city sinks, another city rises. And then we came back.”

Early in volume one I explained that my Guides were helping me choose the books I was to learn about the infrastructure of our spirit's connection with our physical body's, my Guides got me to buy a book by a hypnotic past life regressionist, where he regressed his audience and found more than one person in the audience had the same past life memory of another audience member, where the regressionist found out about parallel lives.

I asked my Guides many questions about this subject and received a lot of answers confirming this phenomenon from my Guides, so over the months I included this concept in certain meditations, including this one. But I would have to wait a few months before any evidence would surface in any evidential way in the classes

On this afternoon I was guided to do the Polar City meditation, I also received a second meditation for the students, and this one was even stranger.

After I had all the details of what it was about, and the different benefits and reasons for this strange meditation. I was told to explain about where the students would be going, but not the details of the meditation, until they were going on the meditation.

This is what I said, after the students had finished describing their previous meditation experiences.

“I am being told by my higher-self and Guides, that they want you to become aware of realities, other than this Earth, so that it will be a much easier stepping stone for future meditations, that are involved with visiting other planets and dimensions, and they want me to explain about where you are going on your second meditation tonight.

When I first was told the outline of this meditation, I had a very good idea what it was going to be like, as I had read it many books, and seen many movies about this place. Jules

Verne wrote a story called, 'Journey to the centre of the earth.' which was made into a movie.

Edgar Rice Burroughs, unknown to many, was the original author of 'Tarzan,' but he was also the author of, 'Pellucidor, at the Earth's core.' which was made into a series of movies.

When I was still at school, I had read a book, about two boys who found a prehistoric world, at the centre of the Earth, but I can't remember the name of the author of the book. It's always been one of my favourite themes. My Guides tell me that I have had a very happy series of lives, living in these hollow worlds, and I recognise and feel happy reading about them.

By now, I shouldn't have, to explain the fact that those authors were tuning into, either past-life memories, or astral travelling in their sleep, to bring back the memories to write the stories. The characters in the books may be fiction, but the setting is a reality.

Part of your meditation tonight, is a visit to the centre of the Earth, but remember, the reality may be in another dimension, or even in another planet, other than the Earth. Remember, you may experience a past-life memory, or come across a parallel-life of yours living there. So just allow it to happen.

I want you to imagine, that we are leaving the city together, and flying down to the Antarctic. We will not feel the cold, because we are in spirit. We can see the ocean below us, racing by, and because it is summer down here, it never goes dark. You can now see the outline of a very rocky coastline. Most of the ice and snow has gone.

There is a large mountain in the distance; we are going to land at the foot of it. At the base of the cliff, we can see an old man waiting for us; he is our guide for our journey.

He shows us a secret entrance into the cliff, and we follow him in. Inside the tunnel, the walls, floor, and ceiling of the tunnel, are glowing with a kind of luminous light. The tunnel leads down through many passages, and spiral staircases and

there are many beautiful sights on the way.

Now in the distance at the end of the tunnel, we can see a bright light, and as we get closer, we can see tropical foliage around the entrance. Now we can see stretching out into the distance is tropical jungle, and then an ocean.

When we look up, we see a Sun in the centre, but it seems to give out no heat, but the air is warm and tropical. Over to the right, by a beautiful beach, is a city.

You may wander wherever you fancy, for a brief period, before I take you on the next stage of your journey.”

(Silence, until my Guides told me to continue)

“I want you to now say goodbye to anybody who you might have been speaking to. And I want you to look at this Sun, and I want you to imagine that you are getting lighter and lighter, for we are going to enter this cool Sun, for another experience. You are now free-falling up into the Sun, and it will be a pleasant experience. You are now merging with this Sun. Ask your guides, or the Sun, why you are merging with the Sun. I will give you some time now, to experience it.”

(Silence, until my Guides told me to continue)

“You are now going to leave the Sun, and you are going to change your vibration, so that you can fly through solid objects. We are flying towards the ground now, and are going to fly through the Earth, through the rock to the surface, and into a plant or a tree that your higher-self has chosen for you.

As you come into the roots, the spirit that was in the plant is leaving, as he has learned what he needed to learn, while he was there.

You are, now filling up the plant or tree, your arms are in the branches and your legs are the trunk, and you can feel the roots through your feet. You will feel the leaves through your fingertips and your head, and if you find that you go in to more than one plant or tree, it's okay.

You may find out that you have had a previous lifetime, as a plant or tree. I will give you time to experience all this.”

(Silence, until my Guides told me to bring them back.)

“You are now going to leave through the top of the plant or tree, and as you leave, you may feel the new spirit coming in, at the bottom, through the roots. You are now going to fly back to this classroom, and back into your body.

I want you to come back now, take three deep breaths, stretch out if you want.”

BETTY’S MEDITATION EXPERIENCE

(Betty) “The old man that guided us, was very tall and thin. The vegetation looked rather strange, mosses and lichen, only rather large. The Sun was an orange ball, with purple in it. I can remember becoming a tree, and my consciousness seemed to be all over, from my bark to my leaves and my roots.”

ARTHUR’S MEDITATION EXPERIENCE

(Arthur) “The Guardian I saw was very tall, as well, and then, when I got down there, I looked, and I had a huge long argument, because I thought it was a big cavern, with a sea sitting in it, as we would expect it. I looked, and I couldn’t work it out, and it wasn’t. The sea was on the entire inside, around the inside, and the Sun was in the centre of it, and the centrifugal forces held everything there.

The people are larger and taller than we are. The vegetation leaves, were fleshier, thicker and spongier; entirely different plants to what we have got, because of the climate and the centrifugal forces, that are there, and the Sun doesn’t set, which is very strange, it sort of keeps there. It does vary its intensity; there is some purple that comes into it.

They have proved their point, and I went up into this Sun. It wasn’t cold on the outside, and it wasn’t hot, it was an even pressure and temperature. And when I got into it, it was cool, and I thought, ‘This was very strange. And I was sitting there, watching all the different aspects of it.

When I came through the Earth, I came out into a palm tree, and I

wished that this thing would start moving. There is not one second of the day that some part of that tree, ever stops moving, it doesn't stay still. There is continuous and eternal everlasting movement in it. At certain times, there would be surges of energy. I don't know if the roots had found another source of food. All around it, there would be this glow of light, and it made the palm tree look all fuzzy, like it had an Afro hairstyle. Then it settled back to itself, but with its continuous movement. I was glad when you said, we could get out. This other spirit came in, and took over, and I moved out. It was as though I was being pushed out, until the last bit of me came out, and then he sort of filled up the whole thing, and I came flying back.

The impression I got, of the inside of the Earth, was that it's exceptionally peaceful. The people there are happy and contented. The way that they were trying to explain it to me, was in a very peaceful manner. Because of my stupidity, I expected the thing to be flat, just because it's on the surface, and it was round, like that. There was no hostility or animosity, they just kept going, until they could get me to understand, what they were trying to say. So they were the most patient, loving, kind, and understanding people, in there.

They said, that they had retreated there are a hundred million years ago, because of the aggressiveness of the beings on the outside of the planet. They couldn't handle the vibration, and they moved in to protect themselves. And they said, 'The Sun of even pressure, protects them, and is a buffer against any nasty vibrations, that might come to them.'

My Guide has just told me, that they have put a memory pod, in my head, and that the more I think about it, the more will be revealed. They said they have the power to neutralise anything that we have out here now, through the sheer pressure of peace. Because of reverse polarity, they could reverse the polarity or whatever we did, and stop it from acting."

"Both the inner and the outer Earth are physical level centres. The centre of the Earth is as physical as the outer Earth, the difference being, that the inner Earth is far more peaceful, and buffeted against the ravages of the time-space-continuum, as you have on the outside. You have the time-space-continuum there, but

at a different rate.

It depends on the quality of the person entering the inner world. If they are peaceful, and calm, and genuinely interested in the inner realm, no harm will come to them, and they may return to the outer, with their body and their aura intact. If however, they come down to this inner sanctuary, as you people might call it, and they may implode of their own hollowness, their nastiness squeezes them together, pushes them down, and they are destroyed by themselves, and in no way can we help them. In no way can we harm them, and whether they return, or whether they do not return, is entirely of their own making, consciously or unconsciously.

(Arthur) “My Guide says, that there have been people return from there, but because of the fantastic concept, very few have mentioned to the outer world, that they have been there. Just as very few people who actually see, and experience flying-saucers, speak about it, because they you don't want to be considered as freaks.

As we were flying back, my Guides told me that there is an entry into this world, via Fiji, as well.”

“Yes, there are entries into this world, all over the surface, I'm aware of a few of them.”

(Arthur) “He said that there are entrances in Australia, but the entrance in Fiji is being watched by spirit, because of the situation there.”

BETTY AS THE CHANNEL

“Good evening, my brothers. Tonight, your exercises were designed to make you aware of the other dimensional worlds, which interconnect with your physical world. The places which you have been to, under the Earth, is not an actual physical realm, in the same dimension as this physical world. It is just as real, but it occupies the same space.

It is difficult to explain this in language, and it is even more difficult to comprehend it in thought, but it is possible for the human mind to have flashes, whereby it is possible to comprehend a small part of this reality.

The extra-dimensional world, which you can visit, in a sense, interpenetrates the spaces between the world in which you live, and there are indeed different points in the physical world, and indeed all over the physical universe, in which it is possible to enter, under certain circumstances, the other dimensions.

I mean by this, not simply to enter it in your thought-body, or your astral-body, but you actually enter it in your physical body. However, this is quite rare, and can only occur under certain circumstances. If the conditions are not quite right, the physical body would become destroyed. However, it is an extremely rare occurrence, and there is no need for anyone to worry about it, as a general rule.

This is one reason for flying saucers, etc, in which people who have had such experiences, have returned to the physical world, and have been unable to comprehend what has happened to them, and they have therefore rationalised what they have seen, as travelling on a spaceship to another planet.

It may be many years before your Earth scientists begin to comprehend this model of the universe, although some have already done so. Indeed, some of your most brilliant scientists comprehended this in theory, many, many years ago. And of course, in Atlantis, the science of the interpenetration of space was well known.

It is not usual for anyone to discover the gateways between the spaces, because these are well guarded against accidental interference. However, I have said, deliberate attempt at interference on the physical plane, could bring annihilation to anyone unwisely trying to interfere. But anyone who goes into these places in their astral body or thought-body is quite safe.”

“How do we know this is all true, and not a figment of our imagination, or being led on by our Guides?”

“We have, in fact, no objective proof of this, any more than we have objective proof that we actually exist. We ourselves may be a figment of our own imaginations.

It will come about in the distant future, if man survives what he's doing to himself. When objective proof of these things will become

readily apparent to all, but it is doubtful whether the human species at this time is even ready for such knowledge, or capable of comprehending it."

“What was the purpose of receiving this knowledge tonight, for our development?”

“This knowledge was given, simply to help you to expand your awareness. It is not to be taken as in the sense, the final revelation of how the universe is, or how it works. What we take, in any form, as ultimate truth, it merely forms part of the truth, which enables more to be revealed at a later stage. Goodnight, my friends.”

ARTHUR AS THE CHANNEL

“Greetings, dear hearts of light, thank you for your efforts to night, to bring knowledge and understanding into the minds of yourselves, and those of the many spirit people on this side, who are listening, who are thirsting for knowledge, who are living in a vibration, not of spirit, and not of physical. They are listening and understanding, but they are without a physical body, and not facing up to that. They are totally spirit, yet, because they're passing has been two recent. Some of them are not quite so recent, but they still will not face up to the fact, that they are not in the physical world anymore.

And the knowledge we bring through to you people, is a stepping stone for them, to help them in their understanding, their guidance back towards their spiritual centre.

The Sun in your sky, was considered by many in the early stages of evolution of the mind of spirit on the planet, to be the outer manifestation, an aspect of the light of God, shining upon them for warmth and healing, and the joy of the outer expression of spirit, has permeated itself into many of your cultural activities, thought-forms, and your way of life. And you also must become as brilliant as the Sun, expressing from within yourselves, your expanded spirit.

And you have a revolving around yourself, your own planets, your own nine bodies, as does the Sun; some say seven, some say more. But

in reality, you have an infinite number of bodies around you, as all life is interwoven and interconnected.

Therefore, your meditation tonight, was for the purpose of bringing you the knowledge of understanding, as our sister has said. Are you not seekers of wisdom? Are you not trying to find the answers to many of your questions, and are you not attempting to find questions to many of your answers? Therefore, as you go through life along your many paths; because you walk more than one path at a time.

It may seem impossible, but you have physical, emotional, etheric, spiritual, kundalini; every different aspect of yourself that you can think of, is a path that you are moving along. And only when you stop, and look at your life; sometimes at the end of your life, sometimes in deep meditation, you can see that all these paths go in one direction, and that is returning on the great circle, to the heart of the flame, from whence you came.

We are like moths returning to the flame, hoping to be absorbed back into the flame. But like the moth, when it hits the flame, and flutters, all the little bits and pieces come off it, and it knows that it is not ready to enter back into the flame, and so must go away. And when you can enter the flame without bits and pieces flying off, you know your purity has reached the place, where it can enter back into the flame, and become one.

You can be expanded, as the most magnificent that you can comprehend, at that particular time of your development, which as our sister has said, is not yet, but is far hence in the future.

My guide embraces you, in his loving arms. He is grateful for the energy that you omit. He says that in Luxor, in Egypt, with the hierophant, each of you had many embodiments. The light of the sun shone upon you all day, and as you walked in those temples, with magnificent pillars, your body shone with the brightness of the Sun. And as is going to come in the future, with the New Jerusalem, which is wanted by many people, a beautiful place of peace, where there is never any darkness.

He says that you have done that, you've been there, and your

light bodies were beautiful, and then you turned to a new experiment in your power, and your path, and your bodies are not as light. But not to worry, as you progress along the path, you will find a lightness in your step, and a greater understanding, and comprehension, of things that are to happen.” **“What things?”**

“The things in your life, the way you are going to express yourself, the way you are going to feel the lightness in yourself, the understanding of the happiness you are going to feel at being alive. It's not going to be a continual drag; you're going to feel the joy of living a lot more.

You see, you've had a lot of sadness, you haven't felt the joy of living always, and it's been a hard grind. But you're coming closer to the stage where you will feel the joy of living. You will wake up in the morning, and you will stretch your arms out, and you will say, 'It is good to be alive, isn't it, on this plane.' There is a lot of sadness about you, and there is more sadness for you to drop off yet, but it will happen.

Eventually, the pressure from the Sun within you, will force itself out, and it will give us a greater understanding.”

(Arthur) “I don't know whether he's talking about kundalini, or what.

“It will give you a greater experience of life. Your vibrations will be high enough to not be affected by the nasty things around you. You will walk through the Earth, having what could be considered, a charmed life; really enjoy yourselves for a change. There are hard times coming, but not for those who can express the love of God, and the healing nature of God, through themselves.”

(Arthur) “I asked him, why he used the word God, and he said,

‘It's what conveys to you the most complete word, which you can understand. You could say, power, or spirit, or thing, or energy, but it doesn't mean as much to you, as the word God, encapsulating in the form that you can understand it.’”

“I thought I had done something wrong, because of my leg swelling up, which are done even know how I did it. I thought maybe I was doing something wrong, and that's why it wasn't being healed.”

“I would invite you to think about vegetarianism, sensible vegetarianism, because plant vibrations are light and high, and the animal that had been killed, the vibrations are low and weighty. There is nothing wrong with eating whatever you consider its food, because many different civilisations have eaten many different things, and all have survived till their bodies have progressed. But as you progress in spirit, you should be more selective in what you eat, and ask your Guides before you eat it.

There are many people who live purely and simply on-air. There are many people on this planet who live pure and simply on sunlight. It is the mind that changes the body, and not the body that changes the mind. You can create in your body, any sickness as you want.

In a positive fashion, you can create harmony and peace in your body, and healing, if you want to. As you get more comfortable with your body, and you know that spirit is working through you, then ask your Guide what you should eat, what you should think, what you should drink, and you will be comfortable with what you are doing.”

“So what has caused my knee to swell up, the wrong food, or the wrong attitude?”

“Do you feel as though you should be taking a step, which you are refusing to do?”

“What step?”

“A high concentration of protein will break down certain areas of our body, because the kidneys cannot break down the protein. You're not drinking sufficient water. You should drink at least seven glasses a day. Take the water in your left hand, and you hold your right hand over it, and say, ‘From my Guide, the energy of healing is flowing through this water, to bless my body.’ If you can't drink seven, try five glasses of water, perhaps eating less protein, because your system needs flushing, and your body will feel better.

Thank you for allowing me to speak tonight, and to be casual with you to a degree. In my period on Earth, this form of camaraderie, and casualness, was not available to any of us. Our world is one of exceptional order, and strictness of consciousness, and

of mind, that no person on Earth today can conceive of. The nearest thing to the way we lived, is a computer, in which everything was totally logical, and might be said by you people today as terribly boring, because it was totally predictable. Every action had a reaction immediately, and we knew exactly which way we were going.

I thank the higher spirits of light, love, understanding, and wisdom, that this era has passed from the Earth. And spirits, and the minds of people, are free to experience many different directions in their thinking. Because directional consciousness, does not achieve what the higher consciousness, thought it may.

Beautiful civilisations we created, but not one individual thought could be experienced in these ancient ways of thinking. Now you can all experienced independent thought, independent action, and you have not exploded, you are not deteriorated, and you will not become null and void.

So, we are learning from you, even in our state, that the experiences of all life, going in every direction, has a purpose, and we thank you that we can watch you experience something, that at a very early date, we could not experience. We were like watch's that did exactly the same thing, and went exactly the same path.

Now, you people can experience a greater range of understanding, and diversity, and we get pleasure watching you, and our illumination in watching you experience a far greater capacity to learn to live, to experience and to disregard that which you do not want to experience.

I thank you very much for this opportunity to speak to you, and I look forward to meeting with you again, on many occasions. Goodbye and God bless.”

My Guides told me that it's okay to put this in the beginner's section of the meditations chapter, as it doesn't need an advanced facilitator, for the students to experience this meditation.

I gave this meditation to a few of my advanced students over the years, with slight modifications to the meditation, as I was guided to.

(11)**HEALING CLASS 8/12/87 P.M.****NATHAN, BETTY, DANIELLE.****UNIVERSITY OF LIFE MEDITATION.**

“Tonight, we are going on a journey far overseas. We will float out of this room, and fly over northwest Australia, and we are flying to the foot of the Himalayas. You can now see the majestic mountains on the right, and the beautiful green fertile plains of India below you, with a few blue lakes sprinkled on the carpet of green. As we come down, we can see the beautiful flowers and bushes.

In the distance, there is a beautiful building, which is made of different coloured marble, and millions of precious jewels are covering the dome roof, so that it glitters so brightly it can be seen for tens of miles. As we come closer, we can see many people walking around the gardens, and in out of the building, for this is a university of life.

Our Guides are waiting at the entrance to the university, and they will be able to advise you when you need it. When you go inside, we find there are many doors along the corridors, and on each door is a door-size movie screen. The moving scene will describe the class that is taught behind the door. The Teacher will be available to tutor you alone, if you wish, but take your Guides along if you want to.

On the first door, a man is standing surrounded by his aura showing all the different colours. If you want to learn about the aura and its relationship to the physical body, and the illnesses, you can find out in this room. If he beckons to you, you can go in, if you don't want to you don't have to, but you can ask your Guides if you should go in.

There are many rooms tonight to choose from, and I'll be describing a few of them, this is the first one. We will come

to the next door down the corridor.

On the second door, a beautiful woman is depicted, and as you look at her on the door, she's splitting into seven clones, representing the seven bodies that make up a human being on the Earth-plane; the physical, emotional, mental, etheric, the soul, the Christ, and the spirit body. What you learn in this room, is the relationship between each of the seven bodies, and the healing involved with them. If she beckons to you, maybe you will find out.

On the third door, there is a man sitting in the Lotus position, and all the chakras within his body are glowing, and spinning, and you can see the colours represented by the chakras. In this room, you find out about chakras, and about yoga in relationship to development and the chakras. If he beckons, you can go in the room.

On the fourth door down the corridor, a woman is depicted with the motif of an Astrology chart on her body, with the letters and corresponding numbers of the alphabet, under the zodiac. In this room you can find out the hobbies and activities that are beneficial to healing, related to the individual's astrological and numerological life program. There are many questions there.

On the fifth door down the corridor, there is a man, and above his head are all the colours of the rainbow, which means that when you go in this room, you can experience a certain colour, depending on what you want to experience, That will stimulate certain memories, maybe past-lives, or maybe just to learn what the colour represents in your healing. If the man beckons, you can as your Guides again.

On the sixth door down the corridor, there are many men and women with different coloured costumes on; Romans, Greeks, Red Indians, all different periods of history, changing all the time. Maybe you'll see one that you like. If you are attracted to a certain costume, and the person beckons, experience the room, because you will go

back into your past-life experience, and learn, grow and overcome your conditioning. I will leave you choose, you can ask your Guides, or if you can't perceive your Guides, or the beckons who beckons to you, try that one.

There are many more rooms with many more pictures on the doors, of studies, and teachings that I am not aware of. So if none of the first six rooms appeals to you, and if your Guides wish you to go to another door, let your Guides show you to it. I will leave you now.”

(Approximately ten to fifteen minutes silence)

“I want you to thank the Teacher of the classroom that you have been learning in, and now leave the classroom, walk down the corridor and leave the Temple, then fly back across the world, and back to this room. Come back now, take three deep breaths, have stretch if you want to.”

NATHAN’S MEDITATION EXPERIENCE

(Nathan) “I went into the room with the chakras on the door, and it was all dark. After I sat down, a Chinese master came in, and he said some things for balancing the chakras. He said,

‘Think alignment, balance and harmony, and harmony will come. Things like a line going through, and everything in balance. Remember what you are doing, don't let your mind wander. You've had enough of that, and it's time for change. You can leave now, or sit and meditate.’”

BETTY’S MEDITATION EXPERIENCE

(Betty) “I went into the aura room, and I saw a doorway in front of me, a kind of triangular doorway, and it slid open in three directions. There was this deep amber light shining down on me, and I asked, ‘Well, what's that colour for?’ And they were quite cryptic about it, they said,

‘Walk like a tiger.’ I can't remember anymore; and that was the

clearest thing that came through.”

NATHAN AS THE CHANNEL

“Good evening, brothers and sisters. We come to you tonight, from a higher plane of consciousness. We bring you a message of light, and of love. Accept those around you as you accept and love yourself. You have learned to do this, now it is time to love not only yourself, but all others. In this method, your love will grow.

Constantly send unconditional love and light to others, no matter what they do or say. They are there to help you upon your paths. Accept the lessons that they set out before you, and know that they have been put there, that you have drawn them to you, so that you may learn. So that you may develop and progress in consciousness, until your goal... Be with light and love, brothers and sisters. Thank you.”

DANIELLE AS THE CHANNEL

“I want to communicate, but I think it would be a good idea for Danielle to practice at home, with a pen and paper in channelling, because she feels afraid of saying and doing the wrong thing, because of others present.”

RAYMOND AS THE CHANNEL

“Greetings, my children, we have been with you tonight, as you were on your meditations. Your visions were explained to you, but your conscious mind forgets what you have experienced. You sometimes do this, to allow what you have learned to filter through to your conscious mind, and have the desired effect on your personality or consciousness, we cannot find the word.

You are very much developing on many levels, which are releasing your fears and conditionings, at the root causes, which in turn will put right the effects. Your meditations may seem as

though you are not experiencing anything, but if we develop you, we do not focus all the development on the conscious mind. That is only one seventh of your being, so remember, there are developments going on in your other bodies, consciousness.

They want you to exercise your imagination and creativity when you practice channelling, Danielle. Release the vice you have on your mind, and let it all out, whatever comes into your head. This will help you become aware of your own conditioning, and help release it. You will be channelling much from the subconscious. In this way, your mistrust of others will get less; the more you keep coming to classes, of course.

We are always there to channel for Betty. It is your desire, Betty, if you wish to channel or not. You are very sensitive to the vibrations of others, and pick up their emotional feelings and thoughts, and think that they are your own. You will have to learn to shield yourself from others' thoughts and emotions affecting you in this way. Then you will be more peaceful and happier. As you know, you are a very good channel. We thank you for listening tonight, God bless you all."

(12)

On the Thursday of the same week, three new students started their first class night. For one it was their last night, another came a few times, but the third stayed for quite a few classes.

HEALING CLASS 14/12/87

JOHN, IRENE, BERNADETTE.

BASIC CHAKRA +

ATLANTEAN TEMPLE BY THE NILE MEDITATION

“I want you to imagine the colour red, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright red. Now open the base chakra, this located and attached to the base of the spine, it’s in the shape of a flower bud, open the bud, and it has approximately 4 large petals. Infuse the flower with all the colour **red** from the inside of your body, so it is glowing bright **red**.”

 (Ten to fifteen second pause) 

“Now I want you to imagine the colour orange, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright **orange**, except the base chakra. Now open the spleen chakra, this is located on a stalk, attached to the spine, half way between your belly button and the base chakra, it’s in the shape of a flower bud, open the bud, and it has approximately 8 large petals. Infuse the flower with all the colour **orange** from the inside of your body, so it is glowing bright **orange**.”

 (Ten to fifteen second pause) 

“Now I want you to imagine the colour yellow, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright **yellow**, except the two chakras that are open already.

Now open the solar-plexus chakra, this is located on a stalk attached to the spine, approximately where your belly button is, it's in the shape of a flower bud, open the bud, and it has approximately 16 petals. Infuse the flower with all the **yellow** from the inside of your body, so it is glowing bright **yellow**."

(Ten to fifteen second pause)

"Now I want you to imagine the colour green, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright **green**, except the chakras that are open already. Now open the heart chakra, this is located on a stalk attached to the spine behind your heart, it's in the shape of a flower bud, open the bud, and it has approximately 32 petals. Infuse the flower with all the **green** from the inside of your body, so it is glowing bright **green**."

(Ten to fifteen second pause)

"Now I want you to imagine the colour blue, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright **blue**, except the chakras that are open already. Now open the throat chakra, this is located on a stalk attached to the spine behind your throat, it's in the shape of a flower bud, open the bud, and it has approximately 64 petals. Infuse the flower with all the **blue** from the inside of your body, so it is glowing bright **blue**."

(Ten to fifteen second pause)

"Now I want you to imagine the colour amethyst, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright **amethyst**, except the chakras that are open already. Now open the forehead chakra, this is located on a stalk attached to the top of the spine, it's in the shape of a flower bud, open the bud, and it has approximately 128 petals. Infuse the flower with all the **amethyst** from the inside of your body, so it is glowing bright **amethyst**."

(Ten to fifteen second pause)

“Now I want you to imagine the colour purple, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in purple, except the chakras that are open already. Now open the crown chakra, this is located right across the top of your head, like a huge sunflower, on a stalk attached to the top of your spine, it’s in the shape of a flower bud, open the bud and it has approximately 256 petals, but some think there are a 1000 petals. Infuse the flower with all the purple from the inside of your body, so it is glowing bright purple.”

(Ten to fifteen second pause)

“Now your higher-self or Guides will start to spin your chakras, for technical reasons, the ones they want to, at the speed they want to, just allow them to spin, and we can go to the next meditation.”

ATLANTIAN 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. It's 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 colour 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."

JOHN'S MEDITATION EXPERIENCE

(John) "I went into this room, which was clustered in the purple crystals, Amethyst. I stayed in there for a while, and then I changed. It wasn't that I stayed with the teacher. Then suddenly, I was doing a dance around, almost like on the steps of the Temple. But I was female, I knew I was over there, and it was like I had a cloak on. I took it off, and had nothing on underneath, and I was just dancing around. I did that for a while, and then reversed everything back to

where I was, just like a spirit going into the room, and seeing everything.

So I had gone through something, and I'd come back, and it was like a reversal of time, so that everything went backwards, to change me back into just being a spirit, looking in at what the room was.

Then I felt the purple light coming through, coming across, like waves, into the room. I then focused more on that, trying to visualise what that was like. Then I came back here.”

IRENE'S MEDITATION EXPERIENCE

(Irene) “I visualised pretty well, a pink temple, shaped like a pyramid, and I was attracted to a pink crystal, like a rose-quartz.”

“Did you feel any sensations in your body?”

(Irene) “At first, yes, my eyes were flickering after the chakra meditation.”

BERNADETTE'S MEDITATION EXPERIENCE

(Bernadette) “I felt very light and very happy. I had the feeling that I was smiling, but I felt very light. I actually didn't feel the seat, for a while, I didn't feel it with my body. I had the feeling that I was falling forward in my chair, and something was telling me,

‘No, you can't, you've got to get up.’ And I had the feeling that something was pushing me back, pinning my shoulders back, and putting my head up.”

“Well, maybe you were falling forward. I saw you lean forward at one stage in the meditation.”

(Bernadette) “At one stage, I had different breathing.”

JOHN AS THE CHANNEL, FIRST TIME.

“Well, how do you do?”

“I'm good.”

“No, I wouldn't say so.”

“And how are you, my friend?”

“Are you a Guide?”

“What you want to say to us, then? Do you have a message for us?”

“I just thought I'd make my presence known.”

“Speak at my friend, what do you want to say?”

“How many others are here?” *“Four, why?”*

“I want to feel the presence.” *“Can you feel the presence?”*

“No.” *“Have you a connection with this man?”*

(Contact was broken at this stage.)

RAYMOND AS THE CHANNEL

“Greetings, my children, we are very pleased that you have come to these classes tonight. We, your Guides, will speak as one, to you all. Your anxieties about developing are only natural. You have to remember that we have much to heal and repair in each one of you. In order to open the psychic centres and chakras, so that you will perceive and receive messages, or visions, to help you with your own growth and development. Your presence here will help you grow and change.

Many of your experiences in your early stages will not be understood by your conscious mind, including this one's conscious mind. (Raymond) They are keys to your fears and conditionings, which are the blocks and barriers of your psychic senses. The first meditation will help with this development, and further meditations will help release your conditioning.”

(John) “The scar I have on my forehead, and my foot, how did I get them?”

“Are you testing us?”

(John) “No, I am just wanting to see if you can tell me, when I got them, or how I got them?”

“Your higher-self tells me that you injured your foot when you were very young, and your head when you were an adult.”

(John) “Thank you.”

“We have been listening to you tonight, as you have been

developing, and we will be helping you to understand what is happening to you, intuitively communicate the answers to you. You may think that you have worked out the answers yourselves, but we put the answers into your minds.

When you start communicating with your Guides and your higher-selves, you will find that your questions have a ninety percent, 'Yes,' answer. This is because the questions are coming from us, and not from you. And the questions are the answers, but you will ask the questions, and we will say, 'Yes.'

It is very hard in the beginning to distinguish between the knowledge that is being transmitted to you, from the thoughts you may imagine, and you will turn the thought into a question, to see if it is true.

This one is not perfect, and has fears, just like you. He has not chosen to do fortune telling, mediumship, and he does not have the practice to answer questions. His mission is to help you develop; not to seek answers from other people, but to seek answers from yourself. As a consequence, he does not have the practice of answering questions with our help. His fears can and do interfere with our answers.

So have patience, he has chosen to channel guidance for your development, and be a scribe for the knowledge and wisdom that you will all transmit, communicate and channel.

This will help many, many souls, both in the physical and in the spirit plane, who are here. You think that there are only four of you here, but there are many thousands, watching, learning and listening. Their vibration is lower than our vibration in spirit.

The vibration of your voice when you channel, is received and heard by all the planes above the Earth plane. So they hear the wisdom, and the learning's that we transmit through you. There are many reasons for channelling, don't worry, your development will get stronger. God bless you all."

(13)

**HEALING CLASS 15/12/87 NATHAN, BETTY.
 BEGINNERS HOSPITAL MEDITATION, THEN
 LOG CABIN IN AMERICA MEDITATION.**

“I want you to imagine that you're getting lighter and lighter in your chairs, floating away from your chairs, up higher and higher. Going through the ceiling out 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. We are with you; we are getting closer to the hospital now. When you arrive at the hospital, your guides will meet you and take you inside. You are now walking down the corridors, with wards off the corridors.

We are going to show you the healing being done on the patients in the hospital, and we will ask you to participate. There are teachers and patients around the ward. 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 up to see what you are doing. We will leave you now, with your teacher 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 ward, and fly back across the city to this room. Come back now, take three deep breaths, have stretch if you want.”

NATHAN'S MEDITATION EXPERIENCE

(Nathan) “I met one of my Guides at the door of the Royal North Shore Hospital. It was the Guide I know, and he was playing the flute. I went into a room where there are rows of chairs. I sat near the back,

and he sat next to me. Then there was this male patient lying on a table in front, and there was a teacher there. He said,

‘On the physical plane, at the moment, most doctors only treat the physical body. They don't realise that things are wrong in other places, in the chakras, the etheric or spiritual body,’ whatever. He showed us with a demonstration.

He scanned the body of the patient with his third eye chakra, to find out where problems were. And he found something in the heart area, and the ankle; there are chakras even in the ankles. And he said,

‘Just project from your heart chakra, this yellow light to the shin, and then to the heart of the patient,’ it was a green light. But he said,

‘That depending on the patient, it can be pink, pink is also the colour of heart love. But it's the more advanced colour of the heart love. Green is the earlier colour, depending on what it is,’ but he said,

‘Listen to your Guides, and they will tell you what to do.’ He emphasised on making sure that this big white light came through his head, where it was transformed, and came out of his heart as a yellow light to the patient. And he said,

‘Make sure that you are a clear channel; don't let yourself get in the way, and just let it go through.’ Then he said,

‘Are there any questions?’ And I thought, ‘Yes, why not ask a question, and I asked, ‘Is there any chance of lower-vibration spirits, communicating to you, like when you ask a question, and they communicate with you, and interfere with what you're trying to receive?’”

“You mean, when you ask a question of the channelling spirit?”

(Nathan) “Yes, well, no, like that, or if you're just at home, just with healing, and stuff like that, also, if you're at home, and you ask a question. Because I've been getting some weird answers, and things that I don't think are from my Guides.” **“And what did he say?”**

(Nathan) “He said, *‘Yes, it is possible, but what you should do, before you do the healing, or before anything, or what you should*

do, is have a ball of protection, or a shield,’ or whatever, around you, so that there is no interference. Then somebody else asked a question... ‘How can we know, that we are doing healing in the right place or not?’ And the Teacher said,

‘You’ve got to trust your Guides; the Guides will do the healing for you. You’ve got to trust the force coming through you. And when you see the dark patch, whatever, know that it's not your imagination. Believe that it's not your imagination, and that it's there, and real.’ And someone else said, ‘How do we know if the person is actually getting healed, or not?’ He said,

‘The patient will feel it, you’ve got to believe that it's happening, otherwise it won't, and it will work.’

Before, the questions came up, I gave my Guide a really big hug, and I’ve never done that before.”

BETTY’S MEDITATION EXPERIENCE

(Betty) “Well, I seem to be in a big hospital, down at Randwick. The first thing that they showed me, was an elderly lady. She had old-leg problems, bad circulation and slow-healing injuries, the standard broken hip sort of problems. The Teacher was mostly projecting colours into the aura, and they were using a fairly deep blue-violet colour on this old lady, all through the aura.

And then they showed me someone who looked just like my sister. I don't know what she was doing a Randwick, and they projected a really deep glowing blue around her head. And there seemed to be a pale green light, radiating out from her neck, and flowing down through her whole body.”

“Was it projected from the Teacher's hands?”

(Betty) “Yes, the blue was treating her migraine, and the green was treating her arthritis.”

“Your sister?”

(Betty) “Yes.”

“It sounds like she's got Candida.”

(Betty) “Well, it runs in the family, I reckon the whole family has it, allergies and migraines.”

“Did they ask you to do any healing?”

(Betty) “Yes, and they asked me to do healing on this woman, lying on

the bed. I don't know what physical ailments she had, but they said,

'She had a psychic disturbance.' And they told me to project, or visualise her completely enveloped in this pale and aquamarine colour, which I did. And they said that this was cleansing her aura of psychic disturbances. That was it."

SETTLER'S LOG CABIN IN AMERICA MEDITATION

When I received this meditation, I was only shown the scenes, which I was to describe to the students, and no further. But because of the specific nature of the meditation, I figured that it was a past life scene, for the students to re-experience.

I took the students to an early settler's log cabin in America. We pick up the transcript as I am describing the scene.

"...and in the log cabin there are two children, a man and a woman, and they live there. The man is going out now to get some water for his wife, and he runs back to the house, and says,

'The Indians are attacking!' and they bolt the door, and shutter the windows. The Red Indians are surrounded the log cabin, and the settlers are shooting at the red Indians. But the red Indians are firing flaming arrows at the log cabin, and the log cabin soon gets covered in flaming arrows, and starts to burn.

I will leave you now to see what happens in this scene. Speak up when you feel like saying something, describing what's happening."

(Nathan) "I can see the kids over by the window. The roof's on fire, and two burning beams of the roof, have fallen down and hit my legs."

"Are you the woman or the man?"

(Nathan) "The woman, the beams have hit the skirt, although it hasn't caught on fire, and I'm screaming to my husband to get the kids out. They can't stay in here, and must get out."

(My Guides are telling me, to tell you the readers, that they know if I

was allowed to see and know what the students are not describing, then I would forget to ask the students for the details, in the heat of the moment, you could say.

Because the secondary purpose of the students development, is for you, the readers, all over the world to have a more complete picture of what the students are perceiving on their meditations, so when the student has said, "have fallen down and hit my legs.' because I don't see who they are, I will ask, then you will know that it is the mother, and not the father or a child.)

“What's happening with you, Betty?”

(Betty) “I find this a very upsetting meditation, but I'm not one of the people in the log cabin, I'm one of the Indians.”

“Yes, I know that. And how do you feel about what's happening with you?”

(My Guides make sure I know some things, in case a student doesn't accept who their higher-self is showing them, and for some reason, chooses another person in the scene, which wouldn't have been their past life. For instance very often our memories of a wife' appearance is stronger than the memory of our own face, and I have known students pick the wrong person in a past-life scene. So that is why I receive the awareness of who the students are, when the Guides deem it necessary.)

(Betty) “I'm glad to be killing them, because they are on our land, and they are foreigners, they're invaders, they're enemies.”

“Who's going to speak next?”

(Nathan) “The red Indian, one of them just came through the door.”

“Is that you Betty, or another Red Indian?”

(Betty) “Yes, I think it's me.”

(Nathan) “I think so too, and he's holding a knife in his hand, a big knife. He's coming over to me and my legs are caught underneath those beams. I'm quite shocked about this, and I hold up a big golden cross with Jesus on it. He's bending down, I'm looking into his eyes, and it doesn't look. He gets rid of the cross, and he throws it away.

Then he doesn't seem as savage as I first thought, and I can see he is a person, a human being, like everyone else.”

“What are you thinking Betty, while this is happening, while you're with the knife?”

(Betty) “I can't see.”

“What happens next, Nathan?”

(Nathan) “Well, he stood up, and he took a few steps back, and walked out and left me there.”

“What about the husband, is he dead?”

(Nathan) “Yes, he's on the floor, dead. I think he got hit by a beam or something, and I'm still trapped in there.”

“Did you die?”

(Nathan) “Yes, but that's not becoming apparent, though obviously I did. But I can't see that far into the visualisation, I can just see me there, not burning, sitting under these two beams on my legs, I think I learned a lot from that.”

“Can you ask from your higher-self, what you learned from the experience revealed tonight?”

(Nathan) “For a basic human understanding, to get over racism, to show that we are all equal. That's more a basic understanding of what I learned.

I learned about love, I learned that love comes in all kinds, in all forms, and usually where you least expect it. Because I'll say this, when I was sitting there, I knew I would die soon from the flames. It was like didn't care about it anymore, because I was expecting Red Indian savages, and real blood killers, you know.

When he was sitting down with his arm over me, and looking into my eyes, I looked into his eyes, and I could see how upset he was at being treated like as savage, which he wasn't. I learnt a real lot from that, in that life, I learned a lot as that woman.”

“Can you ask your higher self, why you experience it tonight, and for what reason?”

(Nathan) “I've got to learn to love more, love everything. I have got to learn to give it out, no matter what the circumstances.”

“And has this meditation helps you to open up to...?”

(Nathan) “Yes, I think so.”

“...to strangers?”

(Nathan) “Yes, that's right, that's the thing that's conscious now. I'll

say that, that is big in me at the moment. I might really want to do that, to be able to just show love to everybody. When I say, I learnt to love, I mean, Also, not just other people, also myself, to have more self-respect.

From that session, looking at the Indians, realising how I was so stupid, and wrong, and how foolish I had been, about how you can't judge people's love, by their looks, and worry what others say, because what others say, isn't always right."

"Do you know who I was in the picture? Because I know who I was."

(Nathan) "Were you, my husband?" "Yes."

(Nathan) "Yes, that's what I just got, the father."

"I already asked that, that's why went down pretty quick."

(Nathan) "Yes, you were just lying over on the side, there, nothing on top of you or anything, you were just lying face down."

"How's Betty? Does your higher-self want to say anything about what you experience tonight, or what you learnt?"

(Betty) "Yes, they (Guides) said, that it was a revenge killing. They said, that not far away, the settlers had killed some Indian woman, and a child, and they also violated some sacred place, apparently so important, that it's not spoken about."

"What does your higher-self say about what you learnt, from the contact with the settlers?"

(Betty) "I was angry, and I wanted revenge. And after it was all over, I thought they were just people. But also they were foolish, they were ignorant, and they didn't know what they were doing."

"What does your higher-self say you learnt, going through this experience again tonight? Because it's subconscious, you see, and the only way that you're going to find out what it is, is to ask your higher-self."

(Betty) "He said,

'In that particular instance, to learn the futility of revenge, because the killing of the settler didn't bring my wife and child back.' And in this particular instance, it has been shown to me, that the majority of my past incarnations have been powerful males."

“What did your higher-self say that you had to learn, by experiencing this meditation?”

(Betty) “He said something about learning that humanity is neither male nor female.”

NATHAN AS THE CHANNEL

“Good evening, friends.” *“Good evening.”*

“And welcome to another interesting night. We have been watching closely over past times, and we watch you closely in all times. We are happy to see that you are developing well, so that we can come through stronger, and with more trust in what we wish to say.

As you well know, what you do in your lifetime, will be your outcome. In other words, what you give out, you get back. The simple phrase, ‘What you give out, you get back,’ is always true. If you want love, you must give our love, same as if you want hate, you must give out hate. And many of us give out hate, and so we receive hate.

But we are progressing far beyond this stage, into a stage of lighter, brighter, more fulfilling involvement in life. Life is more enjoyable, happier, as we experience with our new fads, more personal trends. But we learn from each other, and they have all been put there for a particular reason. You will be drawn like a magnet to the one that is best for you, best for your development. All we ask of you is not to ignore what you are drawn to, for your development; many others do.

And you my friends, are very precious to us. You are more important than you know. For in the times to come, we shall need your help, and we need the help of one’s whom we can trust. Above all, we need ones that we can trust us. Thank you, my children. Good evening.”

BETTY AS THE CHANNEL

“Good evening, friends. Tonight's meditation was a somewhat traumatic one, for some of you. We wished to show you certain things, or we do not subject you to traumatic memories, unnecessarily. For example, some of the details of this meditation were withheld, so as not to cause too much trauma to one of the participants.

One of the purposes of this meditation was to remind you of some of the effects of... We wish to show Betty, that she too, in her past-lives, was just as cruel as many males in this present incarnation. This is why she is a female in this incarnation, which she may learn from being on the receiving end.

And part of the purpose of this meditation, is to remind you of the affects of the second separation. The first separation was the great separation of humankind from the rest of creation. And the second separation was the sunder of man and woman. The third separation is a sundering of different races of humankind.

The second separation had the second most drastic effect on your species. Half of the human species hates and resents the other half. And it is these three separations, and the healing of these separations, which are part of your work, in all such circles, all over the world.

We wish to awaken more males than females, to memories of their previous existences, as members of the opposite sex, so that they may no longer be separated.

The whole of human sexuality is what you would call a can of worms, partly because of many erroneous teachings of some of the religions of your world. The process of healing the separations is slow but sure. It may come about, but things will get worse, before they get better. Because the great changes coming about in human consciousness, cannot be met by resistance on the part of those who are happy with the status quo.

This is why we work in circles such as these, to raise the energies, and to purify the energies with small groups. We all

know of the nightmares with larger groups, but they can influence the consciousness of other beings on this planet.

We seem to be beginning attempts to heal the first separation of the human species, with other beings in this universe, and the other creatures on this planet, the other entities on this planet. You have seen this separation result in such immense destruction.

The second separation has resulted over aeons, in the stunting and crippling of the psych, of both males and females, so that both sexes are using only half of their powers, because they perceive, even when they most strongly deny it, the opposite sex as an enemy or set.

And the third separation, of course, has a long history of oppression and hatred, between different races. And the use of this type of meditation, is so that you may all become aware, that you have all been different sexes, and different races, and that they are all beings, unique and different from one another, though they are all part of the same energy, and have certain experiences in common, no matter what or who they may be. Even when they appear to be totally different, they are still part of the same cosmos. And that is all I have to say to you tonight, my blessings on you all.”

RAYMOND AS THE CHANNEL

“Greetings, my children, you were put through the mill again tonight, as we say, with this last meditation. But by now you should be used to the unexpected that we bring to you. You are releasing the tensions and affects of these past lives, which have sometimes affected you throughout time, into this life.

Just like a wound up spring, when you perceive these past memories the spring becomes slack and unwound, and helps you to become freer. We tend to have these affects, from very traumatic experiences in these past lives, usually surrounding a death scene.

So it would be pointless to take you to a past-life experience

that was a happy experience, because the happy experiences are too easily assimilated into your consciousness, to be gained from, this makes up your consciousness, in this life. But the tensions and fears only retard you from succeeding in your chosen paths, and being free and happy.

So rejoice whenever you have been through another traumatic past-life experience, in your meditations, and you can add this one to your collection of memories, of where and who you were. But I don't think in some cases, we would be very proud of what we did, or who we were. But this isn't making judgement on you, you have come a long way from those lifetimes, and you are being prepared to be the leaders of humanity, in the times of trouble to come."

All you students and teachers, who have chosen to have Candida, from birth, will live far longer than the majority of people out in the world. Because you are aware, and are in the process of curing yourselves, and will as a consequence, live far longer, to help create a society, which will be more advanced spiritually, and healthier in your future. For each one of you will be able to teach others in the future, so that many, many people will be like you, and turn to their higher-selves, which is the inner-voice, for guidance.

We thank you for listening tonight. God bless you all.

(Nathan) "You know, when Betty said,

'We have withheld some of the information,' I felt that an Indian did eventually kill me, in that. It wasn't Betty, but that part of that section, I couldn't visualise it, whatsoever."

"No, well, you weren't meant to visualise everything, obviously."

(After the tape had run out, Betty said,

'When you said that we were going to North America's past, I had a dread of going into this meditation, and I had avoided watching westerns on TV.'")

2011 INSERT. Nearly all spirits who have had many incarnations have multiple conditioning and we would just like to explain that a past life therapist, student or patient should not be miffed, upset or anxious if they are not shown, sometimes causes or reasons for events that your higher-self or Guides have shown you.

For example if a past life conditioning compels a spirit in their physical body to attempt to achieve something, but maybe the failure of the attempt creates negative conditioning. You're higher-self and Guides may have only shown you the negative conditioning outcome, retarding your spiritual growth, caused by the attempt, so that you can release that conditioning.

But your higher-self may want your spirit to keep the primary compulsive conditioning, as the achievement of the attempt may be connected with your spiritual growth.

But your conscious, worldly programmed mind, may view the original compulsion as bad or evil, but it's okay if it's good, and everyone in the circle, including the unwise facilitator, may want to be shown the past life events of the cause of the perceived evil compulsion, so that they, whether it be an unwise, not tuned into spirit, circle facilitator, or a dominating or persuasive student or patient swaying a beginner therapist, to help them to fulfil their desire to release the disliked compulsive conditioning.

But your Guides and higher-self know that to gain wisdom and compassion of those who sometimes do evil things, a spirit has to walk in their shoes first, and part of the student's growth is maybe to experience their dark side, so to speak.

The trouble with physical students, patients, past life therapist, or teachers like me, is that we do not have access to every second of all our past life memories to know why we are here again in a physical body, and if we did, quite a few of us would abandon our striving for achievement or growth, and this is why our higher-self and Guides will help us to remove the obstacle and rocks in our path to the top of the mountain, so to speak, but not help us take away our compulsions and conditioning that our spirits sometimes have requested, that is compelling us to keep climbing, no matter how much our conscious

minds ask.

As the top of the mountain represents the spiritual growth of our spirit, but as a climber of my own spiritual mountain, when you get to the top, we see that there are always higher mountains to climb, but we are ready and prepared to take them on, as we have gained the spiritual muscles climbing the previous mountains.

So whether you are a circle facilitator, student or patient, don't let your desires dictate to yourself, decisions you might come to regret years later when you might gain wisdom the slow way, and realise your desires and decisions were coming from your own mind, and went against your higher-self and Guides.

Remember you have free will. When young people sit in development like this, the student with the most wisdom, who obeys his higher-self and Guides, is usually the student who has studied the past, but usually students who have never had any interest in history of people or individuals, have the least amount of wisdom, unless they are consciously aware of what they learnt in their past lives, but that is very rare.

After a new past life viewing from your higher-self or Guides, it is okay to ask if there are any residual scenes or conditioning that they want you to release or become aware of, but they are the experts in what they show you, and what they want you to release, not you, or me.

This is why I don't teach students the use of psychic senses, for the purpose of using them to either give or transmit healing energies, or psychically tune into another person's bodies, aura, or past lifetimes, this was why Julie was meant to be in my early classes, not to teach me these truths, but to show by example, not only the consequences, for the discs and books, but for others who are involved in their own circles and centres, who may recognise their own Julie's, as their circle leaders or students, when they read the disc.

The trouble with a student or to a lesser degree the circle facilitator choosing what a student learns or overcomes, or follows a fixed text book is very similar to what happened with the selection criterion and process of a major religion. I will lay it out like this.

If a wise man was running a world-encompassing religion, and had real power, he would only allow men and women to become nuns and priests after their children have grown up and started their own families, so that when they become priests and nuns they will be less judgmental of humanity when they are in positions of power, either giving sermons or being a nun/Teacher in the many, many, schools all over the world.

And then the church vetting procedures have plenty of evidence for background checks, and not just a person's faith or knowledge of the religion.

But allowing men and women straight from school to join the seminary, before they have experienced adult life, and training them to be nuns and priests, just because they are devoted to God or religion is just asking for trouble, as a certain religion found out, much too late.

And if this change of the priests and nuns selection procedure was explained to the world, the respect for this religion would be raised in the world, but the men who hold the reigns of this powerful religion believe that their congregation will feel insecure if anything is changed, they believe their congregation stay in their religion because they feel safe in the security of it never changing.

But the congregation's children in this modern age will question any system that doesn't evolve and improve, like most of everything they learn is happening in the civilized world.

This is not a criticism of the bible or Christ's mission for his affect on his nation at the time of his life, but my Guides say that some of our Christian religions have cobbled onto Christ's teachings mostly medieval rigmarole to impress the medieval masses, and it seems like their religion's laws towards their followers are still set in medieval times.

It's practically an equation, any religion that allows the least amount of evolution and change in either it's practises or view of good and evil, or new communication from the heavenly planes, cause the most suffering to their congregation, than an evolving religion.

Sorry about the excessive rambling of what flows into my mind.

(14)**HEALING CLASS 21/12/87****JOHN, LYNETTE, IRENE.****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.”

JOHN’S MEDITATION EXPERIENCE

(John) “I was taken into the banquet hall in the Castle, and saw the whole of the hall in detail. I was watching the Queen a lot, just watching her laughing and stuff, and then after that I found myself in the chair at the other end of the table, opposite the King. And for some reason, the King threw a spear, and it went into my throat.

After that, I keeled back off the chair, and people came around; some guy pulled it out, and then broke it on his knee, it must have been like a spear with a wooden shaft. Then the king got up from the table, and people restrained him, and then I died.

I then focused on the film, ‘Excalibur,’ and it was the end scene, where Mordred the Son, killed his father, then I came back.”

“Do you feel there is a link, some reason why you were shown that part? Maybe it was revenge in another life-time, the father might have been getting revenge back on the Son.”

(John) “The main thing I thought was basically the throat thing, being speared in the throat. It's like a blockage area there, and in the lower throat and chest area, which I feel in the present day. That was symbolic of the feeling or something there, when a spear went in there, that's the one thing I could relate to.

Also the second part, where I visualised something from what I had seen in a film. It had some symbolism to it, the use of the spear, and possibly also the father figure.”

“If I was to ask your higher-self questions, would you get an answer from your higher-self? In other words, can you

receive those answers, yes's or no's?"

(John) "Now?"

"Yes."

(John) "Well, I'll try and see what happens."

"Does your higher-self say that you still have to verbally release this blockage from the memory, which you have received tonight?"

(John) "I'd say yes."

"You have to say, 'I release this injury from my subconscious memory.' Say it to yourself, deprogram yourself."

(John) "What, out aloud?"

"Yes, you have to say it out loud. The voice of vibration affects your body."

(John) "I release this injury from my subconscious, of this life when I was speared in the throat."

"Now, ask your higher-self, will this help release the blockage from the throat chakra, by having this memory revealed to me, and having it released, the way I said?"

(John) "Yes, it would have helped. It did help."

LYNETTE'S MEDITATION EXPERIENCE

(Lynette) "I went to the dungeons, and I imagined a scream, so somebody must have got tortured. I thought, in a dungeon in mediaeval times, somebody has to be tortured. I was in the dungeon, and I saw this fat guy in wealthy clothes, hanging by ropes. And he was having a good time, actually. I don't think he was suffering or anything, he was just fat, and hanging there, he was not having a hard time.

Then I wandered off, and later I was in seventeenth century America. I saw this really attractive young man, as a soldier in a red uniform, and he looked at me, and then I came back."

(I feel that Lynette Guides were showing her, that the happy fat guy, hanging on ropes, was not a figment of her imagination, because of the strangeness of the person being happy, imprisoned in a dungeon.)

LYNETTE AS THE CHANNEL, FIRST TIME.

“Lots of love to all of you. Hello there, little rabbit.”

IRENE AS THE CHANNEL, FIRST TIME.

“Light and love, love and light.”

This next recording I was guided to use in the last volume, to show the reader examples of channelling practise.

JOHN AS THE CHANNEL

“Hello everyone.”

“Hello there.”

“How are you feeling tonight?”

“Quite good.”

“Is there love here?”

“Yes.”

“Just let it flow, remember to open up, open up and let that love come out. You'll know when it's right; you'll know when it feels right. The feelings are the thing that you want, don't hold it back, live love and let there be light.”

“How do you feel?”

(John) “I felt from the inside, it's sort of like a new thing. It was very different, it was on the tip of my tongue, and I probably would have wanted to say more, but it was like a hesitation on my conscious part, to let it just flows out. It was like I'd breathe, and I'd go,...

(Breathing in)

...and I hold it. And it was like it should have just gone and flowed out, but it didn't. I just went, at all, ‘Oh, ooh, this is a new thing, and I'm a little nervous of this experience.’

But basically, I could feel that it was more intellectual, or a higher-self talking with clarity.”

RAYMOND AS THE CHANNEL

“Greetings, my children, we have been watching and listening to you tonight in your class, and we find you progressing at

different stages. But we know that you are trying and want to develop, and some of you have fears to overcome, to allow you to develop in certain areas. With time and patience, we will help you all to develop in your chosen fields.

Some of you may develop strongly in one area and others strongly in another. Don't be worried and concerned if you do not develop in a certain area. There is no pressure to develop in all areas of perception. The idea, is to develop in the way that suits you, or should we say, suits your higher consciousness, even-though sometimes you may take longer than others, to develop a certain ability.

We cannot teach exclusively one type of development, so we teach many kinds. Your psychic senses come in many forms; feeling, seeing, hearing. Your psychic perceptions of sight, do not always come via the head, but can come via other parts of the body, and still relay the message to the head.”

(John) “Will I find my soul-mate in this life-time?”

“Yes.” (John) “Will it be in this country?”

“No.” (John) “Will I have to travel far, to find this person?”

“No, they are right here.” (John) “In this room?”

“Yes, they are in spirit.”

(John) “So, on this plane, in this world, there is not another half to match up with myself?”

“That is right, it is very rare that both halves of twin-souls incarnate at the same time. You would feel more alone, if both of you were incarnated at the same time. But you will feel less lonely, by having your half in spirit, as you assist each other to grow, to keep up with the same development, of each of you.”

(John) “Is that my twin soul, coming through now, speaking through you?”

“No.” (John) “Could I speak to that soul?”

“It is not possible.”

(John) “Are we not at this point, on the same level of learning?”

“Your twin-soul will be communicating to you directly, and is not permitted to speak through this channel.”

(John) "Would that mean that it would speak through me?"

"Yes, your twin-soul will speak through your own channelling. We know what's best for you, and when the student has a great desire, it's better to fulfil that desire through themselves, rather than through another, where channelling can be distorted, or mistakes can be made, and sometimes blame can be accused of others.

Because when you have a desire that is so strong, you have emotions attached to it, and we do not want to lose you from development, due to your reactions to what is channelled through another student, or Teacher, concerning your desire, if you do not like what your twin-soul has to say.

We have been developing students for thousands and thousands of years, and know of all the problems, including the consequences of the giving in to students wishes. We cannot stop a Teacher wanting to impress his students, if he has a mind to it.

So many Teachers are not perfect, and they have to learn the hard way, by having drama occur in their classes. Until eventually they learn their lessons, and listen to spirit guidance, even though it goes against the wishes of the students.

If your higher-self, John, wished you to receive your twin-soul through a medium, we would not be talking to you, there would be a different soul in these classes instead of you. But your higher-self, chose to come to these classes, to learn quickly and accurately, and to develop far faster than the games in many of the circles like this.

There are not many that can cut the mustard, as we say. Remember, this one sat for four years, not psychically developing consciously, but developing nevertheless, in wisdom, so that he can run the classes. Because, as Raymond was learning, and seeing how the classes were run, we were communicating with him, pointing out what was wrong. But he thought it was his imagination and thought he was clever, saying, 'They're doing it wrong, that's not right.' But we were still developing him.

There are a lot of things that you think that you learn

yourself, but we are the ones who are teaching you, without you becoming aware of it.

We do not like questions, as we have to go into many detailed explanation, and we have a lot more things to say, that are relevant for the now. But you have learnt a lesson tonight, and its okay.

We very often channel through material that is very keyed onto other levels of your consciousness. We do this to stimulate, to release blockages and conditionings to certain individuals in these classes. But on a conscious level, you may not think that what is said is interesting, but we do not waste our communications, when we channel through a more advance student.

In the beginning, your channelling will be primitive, but it will get stronger. Then we will say what we want to say, and help to develop many more. We would like to talk, but this one has a headache, so we will leave you now.”

The next chapter will not be the next date in the order of classroom experiences, as my Guides wish me to put the newcomer, Pauline’s meditation experiences in a large chapter, covering quite a few class nights, as eventually, all the students went on the same meditation, and their experiences are interlinked, also Pauline only attended the one class.

In this large chapter, covering four class days and nights, the classes will still be separated, so that students who are studying one student, or one class, can still print them off the disc, if they so wish.

(15)**HEALING CLASS 22/12/87****NATHAN, BETTY.****NATHAN'S MEDITATION, THEN
LEMURIAN TEMPLE MEDITATION**

(Nathan) "I would like you all to imagine yourself in a forest with tall trees. Ferns are all about, and a slight drizzle is coming down. It's early evening, and it's starting to get dark, and we all start walking through the forest. As we walk, it appears to get darker and darker, the deeper we go in. It's growing quite dark now, and you can just make out the faint glimmer of trees going straight up.

Then, ahead of us, in all the darkness, you can just make out a small speck of white light, which seems to grow larger, as if it's coming towards us. Coming closer, it grows into a sphere, and you notice that there is a man standing there, a white glowing man surrounded by a white sphere. He's very tall, he looks at us, and he says,

'Come.' He stretches out his hand, and a white beam of energy comes over to us, and surrounds us. It makes a sphere around us, and he drifts off up through the trees, with us following behind. We are being pulled by this beam of light, in our own sphere of white light, and we follow him above the trees, and out over the ground.

You notice that we pass the forest, we go along the plains, and quite soon you can see ahead of you, a large mountain. Sticking up out of the plains, all alone, is a very large mountain.

As we approach the mountain, you can see about three quarters of the way up, there is a very large opening, it's man-made and it's very obvious; there is a very large ledge, or landing, sticking out from the entrance.

As you approach, you see that all our Guides, and all our Teachers are there, standing on the landing waiting for us. We land on the landing and we join them, I will leave you now to go by yourselves."

BETTY'S MEDITATION EXPERIENCE

(Betty) "I saw this black cat goddess walking in front of me. I think that something was going on, but on a subconscious sort of level, I didn't want to come back."

NATHAN'S MEDITATION EXPERIENCE

(Nathan) "I went inside the entrance, and I went into a lift. It was very modern and blue on the inside, and I went straight up to the top of the mountain. I was now on the very tip of the mountain. I looked all around, and I could see all the different kingdoms on Earth. There was greed, and there was wealth. Those are the only two I remembered, but there were other things, like anger, and perhaps sadness. Just emotions and materialistic things, which people were... Things that were happening on Earth.

Then above it, in the sky, there was this love, and there were little trickles of sand coming down all over the place, that was where all the love was. This was all slowly starting to seep in, when I went over the top of it. As soon as I went out into the cloud section, I felt this warmth all over, no, not warmth; it was coolness, it was really nice. And when I went back down into the wealth section, I didn't feel very good, at all. That was about it."

LEMURIAN TEMPLE MEDITATION

"Tonight, we are going on a journey, far, far, overseas, to a land that was once above the sea, this land of beautiful rolling plains and beautiful pink sandy beaches. Over this land, you will fly until you come to a beautiful temple set on a hillside, overlooking the plains, and then the sea. This temple is a great hall of learning, and there are many souls that come to learn in this building.

As you land you'll meet your Guides outside the building. When you go in together, you will find many, many, books

in the libraries. Go with your Guides, and they will show you the books that you need from your development, as healers and mediums. We will leave you with your Guides now.”

(Approximately ten to fifteen minutes silence)

“I want you to now to close the book that you are reading, and thank your Guides for what you have been shown in the library, and now come back across the plains and sea, back to this room.

Come back now, take three deep breaths, have stretch if you want to.

NATHAN’S MEDITATION EXPERIENCE

(Nathan) “I went into a room in the library, and in it, was this very modern book, with the heading, ‘**SPIRIT VOYAGE,**’ and it was numbered, one, ‘**TODAY IS A DAY OF SPIRIT VOYAGE.**’ And then number, two, and at first there was a long word, but there were black splotches all over it. And I kept on getting this said to me, ‘Believe Nathan, believe that you can read the thing.’ But I find it very hard to see anything, especially any words.

It said, ‘**COMMUNICATION IS IMPERATIVE.**’ And I said, ‘I believe, I believe.’ And the black splotches just disappeared. I had a look at it, and then it said,

‘**WE SHALL TRAVEL FAR AWAY, ALONG PLAINS AND VALLEYS, ALONG LINES.**’ I didn’t understand that,

‘**...WHERE EVENTUALLY YOU WILL MEET YOUR KINSMEN. WITH THEM YOU SHALL FIND PEACE.**’ And then I turned the page, and it said,

‘**THEN YOU SHALL FIND WHAT IT IS THAT YOU SEEK.**’

Then I closed the book, and went out of the room.

Across the hall there was another room, it was a health and healing library. I went in there and opened a book, and it said for me, ‘**HEALTH AND HEALING IS ALL IN YOU.**’

Then you called us back.”

BETTY'S MEDITATION EXPERIENCE

(Betty) "I found myself amongst all these enormous books, some of them were opened in front of me. And they were illuminated like mediaeval manuscripts. One was a herbal book, which was all about different plants. However, I didn't recognise any of the plants in the book. That's about all I really saw, there was a message there, but I couldn't work out what it meant, though."

"Well, a closed book means that you can't look in it, and an open book means that it's available to you. And if it's on herbs, it means that the knowledge of herbs is available to you. The knowledge is either your own, or that of your own past-life experiences, stored away in the memory banks of your higher consciousness.

You must ask and find out which it is. In other words, ask yourself, 'Is this my knowledge gleaned from experience, or is it knowledge that is available to me from an outside source?' Why don't you ask these questions, and see what do you get? I'm just showing you how to use your mind, to ask questions, you see what I mean?"

(Betty) "It seems to be the knowledge stored up from past experiences, from past-lives."

"Now, if you wanted to meditate on that library, you can go and check out those books. Those books were most likely written by you, because that's the knowledge that you have remembered.

So you could actually find and recognise the plants, and read the literature. You can find out what the plants are good for nutritionally, and I suppose you could check them out if you are really into herbalism, or you could write a book about it, if there is not a book already on those plants. But it's best to test them, it will come in handy. You'd know more about herbs and how you can utilise this knowledge."

(Betty) "They gave me a bit of personal advice, because I wasn't getting enough sleep. They told me, I wouldn't have any problem with

a certain person from my past, if I didn't allow myself to be weakened by fear and anger.”

NATHAN AS THE CHANNEL

“Good evening, pupils.”

“Good evening, Teacher.”

“The meditations we bring to you are sometimes on a more subconscious level, and sometimes we just like to give a bit of advice here and there. We are with you always throughout your adventures in consciousness. And we express our love for you, through our feelings for you. And you pick up on these in your thoughts, although you may not always be aware of it.

And through time, you shall become more aware. Patience my friends, patience, we like to bring knowledge to you, but only at a rate at which you can attain, or understand, and express this knowledge to yourselves. We do not wish to rush you, no, that is against all principles. This is a slow game, a slow lesson. But if you hold on, and have patience, you shall reach your goal, slowly but surely, you shall reach what it is you seek.

We bring to you a message of love and peace, as always, and this is what you need in your hearts. This love is deep within, and we would like to see it expressed, show on the surface of what you have deep within.

Life is a funny thing, indeed. We bring situations upon ourselves, to experience, so that we may gain knowledge. And only if we could stop, and look when the situation comes upon us. If we can realise that we have brought them there, to work through them, we can understand that we are not the victims, because there are no victims, all is planned before. Not everyone agrees with this, but it is so.

Let your heart expand and give out love. You have many problems, many fears, many worries, and many things to overcome. But you will be surprised to hear that with love, all of them will be overcome. Those who seek love shall find what they seek. Those who are love shall find it. Be a beacon for light and love, we leave you, goodnight.”

BETTY AS THE CHANNEL

“Good evening, my friends. Some of the material we wish to channel tonight through Betty, is directed at her, but some of it has a more general application, so please be patient.

We are pleased to see Betty doing more, becoming more creative. And we wish to encourage her to do this, because we have later, material which we wish to channel through her, poetry. We wish to tell her not to be discouraged, for she feels that she cannot express her thoughts, as well as she would like.

She should realise that even the greatest artists were perpetually frustrated, and never felt that they had reached their full potential. This creativity is a good thing, because it will help to relieve her frustrations, in her present life. And we intend to channel certain material through her quite soon, if she continues.

Further personal instructions which do have a general application, is that she should pay more attention to taking care of her physical body. We think her present neglect is partly due to boredom. She should pay more attention to getting sufficient sleep.

You know that the etheric body is recharged every night during sleep, and if the sleep is not deep or adequate enough, you will wake the next morning only partly recharged. So the etheric energies are dangerously low.

Furthermore, we wish to remind Betty to give up coffee and other things, which she knows perfectly well, are not good for her. She has only herself to blame if she's bad-tempered. We would like to see her do some more work on this area. If she does so, her channelling will become much clearer.

We have some material which we wish to channel, concerning the nature of what you call soul. However, presently, we do not feel that the energies are quite right. We would also like this information to be channelled through a larger number of people. Therefore, we shall not channel this information tonight, but we promise that it will be done at a later date, perhaps not through

Betty, but maybe through someone else.

In concluding, we would like to give you our good wishes, and convey to you how pleased we are to see you all, and the progress that you have made. We will speak to you all again soon, our blessings on you, goodnight.”

RAYMOND AS THE CHANNEL

“Greetings, my children you will find that we have placed an implant into your heart chakras, that will help you give out love. An amplifier, for you will need it in the future. This implant will become active, when your higher-self allows the expansion of the love, that you will give out. For it will help you to heal the people that you come in contact with, who are in need of some love vibration; those who have very little love, themselves. It will give them a boost.

We very often implant certain psychic devices in students of classes like these, either to help with their development, or to help with other people's own development, outside the classes.

This one has had his device blocked for some time now, for he had to learn things, in other areas of life. Things he would not have learnt, if he didn't have this area blocked.

But now the time is coming for the block to be removed from the heart device. Then he will be very busy in many different ways. When you gain wisdom and confidence, you will also be ready to be very busy in your own chosen paths. We will leave you now, God bless you all.”

“I don't like doing these kinds of channelling's.”

(Betty) “Why?”

“Because you can't prove a thing, it's very far-fetched, and hard to prove. I really don't like it.”

(Nathan) “Yes, well, that could prove that it was there.”

“I'm willing to channel these things, but I'll tell you what, I don't like it.”

(2010 INSERT. Over the years my physical body has become so multi-dimensionally sensitive, that when I was asked by extraterrestrial technicians, if I would allow them to fit a healing and development helmet on my head, and after consulting with my higher-self and Guides, I agreed.

I have not only been able to feel the helmet and throat device in great detail, but I actually feel it working, but it is invisible to the physical eyes, and it hasn't been taken off in over ten months now, as I have been putting these books onto computer discs.

You see over the years I have become aware that my psychic vision has been injured from quite a few past lifetimes, where my physical eyes were blinded many times, and also my new development requires a tiny speaker to be built out of my own bone material, in my left ear, which is going to be connected to a psychic phenomena called, 'Remote trance.' hence the throat device.

So that the tiny speaker also activates the vocal chords, to produce trance. So in this way, beings of all different vibrations can trance-channel through me, without my physical body suffering from the great differences in vibration.

I also know of many more reasons for having filters and amplifiers over my heart chakra, after learning of what I have been up to, in approximately one hundred past lifetimes, which I have become aware of or seen.)

(16)

HEALING CLASS 22/12/87, AFTERNOON

PAULINE.

This was the first student that my Guides wanted me to guide on this detailed past-life scenario. Read the meditation after this basic chakra meditation.

BASIC CHAKRA + PHARAOHS TOMB MEDITATION.

“I want you to imagine the colour red, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright red. Now open the base chakra, this located and attached to the base of the spine, it’s in the shape of a flower bud, open the bud, and it has approximately 4 large petals. Infuse the flower with all the colour red from the inside of your body, so it is glowing bright red.”

(Ten to fifteen second pause)

“Now I want you to imagine the colour orange, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright orange, except the base chakra. Now open the spleen chakra, this is located on a stalk, attached to the spine, half way between your belly button and the base chakra, it’s in the shape of a flower bud, open the bud, and it has approximately 8 large petals. Infuse the flower with all the colour orange from the inside of your body, so it is glowing bright orange.”

(Ten to fifteen second pause)

“Now I want you to imagine the colour yellow, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright yellow, except the two chakras that are open already.

Now open the solar-plexus chakra, this is located on a stalk attached to the spine, approximately where your belly button is, it's in the shape of a flower bud, open the bud, and it has approximately 16 petals. Infuse the flower with all the **yellow** from the inside of your body, so it is glowing bright **yellow**."

(Ten to fifteen second pause)

"Now I want you to imagine the colour green, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright **green**, except the chakras that are open already. Now open the heart chakra, this is located on a stalk attached to the spine behind your heart, it's in the shape of a flower bud, open the bud, and it has approximately 32 petals. Infuse the flower with all the **green** from the inside of your body, so it is glowing bright **green**."

(Ten to fifteen second pause)

"Now I want you to imagine the colour blue, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright **blue**, except the chakras that are open already. Now open the throat chakra, this is located on a stalk attached to the spine behind your throat, it's in the shape of a flower bud, open the bud, and it has approximately 64 petals. Infuse the flower with all the **blue** from the inside of your body, so it is glowing bright **blue**."

(Ten to fifteen second pause)

"Now I want you to imagine the colour amethyst, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright **amethyst**, except the chakras that are open already. Now open the forehead chakra, this is located on a stalk attached to the top of the spine, it's in the shape of a flower bud, open the bud, and it has approximately 128 petals. Infuse the flower with all the **amethyst** from the inside of your body, so it is glowing bright **amethyst**."

(Ten to fifteen second pause)

“Now I want you to imagine the colour purple, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in purple, except the chakras that are open already. Now open the crown chakra, this is located right across the top of your head, like a huge sunflower, on a stalk attached to the top of your spine, it’s in the shape of a flower bud, open the bud and it has approximately 256 petals, but some think there are a 1000 petals. Infuse the flower with all the purple from the inside of your body, so it is glowing bright purple.”

(Ten to fifteen second pause)

“Now your higher-self or Guides will start to spin your chakras, for technical reasons, the ones they want to, at the speed they want to, just allow them to spin, and we can go to the next meditation.”

My Guides sometimes bring up memories of scenes from old movies, where the scenes are very close to the events that actually happened. So when they showed me the scene of the meditation, I felt that some of the students had past life memories of being there. But my feelings didn’t show me which student.

So on the morning of the 22/12/87, I first found out from my Guides that I was to tell the students that they will have to find out when they go on the meditation, whether they are going to see a past, or parallel past-life scene, or they will just be there to observe, as people pass over into the spirit world, as the meditation would be describing an actually event from history.

My Guides brought into my mind a scene of an old movie, where priests, priestesses, and their slaves were entombing a Pharaoh in one of the pyramids, and I saw someone secretly trigger certain devices, which caused huge blocks of stone to slide down and block all the corridors out of the pyramid, so everyone inside couldn’t get out.

After double checking that this is where they wanted me to take my students, I tidied up the meditation to help the students visualise

getting there, and filled in more background detail. But didn't describe what anybody did, when they found that they were trapped in the tomb.

My Guides also wanted me to repeat this meditation a few times for the other classes, so I will not repeat the meditation description in the following class nights, but I think you can remember it, as the basics of the events are only four lines of print.

PAULINE'S, PHARAOH'S TOMB MEDITATION EXPERIENCE

(Pauline) "I feel like I am a female, it's hard to breathe; it's really heavy in my chest."

"Go forward now, to when you die and leave the body. Explain what you can see."

(Pauline) "I can see a pyramid."

"Inside or outside?"

(Pauline) "Outside."

"Are you seeing any of the other priests, or the pharaoh, after you died?"

(Pauline) "No, I can see the slaves lying there."

"Now, I want you to ask your higher-self, is there anything to release from this memory? You will either get a yes, or no."

(Pauline) "Yes."

"Ask your higher-self, if you can put what you have to release into as few words as possible, so that you can understand it?"

(Pauline) "I just got, 'Breath.'"

"I want you to ask your higher-self, if dying in the tomb has affected your breathing in this lifetime, yes or no?"

(Pauline) "Yes."

"Now I want you to speak to your subconscious mind-body and repeat these words, 'I release the fear associated with the breathing difficulty, in that past-life experience...'"

(Pauline) "I release this fear associated with the breathing difficulty..."

"...connected with this past-life, entombed in the pyramid."

(Pauline) "...connected with this past-life, entombed in the pyramid."

"Now I want you to ask your higher-self, whether this will help you to breathe better, in this life-time."

(Pauline) "Yes."

"I want you to ask your higher-self, whether there was still

a conditioned affect, when you are in certain situations, enclosed spaces, or dark rooms. Was it causing your body to create a physical reaction?"

(Pauline) "Lately, it has, since I was pregnant. Maybe I was pregnant in the Egyptian life."

"Does your higher-self say you still have to say another affirmation?" (Pauline) "Yes."

"I want to say to your higher-self, I release the fear associated with dark enclosed spaces, connected with this past-life experience in the tomb, in the pyramid."

(Pauline) "I release the fear associated with dark enclosed spaces, connected with this past-life experience in the tomb, in the pyramid."

"I want you to ask your higher-self, whether this will help you to break the conditioning, which is affecting you, when you come into confined spaces, and dark rooms."

(Pauline) "Yes."

"Now, I want you to ask your higher-self, whether there is anything else that you have to release at this time, from this memory that you experienced." (Pauline) "Yes."

"I want you to ask your higher-self, the keyword, that will help you know what it is that we have got to work on, maybe an emotion." (Pauline) "The fear of loud noises."

"Is the fear of loud noises, connected with this meditation?"

(Pauline) "No, I don't think so."

"Does your higher-self want you to release the fear of loud noises today, yes, or no?"

(Pauline) "On the way here, these aeroplanes were flying over, and they were really loud. I was watching them. I don't know if that's related to coming here today."

"So, now I'm trying to find out whether it's to be resolved today, or whether it will be another meditation. I want you to ask your higher-self, if you have done enough for today, on releasing things?" (Pauline) "Yes."

"That's all right, because there are other days to work on things like this. Tell me more about this problem; you've

been having with enclosed and dark spaces.”

(Pauline) “It was basically from when I was pregnant, I would just start getting panicky at first, and it came like the experience in lifts, and things like that.

I even had to get out from the mini-moke, when the top was on it. I just felt like screaming once, and I remember, I nearly caused an accident, I just wanted to get out.”

“And when you got panicky, which part of the body, was it affecting?”

(Pauline) “I felt like I was palpitating, just then, like it was really heavy, when you were describing that, and then it went light.

With the loud noise, I can actually imagine a really slow, heavy, door shutting.”

“Ask your higher-self, if the noise of the doors closing in the tomb, is the noise that you are afraid of that is affecting you?”

(Pauline) “I think it’s one of them, I don't know if it's all of them.”

“Ask your higher-self, if you can release this fear of loud noises from your subconscious memory?”

(Pauline) “I'm just tempted to say, yes.”

“Well, all you got to say, is, I release the fear of the loud noises coming from the memory in the tomb.”

(Pauline) “I release the memory of the fear of the doors closing in the tomb, from my subconscious memory.”

“Does your higher-self say that's helped to remove the fear of loud noises?”

(Pauline) “Yes.”

PAULINE AS THE CHANNEL, FIRST TIME.

“Hi, Raymond, what's the day like out there?”

“It's quite nice, the Sun’s shining today. Who are you, my friend?”

“Eddie.”

“Are you a helper of Pauline’s?”

“Yes.”

“Are you a Guide?”

“Just a friend.”

“Do you talk to her Guides?”

“Yes, sometimes, we watch her, we talk about her.”

“Do you help the Guides with things that Pauline is going through?”

“Yes, I knew her.” **“Where did you know her?”**

“In Ireland.”

“And what relation did you know her as, in Ireland?”

“A friend, a wife, drinking beer in a hotel.”

“Do you have something to tell Pauline?”

“She's going the right way.”

“Does anyone else there, want to speak through her today?”

“A Reverend.” **“Is he one of her Guides?”**

“No.” **“Is he one of Pauline's past lives?”**

“He's a bit condescending, actually.”

“Is he one of Pauline's past incarnations?”

“No, he judged her.”

“Does he want to say something to Pauline?”

“He's just frowning; he's just as silly reverend.”

“Does this reverend want Pauline to forgive him?”

“Maybe.”

“Do Pauline's Guides want the reverend to speak through Pauline?”

“Yes.”

“Well, will you let the reverend speak through Pauline, Eddie?”

“No, I don't think so.”

“You won't? Alright, maybe another time. Do Pauline's Guides want to say anything to her?”

(Pauline) *“Eddie's funny, I think he drinks out of whiskey mugs, and he sings songs.”*

“Do Pauline's Guides want to speak to her through Pauline?”

(Pauline) *“They seem really solemn, and Eddie's seems like a fun. I can imagine the Hotel.”* **“Does Eddie have anything else to say?”**

“See you.” **“Goodbye Eddie, see you again.”**

RAYMOND AS THE CHANNEL

“Greetings, my child, are you happy with today's experiences?”

(Pauline) *“Yes, I'll come back.”*

“Good, we put you into the deep end of the pool today, for the past recall meditation, but I think you see the value of it, for your own development.” (Pauline) *“Who are you?”*

“I am one of your Guides.” (Pauline) *“Do you have a name?”*

“Yes, I have a name.” (Pauline) *“Will you tell me what it is?”*

“No.” (Pauline) *“Why not?”*

“Because, then you will call on me all the time. You will grow and develop only in the direction that your higher-self and we, help you grow in.”

We do not like to answer certain questions, if they will affect your development adversely. You may think the questions are innocent, but you may get sidetracked, and that is not good.”

(Pauline) *“Shall I continue the way I am going?”*

“Yes, you are progressing. Remember, we heal your psyche, so that you can help others, and help yourself. Then you will become a teacher and lecturer of your own experiences.”

We are very pleased with your participation and willingness to release your fears and blockages. As you can see, we gave Raymond the correct meditation to release these fears.”

(Pauline) *“Is Yoga helping and improving me?”*

“Yes. When you reach the age at which these experiences occurred, sometimes the conditioning will come into the body more strongly than before.” (Pauline) *“I was this age in the tomb?”*

“Yes, this is what we mean.” (Pauline) *“Was I pregnant, then?”*

“Yes. Not all the priests and priestesses were virgins, but this is all released now.”

(Pauline) *“Was my child born the right way, in this life?”*

“All children are born the right way, for their experience, and your experiences, whether there is difficulty or not. We do not like these types of questions.”

(Pauline) *“Is there anything that you should tell me, to help me now?”*

“Not really, you are doing fine, remember, all so-called bad experiences that happen to you, help you grow, change your consciousness, and expand your awareness.

So we will not warn you of most of your experiences. We do guide you, but not in a question and an answer form, do you understand?”

(Pauline) “Yes, I find it hard to know which questions to ask.”

“There is no need to ask any questions. We find that the student will grow by hearing certain things said that will trigger off more growth, more awareness, and more releasing of memories, when we speak. But when you ask questions, very often the answers do not trigger off growth and development.

So have patience, be happy, you are progressing well.”

(Pauline) “Thank you.”

“God bless, we are always with you. Goodbye.”

(Pauline) “Goodbye.”

(Chapter continued on next page)

HEALING CLASS 29/12/87
NATHAN, BETTY, ARTHUR.
PHARAOH'S TOMB MEDITATION
NATHAN'S MEDITATION EXPERIENCE

(Nathan) "I see myself as a priestess, a pregnant priestess. There are other people chanting and praying."

"Did you see any other priestesses pregnant?"

(Nathan) "Pregnant? Yes, I do. There's quite a few of us in here, some people have already collapsed. I am surrendering to it all, it's like my duty."

"How do you feel about being in there?"

(Nathan) "It's all right, because this is an honour."

"I want you to go through to when you die now, and explain what happens to you there."

(Nathan) "Yes, it's really strange dying like this. It's not dying of lack of air; it's starving to death in there."

"Didn't you suffocate to death?"

(Nathan) "Or suffocate; I think suffocate, because it was a lot quicker."

"Have you left the body yet?"

(Nathan) "Yes, I can see the body lying on the ground."

"Do you see anyone else that has come to meet you, after you have died?"

(Nathan) "Yes, there is somebody next to me."

"What did they say to you?"

(Nathan) "'Follow me,' but I was still in the tomb."

"I want you to ask your higher-self, whether you have to say any releasing affirmation, from your subconscious, connected with this experience?"

(Nathan) "Yes, I do."

"Ask your higher-self, to give you the words to release it, word for word. Say it out loud, so that the vibration goes into your physical body."

(Nathan) "Yes, I am brave, and I am safe."

"Is that what your higher-self tells you to say?"

(Nathan) "Yes, it is."

“Does your higher-self say that this fully releases the subconscious effect on your health, from that life?”

(Nathan) “Well, it's on its way, it's not really complete. I think in time it will, as long as a keep the affirmation there.”

“Ask your higher-self, whether you have to release anything from your subconscious memory, connected to this death?”

(Nathan) “Yes, just a bit of fear.”

“Does your higher-self want you to say it out loud?”

(Nathan) “Yes.”

“What does it want you to say out loud, word for word?”

(Nathan) “I release all fear.”

“Does it want you to say anything else, after that?”

(Nathan) “I understand, ' strange, but that's what it wants me to say.”

“Does your higher-self say you have to say anything else?”

(Nathan) “No, that will do.”

BETTY'S MEDITATION EXPERIENCE

(Betty) “I seem to float into the tomb through the walls, and I can see the people in the tomb, I can see the torches slowly going out.”

“Do you feel that you are one of the people in the tomb?”

(Betty) “I'm not conscious of being attached to a body. I feel quite detached from what is happening to the people in the tomb. I seem to be floating out of the tomb again.

I have floated outside, and am looking down a sort of tunnel. It stretches off to infinity, surrounded by a kind of blackness. I seem to be drawn all the way along this tunnel; it seems to stretch, well, aeons and aeons. I can see a baby, I think I'm about to be reincarnated.”

“Ask your higher-self what you had to learn from this meditation, or is it still to come?”

(Betty) “My higher-self say's, I have simply to experience again, the after death state.”

“Are you going to see some more?” (Betty) “I think that's all.”

ARTHUR'S MEDITATION EXPERIENCE

(Arthur) "When I first went into the pyramid, the chamber was illuminated with a reflective mirror that was shining in, and there were no lights. People were going in, chanting, similar to the way Nathan described them. They were wandering around chanting in this strange ethereal light, that was more like reflected light from the mirrors.

A big rock then started to move from the side, then straight down into the door. It was just too large, and blocked out all the light. So from the very beginning, there was no light in that room. The priests continued to channel for a while, but most of the other people got such a shock, that they were running around and bumping into walls, screaming and carrying on. The air was still quite good; apparently there was a ventilation shaft.

To start with, I thought I was one of the people running around yelling and screaming, but then as I looked again, I wasn't. I was looking through a little peep-hole thing, watching the activities. I don't know how I could see it, but I was watching it, unless you got trampled very early and died.

But I was looking on all of this activity, with a satisfaction, as if to say, 'Well, I did that quite well, all of those people are now trapped in there with the pharaoh, and they can't get out.

In the scenes of carnage people were taking draughts of poison, and other people were stabbing knives into their chests. Other people were being raped, and raping each other. It was real carnage, going on for quite a while.

All the while there were about ten priests over in the corner, totally oblivious, just continuously chanting. I don't know what happened to them in the end.

As I looked through the wall, I felt as if I was in another chamber that had secret doors to it, or something, unless maybe I was out of the body. I was smugly looking at the great job that I had done, or that had been done, and they were all there. But as I said, in the very first part, I felt that I was running mad with them. So I could have been

trampled very early, and if that's the case, I felt like a female, running around hysterically. I may have been trampled, or bumped into a wall or something, and knocked myself out, and shot out of my body, without realising it. I could have been looking from within the rock, as a spirit, thinking I was safe.

I was enjoying this spectacle of mad people trying to get out, or killing themselves, and absolutely having no hope, and then I moved back, and I felt good about the whole thing, and I thought, 'Ah well, it doesn't matter, it's only the physical body. They're acting out, whatever they have to do in their life.' I just continually moved back in from it. I didn't feel any remorse, only strangeness.

I don't feel that I have to release anything; the whole thing didn't seem a big deal. But it was as if it was a common occurrence, as if you were born for a certain destiny, and that's what you would do. That's the way you would act, although it was a strange feeling, like when you knew you were about to die, you knew that this was inevitable. The sexual urge became very, very strong, as if you're trying to procreate yourself, before you finally disappeared.”

(If you remember, on the class night of the 20/10/87, Arthur's what he calls his higher-self, his over-soul, said, *“He has been walled up in temples and jails.”*)

Maybe that past-life was, I would rather say, a response to this past life, than the word karma, because it depends on what you believe that word means to you.)

ARTHUR AS THE CHANNEL

“Greetings dear hearts, the meditation tonight was interesting, in that it took your people into realms of darkness, magic, and possibilities on this physical plane. It introduced the possibility of linking the other planes by direct corridors of light. By direct corridors of thought and feeling, or tangible physical things, in this and other realms.”

“So, this pharaoh's tomb was from another dimension, not

of this Earth-plane?”

“All meditations are from the plane of the mental, but based on the physical, that you can see, understand, touch and feel. This is because you live in multi-dimensional planes. So the pyramid that you saw was the one that you have identified with in photographs, feelings that even if you have been there in previous lives, the memories of the pyramid, are still there. Nothing is ever erased from your memory body.

There were many pyramids built upon this plane, on this planet, some of them destroy, some of them still standing. The pyramids were not only in Egypt, the pyramids were also in Lemuria, (Mu) and Atlantis, and South America. Even in Australia, you have pyramids, now under the soil.

However, not all of these were used as tombs. So, we must take you to Egypt, as you went mostly from the tomb pyramids. Because, in the dark period, they were used to house dead bodies, mummified bodies, not to house the glorification of the light, which the earlier pyramids were designed for, and in the race memory, now you have an upsurge, or resurgence of the memory of pyramid power, which a lot of people use, because this is the true use of the cone, or the pyramid.

On Atlantis, the cone was used to improve the brain and thinking capacity of a dull person, because the cone concentrated the energy, and improved the intelligence of the one who was wearing it. Now that has been reversed, and the person who wears the cone, is considered the dunce. The true meaning of the cone on the head is to increase and improve the intelligence and intellectual power of the person wearing the cone.”

(Betty) “Like the witches hat?”

“Witches are very intelligent creature, in control of the four elements.”

“How much has to be said to a student, who is going through this experience, to release the effects on the physical body, from those lifetimes? How much has to be said?”

“That depends on the circumstances, where they are, what fear they are going through, what feeling they are releasing and putting into the past-life episode. They may have gone through a very painful, a very hurtful, a very emotional parting from the physical body, or it could be a gentle peaceful release.

But when doing this with the aid of spirit, you must be guided by your spirit Guide, who is there with you, and prompting you, telling you what to say, the Teacher. What a lot of people do, is forget their spirit Guide, come back to the physical very quickly, and try to handle it from that level.

Therefore spirit has been pushed back, it is as if you have pushed your hand back, and said, ‘You stay there, I’ll handle this,’ they cannot get to you. But you must remember always to use, and be guided by spirit, because you are dealing on the spiritual plane. You are not dealing on the physical plane, and so stand back, be guided by spirit. Be the peaceful energy, and listen to what spirit says, and say, and do what they advise you to do. You must not lose control.”

“Sometimes I feel I do lose control, and I don't know what's going to happen.”

“You are on the physical plane, which is understandable.”

“I was trying to see if the higher-self would give the directions to the student, and then release them...”

“If the student is going through a very painful, traumatic experience, the higher-self can only stand and watch. Then it is imperative, or very important, that the person who is helping the student through that transition, be there to guide and guard. Because the higher-self, rarely can interfere, unless the person is very highly evolved, and if the person is very highly evolved, then there is no point in going through the exercise.”

“I usually ask the higher-self of the student, if there is any more that the student has to go through, to help the situation.”

“A good practice to continue.”

“But I think that they have to verbally say, that they are

releasing their fears, I think there is something they're connected to..."

"Verbalising their fears, their emotions, their feelings, their desires, their happiness's, their joy when released. Verbalisation of anything that they feel and see, and experience, going through these past experiences, are very important in this plane, for the release of that particular vibration..."

"...that subconscious fear?"

"How do you use the word subconscious?"

"Well, the fear affecting the body, without having any memory of it in the conscious mind, unconscious fear."

"Is that not the whole point of the exercise?"

"Yes, that's right, and if they just see it, and don't say anything, does it work in releasing the fear, or do they have to verbalise it, to release the fear?"

"It is far more important to verbalise it, because if they do not, they may have to experience it again and again, until they bring it into their consciousness, and to verbalise it. You are correct."

"So does Nathan still have to say, 'I release this fear of dying in the tomb from my subconscious memory?' does he still had to say that, for it to work, the fear associated with that death?"

"We have given you our answer, but let us rephrase and say, that for a person to get a true release from that situation, if they ever speak the words, it is better than not to say them at all."

The speaking of the words releases the vibrations and makes it easier. If you think about mantras, mantras are words a vibratory level, from the spiritual realm to the physical, and they are repeated many, many, many thousands of times, and they set up a vibration.

Now when you are releasing yourself from a stressful situation, if you say it seven times, or ten times, and you feel better each time you say it, it does not matter because you are using the energy constructively. So the answer to your question is

in the affirmative.”

“Because Nathan did say some of it, but it wasn't to my satisfaction, but then again I don't know whether it's my satisfaction, or my higher-self's satisfaction?”

“You are being guided by your Guides, listen to them.”

“So you have to say more, remember, Nathan.”

(Nathan) “Yes, I know, I already asked my Guides before you asked the question. You asked, and before you answered, I asked, and they said, ‘Yes.’”

“Nathan, you do not understand yourself very well. There are many aspects of your hidden inner-self, which you wish to explore, that you wish to find, that you wish to keep secret even from yourself.

And you are, on the external, are very private person. But you must delve deep into yourself, into your inner being, only, and especially only, in the midst of those you can trust, and speak your inner feelings and desires, and your inner promptings.

But I would caution you to be careful when speaking in the presence of those who do not understand, because there are those that say of you already, ‘He is strange, that one.’

So when you are amongst friends, who are developing and expanding their own consciousness, feel free to explore yourself truly, and with honesty, and you will move more quickly along the path that you have chosen to tread this time.

As you all choose certain paths to tread, you will move more swiftly. I look upon the path that you have chosen, and it is strewn with rocks from your past. It has not been easy for you, because you are continually building blocks in your own path.

Why are you doing this? Because it is making your path more difficult and unnecessary. Love your fellow creatures, but not unwisely, always work from the position of wisdom, and understand why you do certain things. Don't snap your fingers, and say, ‘I don't know why I did that, it was a stupid thing to do,’ work from a position of wisdom.

I have been prompting my channel to speak to you on

cataclysms. Cataclysms are disturbances in the physical realm, in the mental realm, in the psychological realm. Earthquakes are some forms of cataclysms, and volcanoes and other disturbances in the Earth's crust, are consider cataclysms.

*The upsurge of channelling, and people like ***** and other people coming into your midst, are frightening a lot of you, not only by the amount they charge to go to them, but by their dire prophecies... Volcanoes through the centre of Sydney, earthquakes in other places. Listen to their words, and know that when the vibrations of destruction are broadcast, many people worry.*

And there are many of us here who hold the light for this planet, for this city, for these people, for this continent. And we are beaming continually, light into certain areas that are a little unstable, though there are many in the physical plane who are beaming light, as well. And we hold this energy to prevent these disturbances, or minimise them.

So, I think I've mentioned to you before, where there is a balance of light and darkness, light will always win, and light dispels darkness, darkness does not dispel light. Darkness is the absence of light, light dispels darkness, and darkness does not dispel light. Darkness is the absence of light, light dispels darkness, every time.

We are beaming energy and light to many troubled spots upon this planet, and just because there is famine, and people who are dying in certain places, doesn't mean to say that our light is not working.

Our light is working, because the person next door is living and quite healthy, the other person there is dying. It means that those who have do not share. But we're not here to judge, we just beam light, and those who accept and receive the light, will be continually safe.

The cataclysms, the disturbances will not happen on the Earth's surface to the extent that many of these people say. The disturbances are happening within the physical bodies, and the mental bodies of the people. Their mental and emotional bodies

are snapping, and people are being killed, murdered, shot, and blown up by themselves. They are taken out of their embodiments very quickly, because they have given permission, consciously or unconsciously, to be taken out, because they cannot cope with life anymore. And many other people are snapping in this way.

Now, this is like an earthquake on a personal level, and I mentioned to my channel that he should speak to you about these things. The earthquakes are not happening as they predict they will happen, but the earthquakes are happening in people's own lives. This may seem to be a little bit of a puzzle to you, but as you listen to it, you will understand what I mean.

Your one-pointed desire to become one with your own true consciousness of God, is the way that you understand your life truly. You have read of people who desire, their whole life has been pointed in one direction, to become millionaires by the time they are twenty, thirty, or fifty.

You see how many avenues, like strings of a puppet, they can draw all these avenues together, and with their strength of character, and their strength of purpose, they become millionaires by the time they have decided to.

Now if this energy, this thought, this desire for spiritual progression was in you, your own thoughts can bring you anything that you want on the physical plane, or the mental plane, or the emotional plane, or the spiritual plane.

Your thought is your motive power, but how many people have desired what they want, have thought about it, and worked for it, and we watch them, and at the moment they're about to achieve it, they stop, they do not want it, they cannot accept that it is within their grasp.

Thank you for listening and accepting. I have prompted the channel to calm, but there was a leak, which we have now managed to repair in his aura, which was making him excessively tired, and I don't think we shall have any problem with him in the future. Thank you for allowing us to speak to this plane, and except our love and gratitude for the opportunity.”

BETTY AS THE CHANNEL

“Good evening friends. It is good to see you all here tonight, together. We're glad to see that you all have faith in the work which you are doing, in the path which you are learning to tread. We wish to remind you to have faith, but not to be gullible.

First rule again, is, put not yourself into another's hands. You must always take responsibility ultimately for yourselves. Do not put ultimate trust in this guru, or that Teacher, or this channel, or that channel. They may be right, and they may also be wrong, and they can be both of these things at the same time.

You may say, ‘what is truth, and how can I tell who is telling the truth?’ Or we might tell you, not to worry about this. Some of your greatest philosophers have gone mad trying to work out an answer, but ultimately you may listen to this and that Teacher, you may read this and that book, and they may all say something different, not only different, but mutually contradictory. All you can do in the end, is try to find out for yourself.

Beware of anyone who calls himself a Teacher, or guru, no matter how holy he may seem to be, if he assumes authority over others. Remember that power corrupts, and the very seeking of authority over others, is a sign of corruption.

This does not mean the individual may be aware of such corruption; his motives may be far from evil. But many have done very badly, though they meant well, and many have done well, even though they meant badly.

So do not place all your trust in an individual. Do not imagine any one person has all the truth. Always watch the actions of such people, ‘By their fruits you shall know them,’ as your Bible says.

In this book, in which there is much truth, and much foolishness, but it has been corrupted down through the centuries, by those who wish to alter the text to support their own religious viewpoint.

If you see a person who has religious authority, sit in judgement, especially on those who do not share his viewpoint, or

condemns others, simply because they think differently, or they are in some way weaker, then be very suspicious of the base of this person's authority. It is right to use your own judgement, and always remember to take responsibility for yourselves.

Even when you channel, you are the one who has the choice. We may not force you to channel, because this is forbidden. If an entity channels against their will of the channeller, then they are breaking the universal law. So beware of any form of channelling that seems to suggest that you should give up your own will, or responsibility.

We can channel through you, only with your permission, but it sometimes comes about, that when the physical body of an entity is weakened, their protection is weakened. Then they do not realise that there are ways of protecting themselves from the dark entities, and from the lower grade spirits, who crave to return to material existence. You need not have a fear of these entities, if you use your protection correctly.”

“They have been known to channel through students, haven't they?”

“If you suspect that the material being channelled, is spiritually unsound, then use your own judgement to ask questions of the channel. As a general, though it may not always work, if there seems to be any judgementalness in material channelled, then they may be unsound.”

“That's right.”

“No truly developed entity would settle judgement on another being.”

“But a student may distort the channelling, and it will come out judgemental, but that doesn't mean to say that the spirit who is channelling, is judgemental.”

“Yes, sometimes material that is channelled is contaminated by the channel's own thoughts, but is usually quite easy to sift the wheat from the chaff, in these instances.”

“In our protected circle, though, it isn't allowed, to have these lower spirits, is it?”

“No.”

“But when students channel outside the circle, without protection, that's when the trouble starts, isn't it?”

“This is correct, rather than deduce, be sure that you are protected; you need not fear interference from these lower spirits.”

“And that's why we do the purification ritual at the start, isn't it?”

“Yes.”

“I suppose underdeveloped students would distort the information quite a lot, wouldn't they?”

“Yes, this is true. You may easily distinguish the information which is being channelled, if it is for example, contaminated with thoughts which exalt your own ego, or which can conveniently fit in with your belief system.

Sometimes it is not so easy to distinguish garbled messages from the channel. But this need not do any harm, so long as you always recall that no one channel is necessarily always right.

We sometimes have difficulty in choosing the correct words from the channel, as if the words that we want may not be in their vocabulary. This happens sometimes when we are attempting to convey information of a very high nature. Some things cannot be clearly expressed in language.”

“Like amplifiers being implanted in our chakras, is that so?”

“Yes.”

“Was last week's a true channelling, or was it distortions, or my own beliefs, and? Betty has it in her memory banks.”

“Yes, we say that this is correct.”

“Did I put this implant, that has blocked my heart chakra, or did my Guides do it?”

“Yes, this is correct; this was done for a special purpose.”

“Can you explain more about it?”

“Part of the reason, is to allow the new development of other chakra's, but we do not wish to reveal more on this at this present time. We do not wish to channel anymore through Betty tonight. We think she's becoming too detached from her body at this time.

Good evening my friends and God bless you.”

NATHAN AS THE CHANNEL

“Good evening, my friends. Tonight we have bought you a meditation to help you with your development, and to lessen your fears. We feel you have fears to release, and want to release these fears, and so acknowledging this, we bring you to these classes, to these sessions. And through the meditations we allow you to release your fears in the group.

Before, the subject of trust was mentioned. Who is it that you can trust, and should you be wary of whom you put your faith in. Well, we say this to you, ‘Trust yourself.’ You shall learn much from yourself.

Others will help with lessons, but most of what you will learn, you shall learn from a study of yourself. And if you be true to yourself, honest with yourself, much will be revealed. And it is comforting to know that home is with yourself, in a way.

And then there is the subject of truth. This is the thing I really wonder about, is this right, or is this wrong? Do not fear, do not worry. If it is truth that you seek, it is truth that you shall find.

And be sure what it is that you look for, and do not take it too seriously, in a manner of speaking, that is. It is a serious matter, we take it in a light-hearted way, and much will be revealed to you on a light heart.

Thank you for listening tonight, God bless you.”

RAYMOND AS THE CHANNEL

“Good evening, my children. We wish to ask you all to re-evaluate your purposes for developing. You will learn much from this re-evaluation, as your purposes sometimes change, from when you first started the classes.

You will find that the wisdom that you acquire from this re-evaluation, will help you to let go of desires connected with your

purposes, as you are experiencing more than you expected, to be able to work in many diverse areas , as we will say, spiritual work.

Your fixed ideas of what you want to use your development for, sometimes retards your development in the classes', and this is why we wish you to look back at your purposes in development.

This one, as learnt that his reasons for development in the first years of coming to classes, were limited and very narrow. And over the years he has learned many things, and he now knows that his future in this work is not necessarily what it is at this stage of his development. He is letting go more, releasing strong desires, to let things happen.

His expansion of the classes, is a form of letting go, he feels just as secure running more classes now, than just one. We wish to say that you all are needed for your teaching abilities, as you are teaching other classes now, not only your own with what you experience, and what you channel, but giving confidence and inspiration to the new students in the other classes. We thank you for listening tonight, God bless you all."

What Nathan saw on his meditation may have been the same scene as Pauline's meditation experience, but then again they may have been perceiving different tombs, or parallel realities.

As there were some discrepancies, some were in darkness, some had torches, and some had candles. And you will find that the next class, past-life experiences are different again. Remember, a facilitator of these kinds of classes, cannot be a control freak, but let things flow.

(Chapter continued on next page)

**HEALING CLASSES, 4/1/88 IRENE, SERENA, JOHN.
PHARAOH'S TOMB MEDITATION
IRENE'S MEDITATION EXPERIENCE**

(Irene) "I don't want to go in there."

"I want you to ask your higher-self whether you have to say anything, to release this fear." (Irene) "I don't know, yes."

(At this point I had the strong feeling coming from spirit that Irene had been entombed in a tomb, in a past life, which I was told 'Yes,' when I asked my Guides.)

"I want you to speak out loud, I release this fear associated with darkness, in this tomb, in the pyramid. Say it out loud, 'I release this fear...'" (Irene) "I release this fear..."

"Associated with the death in the darkness..."

(Irene) "...associated with the death in the darkness,..."

"...when I was entombed in the pyramid."

(Irene) "...when I was entombed in the pyramid."

"Now, we go through that, and you have left the tomb and left your body. Now, can you see what's happening?"

(Pause) **"I want you to ask your higher-self, if there is any other fear that you had in the pyramid, that your higher-self wants you to become aware of."** (Irene) "No."

"All we can do now is to go on and see what happened to the others. Remember, everything is okay now. You deprogrammed your physical body of the conditioning."

(Irene) "Okay."

(I knew that Irene was having difficulty in perceiving her meditation, and felt that more would be revealed later.)

SERENA'S MEDITATION EXPERIENCE

(Serena) "I just see them all standing around, and some are sitting. They seem to be all relaxed, as though they know what's about to

happen, and they are not at all frightened.”

“Do you feel that you are one of the people in the tomb?”

(Serena) “I’m a total observer.”

“I wanted to ask your higher-self to show you the next scene that you are here to observe.”

(Serena) “I see tunnels in the pyramid. The high priest, I see them going down these channels, I see them escaping.”

“That’s right.”

(Serena) “They’re leaving everyone there, and they’re escaping.”

“That’s right. In fact, you have just corroborated what we have already found out, in a previous class; that is, that they didn’t all die in the pyramid. The priests did escape through secret passages. So, you’re actually seeing a past scene; it’s not your imagination.”

(Serena) “I think I was one of them.”

“You were one of the priests?”

(Serena) “Yes, I see that I’m skinny and tall, I’ve got a really, really high hat on, and I’m smiling the most awful sly smile.”

“And what does your higher-self say that you learnt from that?”

(Serena) “I feel dirty.”

“Because of what you did?”

(Serena) “Oh, he’s enjoying it, he’s looking away, and he’s totally enjoying it, leaving those people there, and he’s sitting there in innocence, and to think they’re doing it.”

“Ask your higher-self to tell you why you are being shown this scene tonight.”

(Serena) “A feeling of being smug, I just get the feeling of being smug, I don’t know.”

“Ask your higher-self, what you learnt from this experience?”

(Serena) “I think I’m ashamed. I think I’ve got a lot of understanding, and maybe forgiving to do. A lot of understanding and not judging, not being so critical.”

“Right, I can understand that; that’s what I was feeling. Ask your higher-self, whether this will help you become a better healer, by knowing this experience?”

(Serena) “It can help me to learn more about myself, and understand myself a lot better.”

“Good, does your higher-self want to tell you anything else?”

(Serena) “Yes, it's telling me that what I am doing, I'm on the right step.”

“Good.” (Serena) “And that I'm learning.”

“How do you feel, Irene?” (Irene) “Okay, still a bit scared.”

“The overcoming of the fear, it happens slowly, of course, and you will see more now, after this releasing.”

JOHN'S MEDITATION EXPERIENCE

(John) “I see everybody sitting around in the pyramid, they're in a circle. There are lights in the pyramid, there are candles. Everyone is accepting their fates, except one person, who is me, who leaves the circle. I see myself banging on the stone door of the pyramid, and trying to get out. This feeling of hopelessness; the immensity of the stone doors, and just pounding on the doors when there's just no way I can get out.”

“I want you to go forward now to the end of the life, or whatever, your higher-self is going to show you next.”

(John) “I just die; I just see my body rotting. I died alone and went off by myself.”

“Did you have any feelings about what happened to you?”

(John) “Just that it's a nice sunny day, and I guess I'm really happy. I can just see that it's all nice and sunny on the desert.”

“I want you to ask your higher-self, if there's anything from that lifetime affecting you in this lifetime.”

(John) “It's the hopelessness.”

“A feeling of hopelessness?” (John) “Yes.”

“Does your higher-self want you to release this feeling of hopelessness?”

(John) “I get the answer, ‘No.’”

“Ask your higher-self, what it wants you to release associated with this memory.”

(John) "The loneliness of dying alone."

"I want you to say out loud, 'I release the feeling of loneliness, of dying alone in this past incarnation, in the Pharaoh's tomb.'"

(John) "I release the loneliness, of dying alone in this tomb, in this Pharaoh's reincarnation."

"Is there anything else that your higher-self wants you to release?"

(John) "No."

"Does either Serena or John see the entity known as Irene in that incarnation, so as to be able to shed some light on what happened to her?"

(Serena) "She's a little girl; she's a tiny little girl. She's high up; she's not one of the peasants, though. She's a frightened little girl, and her father leaves her. Could I have been her father?"

"You said you were a priest."

(Serena) "Yes, that's right. She doesn't know what's happening, or why. Her mother's leaving her, though, she's being left alone."

"Irene, I want you to ask your higher-self, if this is you as a little girl, yes or no?"

(Irene) "That's how I feel, a little girl."

"Do you feel stronger now, after knowing this?"

(Irene) "Not really stronger, but I understand a bit more."

(Serena) "I still have the feeling that I was her father."

"That's all right, maybe you were her father."

(Serena) "She didn't know what was happening; she didn't know she was being left alone. She was crying because her mother and father were leaving her there. That was mainly her crying she didn't realise what was happening around her, she was too little."

(John) "I got the feeling that she didn't know what was happening, too, and that was where it all was."

"Well, you see, if a student's fear experience from that life is blocking their vision, it helps if the other students help make the picture, to help you visualise it easier, by them describing it, and I like to double check, to make sure that you feel that it's you, you know."

(Irene) "Oh yes, I'm sure Serena was right. I did feel like that, I just

felt like a little girl, lost, and tried to get rid of it all. I didn't get rid of it all, but that's the start of it anyway.”

“How did you feel, coming here tonight, Irene?”

(Irene) “I felt fine, but as soon as you started going into that meditation, my heart started beating really fast. I just didn't want to go into it.”

“Now you know why I don't let you know what meditation you are going to do next week. I hadn't even got to where everyone got entombed in the pyramid, and I noticed you were breathing heavily.”

(Irene) “I was so scared; I really was, as soon as I saw the darkness.”

(Serena) “Have you ever been afraid of the darkness, in this life?”

(Irene) “Yes, I have always, I'm always afraid of the dark.”

“But I never said darkness; I said there were flames and candles.”

(Irene) “But I couldn't see anything.”

SERENA AS THE CHANNEL, FIRST TIME

“Who are you my friend? What's your name?”

“Angela.” **“Did somebody bring you here, Angela?”**

“I came to look after Serena.”

“Are you a Guide of Serena's?”

“Yes.” **“Do you have anything to tell Serena?”**

“No, not really, just that she's with me, that she's with Serena.”

“Angela, do you want Serena to practice channelling?”

“Yes.” (Pause)

“Well, if you're not going to talk to us, Angela, do you have another person there wanting to speak through Serena?”

(Serena) “Yes, he just sends warm greetings.”

“Do you have any wisdom to tell us?”

(Serena) “No, he just wants you to know that he's there, his presence is there.”

JOHN AS THE CHANNEL

"Hello, I'm just practising. John needs to get in tune."

"Yes, we all need to do that."

"Welcome." "Are you harmonising the energies tonight?"

"Yes, there's a lot of interference. There is an energy blockage in the neck, from a past life. There's an axe, chopped the head off."

"Are you seeing the scene, John?"

(John) *"Yes, there is a chopping block."*

"Is there any fear associated with it?"

(John) *"Yes."*

"Will you say out loud, I release the fear associated with having my head chopped off on the block, from that life experience."

(John) *"I release the fear of having my head chopped off on the block, in that life experience."*

"Do your Guides say that's helped release the blockage?"

"Yes, it's not released properly, though, but it has helped."

"Why hasn't it released it properly?"

"There's more to go through."

"Does that mean the person has had other life experiences in damage in the throat area?"

"It's been there a long time."

"The block has?"

"Yes, it will take time."

"What exercises can he do to help release this block?"

"Meditation, and there's also a yoga I can do."

"Will healing help remove the damaged block, now that he has visualised the scene?"

"Yes."

"Will the basic chakra meditation, that I give the students, also help?"

"Yes."

"We'll get there, won't we?"

"Yes."

"Do you want to reveal anything else?"

"John should stay on the path, stay in the right direction."

"Is he?"

"Yes."

"Good. How do you feel?"

(John) "I've got a sore neck; I'm covered in sweat, too. At first, I felt as if everything was really jumbled, and then things started to clear. I felt really clear, then I felt a force going down through the Crown chakra to the neck, and it stopped there. It was like a heavy iron bar, stuck through there, into my neck, and it stopped in there."

RAYMOND AS THE CHANNEL

Greetings, my children, tonight you were introduced to many areas of work to be done. The experiences you have will affect many areas of your consciousness, the mental, emotional, and the physical. These classes start the ball rolling, so that you can assimilate the effects of this class, between your class nights.

We do not advise students to come night after night, as it takes time to breakdown blockages, fears, and conditionings. And after one type of cure, you are then ready for another type of cure, still maybe working on the same problem, but using other techniques at the right time."

You can see now how you will help each other with your fears and blockages, and you will believe. We would rather have you help each other, after the individual has become aware of the situation themselves. Because if a person says, 'You had this life, you had that life,' you may not believe, and would create a barrier to believing.

So it is better to experience it yourself first, and then more knowledge can come through others to help you become aware, and the awareness dispels the fear.

*We are very pleased tonight with all that you have done and said. We do not always give you these heavy meditations, as Irene can see, it was necessary tonight, not next week. Because of the material that you read between the classes.**

We do not like to give you all the answers, all at once, either. So, the more you practice channelling, the more answers you will receive, and knowledge and wisdom, for if we gave you all the answers through this channel, you would practice less. We thank

you for listening tonight, we thank you all.”

*

(If Irene had read of the other students on last week’s class night going on this meditation, a subconscious fear may have influenced Irene to not come to the class. This is what the Guides were alluding to.)

A week later, in the middle of the Australian holiday period Irene was the only student who turned up for class. I performed the meditation that I had been instructed by my Guides to do, and because the night was still early, I asked if they wanted me to do another meditation. I was instructed to perform the ‘Past Life Re-call Meditation.’

I have found that when a student or a patient is sufficiently developed, my Guides indicate to me that I don’t have to describe the full Past life Re-call Meditation, as the student or patient will start to see the past life scene straight away.

The reason this class night is in this chapter, is because Irene’s higher-self took her back to the Pharaohs tomb.

(Chapter continued on next page)

HEALING CLASS, 11/1/88**IRENE.****ATLANTEAN HEALING TEMPLE BY THE NILE MEDITATION
THEN PAST-LIFE RE-CALL 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 of 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 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 walked 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 into the doorways and we see that they are illuminated, each by a different colour, because there are coloured crystals embedded in the ceilings, with each room having a different coloured crystal, one colour for each room.

Now, I want you to choose a colour 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 colour for your development. I will leave you to talk to the healers now.”

(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.”

(Irene) “They took me to the Amethyst room, and they said I had to wear a pendant around my neck, and one around my third eye, that it was soothing. And the one around my third eye would help with my meditations. And they took me to the crystal rooms, and told me, this was for clarity of thought, and to help me in communications.

And they took me to where the rose quartz was, and told me, this was for emotional healing, and to bathe myself in pink light, which I did, and they said that I'd be going back.”

PAST-LIFE RE-CALL MEDITATION

“I want you to ask your higher-self to show you what they want to show you, to overcome whatever it is. You may see a past life scene, and describe it as it happens.”

(Irene) “I think we have to go back to Egypt.”

“To the Pharaohs tomb?”

(Irene) “Yes.”

“Your higher-self will show you the scene, to carry on where you left off last week.

(Pause)

You're a little girl in the tomb, what's your higher-self showing you?”

(Irene) “Nothing, blackness.”

“If your higher-self takes you forward in time, does anything appear out of the blackness, like a light?”

(Irene) “No.”

“Where are you now, Irene?”

(Irene) “I'm asking David, (Guide) where he wants me to go, and he wants me to go back down into the tomb.”

(At this stage I received instructions clairaudiently from my Guides, as to what I should say to Irene.)

“Now, what you are going to look for in your spirit body, is a little lost girl, and she's you. And this little lost girl has just passed over into spirit, so she will see you. And you've got to go there and console her, and talk to her, love her. Do you understand?” (Irene) “Yes.”

“You are going to go back and deprogram the situation, defuse the situation by helping her. So, you will find the little girl, talk to her as if she was your own daughter, and when you've got her confidence, the Guides will appear, to help the little girl.

Your guides are standing next to you when you are talking to the little girl, telling you what to say. Visualise the whole situation, follow through with it, till you and your guides are satisfied that you have helped.” (Pause)

(Irene) “She's gone; she's gone to the light.”

“Spirit wants you to relay the experience now in detail, so that it sinks into your consciousness, and releases the fears.”

(Irene) “Okay, David told me to tell the little girl that I loved her, and to tell the little girl, not to be afraid, and to look over and see the white light, and her little friends were there with her, to be with her.

And then they told me to release all the fear, send the fear off into the white light.”

IRENE AS THE CHANNEL

“It is I, David.”

“Hello, my friend.”

“Hello Raymond, how are you?”

“Not bad.”

“We have taken this one tonight to Egypt, to unblock fears and conditioning, inherent in the body. It is done. We send you love and light, that is all.”

“Does anyone else want to channel through her, David?”

“Yes, White Cloud is here.”

“Are you a Red Indian?”

"Yes, I am Navajo."

"What relationship are you to Irene?"

"I am her Guide and Teacher."

"Are you a previous life of Irene's?"

"No."

"Have you incarnated in with Irene, in another lifetime?"

"Yes."

"My healing Guide, The Eagle, has incarnated with me in another lifetime, as well."

"Yes, that is so, we are brothers. Ask your questions."

"Do my Guides want me to do future meditations, of future probabilities?"

"Not at this stage."

"Do my Guides want me to release a lot of my conditionings, from my past lives?"

"Yes they do, Raymond, this one can help you."

"Do I still need a crystal to do it?"

"No, we love you, Raymond; don't be afraid, we are with you, always."

"I wish I could see. Like I can with my eyes, see a spirit, so that I know, you know, clairvoyantly, to understand."

"But you do not need this understanding, of seeing spirit. You know in your heart, that they are there."

"Yes, but I get lost sometimes in situations, I panic a bit."

"Trust yourself."

"Irene is doing quite well, isn't she?"

"She is learning."

"Has she been practising at home?"

"Yes, she has."

"She's been getting quite good."

"She is pleased; she wants to help you in your past-life re-call. Ask her to do this for you."

"You arranged tonight for no one else to come, didn't you?"

"Yes, that is correct."

"Yes, you do this quite often, I've noticed. But it doesn't work out financially."

"Money will come in plentiful supply, you must not worry. Put it into the hands of God."

“Does Irene know what she's going to do in the future?”

“Yes, she is aware, we have been talking. She is as you say a healer for the future; she knows what she has to do.

We have achieved, we have to go now. God bless.”

Later on that night, Irene helped me through a very similar past life situation, in which months earlier I had been shown that I had lived a life as a Down's syndrome child. In either an Edwardian or Victorian England, who had died violently. I also went back to help this child's spirit, and as past lives are occurring simultaneously, the results of our missions will take effect in this life now.

This Down's syndrome, past life, childhood was explained in more detail, and its connection with my mother in this lifetime, in the first chapter of volume 1, where my childhood conditioning is explained in connection with my childhood.

(17)

The week after Pauline went on the Pharaoh's tomb meditation; my Guides gave me a new meditation for my beginner's class night. As the students didn't describe anything they saw on the Pyramid meditation, I have decided to leave it out of the chapter.

I felt the new meditation was only designed for these two students, even though this meditation may have had a larger affect on the students other bodies than the conscious minds of the students, I never recorded the meditation, but here is the gist of it.

I described a journey back in time to watch the events of Jesus visiting the disciples in an upper room, after the crucifixion, and the psychic abilities of the disciples starting to be activated. At the time I gave the meditation I wasn't shown by my Guides the behind the scenes purpose or affect that the meditation produced.

But as I write this intro, my Guides tell me that the students spirits perceived a lot more of the meditation, and the affect was like having their spirits faith and belief batteries, being recharged, to have a greater affect in this life.

This is how they want me to tell you what they showed me, which is a lot less than what my Guides revealed to me.

HEALING CLASS 28/12/87**IRENE, LYNETTE.****PYRAMID, THEN UPPER ROOM MEDITATION****IRENE'S PYRAMID MEDITATION EXPERIENCE**

(Irene) "The message I got was about healing, they asked me if I would help heal. I said, 'Yes,' and they said, something like,

'We appreciate you doing the work of the father.' But I didn't get any more after that."

IRENE'S UPPER ROOM MEDITATION EXPERIENCE

(Irene) "When Jesus came into the room, he was touching everyone on the head. I didn't get anything at first, then just towards the end, I got,

'Love one another, as I have loved you.' That's all."

LYNETTE'S UPPER ROOM MEDITATION EXPERIENCE

(Lynette) "I felt lots of love, and then he appeared. And what I heard was, *'Save the world, and look into your heart.'*"

IRENE AS THE CHANNEL

"Hello, my children."

"Hello."

"How are you tonight?"

"Fine."

"That's good, this one is unsure."

"It's okay, that's normal."

"But with practice will develop."

"Can you tell us more about her meditation with Jesus?"

"No, I don't think so."

"Are you Irene's higher-self?"

"Yes."

LYNETTE AS THE CHANNEL

"Darkness and fear, also death."

"Now, in the darkness, there appears a light, and it's getting brighter and brighter. A beautiful Angel is appearing out of the light, a happy loving Angel, who is here to look after you, and take care of you. Can you see the Angel?"

"Yes."

"Well, the Angel has come to show you a beautiful place, where its sunshine and happiness. Will you go with the Angel?"

"Yes."

"There will be no fear, just happiness and security. Now go

off with the Angel, be happy, we love you.”

Now, if you start again, you'll get some more channelling.”

(Lynette) “I can see an old man with a grey beard, and he's very wise.”

“What's he saying to you?” (Lynette) “Hello, my daughter.”

“Just say the words that he says.”

“I have come a long way.”

“Just relay the words as he says them, because he wants to talk to us all, not just you.”

“I'm from a place that you have never been to, the beautiful Blue Mountains.”

(Lynette) “I don't want to go on, it doesn't make sense. If I say everything out loud, I'd sit here for hours. You don't want to listen to somebody that says, ‘There are crystals here, and...’”

(Irene) “Yes we do.”

“The whole purpose of this channelling is to practice. So that you can become better, for the teachers who want to teach meaningful things. They only want you to practice talking; even babies practice talking, ga, ga, ga, goo, goo, goo.”

(Laughter)

It's the link up, that you must keep bringing through, to strengthen that link with the channelling. If you don't practice, you don't strengthen it. In the beginning, it doesn't matter what it's all about, just as long as you are relaying a message.

I mean, the darkness and fear, was a spirit that needed help, and you were just a mouthpiece, the loud-speaker. And I was talking to that soul, to tell him the things that I was told to show him. Like the little light in the darkness, getting brighter, and an Angel, and all that. That wasn't for your benefit, that was for the spirit who was communicating through you. I don't make any judgement on channelling, because all channelling is practice. And say you have fears...”

(Lynette) “Unconsciously, I think.”

“...and you attract a soul with fears;

your guides allow that soul to come through to join you, because you have the similar vibration of that fear. So the next time there will be less darkness and fear, and you have a different spirit, one with a vibration of that stage, one to help with your understanding.

It's complicated, like attracts like, remember? So if you have a fear within you at this time, they can make use of it. They are not allowing a spirit into the circle who is not allowed in. They know that it will get you going, get the ball rolling, by giving you somebody who's maybe a little lost, someone harmless but scared, someone with the same vibration. If that spirit was a problem, they would have blocked the channelling, but he was correct to help you."

RAYMOND AS THE CHANNEL

"Good evening, my children. Tonight you experienced a form of channelling, which can be performed even with students who have fear within their consciousness. To exercise your channelling abilities, and eradicate this fear, little by little. Last week, your mood was different, so we channel witty comments, a joke. That too was to exercise your channelling.

(Night of the 21st/12/87, Lynette's first practice at channelling,
"Lots of love to all of you. Hello there little rabbit.")

When you are more secure with your channelling, without the emotional feelings about it, you will channel much easier, and the communication will be more enlightening. With practice, more confidence will come.

We are very glad that you came tonight; progress is faster when you're on the spot, as we say. When there are others in the circle, channelling quite a lot, there is a reluctance to channel from you both. But when no one else is channelling, you're on the spot, so you have to practice. We are not judging you by what you

channel, we are just there arranging the channelling of you to channel, but you are progressing slowly.

This one is also progressing slowly. His psychic development is slower than most students, because his personality will mess things up, if he doesn't have the wisdom. So he is gaining in wisdom, before he uses his psychic abilities. There is a difference between Raymond and the students, but we won't go into that.

You have much to learn in this field of awareness, you are just starting. Your desires will be stimulated by certain knowledge, and you may wish to develop along certain lines. Most of the work that you will do is beyond the Earth-plane, but its effects are on the Earth plane, and on humanity. We will speak another time, when you are more developed, less distracted by your thoughts, emotions, and noises around the room. Thank you for listening, God bless you all.”

In the next class-night Brian was back again, and he brought a friend, Lydia, who after many classes of her attendance I noticed Lydia wasn't learning from her meditations like most of the other students, and would choose to do her own thing, which is not how you learn something new, if you fall back into areas that you are familiar with.

So I went back through the previous class transcripts, and tried to find out if there was an underlying cause for this. What I found, starting in the next chapter, I will **high-light in pink** for you to study, as even I still don't know the cause of this.

(18)

On the afternoon of the 5/1/88 I received a complex idea for a meditation, from my Guides, for my advanced students. After refining all the details, of how I was going to describe the meditation, I got the feeling that they didn't want me to describe the place of the meditation, before taking them on it, in case some of the students' fears may have blocked them before they got there.

Also the student's Guides wanted to assess the student's emotional and mental reactions, to not only the description of the meditation, but also their performance while on the meditation.

My Guides also asked me to remove the title of this meditation, so that your Guides can monitor your reactions when you read this meditation, students experiences, and channelling.

The title will be given later in the chapter, so that you will be able to find it in the meditations chapter.

HEALING CLASS 5/1/88

ARTHUR, NATHAN, BETTY, LYDIA, AND BRIAN.

“I want you to imagine that on the back of your chair, is a white robe with feathers on the back. I want you to put on this white robe, for this is an Angel's costume, and the feathers are large curved Angel wings. Try out the wings; they do move, but not to fly with, as you can fly just as well without them. The reason you are wearing the Angel costume, is to get people's attention and to reassure them.

I want you to now imagine that your aura is expanding and amplifying to the size of a church hall, and a golden Halo above your head, is radiating all the colours of the rainbow, in all directions. Your aura will be invisible, but the Halo will be very visible.

Now want you to infuse your huge aura with your love for humanity, and all the compassion you can, and keep it

there. Now you are ready for our mission.

I want you to imagine that we are floating up out of this room, and flying across the city towards Europe, where we will travel back in time, to the year 1943. As we fly down through the clouds, we see laid out before us, a Nazi concentration camp was, as we are in our spirit body, we float gently through the roof of one of the gas chambers, where the prisoners are going to take a shower, and position yourselves in the centre of the chamber, and just hover there.

Some of you may see mothers and their children coming in, or all men, and as the prisoners are filling up the chamber, and they start to take their clothes off, thinking they are going to have a shower. They will not be able to see you yet, but they will after they die. Your love in your aura is already affecting them, and they are very peaceful.

After they die and their spirit-body separates from their physical, they will start to see you. When you can see all their spirit bodies have separated from their physical bodies, you can speak to them. We want you to say,

‘Greetings, we have come to help you. Standing next to each one of you is a spirit nurse, in a brightly lit white nurse's uniform, who you can talk to, and they will help to show you the way, as you recover from your journey. They will answer all of your questions, so don't worry, you are safe now.’

When you can see that all the people are talking to the nurses, and if you have time, you can travel forward in time, to the time when people are being herded into the chamber again, and you can repeat it all over again.”

(Approximately ten to fifteen minutes silence)

“I want you to now finish helping or talking to the spirits on your meditation, and leave when you think you can. Fly back across the world, forward in time, back to this room, take off your costume and put it on the back of your chair, and come back now, take three deep breaths, stretch out if

you want.”

BETTY’S MEDITATION EXPERIENCE

(Betty) “I saw all the people being herded into the gas chambers. Most of them were frightened, because they didn't know that they were going to be killed, anyway. They thought they were going to take showers, when the gas started coming out of the showers, instead of water, they started to scream and panic, but they all died quite quickly, and they started to separate from their dead bodies.

We stepped forward and told them that they were safe now, we went on doing this, and it seemed like several different places. One place, a baby survived by being under its mother's body, and one of the guards heard it crying, he pulled it out and threw it to the dogs. Then I went over and picked up the baby in spirit, and took it back to its mother.”

“Were you alone in this chamber, or were some of us with you?”

(Betty) “Yes, there were others.”

ARTHUR’S MEDITATION EXPERIENCE

(Arthur) “The people knew what they were going in there for, and the pink coming out of my aura was radiating down upon them. There was no rush towards the doors; they were just resigned to what was going to happen. As they quietly left their bodies, they came up very peacefully. There were no great dramas, and the drain on the energy from my aura almost took me down, and I felt it grab me in the throat, just momentarily.

Then the nurses were moving around, and all of a sudden the air was full of other people, their relatives, the Angels, and all sorts of different people, who were coming. Then they quietly took them off. There were others still coming up from the ground, and they were being taken away quietly by the relatives, but there were a couple of people who may not have known what had happened, and they were wandering around.

They couldn't see us to start with, and gradually we spoke to them

and got closer and closer to them, to convince them that their physical bodies were down there. Then they could see it, as if the light of recognition could be seen on their faces, when they could see their physical bodies there, and they realised that there was a physical body and a spiritual body.

I think they were probably not atheists, but people who believed that there is no animating spirit, that we were just living creatures, as are animals. As this realisation came upon them, that they were a spirit, as well as physical, and the physical was now of no further use. And that they were a living spirit now, they moved closer to us, and we were able to give them a lot more energy and understanding. Then they could see the rainbow radiating from around us.

They saw a couple of spirit friends, who were people they had known previously, who had been good to them, and they went off with those two, towards the light, towards another plane of existence. But it was touch and go for a while; we had to get to them and make them recognise that they were out of their physical bodies, and that they were a spirit.

There were quite a few young children, they were very peaceful, and they came up much easier than the others. But the general feeling around the place was much more peaceful after that, I felt.”

NATHAN’S MEDITATION EXPERIENCE

(Nathan) “Some of the people who were a bit wiser weren’t so distressed about it, I find. I told them that they could leave and go up along their appointed paths, and just to trust me. Five or six just went, but most of them stayed, I asked them to trust me again. They were asking the nurses questions, because they were all in confusion. I went up a bit, and I asked, ‘what colour should I project, what do I do here?’ And they said,

‘Project the colour orange in light waves.’ So I did that, and a whole lot of them on one side just went up, and understood what was going on. Then the rest of the others went, and there were only five or six left, and I went down to them, and we had to talk to them.

It actually taught me a bit; I started to get a bit aggressive towards the first one, because no one was listening to me. And I thought, ‘No, this is ridiculous, I can’t get aggressive with these people, because no-one would listen and no-one would believe me. I felt that I was getting a bit aggressive, so I stopped and spoke to my Guides, and I just projected the orange, and the last one I helped, I projected green.’”

LYDIA’S MEDITATION EXPERIENCE

(Lydia) “I was glad that we extended our auras, I could feel a lot of the energy, because I find the whole of that, quite horrifying. In fact, I find being in the chamber, and seeing the people, quite distressing. So I kept trying to pull myself out of that feeling, and having all that extra energy helped a lot.

I watched the children dying and leaving their bodies. And coming up, and I spoke to them, and guided them to the nurses. It was a very sad thing to have to do, that people had to pass over in that way.”

BETTY AS THE CHANNEL

“Greetings, my friends, our meditation tonight was designed to take you back into past events on the Earth-plane, so that you might relieve, on the spiritual plane, some of the sufferings of the beings at that time. It is possible to pass into any era of time on the spirit level, because time does not exist on this plane, so that it is possible to go back, and in a sense, influence events in past eras. No, it's not possible to return and influence events on the physical plane, at least as far as we intend to cover this subject.

In all eras of human history, there have been people suffering and dying and leaving the Earth-plane, so there is always plenty of employment for spirit helpers. There is no unemployment problem for spirit helpers. You will find that if you go back to a scene of carnage and devastation, that as these entities leave their bodies, they may not be able to see you, they may refuse to see you, or they may project their own beliefs on to you.

It sometimes happens that those who have strong materialistic viewpoint, and did not believe in any form of after-life, may simply not see you, and be completely unaware of any other entities near them on the spirit-plane. However, this is not as common as you might think, as most people in their final moments will revert to the religious belief system in which they were raised as children. So it is not uncommon for an atheist in departing the earthly life, to see you exactly as the kind of Angel that he or she saw in the religious pictures, when they were children.

Those who are very disturbed or troubled, or mentally distressed at the time of their departure, or who are heavily weighed down with guilt or other negative feelings, may see you as demons who have come to take them away to hell. Do not try to argue with them, or lecture them, or try to change their belief, or what they see, but simply project healing colours towards them. Project your love to them, and eventually their fear will fall away, and they will see things as they are.

Many will ask why such mass carnage as the killing of so many innocent people in concentration camps, for example happened. Are you all aware that there is not one simple answer to such a question? Some of those who died had some karmic debt to pay, but to suggest that all of those who died have karmic debts to pay is a simplistic answer. Many of those who were sent to the concentration camps, could have escaped this fate, if they had not lived in illusion, and tried to pretend that the world would not have tolerated it, if it actually was. They tried to pretend that it could not possibly happen to them.

Indeed, at that time, millions of people all over Europe were saying and thinking, 'It cannot happen here,' but it did happen. That is why people need to be reminded, that it is not wrong to be able to perceive unwholesome possibilities, in situations.

Indeed, if you refuse the knowledge that the possibility of unpleasant events, or of violence being done to you, then you are at least partly karmically responsible if something unpleasant

does indeed happen to you. To say, 'Try to see good in everyone,' is not permission to go around in a dream world, and to ignore the reality that many souls are not as evolved as some others.

This is why you must maintain your awareness, and as you continue to develop, your vibrations will speed up, and you will then be able to perceive in advance, when events are likely to turn unwholesome, and you can remove yourself from the scene, and thus no longer have to be always a piece of, karma, going somewhere to happen.

It is not true that, for example, victims of crime are people who are expecting things to happen to them. This is quite the contrary; they are often people who thought it could not happen to them. There is nothing spiritually unsound in being aware of events around you, and taking precautions to ensure that somebody else's bad karma does not come to you to happen. You must at all times take responsibility for yourself, and in spite of all awareness and intention. If an event that you think of as evil comes to you, it may indeed be that this is your karma, but it may have been just as easily something that you could have avoided.

We see in the world today, many thousands and even millions of people, especially young children, who firmly believe that a nuclear holocaust is inevitable. And many young children of today firmly believe that they will not grow up. They firmly believe that there will be a nuclear holocaust. It is not difficult to see that such a powerful thought-form, from so many thousands of souls, may very well bring about the very event that they fear.

And that is why we need circles such as this. We can start to project positive thoughts into the mass consciousness. To make people aware that it is possible to raise the vibrations of the whole community, the whole country, and eventually the whole world.

This change will take much effort, much hard work, and much perseverance on the part of all people of goodwill, and this can be done. And we on other planes and other times are giving you all the help that we possibly can. The more you project love into the

mass consciousness, the more you expand love in your own consciousness, and the more you are helping to balance and drive out the fear, which may bring about the very events, which so many fear. I was with you at this time, and at all times, goodnight my friends.”

(Remember, this was channelled before the end of the Cold War, before the Berlin wall came down.)

NATHAN AS THE CHANNEL

“Greetings my children, peace be with you and love at all times. The meditation tonight children, was released to you to help you on your voyage of healing. Again, you shall be called to help those who wander, to help those who search in spirit, those who are lost. We ready you for the times to come, when you shall have to do so on a more personal basis. We learn through experience, and through these meditations of healing. You gain the different experiences, so that in the future you may know what to do, how to act, or what to say.

We have a message for the new one’s here, and that is to trust your-self a bit more. (Lydia and Brian) That is how these others started to channel, at first they were just as scared and unsure about the proceedings, as you are tonight, and not such a long time ago too. But through experience, through taking the step and jumping into the pool, and risking it, they started to speak, what they were unsure of, if it was their own thoughts or another’s.*

Some of them have gone through tough times, have gone through doubt about what it is that they experience, do and say, in these classes. But they held their patience, and so forth, and learnt. As I said in the beginning, as we say, to trust them-selves a bit more. We hand the channelling over to Arthur now, thank you.”

* (Spirit sometimes channels advice knowing that Brian had been

many times before, but if Nathan's mind strongly believed them to be newcomers, spirit will go along with his belief, so there will be no conflict in Nathan's mind while he is channelling.)

ARTHUR AS THE CHANNEL

“As we come to you tonight, we let forth the great light to bring on earth our joyous energy, so that you may share in its blessings. And we beam it down to you, as you beam it back to us, and so the energy goes forth and back, because as you know, energy cannot be destroyed, but is just changed and reused, and this is why the eternal wheel continues to turn. An eternal freedom, the eternal vigilance continues to draw people towards the light of understanding.

But that wheel is relentless in its forward march, and sometimes those spirits that will not look up to the light, appear to be crushed beneath its movement, but this is only temporary, as time in this dimension does not exist, but only light and progression.”

The first part of the meditation, at the beginning of this chapter, can be used as a preparation for going on different meditations; I am referring to wearing the angel costume.

Also, because there are other rescue meditations to other localities in these concentration camps, I will be specific with the title, so that you can recognise it in the advanced meditations chapter as,

“Nazi Gas-Chamber Rescue Meditation”

(Earlier on, my Guides suggested to me that the healing Guides wished to channel communication through some of the students while they were channelling the healing energies, to each student, in the healing practise. So I left the recorder on, and Betty and Nathan were the only ones who did this.

This was the first night of practising this, so I explained to the

students that there was no failure involved, if no channelling occurred, and explained that there could be many different reasons for the lack of channelling.

As these extracts were inserted in the chapter on practising spiritual healing, at the beginning of the disc, I will shade them in yellow.)

BETTY AS THE CHANNEL

“At present, we are sending energy into Raymond's chakras. We are now clearing a congestion through the lungs. We feel that the being is too cerebral. It has good verbal expression. He is aware of being in the body, but he tends to deny the emotional expression, and we suggest that he should work on development of his heart chakra. We suggest in meditation, to visualise the heart filled with a loving green light, expanding, and beyond this rosy red light spreading around the body.

We also suggest that you should try some form of therapy involving touch. We suggest this also includes aromatherapy. Certain scents help to release certain emotions.”

(I feel that this advice is directed at my conscious mind, and physical body, and the filters or amplifiers connected to my heart chakra are in connection with my other bodies. As my Guides are just telling me now, that each body have their own chakras, i.e., astral, etheric or emotional, mental, spirit, and others I am not aware of.)

BETTY AS THE CHANNEL

“We are sending energy into Nathan's etheric body. Here is also a feeling blockage involving the heart chakra in the chest area. We suggest that Nathan should try to find some body-work, which will develop the chest and the lungs. We will not tell him exactly what kind, we suggest that he looks, waits, and listens, until he finds the type of body-work which feels right for him. We are energising his third-eye, so that he will be more aware of the choices available to

him.

We suggest that Nathan should find a good reflexologist, and for him also to learn more about his own feet, learn to massage them correctly, and he should do this regularly. He should pay particular attention to the areas that correspond to the lungs, and to the spine. We are now sending energy into the spinal channel. We have now cleansed the energies around Nathan spine, but we do suggest that he should have a simple spinal manipulation by a qualified person. Eat lots of garlic.”

(Nathan) “That was really good, because I should have done a thing with my spine, two weeks ago. I know this girl, who does massage healing, I got her to come over a couple of times, and she came over and did the massage on my back. She found out in my lower back, that I had a thing out of place, and it's got to be clicked. She told me the name of a good osteopath to go to, and I never rang, and Betty got exactly the same thing. That's really good.”

“Betty didn't get anything, Betty was just the channel for your guides, reminding you to get this thing fixed up.”

NATHAN AS THE CHANNEL, FOR LYDIA THE PATIENT

“We are sending energy upon the etheric body, which needs healing at the back of the neck, something related with the throat chakra, they suggest for you to be more outspoken. They are reminding you always to channel the energy, it's important.

They are showing me a place around the shin area at the back of the leg, they said, just to use it; they say the chakras are fine, except the sacral, which needs a bit of balancing.”

(As you can see he stopped channelling, and relayed what they were trying to get him to channel.)

I made a mistake when I inserted this last extract in volume 1, I named Lydia as Helga. Also Lydia had been to a few classes before, but kept silent, so I never typed her name, and have forgotten which nights.)

(19)**HEALING CLASS 12/1/88****LYDIA, BRIAN, JOHN, NATHAN, BETTY.****SEEING THROUGH THE EYE'S OF JESUS MEDITATION**

“Before I take you on tonight’s meditation, I have been told to explain the technical details of how you are going to perceive your experiences on the meditation.

As most of you know, all events on this earth-plane are recorded in the Akashic records library, you could call it. That means even what people have seen through their eyes is recorded, and the corresponding thoughts and emotions passing through a person while they are watching something, are also recorded.

So if your guides want to show you one or more of these type of recordings, as an aid to your development, do not make the mistake in thinking that it is one of your past lifetimes.

So tonight you will not be travelling through space or time, to observe the events, because you are going to be right here, seeing the recorded events, as if you are seeing them through the eyes of the one known as ‘Jesus of Nazareth.’

Your guides will show you the scenes which are tailor-made for each of you, and remember you will be experiencing his thoughts, words, or emotions, at the same time.

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.”

LYDIA’S MEDITATION EXPERIENCE

(Lydia) “I found that my experience was mainly concentrated on the communication of Jesus to people around. I could see him looking out over a lot of people coming to listen to him. And I also felt a great sadness that the people were dominated by the church of that time, of the rules and regulations that were polluting their lives so much.

I also felt a tremendous love that he had for the people and their essence, and for the children. And in later years, when he was let down by those who were around him.”

JOHN’S MEDITATION EXPERIENCE

(John) “I found I was looking out over a crowd of people, and I was feeling this tremendous amount of love, and from that I fed them all, from the loaves and fishes. I did it all from a feeling of love, a love for all those people, and that was how that miracle was done, just from pure love. Then I went back to being a boy, and I just had this impression of simplicity, how good it was to be simple and not complicated.”

“It could be increasing your love for humanity, by that experience, which will help with your healing. So all these experiences may be simple to the conscious mind, but maybe have a far-reaching effect on other levels.”

(John) “I felt the heart chakra moving, it's just something I'm working on, and I could see where it came in.”

NATHAN'S MEDITATION EXPERIENCE

(Nathan) “I opened my eyes and saw a rocky desert. I saw this crowd of people coming towards me, and I heard them shout out,

‘Bless us, may we be blessed? We want your blessing.’ and the words of Jesus said, was, ‘Seek the blessing from yourself, bless yourself.’ Some of them understood and were very happy about it, as some of them were left there totally confused.

And then the priests came along and were protesting against Jesus, and the words that Jesus said to them, was something like,

They were preaching what they were preaching, and I was preaching what I was preaching, and I wasn't accusing them of any wrongs, and so they shouldn't accuse me of any wrongs. A lot of people agree with me.

Then suddenly I appeared in a room with some of the disciples, and they didn't have the faith, and people were coming to them, and they were confused about what to say. So I said to them, ‘Believe in yourself, you've just got to believe in yourself, you've just got to trust yourself with everything, you can't follow me around all the time.’

So I went down to the water, and there were a few fishing boats there, and there were a few fish jumping out of the water, and I could see that there was a school of fish under the water, quite close to the shore. And I said to the people, ‘Look at the fishes, they feed, they live, they trust in God and also they depend on each other, they trust each other, and they are safe that way, and you should be like the fish.

And then you brought us back.”

NATHAN AS THE CHANNEL

“Be in peace, fellow brothers. We come to you tonight with a message of love and peace. Not to be confused at this time, and this example, with worldly matters, but on a more personal basis.

Breathe in the breath of life, the God-force, the energy which surrounds us, it is all around us at all times, and it exists as it has existed for all time. Be undoubtful, for when you doubt, you doubt God, for that is what you are, God in physical form, learning always, wether you be asleep or awake. And if you do not know, we love you, and we seek to bring you guidance and direction, but this is to a limit.

We cannot bring you all that you want, and put it in front of you. We will show you the ways; we will give you the opportunities, but you all must put your best foot forward, and carry out your destiny, as it is written. Be in joy, brothers of light, and go in peace and love.”

BETTY AS THE CHANNEL

“Good evening my friends. We wish you to consider following the parable or metaphor, ‘If you wish the water to become clearer, do not stir it up, nor add chemicals to make it clearer, simply leave it alone, and let the dirt settle to the bottom. So with your mind and your consciousness, if what some of you call, ‘Soul-darkness,’ bothers you, do not bother it, leave it alone and let it settle, and it will not go away, but it will worry you less, and your consciousness will be clearer and calmer.

We have a message for this one, we have much work for you to do, and we wish you to work harder at those things that we have already told you to work at. If you are successful, we may send Andrew to you, as he had much difficulty, and is in need of healing, but it is only a possibility in the future.

We are pleased to see so many of you are here tonight, peace be with you all, goodnight.”

JOHN AS THE CHANNEL

“Greetings, be happy all of you. Joy is a wonderful thing, allow it to fill you. Peace be with you.”

BRIAN AS THE CHANNEL

“Greetings, everyone, we want to talk more, but we are having difficulty getting through.”

RAYMOND AS THE CHANNEL

“Greetings, my children, we sometimes find it very difficult to channel material through this channel, when he has said so much before, because he is receiving the messages to speak, when he explains things to you, and this is called inspirational work. You all have this capacity, and sometimes you will have these thoughts, and say them to a person, and you will think back and say, ‘That was good, where did that come from?’

But it did not originate from your own thought-producing part of your mind. It was telepathically channelled to you, to say at that time, to that person. And you sometimes find that you are trying too hard to channel, and creating a barrier. Sometimes, if you just talk about whatever you want to talk about, that's in your head. Talk slowly, and we will insert the sentences, the words, because you will be relaxed, receptive, and in the right psychic state to receive our thoughts. Even though you may think you are talking about your own beliefs, your channelling will get better and better, and there will be no fear.

There is no judgement by us on what you channel. You will have to discriminate though, and listen, not always accept, but just store it away, if you don't know, or feel it's not right.

Don't worry, you do not have to take on and believe, whatever is channelled through this or any other source of channelling. Your own channelling will improve, when you let go and released

disbeliefs about certain knowledge, certain channelling's. The purpose of developing in groups like this is to release these blockages in your beliefs, to allow you to experience more in your meditations, and release more channelling's through you.

We do not channel as much normally through this one, but we have added some more to what he has said before, to help you when you practice channelling. The benefits of channelling will be shown later tonight, very soon now, when you are practising healing on each other. The more advanced channeller will practice channelling again, and show you how we can communicate knowledge to the patient, even though the healer doesn't know much about this knowledge, on a conscious level. The healing knowledge still comes through, to help the student or patient to grow. We will leave you now.

We would like Betty to do some more channelling. God bless."

(20)

On the afternoon of eighteenth I was receiving this meditation, even though I knew that a new student was starting, but my Guides insisted that my second meditation was what they wanted.

The new student , Victor, was the only attendee, and he didn't say he saw anything on the meditations, as I was told to repeat this new meditation for the following classes, I have put them all together in this chapter.

HEALING CLASS 18 / 1/88 A.M.**VICTOR.****BASIC CHAKRA + THE ARABIAN MEDITATION.****HEALING CLASS 19 / 1/88 A.M.****JOHN.****THE ARABIAN MEDITATION.****HEALING CLASS 19 / 1/88 P.M****BETTY, BRIAN AND LYDIA.****THE ARABIAN MEDITATION.**

“I want you to imagine the colour red, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright red. Now open the base chakra, this located and attached to the base of the spine, it's in the shape of a flower bud, open the bud, and it has approximately 4 large petals. Infuse the flower with all the colour **red** from the inside of your body, so it is glowing bright **red**.”

(Ten to fifteen second pause)

“Now I want you to imagine the colour orange, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright **orange**, except the base chakra. Now open the spleen chakra, this is located on a stalk, attached to the spine, half way between your belly button and the base chakra, it's in the

shape of a flower bud, open the bud, and it has approximately 8 large petals. Infuse the flower with all the colour **orange** from the inside of your body, so it is glowing bright **orange**.”

(Ten to fifteen second pause)

“Now I want you to imagine the colour yellow, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright **yellow**, except the two chakras that are open already. Now open the solar-plexus chakra, this is located on a stalk attached to the spine, approximately where your belly button is, it’s in the shape of a flower bud, open the bud, and it has approximately 16 petals. Infuse the flower with all the **yellow** from the inside of your body, so it is glowing bright **yellow**.”

(Ten to fifteen second pause)

“Now I want you to imagine the colour green, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright **green**, except the chakras that are open already. Now open the heart chakra, this is located on a stalk attached to the spine behind your heart, it’s in the shape of a flower bud, open the bud, and it has approximately 32 petals. Infuse the flower with all the **green** from the inside of your body, so it is glowing bright **green**.”

(Ten to fifteen second pause)

“Now I want you to imagine the colour blue, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright **blue**, except the chakras that are open already. Now open the throat chakra, this is located on a stalk attached to the spine behind your throat, it’s in the shape of a flower bud, open the bud, and it has approximately 64 petals. Infuse the flower with all the **blue** from the inside of your body, so it is glowing bright **blue**.”

(Ten to fifteen second pause)

“Now I want you to imagine the colour amethyst, coming

down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in bright **amethyst**, except the chakras that are open already. Now open the forehead chakra, this is located on a stalk attached to the top of the spine, it's in the shape of a flower bud, open the bud, and it has approximately 128 petals. Infuse the flower with all the **amethyst** from the inside of your body, so it is glowing bright **amethyst**.”

(Ten to fifteen second pause)

“Now I want you to imagine the colour purple, coming down through the top of your head, travelling right the way down to your toes, illuminating the inside of your body all in **purple**, except the chakras that are open already. Now open the crown chakra, this is located right across the top of your head, like a huge sunflower, on a stalk attached to the top of your spine, it's in the shape of a flower bud, open the bud and it has approximately 256 petals, but some think there are a 1000 petals. Infuse the flower with all the **purple** from the inside of your body, so it is glowing bright **purple**.”

(Ten to fifteen second pause)

“Now your higher-self or Guides will start to spin your chakras, for technical reasons, the ones they want to, at the speed they want to, just allow them to spin, and we can go to the next meditation.”

THE ARABIAN MEDITATION

“Hovering in the centre of the room is a magic carpet. I want you to all climb on board, for we are going on a journey. Now we are floating up through the ceiling, and as we fly across the city towards Arabia, the Sun is going down in the west.

As we fly across the Indian Ocean to Arabia, we are going to go back in time, many centuries. We are now flying across the desert sands, and in the distance we can see a beautiful Sultan's palace, surrounded by a small city of buildings, with a wall that surrounds the city.

In the desert, travelling towards this city is a camel train. We are going to join this camel train, and watch what happens. There are merchants, slaves, and new concubines for the Sultan. One of the concubines looks European; they are all tied together with leather neck robes.

We arrive at one of the gates, and travel on to the palace. We are now entering the courtyard of the palace, and the guards take away the concubines, and the trader will then take the slaves to the auction block, in the market. Now you can wander anywhere in the palace, or the city, that takes your fancy, I'll leave you now.

If you feel that you are someone in this past scene, speak up and tell us what's happening to you, you may have some fear to be released.”(Approximately ten to fifteen minutes silence)

“I want you to return now back on the flying carpet, fly forward through time, and back to this room. Come back now, take three deep breaths, have stretch if you want to.”

RAYMOND AS THE CHANNEL

“Greetings, my friend, you have been practising your clairvoyance tonight, and we are all pleased with your progress for now. Your eagerness to develop is very good, but it will prevent you from relaxing and allowing things to happen. So be patient, my son, you will get there. Your own Guides are with you, and helping you develop. There is some fear within you at the moment, which is creating a barrier. But when you learn more about all this development, you will relax more, and then you will develop faster.

Your mind has so many questions, and there are so many alternative answers to your questions. Many of your questions are asking for an absolute answer, but there are no absolute answers. Different people asking the same question may receive different answers, but they are right for the individual at that time. But when the individual finds out that others have received different

answers, then it can be confusing to you.

Your education that you will receive for your development, will come from many different directions, and just like a river flowing through a plain, will wander here and there and all over, where the contours direct it. So you will you receive your education from here, there, and everywhere, to help you arrive at the point that you have chosen to be, and the consciousness that you have chosen to develop.

Do not worry about questions and answers, for you will learn what your higher-self helps you to understand. We are guiding you to the books that you will read; to the people you will meet. But you will also learn about individuals, in their way of explaining what spirit transmits to them.

You will eventually communicate directly with your own guidance's, Guides or higher-self, and there will be less distortions of what they want to teach you, than if the teachings that you will follow, comes through others, which is not too good. You will eventually learn more from your own spirit Guides. Just as this one had to rely totally on spirit, to learn about the healing of patients, but your mind needs expanding, and your vision widening, which the classes will help to do.

With the experiences and meditations, you will learn about what other students allow to happen in their meditations. You will develop alone, and with students in the classes. Remember, what you believe is what you are aware of; if you are not aware of it you would not have the awareness to believe it. And in these classes you will become aware of many things, then it becomes your choice whether you believe or not what it is. But remember the saying, different strokes for different folks, do you understand the saying? So have patience, my child, Rome wasn't built in a day, and your own development isn't something we can give you, like a book or a present, it is to be developed from within you. It is your development, your growth.

We thank you for coming tonight, don't feel lost with being the only one here, there will be others. God bless you, goodbye.”

HEALING CLASS 19/1/88 A.M. THE ARABIAN MEDITATION

JOHN'S MEDITATION EXPERIENCE

(John) "I see myself as a young boy, a lot of curiosity, a lot of wonderment, my reaction to the girls going off. I feel that my father is a trader or something, and I have been brought along for the first time, and I'm just really filled with wonder, looking and seeing new things, I feel excited.

There seems to be a lot happening in the market place, one thing that I'm drawn to, is some girls dancing, belly-dancing. I seem to be drawn to one, but I don't really feel anything, I seem to be watching one.

I see soldiers, and I see a girl sad. She's not a dancing, because she doesn't want to, she's made to dance there. Her happiness doesn't help her; I feel there is some relationship with her. There's a snake charmer there. I guess it's getting to know where people are different, to accept them as they are.

I see that the camels are ready to go, I go out with them. I see the camel train being attacked in the desert, and everyone killed. I'm not killed out-right, I'm on a sand dune wounded, and I'm just looking around at the destruction.

I think a little bit of it was to do with the excitement of life. When Nathan was healing me last week, he said, that I needed to have more fun in life, and stand on my own two feet. The parts of it, that I should have more fun in life, and that sort of reflected the job that I've just got. Because the whole idea of the job is to have fun, it's selling time-shares in a holiday resort. The whole idea of how you sell them, is to have fun, pretend you're on holiday.

So my life is changing at the moment, and I feel like the excitement of exploring new avenues, and new things, was what that meditation was showing me. Because I can feel the excitement of the boy going into the marketplace."

"Maybe it was to infuse you, or give you a boost of excitement back into your life, like a good therapy session."

(John) "I think that's the feeling I have about it."

JOHN AS THE CHANNEL

“Hello.”

“Hello.”

“We are pleased with the way John is progressing; there is no need for John to worry about Kathy. She has her own lessons to learn and move through, at her own pace. You are much clearer, things are going well. Do not worry about the present and the future, none of it is real, it is to be enjoyed.”

RAYMOND AS THE CHANNEL

“Greetings my child, we have been stimulating your mind and emotions today, with the meditation that you experienced, for as you can see previous lifetimes that are happy and joyous.

There is benefit in going through traumatic past-lives, but if we have a say in your development, you will receive the correct meditations at the right times. Too many traumatic past-lives all at once will affect you in a negative way.

We would like to space out the past-life experiences, and other meditations, to balance you out more. And also some of the traumatic conditionings from past-lives, we like to surprise you with.

There are meditations, designed to catch you off guard, to help you overcome the conditionings, but when you know that you are going into a past re-call of a traumatic incident, ever so slightly your guard can be up, to prevent you from experiencing them, especially in past recall, re-birthing is different.

It is good to communicate with your higher-self when you are having a past-life traumatic incident, to help you know what you are to learn, or to release.

We wish you well in your new line of work, and don't worry, you will find much work in the future, that you will be happy with, and you can even do this kind of work, if you wish to.

We thank you for coming and listening today, God bless you.

HEALING CLASS 19/1/88 P.M.**BETTY, BRIAN AND LYDIA.
THE ARABIAN MEDITATION**

Sometimes, when a regular student is very sensitive, and when the regular student perceives that there are new students in the class, the combined doubts, negativity, and feelings of the new students, affect the regular student. The regular student may then think that the feelings are his/her own, and may find it difficult go on the meditation or channel.

(My Guides have told me as I compile this disc, that unknown to Betty her experiences in a previous lifetime conditioned her to unconsciously tune in psychically to everyone she is relating to, if she feels that she is in a vulnerable position. But because this defence mechanism is unconscious, her conscious mind perceives this information as an invasion from outside, and it doesn't help if one of the perceived new students are doing the same thing to Betty.

So when Betty picked up what my Guides are telepathically telling me, which was a psychic probe from Brian, then no wonder that Betty's fears wouldn't allow her to travel to Arabia, believing her physical body to be left unguarded, and her belief that the channelling will be polluted by another students thoughts, this also blocked her channelling.)

Spirit advised, Betty, to put up a shield of protection around her, to keep out these negative thoughts and feelings from the new students. Of course, this barrier is only designed for use against newcomers, as the spirits permitted in the circle are right for the students. For when you are performing healing outside the classes, the healing prayer covers this problem. We cannot bar new students from the classes, as where else would they learn and grow?

RAYMOND AS THE CHANNEL

“Greetings, my children, tonight you have been having some difficulty with practising channelling. We can only do so much on our side; the rest is up to you. When you feel more at home, and less judgemental about your own thoughts, you will allow the first thoughts to surface and be spoken. Your abilities are all there waiting to be used, for you need more confidence within yourselves. You need to feel the presence of spirit more often, and get used to our presence.

Practice more meditation, even speaking out your thoughts when we are near you, when you feel our presence. You will find that if you speak and don't analyse, record it, and our link will get stronger with you.

We do not speak silly words, when you practice. We will slowly give you the words to speak, so that you can know that you are being a channel. Increase your awareness of this phenomenon, as fear of the unknown also stops you from developing. Enlighten the unknown with knowledge, and then there will be no fear.

Betty, we are here waiting to channel through you, remember your shield. You are a good channel, we will be able to channel through you again, if you try.

We thank you for listening, goodnight.”

So here is another reason why I have always been taught by spirit, to never tune in psychically to people, objects, or even spirit, if they are not God, your own higher-self, or your Guides.

When we incarnate into a physical body, we learn all through our childhood that our body has five basic sensing mechanisms, smelling, seeing, hearing, tasting, and feeling, because our conscious mind is connected to a very high degree to our physical body, and we have only the memories of this lifetime to learn about this body's sensing abilities, remember we only have five senses.

But when our Guides see another student, they not only have thirty or more senses to view someone, but they are in communication with

the Guides of the other student, to be told about what that student is doing.

And where we have only one lifetime memories of experience to draw upon, our Guides have the full memory of all their previous lifetimes, and in between lifetimes in spirit, to draw upon.

And if you think Betty is a little paranoid about Brian and Lydia's affect on her, on the 8/8/88 Brian came back to class, after not attending for approximately three months, and in the kitchen before the class started a new student Kate, felt Brian psychically probe her. I cannot go into the whole story, because, all the answers to the details is spread over two class nights, and Betty wasn't in the class, as she dropped out on the class night of the 3/5/88. Oh, Brian and Lydia attended on that night.

You will have to wait till you read it why I am to stay neutral when these things happen, as spirit channelled a lot about allowing things like this to happen in the classes.

Over the years I have seen so many Teachers who run circles, censoring the students, catering to the students, teaching students to tune into objects, and each other, even I have been talked over the top of, while I have been describing my meditation experience, to try to stop me from talking, because other students had complained that my description of my rescue meditation experiences were frightening a few of the other students. Mind you all these students would have been over thirty years old.

The rescue missions my higher-self took my spirit body on were visiting the planes before they flew into the twin towers, where my higher-self appeared in full get up, Angel wings, golden halo, and aura, transfigured over my spirit body. It's an image I will never forget, of seeing all the passengers spirit heads turn and look directly at me, before my higher-self spoke to them all.

Or rescuing the spirit of Joan of arc, from the flames, my higher-self fully anesthetised her body, then stopped her heart, to break the silver chord, and Jesus was waiting in the white light, for her, for you see one of Joan of Arc's past lifetimes, was Mary Magdalene.

Or late at night in the winters of the early 1940s, flying through

the walls of the concentration camp barracks, rescuing the spirits of the prisoners who had died of cold and starvation, and there was a lot of barracks. And these meditation experiences didn't get told to the students, because I was told to keep them to myself.

I wasn't trying to drum up students for me to teach, because I was speaking my first three volumes onto computer disc, and that was taking approximately 35 hrs a week.

My Guides got me to go to this development class, because they needed the energy, to work on my new development, but after a few weeks I didn't like the way I was feeling, frustrated and depressed, because to me teaching, is like breathing.

The same circle teacher, or what she calls herself, 'A facilitator,' told me we don't pass on negative readings, when we perform Psychometry. I had received from my Guides a message for the owner of the car keys I was holding, and the message was that this person is suffering from the affects of heavy karma, at this time,' and I asked my guides, can I use another word other than Karma, and they said,

'No, you will see why.'

Well, I passed on the message, got told off by the Teacher. But when I asked, who did the car keys belong to? An older Indian man said they were his, and that his wife, who is psychic, had given him the same message from her Guides. I had a long talk with him when the class finished, and helped him, but no-one else in the class learnt anything from the exchange, because, I wasn't allowed to say anymore from my Guides.

I write these experiences in these books, to try to make better Teachers of any type of development class, where we have to accept all communication, and analyse it after, not block the communication.

(21)

HEALING CLASS 25/1/88

VICTOR.

TEMPLE ON THE LAKE +
PAST-LIFE RE-CALL MEDITATION.

“I wanted to imagine, that we are all in a rowing boat, in the middle of a beautiful still lake. The water is like a mirror. We are slowly rowing across the lake and in the distance we can see a mist. As we get closer to the mist, we see it is slowly evaporating, and in the mist in the middle of this lake, is a beautiful green jade Temple.

We pull alongside the steps that lead up into the Temple, and we all get out and climbed the steps. Our Guides are waiting, at the entrance to the Temple. As we enter the Temple, we can see many students sitting on rows of chairs. There are plenty of spare rows of chairs, so we sit down with our Guides and wait.

Tonight, a seven foot tall Teacher from another planet is going to show us, with the help of full size human models, the disease signature in the human aura, which precedes the disease in the physical body.

Also, on a screen, will be shown, the corresponding, negative thoughts, attitudes, or physical behaviour, of a person towards themselves or others, with the corresponding affect in the human aura, before they create the disease in their body.

I will now leave you in silence, to listen to this Teacher.”

(Approximately ten to fifteen minutes silence)

“I wanted you to now leave your chairs, and leave the Temple, and come back across the lake, and back to this room. Come back now, take three deep breaths, have a stretch if you want to.”

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 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.

They 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.”

VICTOR'S MEDITATION EXPERIENCE

(Victor) “I was in front of the still water, and I saw this older man, but I couldn't identify the face, an older person behind me. And I threw a stone in the water, and I got the impression that this person asked me why I threw this stone in the water. And I answered that I wanted to see what it's going to show up. And this guy said,

‘Nothing is going to show up, because everything you throw is going to the deep.’”

RAYMOND AS THE CHANNEL

“Greetings everyone, we have been watching over you tonight, as you practice your clairvoyance. Your eagerness to see is helping you to believe what you see, as you need to let go and worry less about what you perceive. Your own mind sometimes blocks the visions that you see, as you sometimes don't believe what you see, and then it disappears.

Your guide came to talk to you while your vision was acceptable to your consciousness, while you were throwing a stone into the water, he sort of sneaked up on you, and spoke to you, and gave you a surprise. If you think that he was a product of your own imagination, surely you would have created him in front of you. But he waited until you were preoccupied with what you were doing, and then spoke to you from behind. Is this not proof that he is not a figment of your imagination, but entered your field of vision to speak to you. You will need to have a lot of patience with your development.

We have noticed other students have seen far more in their meditations, in their channelling's, and they decided not to come anymore. We hope you do stay, as sometimes it is slow developing. You have to overcome your own fears and beliefs, that you can't do this, and you can't do that, and let go, and to just say whatever you receive.

The more you describe your experiences, or what you channel, the thoughts, the more you stop analysing and switching off that part of your consciousness that receives these messages. When you start to think and analyse, you switchgear sort of, and it stops the flow. Just like changing channels on a television set, in the middle of watching one program, you start to think and that changes the channel. So you don't see what you were originally watching, do you understand? Just relaying what you experience, or relating what your thoughts are, which sometimes, are not your thoughts.

It doesn't matter in the early stages, you can analyse

afterwards, by reading and wondering, and you will start receiving better and better Guides, and higher and higher wisdom, to channel through you.

Just as a baby when he starts to walk, runs around and falls down, it doesn't go in any direction, but it learns to walk. So we can walk to work when we are an adult, walk wherever you want to, purposefully. In the beginning your development is like the baby, just getting used to these states of consciousness, and to work them properly. This is an important step; before we can run we have to walk. It is like this for everyone who develops.

The ones that have brought with them all these abilities into this lifetime, went through what you are going through in maybe another lifetime, before this one. So when they have worked through the experiences of development, the practising of the extra psychic senses, then they are more receptive to Teachers, knowledge, to re-call past-lives, to overcome problems in their lives.

The first thing to do is to tune in the instrument, just as you tune in a television to receive the channels. We thank you for listening tonight, God bless you all.”

(22)

HEALING CLASS 26/1/88

BETTY.

PRE-BIRTH, THEN PAST RE-CALL MEDITATION.

PRE-BIRTH MEDITATION

“Tonight, we are going on a journey back in time. We are going to go back to past your teens, past your childhood. Back to before you were born, when you were in spirit, before you came into this life.

You are going to go back, and watch, review, and listen to the conversation that your higher-self had with your spirit, and the reason why you came into this life, before you were born.

You may not find out everything, but you may find out what you are allowed to know, at this stage of your development, from your Guides or higher-self.

What motivated you, to come back into this world? You are going back before your mother had you; her stomach is shrinking as you go back in time, before conception, to when you were in spirit. You may have been in spirit long time; you may have been there a short time. I don't know, you can find out.

You may find out that you were a spirit of the opposite sex to what you are today; this may come as a shock. But as you know, we incarnate as both sexes for the experience.

If you find it easier describing what you are seeing, or if you find it easier waiting until the end. I'll leave you now.”

(Approximately ten to fifteen minutes silence.)

“I want you to come forward in time, and remember what you learnt. Come back to this room, take three deep breaths, and stretch out if you want.”

“If you don't want to tell me, and it's private, you don't have to.”

(Betty) “There was something there that I had never thought of before. I went right back to before I was born, and I felt myself resisting it for quite a while, and obviously I didn't particularly want to be reborn. I knew for some time, I didn't want to come on this incarnation.”

“Well, what made you?”

(Betty) “Well, one of the reasons, well, that was the surprise, I've never thought of anything like that before.”

“What?”

(Betty) “But they said that this body, apparently, what they told me was that not everyone gets a soul, which is somewhat heretical. ‘And if this entity was born without a soul, then because of its environment, and the quality of its parenting etc, the entity would be exceptionally cruel.

Where as if I took on this body, while I would still have the same parenting experiences, and the same genetic inheritance, and so on. I would have the ability to rise above it, and also there was a lot of learning material in this particular entity, for a healer.’

He said that I needed to learn to balance compassion with ruthlessness, like a surgeon. Apparently, I have been a surgeon in one or two previous lives. That I could only understand problems like Candida related things, if I experienced them. If you don't experience them, you just think, ‘she's neurotic, she's neurotic.’”

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 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.

They 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."

(Betty) "They took me right back to ancient Greece, to the time when I was an Oracle. I gathered that two different Kings came to ask for advice, and one was planning treachery on the other.

So I told one of them that the other was planning treachery, not in so many words, you know what Oracles were like, apparently it wasn't vague enough, because once the other one found out, he was very cross about this, because it pre-empted his plans, as it were.

So he brought trumped up charges against me. There were several Oracles at this place, but apparently the Oracles of this particular place, had to be virgins. And he brought charges against me, that I had been hanky-pankying out around the back. I was condemned to death, and they chucked me over a very high cliff.

And they said that from this came a number of things, including a fear of heights, an issue with the psychic matters, fear of getting involved with that again."

"Especially Oracle-ing?"

(Betty) "Yes, exactly. They told me to meditate on that experience, and see what else I came up with."

RAYMOND AS THE CHANNEL

“Greetings my child, you have been very fortunate to find out about the fact that not all incarnated beings have souls. Raymond has been aware of this, but not to this extent. Your life force is much stronger because of the soul attached to your body, and you will as a consequence live much longer than others. Your soul is very powerful, and your mission on the Earth is being prepared while you develop. This one is resisting what we wish to channel.”

(While I was channelling, I started to worry, because of the importance of what they wanted to say, in case I got it wrong. It wasn't so much resisting. I just didn't want the responsibility of not knowing if I was getting it wrong, with an inability to correct it, if I didn't know it was wrong.)

BETTY AS THE CHANNEL

“Greetings my friends, tonight, as we passed, we will tell you more about the soul, and as we have already told you, not all physical entities in the universe have souls. You may find this concept difficult to accept, and you may resist the idea. It is understandable, because this is like any truth, as indeed even any lie, can be misused. This is why we do not speak often of this matter. You do not even need to look very far, of the recent history of your planet, to see how the idea that some entities have souls and others do not, to be greatly abused.

But there is no excuse for such an abuse of any truths. Just because one entity may not have a soul, is not an excuse for anyone else to act without compassion, without justice, without awareness.

Many times you may have heard of atrocious crimes, and wondered how the perpetrator of such acts could be human. Conversely, you may have thought that they had some karmic purpose in their actions. You must have already realised that some people, some human entities act as though the lives and feelings of

other entities were not real. They act as if the suffering of other creatures was not real, or they behave as if the deaths of other people are not real, of other creatures, indeed of any kind. Perhaps they do not believe in their own deaths.

Here, we must caution you to beware of judging, but to use your judgement. If you meditate carefully, you'll see that there is a great difference between the two. By judging, we mean of course sitting in judgement upon others, when we do not know what the force that drives them or what they're karmic path in life may be. You are already aware of this, by using your judgement, we mean of course to be careful and discriminating, or you must be open to all possibilities, and aware of all possibilities. There is no need to run foolishly like blind sheep, or to believe everything you are told. Above all, think for yourself.

We have often been asked whether other entities, other than what you call humans, have souls. In some religious beliefs even minerals and plants have souls. While others believe that only human beings have souls. Some even believe that only the male sex has a soul, although in other religions is not explicitly stated. Their doctrine and their behaviour, clearly indicates that they do not believe that females have souls.

Well, let us state to you now, that merely to be born of human parents, does not guarantee that you will be human.”

“Could you make that more clear?”

“If the human entity behaves like a wolf, then he is a wolf, no matter if his mother and father are human.”

“They have the soul of a wolf?”

“He may not have a soul at all.”

“But where does he get the nature of the wolf from?”

“He may indeed be influenced by the soul of a wolf. Every creature that has life is capable of having a soul, but not every creature of every species, necessarily has a soul. Almost every life-form has some form of awareness. Life-forms that have awareness, and the capacity to learn, to experience wholeness, may therefore be said to have a soul. What we call soul, is wholeness, awareness, the

capacity to learn, and the capacity to take responsibility for all your actions.

It is difficult to explain this in your language, because you do not have a word that precisely describes what we wish to say. When we say wholeness, we also mean awareness, and many other concepts which we cannot express. By soul, we mean that which has the capacity to be part of the whole.

Now, when you find a being that has awareness, but is unable to learn from its experiences, that is, in other words, unable to learn from punishment. If it does something to harm either himself or other entities, then it is punished. It does not understand that what it has done is wrong, therefore, it has awareness, but it does not have for want of a better word, we will call it, 'Soul,' although we mean something else as well. It does not have wholeness, it does not have the capacity to learn, and therefore to grow in its experience.

Therefore, you may say, 'What's the use in punishing such an entity?' Well, we say to you, 'That it is no use at all.' That which cannot grow, and cannot learn, therefore should not be punished."

"What's the point in having a life, if it doesn't learn from the life, even when being punished, what's its purpose here?"

"Sometimes it may be that such an entity has a karmic purpose, to bring some karmic experiences to others. By this we do not necessarily mean, although it may happen as such, that a particular entity, say, is a mass-murderer, whose purpose in life is to bring suffering to certain entities on this plane. But this being may also be provided as an example to others, to use their judgement and their sense of justice, rightness of wholeness. Such things are given to all societies, to all civilisations throughout the universe. There are things in which judgement must be employed, and through them justice must be understood."

"Is it right to execute that kind of person, or to release them from prison after ten years, to do it again, where is the judgement there, which is right?"

"Obviously, if you understand the lesson, fine, then you will know. If a creature has little or no awareness, let us say that it is a

rabbit, or some smaller creature, and you are hungry, and you need to eat, and there is plenty of this creature, then it is right to kill one of them in order to have dinner. But if there are a few, not enough to insure that they will continue, then it is wrong to take one for your dinner. You should take instead, one of another creature, which there are plenty.

If a creature has more awareness, but has no responsibility, no awareness of wholeness, and is dangerous, then it is wrong to kill this creature. But it is less wrong than it would be to kill one that has awareness, wholeness, responsibility, and the capacity to learn. It is wrong to kill anything that has the capacity to learn, because such a creature will learn from its mistakes. Therefore, I say if you can judge, if you dare to judge that one does not have a soul, that one cannot learn from punishment. Then it is right to put such a one death, quickly without suffering, so that it may not be permitted to continue to inflict suffering on other innocent creatures.”

“Some say that the spirit of the person can affect people in the physical world, after he has been executed. Do you understand the concept? Would that person be able to influence people on the earth, after he has died?”

“As we have said, it is wrong to put to death, one who can learn, because they may learn the difference between a right action and a wrong action.”

“How do you recognise the difference between the ones with a soul, and the ones without a soul, in these cases?”

“As we have said, we give these words to you, ‘If you dare to judge.’ But if you watch closely, you may see that there are such entities, who act as though other people were not real, as if the entire universe was nothing more than their fingernail pairings.”

“Like no conscience?”

“Not only a lack of conscience, but simply a lack of acceptance that other creatures are as real as themselves, have sufferings the same as themselves. In other words, they feel separated from all of the beings, they cannot feel that any other being is the same as themselves, and you will find many such will proliferate when a

civilisation turns sick. When it begins to degenerate, or indeed if it was always sick. Then many such individuals will stalk the earth.

But as we have told you, you must use great discrimination. There are many in your prisons who are vicious criminals, yet had but a few small things been done for them, and had they been given some simple instruction in proper living, they would not be criminals, even if their life path had remained the same. When they came to the moment of blind rage, instead of turning and striking down the person in their path, they would have turned and walked away. But you do know this, many already know this. There are many things to be done in your society, and on your world.”

(When I was compiling my first text book my Guides wanted me to use this extract to warn the readers of all the prophecies and predictions that occurred earlier in the text book, especially in connection with the student known as Julie, in case the readers were getting too taken in by what came out of her mouth.

I will shade it in yellow, so if you don't want to read it again, you can know where the text continues.)

“Isn't this world just a classroom for souls to learn on?”

“This is true.”

“And whether civilisations last or fall, it's not a great loss for civilisations, or the world to go to pieces, because it will be rebuilt again.”

“You must understand, that your world, though it is of course a classroom, it's only one of many such classrooms. It is a part, as you might say, of a great conveyor belt. So that experiences on your world are extremely important, and every soul, or every entity must come here at some time to experience physical matter, at the particular level which you have it on this world. But in the past few decades there has been increasing concern that matters on this world have been getting out of control. If you should all decide to blow yourselves up, it would not simply be a matter of one world snuffing itself out, the repercussions would be felt throughout the

universe.”

“Has this happened to other worlds in the past or the future?”

“It has. We are learning all the time and all entities must continue to learn. If they cease to learn, then they cease to grow. So mistakes have been made in the past, if you search back into your ancient history, you will see myths which are about the whispers of events in your past, you should read, where mistakes were made.”

“This world’s mess that it’s in the moment, and all the predictions from all the prophets and channels. We don't know whether they are picking up what is going to happen to another world very similar to this one, or whether it could happen to this world, or whether they are just feeding back what everybody thinks will happen. We don't know what the reality will be for us, maybe we are not meant to know. But I would like to sort of know.”

“It often happens that when people foretell the future psychically, or when information is channelled, there is no reason why it should not be one hundred percent correct. But it may be true in some other world, as you say. Often, what these people are channelling is a spectrum of possibilities. This event may happen, if this is, this, this and this other event, continue in their present path of probability.”

“Yes, I understand.”

“But it may happen that one or two events in that probability path may change, may be different. And therefore the path will divert in another direction, and so the predicted event would not occur. So, you are unlikely to avoid such things as climatic extremes in the immediate future.”

“Like earthquakes, volcanoes and tidal waves, which have been predicted?”

But we do not think that the extreme disaster forecasts will occur, there may be localised disasters, and certainly there is always the possibility of such things occurring. But the chain of events is an extremely complex one. It is difficult for us to explain, that there are actual things that are random events.

This is why people should not become too, we think, ‘hung up,’ is

the correct term, on working out why some particular, or perhaps reasonably important event occurred, and trying to trace it back to some karmic significance. It does happen that occasionally things simply happen. It is true that there is nothing you can't learn from, if you have the right frame of mind."

"But aren't we aware of what we are going to experience, before we are born? If there are any disasters coming up? Like World War II was a pretty devastating disaster, that you would have known before you were born, that it was coming, to experience, obviously."

"It is difficult for us to explain this, but on one level, all conscious entities are aware of all the possibilities. That is to say, your higher-selves are always aware of all the infinite possibilities, in every direction.

This is why of course certain entities make contact with these probability streams. If they happen to contact the correct one, then they make a correct prediction. If they contact the wrong one, it does not happen in their reality string, and people say, 'So-and-so made an incorrect prediction,' but the event may have happened on some other alternative probability stream."

"It's like our past-lives; we may have had lifetimes in other probability streams, and not this Earth."

"This is true."

"I think my lifetime in Auschwitz, or in a concentration camp, was another world, not this Earth, is that so?"

"This is so."

"Well surely, like when the earth tilts on its axis and change the polls. It's happened many times in the past, are the circumstances known in advance, like does the Earth start to wobble on its axis a long time before there is a tilt of the axis?"

"We will consult. Yes, there are many precursors of such an event, such as very noticeable magnetic fluctuations on a large scale, the type of magnetic fluctuations which occur before earthquakes. But they occur very much more widespread, and at a much greater magnitude."

“And what are the reasons for the tilting of the Earth? Is it caused by humans, or caused by the sun, or planets, or magnetism?”

“Simply a natural cycle, the Earth is part of the universe, a part of the solar system, and part of the geomagnetic field. It is influenced by all the magnetic fields, of all the other planets, of the Sun, and it is influenced by emanations billions upon billions of light years away. All these things have cycles, and eventually these cycles will converge once again to a tilting of the poles.”

“If this cycle is so predictable, with this happening on a regular basis, does it happen with the same period of time between each tilt of the Earth? Or is it more complex?”

“The period between reversals is fairly regular, but like all natural cycles, it is not absolutely precise. There are no neatly rounded numbers in the universe.”

“I just thought you might have known in advance when the next one was coming up, whether it was close, or whether it was a long way off, the next tilt, because we have had a lot of predictions about that.”

“We are allowed to tell you that there may be localised geomagnetic disturbances. We are not permitted to tell you...”

“If there is going to be a tilt, or not?”

“This is true.”

“Does that mean that our classes and our development could also be development for working in our spirit bodies, if we happen to die?”

“Yes, this is true. All spiritual development is being assured, should you happen to die.”

“What I meant was that we could be developing specifically for a coming event like this, where we might lose our life, and actually help with all the other souls that are dying, and help rescue them on the other side. You know what I'm talking about?”

“This is correct.”

“The possibility is correct, you mean, don't you?”

“Yes.”

“You're not going to give anything away. I'm not worried about entities without souls; there is nothing much I can do about it. I suppose if there is no point talking to somebody without a soul that would be handy to know. You understand what I mean? Not casting pearls before swine, in that sense?”

“Yes, we understand.” “I suppose I could ask my Guides?”

“Your society is not yet capable of dealing with this question. That is why this information is not widely disseminated. As we have said before, such ideas have frequently been greatly abused throughout history, but it is useful to use your awareness, to be wary of such individuals. Everyone knows that there is no use arguing with the fool, how much more so is it useless to try to change the behaviour, or to bring more awareness to one who has no capacity to learn.”

“Has no soul in other words? So our becoming aware of this, what you have told us tonight, is for us so that we can discriminate with who we teach and talk about development. If they have no soul, we are just wasting our breaths, so it's handy to know, isn't it?”

“This is true.” “And this is why you are telling us?”

“Yes.” “That's discriminating?”

“But this is discriminating without judging. We have told you all we feel is wise to tell you tonight.”

“Have you told me about those things, when I asked about the Holocaust, so that I can put this at the end of the chapter that I am compiling now, about when Julie was channelling all about Holocaust and things like this? So that it will help to teach the students when they read that part of it, that these are the possibilities?”

“Yes, it is good to teach students about the range of possibilities.”

“Good.”

“We have channelled all we wish to say tonight. We have been most happy to have been with you, be blessed and be well, goodnight.”

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HEALING CLASS 1/2/88

VICTOR.

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 path, 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 want you to now thank the Master for what you have learnt 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.”

As Victor didn't see anything on the meditation, and he didn't want to channel, so I did.

“Greetings my child, we have been listening to Raymond rabbit on tonight, but he explains things in a way to help you believe, and this is good. But you can always see things psychically in your classes, Raymond shows you that you're learning and developing all the time. Even though your psychic development is slow, you realise the benefits of listening to the wisdom from this one.

He could lecture to more people, and they would pay more for what he has to tell them. But he doesn't want to be an Oracle, and your own experiences are for your own benefit. Your own development will be very strong, but you also will be as wise to go with it.

There are many you call psychics misusing their abilities for their own gratification or ego reasons, and many are unaware of their misuse of these abilities. They think they're doing the right thing, as we know from history, there have been many who have thought this way, and there are still some today who believe they're doing the right thing. Just look at South Africa, the rest of the world believe they are doing the wrong thing.

(This was when apartheid was still active.)

Your responsibility to others is just as responsible when you are psychically developed, as when you are without the psychic development. And if you hurt anyone with using your psychic abilities, or channelling, you are still totally responsible for your actions. Just as using your physical abilities, you would be responsible for your actions, so it is with the psychic abilities.

But there are some who develop the psychic, who believe that they are sanctified by God to do and say whatever they want for their own reasons, which can hurt another, mentally or

emotionally. That is why your development can take a long time, because of the wisdom that is needed to go with it. The more your conscience is developed, the longer your spiritual-psychic development will take. We mean, the more you care about humanity, the longer you will take to develop, to learn all the lessons and wisdom that goes with it.

Of course, this can work in reverse, the less the person cares about humanity, the quicker they may develop psychically. We know that what we say is very general, and there are many grey areas, but for us to show you clearly the extremes, it's better if we paint the picture in black and white, as there are many shades of these two colours.

We love you all very much, we thank you for listening tonight, God bless you all.”

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HEALING CLASS 2/2/88

JOHN, BETTY, LYDIA, AND BRIAN.
BETTY'S MEXICAN SORCERER MEDITATION.

I forgot to switch the recorder on when Betty led us on her meditation, if I remember we went to visit an Indian shaman/sorcerer around his campfire down Mexico way.

I didn't see anything on the meditation, then again I don't see anything on my meditations, but this night my focus of concern, was on Brian and Betty, as this was the first night they were in the same class, since the class night of the probing incident.

Brian and Lydia, said they didn't see anything on the meditation, and they also declined from channelling.

JOHN'S MEDITATION EXPERIENCE

(John) "As soon as Betty mentioned Mexico, I immediately remembered a past-life. And this past-life came into my mind, of when I was an Indian, around the Mexico area. I didn't want to go back to that life, because I've been through that before. So I was kind of holding that back, and then when I got down into the desert, It was still saying,

'Yes, yes, you can do this, you were an Indian, remember, remember.' And I go, 'No, I don't want to do that this time.

And when Betty mentioned that we were to sit around Mexico sorcerer, I suddenly realised that it wasn't a past-life, it was just to get guidance. And the Mexican said to me,

'Let go of your past,' which was pretty relevant. Yes, I have just resigned from my job today, and I've only been there two and a half weeks, and I felt really sad at saying goodbye to everybody.

(Two and a half weeks ago John had just got a new job, selling time-

share apartments, if you remember.)

(John) So what the Mexican said was very relevant for me today. He also said a few more things, I had to get rid of the past, in order to clear myself, to follow the warrior's path, and that was basically it.

That past-life I had been really clinging to, because it was a happy one."

BETTY'S MEDITATION EXPERIENCE

(Betty) "I could see the sorcerer's face quite clearly, and he thought at me, rather than said, 'follow the coyote.' So I looked around, and there was a coyote standing there with green eyes. So I followed it, and it started running up the mountainside, and then I found out that I was the coyote, seeing the world from a coyote's point of view, and smelling it.

I ran up this narrow path, between all these high boulders, all the way up the mountain, and then I became a long thin thing, that sort of flew through the air, a spirit-snake or something. Then I suddenly became an eagle, and landed on a rocky ledge.

Then there was a big storm, and through the thunder and the lightning I could see a great dark figure moving through the clouds. And I ask the coyote spirit, which was sort of with me, but not there, so to speak, in its physical-form, or its spirit-form, or whatever it was there before. I asked it, what it all meant. And it said,

'Watch him that walks on the edge of darkness, and who walked across the sky.' And he said something about...

'and who walks in empty rooms.' Then I flew down the mountain and became the coyote again, and came back to the sorcerer, and I asked, what did that all mean? And he said,

'Never mind what it all meant, stop thinking about it and you have plenty of time to think when you go home.'

And then I said farewell, and came back here again."

JOHN AS THE CHANNEL

“Welcome everyone, you must learn to relax, relaxing provides a clear Channel. Accept what comes through from your future-self. Clear yourselves, look forward, life is a challenge and a game, don't take it too seriously. How can I help you?”

“Does anyone have any questions?”

(Brian) *“Can you help me to learn how to see auras?”*

“I can see a pulsating light, shooting very fast. You need to slow down to see it, or speed up. Visualise the energy of the person, feel the energy of the person, spin with the person, you will see all this. Goodbye.”

RAYMOND AS THE CHANNEL

“Greetings my children, you have been listening tonight to all the talk from the other students, to help you to channel. This will help you to understand the unknown about channelling that you are having trouble with. You know that you are in a protected circle, and no harm can come to you, and your beliefs need reinforcing with the necessary stimuli.

Your reluctance to channel is on a level that you are consciously not aware of. You consciously may want to channel, but unconsciously it is stronger that you don't channel, but your fears and beliefs will be worked on.

We asked you to practice channelling, together, have you practiced?”

(Brian) *“We have not practised yet.”*

“It was a good suggestion.” (Brian) *“We would hope to soon.”*

“When you are channelling you will learn a lot more other things, and develop other abilities. It is difficult to take you into other steps of development, if you haven't gone through the earlier ones, as it is not knowledge that you develop, it is abilities. And a person can have all the knowledge in the world, but if they do not have the courage to apply the knowledge, as abilities, it is wasted, and they do not grow without changing

themselves.

We are patient, and are here to help you develop, but there is no magic wand to wave over you, and you will not change overnight. There definitely needs more relaxation, and Brian needs more practice in contact with his own Guides.”

(Brian) “How do I make contact with my Guides?”

“Start by asking questions with a ‘yes’ or ‘no’ answer, which is very easy for you to receive. You can ask with your eyes closed, you may have the answer in the letters. ‘YES,’ or the letters “NO,’ or the thought ‘yes, or the thought ‘no,’ or your head may nod or shake, without you doing it.

The questions that you ask will be the messages that we send to you, but you may interpret them as questions imagined by your own mind. In this way you start a link with your Guides.”

(Brian) “What can I call my Guides, do they have a name?”

“Whatever you want to call them, you can use the term, ‘God,’ if you like, you will still receive the answers through your Guides. Remember to perform a prayer of protection, and it is best to pray to God, to receive the answers from your Guides. You can then practise with Lydia. Thank you, we will now let Betty do some channelling. God bless you all.”

BETTY AS THE CHANNEL

“Good evening my friends, we hope that tonight you enjoyed the journey that we took you on. And we hope that you all learned something to your advantage. When the sorcerer told Betty, not to think about her experiences, as the coyote, and other creatures, he meant and that some experiences are not to be understood by thinking about them, but he did not mean of course that you must stop thinking altogether.

The human race is particularly prone to what we believe is the institutionalisation of many excuses for not thinking. Some of these excuses are called religion, education, science, philosophy. The human race has developed many special methods of

perfecting the circular thought, so that it is not necessary to go and find out something new, but simply to go on repeating the old catch-phrases, over and over again.

As you have doubtlessly all noticed, your society does not encourage anyone to go out and learn something new, and that is one of the reasons why circles such as these, are looked upon with at least some suspicion.

In development circles such as these, you learn to respond to intuition, and to use your imagination. But by no means do we intend that you should stop thinking for yourselves. In many so-called new-age teachings today, and a number of oriental religions, there is a line of argument, that goes something like this,

‘You should not intellectualise too much, you should not think too much, you should follow your intuition.’

Of course, in certain circumstances, this is correct, when you meditate, you are not there to think, or do anything. When you meditate you must simply be, however, if you were to be in this state of mind all the time, your life would collapse around you, and this is why people who wish to meditate all the time, give up all their possessions, and retire and call themselves monks.

We do not wish to say anything against any person's particular choice of a path in life, but for the ordinary person trying to improve their lives, and to develop themselves spiritually, and other ways, it is not a good idea to swallow whole, without careful examination, ideas which have been borrowed from various oriental religions.

Because these ideas are as much the product of a belief system, as are the ideas of Christianity, or the ideas of a materialistic society. And they can just as easily be wrong, or inappropriate for a particular individual, or a particular situation.

We urge you to just trust, or at any rate, to examine carefully any teacher, or any system which says,

‘We will do your thinking for you.’

Which is an extraordinary thing, that certain religious

teachers, as well a certain theoretical physicists, in effect say,

'The confusion is all because you are trying to conceive of this idea, which is inconceivable. Stop thinking and all will be well.'

Well, we say to you, be a little cautious of people who say things like that to you. Of course you all live in a society which very much frowns upon original thinking. So it may be easy to swallow such ideas, without realising the motive behind them. The whole purpose of education, as you've no-doubt noticed in your society, is simply to make people fit in to your society, not to make them happier, or more useful, or to equip them to make new and useful worthwhile discoveries.

It is a good general rule to follow, if anything is generally approved of in society, it is probably suspect. Obviously, if you go around at right-angles to the society you live in, you will have a difficult life. So we advise you to take these things moderately, but at the same time, open your eyes and be aware of the subtle, and not so subtle messages that come to you, even if you think you're not being influenced by them.

Nevertheless, it is difficult to avoid the tremendous pressure in modern western society. The tremendous weight of belief, subconscious or otherwise, that any form of study or training, or any kind of activity which involves spiritual development, or the investigation of psychophysical-phenomena, is in some way a waste of time.

The more you are aware of such pressures, the easier it will be for you to protect yourself against. So if you do not acknowledge them, then subconsciously you will always be influenced by them, and you will find development much more difficult."....

(My Guides are telling me now, as I compile this disc, that the majority of these first paragraphs of Betty's channelling, were tailor made to loosen Brian's subconscious conditioning from society and academia, as Brian is a full time, approximately thirty-five year old, university academic, and they say, that if they had said,

'This advice is for you Brian,' then the affect of the advice would

be diluted by Brian's conscious, and or subconscious mind, resisting letting go of, what I would call a security blanket belief system, and in case Brian's mind ever so slightly thought that this advice was meant for him, spirit then channelled advice directed at Lydia and Brian next, to dispel that thought, Oh, notice how they chose to put Lydia's name first, to further take the focus off Brian, sneaky, aren't they?)

...“We suggest that the beings, who are Lydia and Brian, should try to channel more often, but perhaps it would be helpful if they were to sit quietly by themselves, and simply allow thoughts to come into their minds, but not to attempt to speak them aloud. Simple as it were, allow thoughts to play through their minds, get used to the idea.

We find that the beings are afraid of channelling, because they are afraid of making mistakes, or saying something wrong. We wish to reassure them that this does not matter. All channels say something that is wrong or inaccurate at some time. We do not believe that there is at this time, any human channel who is hundred percent correct at all times.

The important thing to do, if you wish to learn to channel, is simply to relax and not worry about making a fool of yourself. Worrying about making a fool of yourself is one of the greatest barriers to learning anything at all. It is in fact, the first hurdle that you overcome when you learn to walk. Every child will fall down a great deal before it actually manages to walk properly.

What a nuisance it would be for you, if being afraid of making a fool of yourself, had prevented you from ever learning to walk properly. So remember this, and learn to relax when you are trying to channel.

We are very pleased to see you all here tonight, and we feel that there is a marked improvement in the energy of the group tonight. We hope that you will all go on and learn much. Be happy, be well, and blessings on you, goodnight.”

(25)

HEALING CLASS 8/2/88**VICTOR.****TALL SHIPS MEDITATION.**

This meditation I didn't record, because it wasn't meant to be saved for my books, as it was just a description for getting Victor to focus his psychic vision on the time of tall sailing ships, and describe a ship in detail, and get Victor to go down and visit one of these ships, and see what is going on, with the people on the ship.

Sometimes they keep me in the dark as to the objectives of the meditation, so the student is not led too much, by what I say.

VICTOR'S MEDITATION EXPERIENCE

(Victor) "I see a face coming out of the hold of the ship, with a beard with grey hair, someone is pulling him onto the deck. He's now praying, because he doesn't want to die.

He is already hung, this soldier is looking at him, and there are more people on the other side, something like a congregation. A man is telling them something, the one who made the execution.

Two men came and took the dead body down, and carried him through a lot of sailors to the end of the ship. They lay him on a platform; I can see more people inside a pit, in chains.

I feel that I was drawing water out of the sea, and swilling the deck underneath where the man was hung."

RAYMOND AS THE CHANNEL

"Greetings my friend, tonight you were shown one of your past lives, in order to help you be aware that not everything you see in your meditation, is imagination. We will show you many things of your experiences. This will help you become more relaxed with

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seeing scenes like this, and then you will become more relaxed, while you are seeing them, and your reactions to these experiences are to be quietened down, so that you can continue seeing a scene. As when you react to what you see, you sometimes lose the picture.

We will want to show you many things in your meditative state, not necessarily things that Raymond is telling you about, but new things. And it is no good reacting to what you see, and then losing the picture at the crucial moment of seeing. We chose this past life scene to show you what happens when you react, even unconsciously to what you see, and how you lose a part of the picture. There is more to practice in seeing clairvoyantly than just watching, as you can see.

You will be shown more meaningful things, when you retain your focus upon what you are seeing. It is no big loss of what you have missed tonight, what you have missed seeing, as it has served its purpose. The more you see, and accept, and don't react to, the easier it is for your development. You know that you are becoming more relaxed as you develop, the more you release the fears.

We will say goodbye now, we do not wish to give you too much, all at once. But be assured, you are developing, even with these strange meditations. God bless you all."

(26)**HEALING CLASS 9/2/88, A.M.****JOHN.****PYRAMID MEDITATION.**

“I want you to imagine a desert scene where there is an oasis. In the distance is the great Pyramid of Cheops. We are going on a trip; we’ll go past the oasis with its palm trees and pool. We’ll go over to the pyramid... I'll lead the way. We are going into the pyramid... there's a doorway at the bottom. We climb the steps inside the pyramid, all the cool stone surrounds us. In the distance, at the top of the steps inside the pyramid, high in the King's chamber, there is a beautiful purple light, and it's flickering.

As we climb the stairs we get closer, and as we get closer we see that it's a beautiful purple flame. It's moving all the time, and it looks so cool. As we get closer we see that it is in the main chamber, it's the size of a man, about six feet high, beautiful purple, and yet we don't feel any heat coming from it, we see it lighting up the chamber.

It's not a large chamber, is not a small one... it's just the right size. Around the chamber are many stone seats surrounding the flame. Now, each one of us will step into the cool flame, one at a time, and stand in the flame of purification for a few seconds. When we step out of it, we will be putting on white robes, and then we can sit on one of the stone seats.

I'll go first; I'm coming out of the other side of the flame, and sitting down. Everyone can now go through the flame, put on your robes and sit down. Now that we are all sitting around the flame, I want you to focus on the flame and observe; things will be revealed to us...things will start to happen. Maybe a guide or Master will appear in the flame, to talk to you. I'll leave you to your meditation now, focusing on the flame.”

(Approximately ten to fifteen minutes silence)

“I wanted you all to stand up now, and walk out of the pyramid, walk past the oasis, and walk back into this room, and sit down.

“Come back now, take three deep breaths, have stretch if you want to.”

JOHN’S MEDITATION EXPERIENCE

(John) “The Master channelled a lot of energy into my solar-plexus, and I had the feeling that it was a healing energy, and I had the feeling of becoming clearer.”

RAYMOND AS THE CHANNEL

“Good morning, we are adjusting the vibrations of this one today. His life work is being brought forward to his consciousness. In between his classes he will be very busy receiving more wisdom, to be passed on to the world.

John, do not worry about your future, we have great plans for you. You will be working in the fields that you like, and will be very popular as a Teacher. Your development will be very rapid, the more you grasp the wisdom that comes with your psychic development.

Yes, there will be a centre; this is what your higher-selves are working towards. Because humanity is growing, and the interest in this work is increasing.

We do not have any more to say, just have patience, then your dreams will be fulfilled. Thank you, God bless.”

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As you have now become aware, and that is, that beginners' experiences can be somewhat monotonous and boring, for this reason here is where my Guides would like me to insert a chapter to perk you up, but as we are not titling the chapters on this disc, this chapter was titled in my original volume three as, 'Long Term Past-Life Conditioning.' Starting on the next paragraph is what I wrote.

In my first volume, the process of how the student becomes aware of conditioning from a past life, and how the students' higher-self helps a student to release the conditioning affecting this lifetime, is explained in detail. But as these past-lives are all long-term past-life conditioning, meaning, the cause of the conditioning wasn't a one-off event, but in most cases, was caused over a period of years, in each lifetime. The process of releasing this type of conditioning is slightly different than most of the average causes of past-life conditioning.

Marion was the student who dropped out of the classes early on, after the coal mine meditation night of the 20/10/87, and said that she can work on her development by learning from her dreams, but as her life came to a crisis point, approximately six months later, she asked for my help.

Remember, Marion had edited the first volume, so she knew what could be done, when it came to past-life therapy. When this past-life therapy was performed with Marion, because of the last time I did past-life therapy with her, I told her that I wouldn't be describing any past-life scenes to her, so she started seeing the past-lives without my help.

I didn't have the tape recorder there, but as Marion has a photographic memory, she recorded this explanation later, and left out most of my questions, which I received from spirit, but Marion recorded the answers of what conditioning needed releasing.

The issue to be resolved initially revolved around her fear of saving money, and problems with employment, but as the past-life re-calls progressed other issues were unearthed. Here are the four lives that Marion re-called, in the order that she experienced them.

EMPRESS IN CHINA

(Marion) “I see myself handing out money and possessions to Buddhist priests and warlords. I'm an Empress sitting on the throne, very regal, proud and snobbish. As a child the Empresses father was a rich lord or Emperor of a region in China, but neighbouring warlords were jealous and wanted to claim all the family's wealth. They did this in league with the Buddhist priests through extortion and religious threats. The father was a superstitious and moral man, so he went along with it.

Then, when she grew up and became the Empress after her father died, she had to ensure her family's survival, by continuing to give on a regular basis, all the family's wealth, away to the priests and warlords.

So from this life-time I have to release from my body memory;

1. The conditioning of having to continually give away any wealth or possessions that I have, especially to the Buddhist priesthood.

(Marion had been a Buddhist follower in this life)

2. The antagonism and resentment towards the Buddhist priesthood, for their misuse of their religious power, for the extortion of money and wealth.

3. The fear of being wealthy, because of the association in this life, of the constant tension and fear for me and my family's safety.

4. Anger associated with that life, which lead to liver problems, and having to take pills for liver, which is aggravated by rich oily Chinese food. Number four is not that important.”

(Marion was born in Malaysia, but of Chinese descent.)

SLAVE TRADER IN THE SOUTHERN STATES OF AMERICA

(Marion) “I see a scene of many Negro faces on a cane plantation. I am a man, well-dressed with a feathered hat, leather coat and boots. For many years I've been a very successful and wealthy slave trader, and cane plantation farmer, but on one of the slave boatloads, there is a young African girl that I've fallen in love with.

I'm already married with a family, so I had to sneak around to have a relationship with this young slave girl. I was living in constant fear,

tension, guilt and conflict, as he began to discover that these Negroes are beautiful human beings.

I increasingly become disgusted at myself for earning a living through the slave trade, but there was no way out of it, because it would stir up violence from the other slave traders towards me, if I were to go against the slave trade, and help the slaves, as it was just not the done thing. So all I could do was hand out little gifts of money, etc, to the underground.

From this lifetime, I will release from my body memory;

1. The feeling of being trapped in a profession, in which I am totally disgusted with what I do to earn money, and all the guilt associated with it.
2. The feeling of having to compulsively give money and things to the poor and underprivileged, out of guilt for what I have done to them.
3. The feeling of discomfort and embarrassment when I am with Africans.
4. The lack of comfort with leather goods and clothes.”

GEISHA GIRL IN JAPAN

(Marion) “I see myself as a happy-go-lucky young geisha girl, at first enjoying my work, but over a few years the town where I lived and worked went through a time of poverty, due to poor crops and trade. So gradually, many of my clients became really poor, and were struggling to support their families.

They still came to me for some relaxation and release, and many insisted still on paying me. I became increasingly uncomfortable about taking their money, although I needed it desperately as well, in order to feed my old parents, grandparents and younger relatives.

There were no other avenues of income available to women in those times, and I seem to be the only one in the family capable of bringing in some income, although my family didn't really respect what I used to do.

More and more I'd slip money back into the men's pockets, as they were sleeping, and I began to really resent my job. Also, I kept trying to perform better sexually, to lift the spirits of all these depressed men, but this didn't seem to work, and I got more frustrated and sad, and trapped in my job and lifestyle.

From that particular lifetime, I will release from my body memory;

1. The feeling of being trapped in a society that doesn't provide for any avenues for women to earn money, according to their skills and worth in a respectable way. I will release the feeling of being trapped in a job which I feel a bit low and disrespected.
2. I release the feeling of being trapped and obliged to support members of my family, financially, and therefore locking me in a job like that.
3. The need to base my existence on my entertaining and making men happy, and having to revolve all my life's energy around men and pleasing them.
4. The feeling of having to get into the sexual act as soon as I find that a man fancies me, because it is no longer necessary as I do not own any income from it in this lifetime, and I need to discriminate which men I want to get involved with.
5. The feeling of resentment towards any men in this lifetime, because of their attitude towards women and sex as a form of relaxation and release, which reminds me of that geisha girl lifetime.
6. The need to release the kidney aches, which may have been prominent in life, due to all the sexual activity and my great urge to perform very well, which led to tired kidneys, and also a resentment towards the sexual act in that lifetime, which I am reminded of.”

FRENCH ARISTOCRAT’S WIFE

(Marion) “I see a picture of a French aristocrat. This man seems to be associated with my father in this life.”

(My Guides tell me not only was her father’s past life-time, her husband, but in that life, he was twice her age.)

(Marion) “In the French life, I see myself as a woman, and I am the wife of the aristocrat. We live in a big house or mansion, with many servants; I get a regular allowance to upkeep servants, bills, and horses. I can see a couple of children, and I pay for the upkeep of the boys.

I am a spendthrift in money, which is spent on frivolous things, such as

clothes, alcohol and entertainment. I seem to spend a lot on wine and jewellery, and have a wide collection of wigs. I was a lady of leisure, and I used to get money freely from my husband, the husband is in the garment trade, he wonders after a while where all the money has gone, I had no idea what a budget is.

This went on for years and years, and I just spent all the money that was given to me, I had no idea that the money came from her husband's effort. All I knew in my intelligence, or lack of intelligence, was that money was like something to play with, and to spend.”

(Maybe the conditioning of guilt, of not having any money in the geisha girl lifetime, was influencing her to spend it, to keep other people employed, or trying to take away any subconscious guilt feelings she was being affected by. You see in a way a soul's strong desire to be free of being a slave to working for effectively nothing for herself, in that lifetime as the geisha girl, didn't overcome the conditioned compulsion to get rid of the money her husband gave her.

And remember the Empress and the slave-trader, both were conditioned to give money away.)

(Marion) “After some years, I can see a scene that the revolution is starting in France. Things were happening, and then there was fear of not having money. People in the revolution were out to get aristocrats, the woman I was in that life was a dimwit, and she was still spending money very frivolously. This put the whole family into danger, not knowing that her husband was trying to hide all his money, as it was dangerous to be known to have any money in those days. I was still expecting money to come easily, and to spend however I liked.

Eventually, because of my spending, people got to know, and got the idea that the husband was very rich, and he got caught. I think eventually he was guillotined. After he was caught, he spent a few years in prison before he was executed, and the wife finally became aware of what her position was, or what she had done, and she felt finally, slightly responsible for what had happened to her husband.”

“Is there any conditioning in relation to money and your

father, in this lifetime, or receiving money from him in this lifetime?”

(Marion) “Yes, I have a great reluctance in asking for money from him.”

“When you left Melbourne for Sydney, was it an escape to be away from having to ask money from your father?”

(Marion) “On the one hand, I do not want to ask, but on the other hand, I expect to be given the money. I still feel like a stupid dimwit in relation to my father, not wanting to ask, even when there is something worthwhile to ask the money for.

The conditioning is that in this life I still think that I am asking money for trivial things, even when the things are not trivial. I have a feeling that in this life my father thinks that I will spend any money that he gives me, unwisely and frivolously.”

(My Guides told Marion that she should repeat saying out loud the release affirmations from these lifetimes, every night before she went to sleep, until her higher-self tells her that it has worked.

As I write these shaded inserts in 2010, after approximately five times more experience as a past life therapist, in my opinion we cannot judge too harshly what appears to be past-life conditioning or suffering compounding into subsequent following past lifetimes.

My Guides tell me that the desires of a discarnate spirit, having the free will to choose their incarnations, nearly always gets the spirit into hot water, like going from the frying pan into the fire, until they are at the right stage of suffering, so that they can accept the causes of the conditioning, to help them release the conditioning, this is why they are guided to meet you.

My Guides are explaining that from the middle of the last century, the life experiences of the incarnated souls on this earth-plane have continued to multiply since the end of W.W.II. And as a consequence the likelihood of everyone’s past-life conditionings at some time being triggered off by the majority of the souls in the western world, has been increasing, ever since the housewives went to work in the factories in W.W.II.

And if you study the records of psychiatry, there also became an increase of patients in the immediate years after the war, even though the

